

Exercise walk-through

4.7

Emotion

AP Psychology

Emotion

Some facial expressions are recognised across cultures, but **display rules** – a culture's norms for showing emotion – and the events that trigger emotion both vary.

Exam tips

- **Fundamental attribution error** applies to explaining *others*. For your own behaviour, distinguish actor-observer explanations from self-serving explanations of success or failure.
- **Social facilitation** improves *simple* tasks and harms difficult ones. Say which kind of task the scenario describes.
- Separate **conformity** (matching a group) from **obedience** (following an authority).
- For **cognitive dissonance**, name the conflict and say which side changed – usually the attitude, because the behaviour already happened.
- Learn the **Big Five** as a set; questions often ask you to place a described person on one named trait.
- For emotion, compare succession, simultaneous responses and cognitive labelling. The specific historical theory names are outside the exam scope.

A racing heart in different situations

The role of interpretation

Sam notices a racing heart while entering a room. In one account, Sam interprets the situation as dangerous and experiences fear. In another, Sam interprets it as an exciting celebration and experiences excitement.

What does this account add to physiological arousal? How does it differ from an account in which bodily arousal and conscious emotion occur simultaneously?

The cases illustrate a proposed explanation. They are not experimental evidence proving that explanation.

Physiological experience and cognitive experience

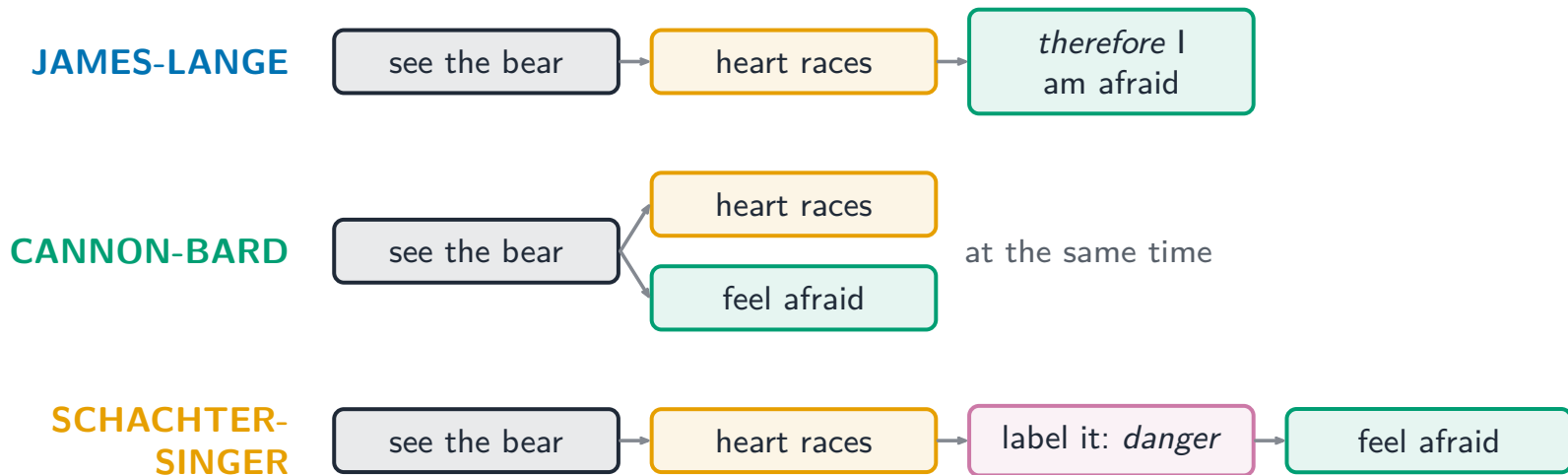
A **cognitive label** supplies an interpretation of arousal in context. In the proposed account, similar bodily arousal can accompany different emotions because the interpretation differs.

A successive account proposes that bodily changes precede the experience of emotion. A simultaneous account proposes that arousal and conscious emotion occur together. Neither description alone states that a contextual label is required.

Emotion , or **affect** , reflects internal and external influences. Identify what a particular account proposes about the relationship between body and cognition.

These mechanisms are required course content. Specific historical theory names are outside the AP Psychology Exam scope.

Optional historical labels for emotion mechanisms



Optional historical labels: the exam assesses relationships between physiological experience, cognitive experience and labelling, rather than recall of these names.

Exercises 2.1·2.2

2.1 State what the two-factor account requires for an emotion to occur. [2]

2.2 State what cross-cultural recognition of facial expressions indicates. [2]

Exercises 2.1·2.2

2.1 State what the two-factor account requires for an emotion to occur. [2]

2.1

- physiological arousal plus a cognitive label drawn from the situation
-

2.2 State what cross-cultural recognition of facial expressions indicates. [2]

2.2

- a set of basic expressions is recognised across widely separated cultures, indicating a biological component rather than purely learned signals

Exercise 2.3 (a)

2.3 A person feels their heart racing before a speech and calls it excitement rather than fear.

(a) Name the account this illustrates.

[1]

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(a) Name the account this illustrates.

[1]

(a)

- the two-factor account

Exercise 2.3 (b)

2.3 A person feels their heart racing before a speech and calls it excitement rather than fear.

(b) State what has changed and what has not.

[1]

Exercise 2.3 (b)

2.3 A person feels their heart racing before a speech and calls it excitement rather than fear.

(b) State what has changed and what has not.

[1]

(b)

- the label has changed; the arousal has not

Exercises 3.1-3.2

3.1 Cultural differences in when an emotion may be shown are called

[1]

☐

A display rules

B appraisals

C two-factor labels

D basic emotions

3.2 Above-chance recognition of expressions across isolated cultures suggests

[1]

☐

A expressions are entirely learned

B a biological component to expression and recognition

C display rules do not exist

D emotion has no arousal component

Exercises 3.1-3.2

3.1 Cultural differences in when an emotion may be shown are called

[1]

- ☐ **A** display rules
B appraisals
C two-factor labels
D basic emotions

3.1 A

- display rules govern when and how an emotion may be shown

3.2 Above-chance recognition of expressions across isolated cultures suggests

[1]

- ☐ **A** expressions are entirely learned
B a biological component to expression and recognition
C display rules do not exist
D emotion has no arousal component

3.2 B

- shared recognition across isolated groups points to a biological basis

Exercise 3.3 (a)

3.3 Two people show the same physiological arousal but report different emotions.

(a) State what account explains this.

[1]

Exercise 3.3 (a)

3.3 Two people show the same physiological arousal but report different emotions.

(a) State what account explains this.

[1]

(a)

- the two-factor account

Exercise 3.3 (b)

3.3 Two people show the same physiological arousal but report different emotions.

(b) Explain what determines the difference.

[2]

Exercise 3.3 (b)

3.3 Two people show the same physiological arousal but report different emotions.

(b) Explain what determines the difference. [2]

(b)

- the label applied to the arousal, which is drawn from the situation and the person's interpretation of it