

**Motivation and Emotion**

**Biological Motives**  
 Homeostasis - correct imbalances  
 Ex. Eat when hungry

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**Hunger**

Hypothalamus - base of the brain that regulates food intake

- \*Sugar in the blood
- \*Stomach muscles contract
- \*Temperature

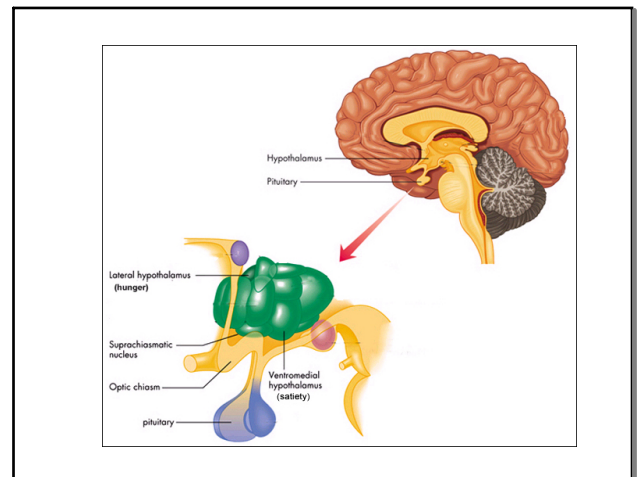
<http://www.youtube.com/watch?v=hzNSAj6jX14>

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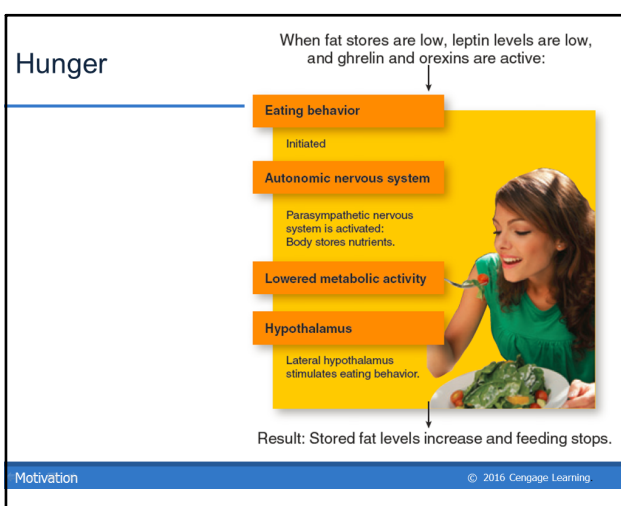
**Lateral hypothalamus - go signal**  
 Removed - won't eat  
 Stimulated - eat after full  
 Cold weather - more active

**Ventromedial hypothalamus - stop signal**  
 Removed - eat after full  
 Stimulated - won't eat  
 Warm weather - more active

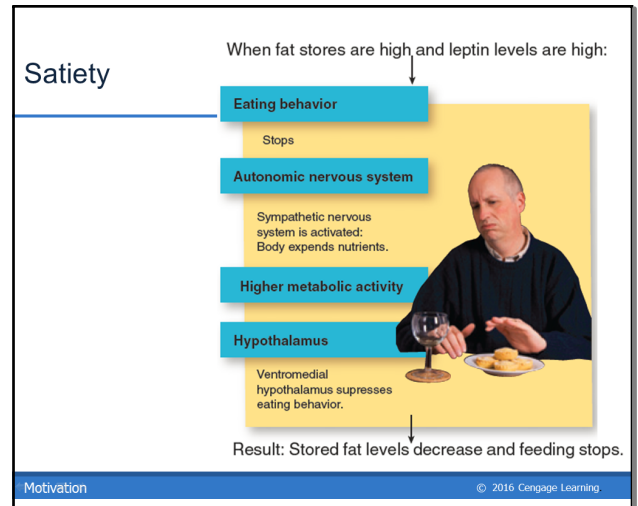
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Obesity - Stanely Schachter  
 Obese - external cues  
 Normal - internal cues  
 Ex. Normal ate more crackers when hungry, obese ate more crackers when full

<http://www.youtube.com/watch?v=CodB8Q7ISok>

<http://www.youtube.com/watch?v=XrVJehmHVEE>

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### Obesity and Being Overweight

Height (inches)	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	28
80	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	28
78	9	10	12	13	14	15	16	17	19	20	21	22	23	24	25	27	28	29	
76	10	11	12	13	15	16	17	18	20	21	22	23	24	26	27	28	29	30	
74	10	12	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32		
72	11	12	14	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34	
70	12	13	14	16	17	19	20	22	23	24	26	27	29	30	32	33	35	36	
68	12	14	15	17	18	20	21	23	24	26	27	29	30	32	34	35	7	38	
66	13	15	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	
64	14	15	17	19	21	22	24	26	28	29	31	33	34	36	38	40	41	43	
62	15	17	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46	
60	16	17	20	22	23	25	27	25	31	33	35	37	39	41	43	45	47	49	
58	17	19	21	23	25	27	29	31	34	36	38	40	42	44	46	48	50	52	
56	18	21	22	25	27	29	31	34	36	38	40	43	45	47	49	52	54	56	
54	19	22	24	27	29	31	34	36	39	41	43	46	48	51	53	56	58	60	
52	21	23	26	29	31	34	36	39	40	44	47	49	52	55	57	60	62	65	
50	23	25	28	31	34	37	39	42	45	48	51	53	56	59	62	65	68	70	
48	24	28	31	34	37	40	42	46	49	52	55	58	61	64	67	70	73	76	

