



## CONCEPTS OF EMOTION IN ENGLISH

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Emotion is a complex psychological and physiological state that involves a wide range of feelings, thoughts, and bodily responses. There are several key concepts related to emotions:

1. **Basic Emotions:** This concept suggests that there are a small number of primary emotions that are universal across cultures, such as happiness, sadness, anger, fear, surprise, and disgust. This idea was proposed by psychologist Paul Ekman.
2. **Emotional Intelligence:** Coined by psychologists Peter Salovey and John Mayer, emotional intelligence refers to the ability to recognize, understand, and manage one's own emotions as well as to recognize and influence the emotions of others.
3. **Emotion Regulation:** This concept involves the processes by which individuals influence which emotions they have, when they have them, and how they experience and express these emotions. Effective emotion regulation is linked to psychological well-being.
4. **Affective States:** Affective states encompass a broad range of feelings and moods, including both short-term emotional responses and longer-lasting dispositions, such as optimism or pessimism.
5. **Cognitive Appraisal Theory:** This theory suggests that emotions are the result of an individual's interpretation and evaluation of their environment. According to this view, emotions arise from the way a person appraises or evaluates a situation.
6. **Emotion and Physiology:** Emotions are associated with physiological changes in the body, such as changes in heart rate, hormone levels, and brain activity. The field of affective neuroscience explores the neural mechanisms underlying emotions.

These concepts provide a framework for understanding and studying emotions in psychology and related fields.

Here is some theoretical information about concepts of emotion in English along with scientists' theories:

### 1. James-Lange Theory:

- Scientist: William James and Carl Lange





- Theory: This theory proposes that emotions are the result of physiological reactions to stimuli in the environment. According to this view, we feel emotions because of bodily responses to external events. For example, we feel afraid because we tremble, not the other way around.

#### 2. Cannon-Bard Theory:

- Scientist: Walter Cannon and Philip Bard

- Theory: In contrast to the James-Lange Theory, the Cannon-Bard Theory suggests that emotions and bodily responses occur simultaneously and independently. According to this theory, an emotional stimulus triggers both an emotional response and a physiological reaction at the same time.

#### 3. Schachter-Singer Two-Factor Theory:

- Scientists: Stanley Schachter and Jerome Singer

- Theory: This theory posits that emotions are the result of a combination of physiological arousal and cognitive interpretation of that arousal. According to this view, emotions are determined by both physiological responses and cognitive appraisal of the situation.

#### 4. Facial Feedback Hypothesis:

- Scientist: Charles Darwin and later research by Paul Ekman

- Theory: The Facial Feedback Hypothesis suggests that facial expressions can influence emotions. According to this idea, facial expressions not only reflect emotions but can also influence how we feel. For example, smiling can make a person feel happier.

#### 5. Appraisal Theory:

- Scientist: Richard Lazarus

- Theory: Appraisal Theory proposes that emotions are the result of how individuals interpret or appraise a situation. According to this theory, emotions arise from the evaluation of whether a situation is relevant to one's goals or well-being.

These theories provide different perspectives on how emotions are experienced, expressed, and understood, contributing to our overall understanding of the complex nature of human emotions.

Emotion plays a significant role in linguistics, impacting various aspects of language and communication. Here are some ways in which emotion intersects with linguistics:

1. Emotive Language: Emotions are often conveyed through language using emotive words, tone, and expressions. Linguists study how language is





used to express emotions, from the choice of words to the structure of sentences.

2. Pragmatics: Emotions influence the pragmatic aspects of language, such as speech acts, implicature, and conversational implicature. Understanding how emotions affect the intended meaning of utterances is a crucial aspect of linguistic analysis.

3. Language Acquisition: Emotions can influence language acquisition and development. Children learn language in emotionally rich contexts, and emotions can impact their understanding and use of language.

4. Discourse Analysis: Emotions shape discourse patterns, including turn-taking, topic management, and the overall flow of conversation. Linguists examine how emotions influence the structure and dynamics of communication.

**The list of used literature:**

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