

The background features several large, overlapping, colorful swirls in shades of purple, green, and blue. Scattered throughout are numerous small, yellow, triangular shapes that resemble confetti or starbursts.

Common Emotions

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Defining Emotions:

Feelings that generally have both physiological and cognitive elements and that influence behavior.



Some Common Emotions

1. Fear:

Fear is an emotional state in the presence or anticipation of a dangerous or noxious stimulus.



Causes of fear

- Danger to life
- Suddenness
- Anything that lowers self-confidence
- Threatening of security
- Horrifying faces or stories
- Inability to cope with competition
- Dreams of dragons etc
- Danger of failure



Philological Changes

Philological Changes that accompany fear:

The vascular changes

Hormonal changes

Respiratory changes

Circulatory changes

Visual changes

Sweat gland changes

Muscular changes





Prevention of fear

Social imitation

Direct conditioning

Flooding

Systematic desensitization

Counterconditioning

Optimism

A decorative graphic on the left side of the slide features three balloons in shades of green, blue, and purple, with yellow streamers and triangular flags trailing from them.

2. Anger:

Anger represents one of the unpleasant or negative emotion that are learnt by the child during the course of his normal growth and development.



Causes of anger

Frustration

Physical weakness or bodily restraint

Unfulfilment of needs

Any interference with the movement of the children

When self-esteem is hurt

Illness

Hunger

Constant fault finding

Fatigue and restlessness

When goal is too high to achieve



Treatment of anger

- Relaxation
- Self-reward
- Assertive behaviour
- Removing rewards
- Positive reinforcement
Modeling
- Forgiveness



3. Love or affectation:

These are considered as positive emotion and is associated with the pleasant and pleasurable experience.

A decorative graphic on the left side of the slide features three balloons: a light green one at the top, a light blue one in the middle, and a light purple one at the bottom. Each balloon is attached to a thin, wavy streamer. Small, yellow, triangular shapes are scattered around the balloons, resembling confetti or streamer pieces.

4. Joy, Pleasure and delight:

All these are positive emotions and they generally belong to joy. Such emotions always give pleasure to the individual. Joy depend upon good health and general bodily condition.



5. Humour:

It is the ability to appreciate things, situations or people that are comic.

6. Jealousy:

It is an attitude of resentment directed towards people. It is negative emotion.