Weight (pounds)

BMI under 18.5: Underweight       BMI between 30-39: Obese  
 BMI between 18.5-24: Healthy weight       BMI over 40: Severely/morbidly obese  
 BMI between 25-29: Overweight

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### Believe It or Not: Is Obesity Catching?

▶ Look at connections within a social network

**Obesity Trends\* Among U.S. Adults**  
 1990, 2000, 2010  
 (\*BMI ≥30, or about 30 lbs. overweight for 5'4" person)

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### Eating Disorders

- ▶ Anorexia nervosa
- ▶ Bulimia nervosa
- ▶ Binge eating disorder

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### Anorexia -

**Typical warning signs of anorexia include:**

- > Extreme weight loss
- > Calorie restriction
- > Obsession with food, weight, calories and/or dieting
- > Sudden interest in "healthy" or clean eating, vegetarianism, veganism, elimination diets, etc.
- > Intense fear of being fat or weight gain
- > Refusal to eat certain foods or entire groups of foods (i.e. carbohydrates or desserts)
- > Strange eating habits or food rituals
- > Denial of hunger or weight loss
- > Compulsive exercising
- > Withdrawal from friends, family and "normal" activities/routines

**Typical medical signs of anorexia include:**

- > Weight at or below 85 percent of Ideal Body Weight (IBW) for age
- > Significant/dramatic decrease in normal growth chart curve for weight
- > Excessive or compulsive exercise
- > Bradycardia (abnormally low heart rate) and/or orthostasis (a form of low blood pressure that happens when you stand up from sitting or lying down)
- > Absence of or delayed onset of or sporadic/light menses
- > Fatigue, cold-intolerance, dizziness and/or hair thinning/loss

Anorexia's Living Face (CBS News).wmv

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### Bulimia Nervosa

serious eating disorder characterized by frequent episodes of binge eating followed by vomiting

The Worst Case of Anorexia and Bulimia You'll Ever See.wmv

repetitious binge-and-purge cycle can cause damage to your digestive system and create chemical imbalances in the body that harm the functioning of major organs, including the heart. It can even be fatal

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## Binge Eating

Eating large amounts of food at one time without purging  
 \*can be normal weight, overweight, or obese

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## Sexual Desire

- ▶ Influenced by our:
  - Hormones
  - Senses
  - Thoughts
  - Culture



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### Hormones

hypothalamus works with the pituitary gland, to release hormones into the bloodstream.

In humans, the hormone that seems to govern libido is testosterone.

- Although testosterone is a male hormone, it is also found in females (likewise, males have estrogen).
- If testosterone levels fall too low, both males and females experience disinterest in sex.

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### - Hormones continued

- oxytocin plays a role in adult social bonding or attachment.
- Oxytocin is released during sexual activity and may contribute to the feeling of closeness we feel toward our partner during sexual activity.
- Dopamine, a neurotransmitter associated with pleasure and reward, also influences sexual desire.

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### - Senses

- > Visual cues can increase or decrease sexual desire.
- > Sense of smell may play a role in sexual arousal.
- >
- > Touch plays a more direct role in sexual desire.
  - Because nerve endings are unevenly distributed throughout the body, some areas of the skin are more sensitive to touch than others.
  - These areas, called erogenous zones, include the genitals, buttocks, breasts, armpits, ears, navel, mouth, and the inner surfaces of the thighs.
  - However, areas that may be highly stimulating to one person may produce a negative reaction in another; hence, our preferences in reaction to touch differ.

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## Sexual Orientation

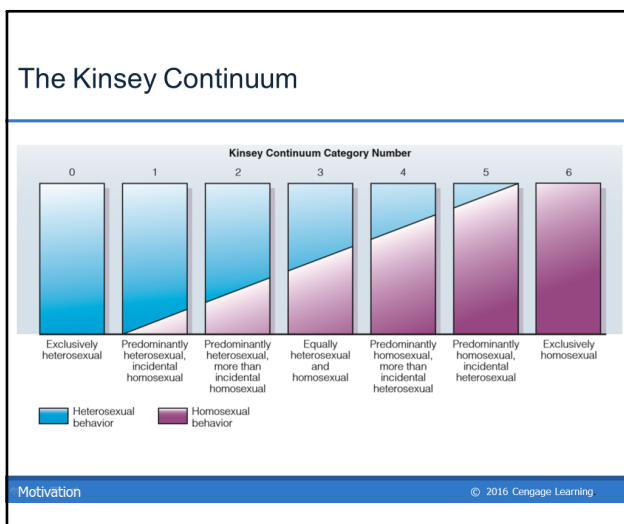
- ▶ The sex(es) that a person is attracted to emotionally, physically, sexually, and romantically



