Tikrit University

College of Education for Women English

Department

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Lecturer: Prof. Dr. Manal Omar Mousa

momsh89@tu.edu.iq

# Emotion and Motivation Self-Regulation Strategies

## 1. Emotion

Emotion defined as a complex psychological and physiological state that involves a range of feelings, thoughts, and bodily responses. Emotions are conscious mental reactions (such as anger or fear) subjectively experienced as strong feelings usually directed toward a specific object and typically accompanied by physiological and behavioral changes in the body . Emotions are primarily subjective experiences that occur within an individual's mind. They involve feelings and sensations that can vary in intensity, duration, and quality and typically they are internal or external stimuli and play a crucial role in shaping our subjective experiences, behavior, and social interactions.

Emotions can be categorized into primary emotions (such as joy, sadness, anger, fear, surprise, and disgust) and Secondary emotions are considered to be more complex emotional experiences that arise from the combination or interaction of primary emotions. Secondary emotions often involve cognitive processes, social influences, and individual interpretations of situations , include( jealousy, guilt, shame, pride, and empathy). Each emotion they're experienced pleasurably or dis-pleasurably. From these core emotions, all other feelings stem.

Sadness, fear, disgust, and anger are typically considered negative since we don't feel great when experiencing them.

Joy and trust are always positive, and surprise and anticipation are situation-dependent. For example, most people feel positive surprise when receiving a promotion, and negative surprise at a jump scare. We feel positive anticipation before a celebration and negative anticipation before a difficult conversation. Emotions are complex psychological and physiological experiences that play a significant role in human behavior and perception. They are subjective states of mind that arise in response to various stimuli, such as external events, thoughts, or bodily sensations. Emotions encompass a wide range of feelings, from basic ones like happiness, sadness, anger, and fear, to more nuanced states like love, jealousy, guilt, and awe.

Physiologically, emotions involve a combination of cognitive processes,

neurochemical reactions, and bodily responses. The brain plays a central role in generating and processing emotions. Different brain regions, including the amygdala, hippocampus, and prefrontal cortex, are involved in the emotional process. The amygdala, in particular, is associated with the initial detection and processing of emotional stimuli, while the prefrontal cortex is involved in higher-order cognitive appraisal and regulation of emotions.

Emotions also have a strong physiological component. They can trigger various bodily responses, such as changes in heart rate, blood pressure, respiration, and hormonal secretion. For example, when experiencing fear, the body may initiate the "fight-or-flight" response, leading to increased heart rate, heightened alertness, and a surge of stress hormones like adrenaline and cortisol.

Emotions serve important adaptive functions. They provide us with valuable information about our internal and external environment, helping us navigate and respond to the world around us. For instance, fear can alert us to potential threats and motivate us to take protective action, while happiness can reinforce behaviors that promote well-being and social bonding.

Emotions are influenced by a combination of genetic, biological, psychological, and environmental factors. While some emotional responses may have evolutionary roots and are shared across cultures, others can be shaped by individual experiences, cultural norms, and socialization processes. For example, the way people express and interpret emotions can vary across different cultures, influenced by societal norms and expectations.

It's important to note that emotions are subjective experiences and can vary from person to person. What one person may find joyful, another may find frightening. Additionally, emotions are not inherently good or bad; they are simply signals that provide us with information about our internal states and the world around us. It is how we perceive, interpret, and respond to these emotions that determine their impact on our well-being and behavior.

Understanding and effectively managing emotions is a crucial aspect of emotional intelligence. By developing emotional awareness, regulation, and empathy, individuals can enhance their emotional well-being, build healthier relationships, and make more informed decisions. These emotions are influenced by personal experiences, cultural norms, and social contexts .

## 2.2 The three key elements of emotions

The three key elements of emotions are subjective experience, physiological response, and behavioral response. Subjective experience refers to the individual's perception and interpretation of the situation, which can vary among people. Physiological response involves the body's reaction to the emotion, such as increased heart rate, sweating, or muscle tension. Behavioral response includes the outward expression of the emotion through facial expressions, body language, and vocal tone (www.verywellmind.com/what-are-emotions-2795178).

