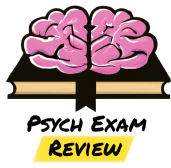


Emotion & Motivation Review Questions

- In the James-Lange theory of emotion, emotional experiences are considered to be primarily the result of:
 - physiological arousal
 - cognitive appraisal
 - behavioral conditioning
 - secondary drives
 - social influence
- The idea people are motivated to maximize pleasure and minimize pain is known as:
 - drive reduction theory
 - self-actualization
 - the Yerkes-Dodson law
 - the opponent process theory of motivation
 - the hedonic principle
- Since he started getting paid to perform, Reggie feels his intrinsic enjoyment of playing music has decreased. This may be an example of:
 - delay of gratification
 - cognitive reappraisal
 - drive reduction theory
 - the overjustification effect
 - approach-avoidance conflict
- Which of the following is NOT one of the 4 stages of William Masters and Virginia Johnson's human sexual response cycle?
 - Excitement
 - Refractory period
 - Orgasm
 - Resolution
 - Plateau
- Which theory of emotion proposes that emotional experience results from a combination of cognitive appraisal and physiological arousal?
 - James-Lange theory
 - Cannon-Bard theory
 - Schachter-Singer Two-Factor Theory
 - Dual-Process theory
 - The facial-feedback hypothesis
- Which of the following is a hormone that stimulates hunger and is produced by the stomach?
 - Orexin
 - Ghrelin
 - Leptin
 - Serotonin
 - Insulin
- According to Paul Ekman's research, which of the following is NOT a basic emotion:
 - Joy
 - Envy
 - Fear
 - Disgust
 - Surprise
- Drive reduction theory suggests that an important motivation for behavior is to:
 - increase physiological arousal
 - balances levels of challenge and skill
 - maintain a state of homeostasis
 - avoid negative emotions
 - experience a flow state
- Which of the following brain areas is most associated with the "low road" or fast pathway of emotional processing?
 - The amygdala
 - The hippocampus
 - The prefrontal cortex
 - The corpus callosum
 - The temporal lobe
- Josh meets Stacey while waiting in line for a roller coaster. He feels strongly attracted to her; his heart is racing and his palms are sweaty as he talks to her. It's possible Josh is actually experiencing:
 - set-point theory
 - arousal theory
 - approach-approach conflict
 - misattribution of arousal
 - a frontal lobotomy



Emotion & Motivation Review Questions

1. A - physiological arousal

The James-Lange theory of emotion suggests that environmental stimuli cause physiological arousal which then leads to emotional experience.

2. E - the hedonic principle

The hedonic principle suggests that one of the primary motivators of our behavior is simply to seek pleasure and avoid pain.

3. D - the overjustification effect

The overjustification effect suggests that extrinsic rewards can undermine intrinsic motivation and reduce one's natural enjoyment of a behavior.

4. B - refractory period

While Masters and Johnson noted that men experienced refractory periods and women did not, it is not one of the 4 stages of their cycle.

5. C - Schachter-Singer Two Factor Theory

Two Factor theory proposed that emotional experiences depend on both physiological arousal and our cognitive interpretation, or labeling, of the arousal.

6. B - Ghrelin

Ghrelin is an orexigenic (appetite-producing) hormone that is produced in the stomach. A mnemonic to remember this is to think of your stomach growling when hungry.

7. B - Envy

Paul Ekman did not include envy as one of the basic emotions that he believed to have universal expression across cultures. He identified 6 basic emotions: joy, anger, sadness, fear, surprise, and disgust, then later added a 7th: contempt.

8. C - maintain a state of homeostasis

Drive reduction theory suggests that when we depart from a state of homeostasis this creates a drive (such as the hunger drive) which motivates behavior that will reduce the drive (such as eating) and restore homeostasis.

9. A - the amygdala

The "low road", or fast pathway, for emotion leads more directly to the amygdala for an immediate emotional response, which may then be overridden by the slow pathway involving the cortex.

10. D - misattribution of arousal

Misattribution of arousal refers to mislabeling an emotional experience by attributing the physiological arousal to an incorrect source, such as Josh believing Stacey is the source of his racing heartbeat and sweaty palms, rather than the impending thrill ride.