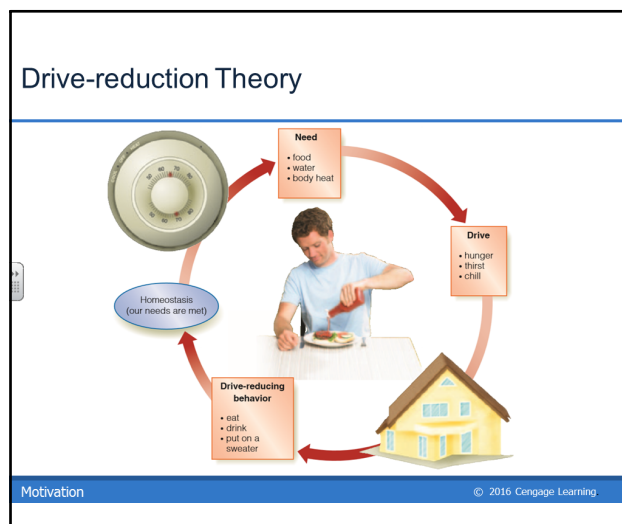
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### Drive Reduction Theory - Clark Hull

Biological needs drive an organism to act  
 \*\* all motives are due to biological needs

Weakness to theory  
 Harry Harlow experiment  
 \*\*monkeys only went to wire/nipple mother when hungry  
 \*\*went to cloth mother when emotional

<http://www.youtube.com/watch?v=hsA5Sec6dAI>

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### Primary and Secondary Drives

- ▶ Primary drives
  - Hunger
  - Thirst
- ▶ Secondary drives
  - Need for achievement
  - Need to affiliation
  - Need understanding

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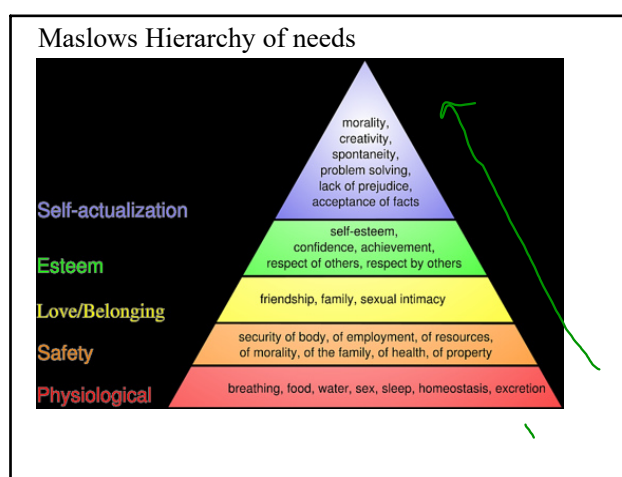
### Social Motives

Need for achievement  
 TAT - Thematic Apperception Test  
 Themes: hunger

Fear of Success  
 90 men asked to write a story  
 “after first term finals, John finds himself at the top of his medical school class”  
 substitute Jane for John  
 90% wrote success for John  
 65% wrote doom for Jane  
 Motive to avoid success  
 Success in many fields is “unfeminine”

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**Emotion**


Innate - basic facial expressions  
 Ex. Smile regardless of culture  
 Ex. Deaf and Blind children express same

**Physiological Theory**  
 James-Lang Theory - bodily changes trigger emotions  
 Ex. Are happy because we smile  
 Cannon Bard Theory - emotions trigger bodily changes  
 Ex. We smile because we are happy  
 Ex. Lie detection

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Expressing Emotions

► Are some expressions universally understood?




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Experiencing Psychology: Real or Fake?

► Which of these smiles is fake? Which is real?



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Theories of Emotions

James-Lange: Perceived stimulus → Specific physical arousal → Subjective feeling

Cannon-Bard: Perceived stimulus → Physical responses / Subjective feeling

Schacter-Singer: Perceived stimulus → General arousal → Assessment of surroundings → Subjective feeling

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**Cognitive Theories**

Schachter-Singer - internal components of emotion affect people based on their interpretation or perception of the situation  
 \*\*\*Perception and arousal interact to create emotion

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**Arnolds Theory**

1. perception (what is it?)
2. appraisal (can it hurt/help me)
3. bodily change (sweat, heart)
4. emotion (scared)
5. action (run)

\*\* sometimes jump from 2 to 5 and then to 3 and 4

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## Attachments

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Food or Security\_ Harlow's study on monkeys' attachment.wmv

Anorexia's Living Face (CBS News).wmv

The Worst Case of Anorexia and Bulimia Youll Ever See.wmv