### 2.2.1 Aspect of Emotion

Ekman , P. (1992) mentions ,we have some aspects related to emotions :

**1. Subjective Experience:** Emotions are characterized by subjective feelings and sensations that vary in intensity and quality. It included joy, sadness, anger, fear, and surprise. These feelings can be influenced by personal interpretations, cultural norms, and individual differences.

**2. Physiological Responses:** Emotions are accompanied by physiological changes in the body. These can include changes in heart rate, blood pressure, respiration, hormone levels, and facial expressions. For example, fear increased heart rate and sweating, while anger may lead to raise blood pressure and muscle tension.

**3. Cognitive Processes:** Emotions involve cognitive processes, such as perception and interpretation, attention, memory, and reasoning. Emotions can influence how we perceive and remember events, as well as how we make decisions and solve problems, our cognitive involve evaluating and interpreting events or situations, which can influence the emotional response. For example, threat can trigger fear .

**4. Behavioral Expressions**: Emotions are often expressed through observable behaviors, such as facial expressions, body language, vocalizations, and actions and emotions are closely linked to behavioral impulses and tendencies .These expressions can be culturally and socially influenced. Different emotions can motivate specific actions and behaviors. For example ,a smile is commonly associated with happiness, while a frown is associated with sadness.

**5. Individual and Cultural Differences:** Emotions can vary across individuals and cultures, emotion are shaped by social and cultural factors. Cultural norms, social expectations, and individual differences can influence how emotions are expressed, experienced, and regulated. For example, some cultures may encourage the expression of joy or sadness while there are some universal aspects of emotions, such as basic facial expressions that are recognized across cultures, for example (smile).

**6. Emotional Regulation:** Humans possess the ability to regulate and manage their emotions. Emotional regulation involves strategies and processes aimed at modifying the intensity, duration, or expression of emotions. This can include techniques such as distraction, and relaxation techniques .

## 2.2.3 The benefits of Emotion in learning :

**1. Enhancing Memory:** Kensinger, E. A. (2009) Emotions can significantly impact memory formation and retrieval. Studies have shown that emotional experiences tend to be better remembered compared to neutral experiences. When we have an emotional response to something, it activates the amygdala, a brain structure involved in processing emotions. This activation can lead to the release of stress hormones, such as cortisol, which can enhance memory consolidation and retrieval.

**2. Motivation and Engagement:** Emotions play a crucial role in motivating and engaging learners. Positive emotions, such as curiosity, excitement, and enjoyment, can increase motivation and make learning more enjoyable and negative emotions like frustration or confusion can signal a need for additional support or adjustments in the learning process.

By recognizing and addressing these emotions, educators can create a supportive learning environment that fosters engagement and perseverance.

**3. Cognitive Processing and Decision-making:** Emotions can influence cognitive processes and decision-making. Emotionally charged situations can narrow or broaden attention, affecting how we perceive and process information. Positive emotions can broaden attention, leading to more flexible and creative thinking, while negative emotions can narrow attention, focusing cognitive resources on immediate threats. By understanding how emotions impact cognitive processes, educators can design learning experiences that optimize attention, perception, and decision-making.

**4. Social Interaction and Collaboration:** Emotions play a crucial role in social interactions and collaborative learning. Positive social-emotional experiences, such as trust, empathy, and cooperation, can enhance learning outcomes. Emotions can also affect communication, as they influence how we interpret and respond to social cues. By promoting positive emotional experiences and fostering a supportive social environment, educators can facilitate effective collaboration and enhance learning outcomes (Pekrun, R., & Linnenbrink-Garcia, L.,2014).

**5. Learning and Memory Consolidation:** Emotions can influence the consolidation and retrieval of memories. Emotional events are often remembered more vividly and for longer periods compared to neutral events. The emotional content of an experience can enhance memory consolidation and retrieval processes, leading to better retention and recall of learned information .

It's worth noting that the relationship between emotions and learning is complex and can vary across individuals and contexts. Different emotions can have different effects depending on the learner's prior experiences, personal characteristics, and the specific learning task or situation.