

Exercise walk-through

1.2

Emotions and Personality

GAC Psychology

You must be able to

- identify the parts of an emotion
- compare different orders of bodily response and feeling
- explain how context changes an emotional interpretation

1

The method

Method — The same body state can feel different

Emotion includes a physical change, an expression, and a subjective feeling. A racing heart may be fear in a dark street but excitement at a concert. One theory says the body responds before the feeling; another says both happen together; another includes an interpretation of the situation. The question's named theory determines the answer.

2

Practice

Practice 2.1 ■ 1 mark

State one physiological change that can occur during emotion.

Solution 2.1

Method: The same body state can feel different — p.4

Worked steps

- Increased heart rate, sweating, or changed breathing. **B1**

Practice 2.2 ■ 1 mark

State what subjective feeling means in an emotion.

Solution 2.2

Method: The same body state can feel different — p.4

Worked steps

- The person's conscious feeling, such as fear or excitement. **B1**

Practice 2.3 ■ 2 marks

Explain how the same racing heart can be interpreted differently in two situations.

Solution 2.3

Method: The same body state can feel different — p.4

Worked steps

- The bodily state is similar in both situations. **B1**
- The person uses the situation to label it as fear or excitement. **A1**

3

Exam-style

Exam-style 3.1 ■ 4 marks

Explain why context is important in an interpretation-based account of emotion.

Solution 3.1

Method: The same body state can feel different — p.4

Worked steps

- A bodily change alone does not identify one emotion. **B1**
- The person notices the change and assesses the situation. **A1**
- The situation provides a meaning or label for the arousal. **A1**
- This is why similar physical states can produce different feelings. **B1**

Exam-style 3.2 ■ 4 marks

Compare an account where bodily response comes first with one where bodily response and feeling happen together.

Solution 3.2

Method: The same body state can feel different — p.4

Worked steps

- Both explain emotion using bodily change and feeling. **B1**
- The first says the physical response happens before the feeling. **A1**
- The second says physical response and feeling occur at the same time. **A1**
- Their difference is the order of the processes. **B1**