

What is the function of emotion

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ABSTRACT: In general, everyone has emotions. In contrast, there are many researches related to emotion. However, the research on the real role of emotion for the human body itself is relatively less. Because I happen to be a little interested in this research, and the information I usually inquire about and my own experience can also give a little more guidance to this point of view, so I made a bold guess. The function of emotion is to help you understand your inner thoughts and to alarm you. To be more specific, that is to say — The essence of emotion is a person's real thoughts about something. It also helps people to understand themselves better and make the most correct choice.

KEYWORDS: psychology , emotion

Evidence

The first thing we all know is that before a person's brain has experienced a certain kind of damage, there is a fact. Emotion is something that human beings are born with. According to Charles S. Carver in Self-Regulation of Action and Affect , there is a similar opinion, and its original word is —These assumptions can be summarized by one core idea: Certain emotions (at least those referred to in Western cultures by the words "anger," "sadness," "fear," "disgust," and "happiness") are given to us by nature. [1]That is, they are natural kinds, or phenomena that exist independent of our perception of them. In other words, normal human beings are born with some basic emotional abilities, which may not appear on the surface, but can be felt in the heart. This bright point is easy to cause our thinking. Because, for example, humans are born with limbs and organs, and almost all of these objects known to be found in humans have their own significance. Once upon a time, emotion, which may not be observed by human beings at ordinary times, also has its unique and key use. Believing in Hegel's "what exists is reasonable", and also a conjecture that "what is originally possessed in human beings must exist for the sake of a minimum life", emotion is bound to play an indispensable role in human survival ability. In short, the summary is — Emotion exists in human being, which just shows that emotion is a part of the whole human being. Emotion is something that human beings must have. Without emotion, human survival will be difficult. As a result, emotions make a significant contribution to many decisions in one's life.

The second point we are going to discuss is — Emotions follow people's experience and change subtly. Looking back, sometimes, we will suddenly find that when we look back on a past event, especially those extremely extreme things, which may be anger or sadness, our inner emotions are often less intense than at that time. Of course, it may be that the long time has consumed some basic perception, but the emotional changes cannot be ignored. Because at some point, our view of something is even changed. All of this is inseparable from the extra events that we experience during this interval, as well as the things we think about occasionally. These changes may only happen in a moment, so small that we are very difficult to detect. However, it is these tiny variables that slowly condense and quietly form, and unconsciously polish and change our emotions into the most suitable appearance for us now. Lisa Feldman Barrett, Batja Mesquita, Kevin N. Ochsner, and James J. Gross in *The Experience of Emotion* (2007) pointed out that the consistent activation of these areas during experiments that involve the experience of emotion (but not necessarily its report) support the hypothesis that mental state attributions are involved in establishing a mental representation of emotion.[2] And Each emotion is thought to produce coordinated changes in sensory, perceptual, motor, and physiological functions that, when measured, provide evidence of that emotion's existence. It is because emotions change with human experience and growth that emotions give a person more mature, timely, and correct guidance. It will make a difference in a person's life, will make that person avoid many dangers, and may also harm that person. Boyd (1991) also confirmed that the property cluster that characterizes a natural kind is sometimes said to be homeostatic, in the sense that the proper-ties work to maintain and reinforce one another. [3]In summary, Many studies have shown that human emotions change with the growth of human beings, and all these are related to the protection of human beings and the improvement of human beings.

The last point we want to make is — People have their own standards for their satisfaction and dissatisfaction. Gross (1998) found out that people also are able to recognize the value of feeling certain emotions in specific situations, and to understand which short- and long-term strategies work best for enhancing or reducing particular emotions.(see Gross, 1998). [4]In other words, it will gradually change with the individual, that is to say, it will change with the individual. Different human individuals have different emotions about the same thing. Because of this, human beings will have different views, different actions, and different manifestations of the same event. Emotions make a person different from others, and the degree of the same emotion will also be different, and this kind of different feeling can sometimes change a person's destiny. These differences will shape a person's personality and make him more likely to succeed or fail than others. In other words, the change of emotions is different, and it also makes people stronger or vulnerable.

To sum up the above paragraphs, we can divide the theoretical basis of emotion influencing human behavior into the following three points. Emotions they are born with them, make people different from each other, and grow according to their

experiences. All of these reflect its importance to human life. They will unconsciously shape a person more powerful than before.

References

- [1]*Self-Regulation of Action and Affect Charles S. Carver (2004)
- [2]*The Experience of Emotion by Lisa Feldman Barrett, Batja Mesquita, Kevin N. Ochsner, and James J. Gross (2007)
- [3]*Are Emotions Natural Kinds? Lisa Feldman Barrett(2006)
- [4]*Emotional Intelligence Marc A. Brackett, Michelle Bertoli, Nicole Elbertson, Elise Bausseron, Ruth Castillo, and Peter Salovey (2013)