



PSYCHOLOGY

# WELCOME TO PSYC 110

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anyone that doesn't  
consider you worth  
their time isn't  
worth yours.

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## **PSYC 110 (General Psychology)**

### **Module 12:**

Positive & Health Psychology

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# What should we get out of today?

## THE PLAN

### **THREE EMOTION THEORIES**

### **MOTIVATION AND THE PLEASURE PRINCIPLE**

### **IMPROVING OUR WELL- BEING**



# Three theories explain our emotions

## James-Lange Theory

Bodily responses dictate our emotions

## Cannon-Bard Theory

Information about emotional stimuli is processed by our brain first, then mind and body

## Two-Factor Theory

How we think about and label bodily responses is the basis for emotion



# Three theories explain our emotions

## James-Lange Theory

Bodily responses dictate our emotions

**Stimulus:**  
a threatening grizzly bear approaching



**Bodily response:**  
heart rate increasing



**Emotion:**  
feeling of fear





# Three theories explain our emotions

## **James-Lange Theory**

Bodily responses dictate  
our emotions

## **Facial Feedback Hypothesis**

Our physiological state can directly influence  
how we interpret our own emotions

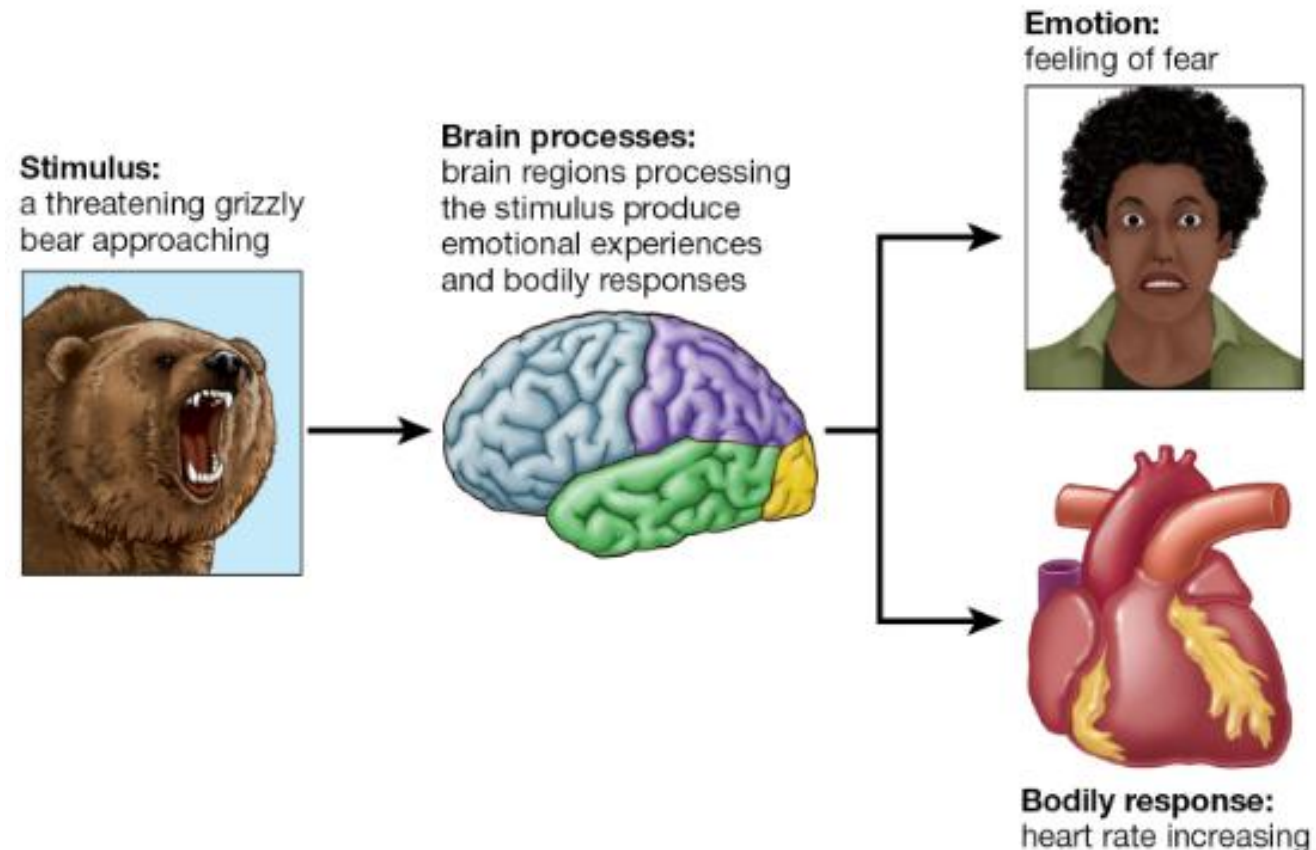
[Brain Games: Facial Feedback Hypothesis](#)



# Three theories explain our emotions

## Cannon-Bard Theory

Information about emotional stimuli is processed by our brain first, then mind and body





# Three theories explain our emotions

## Two-Factor Theory

How we think about and label bodily responses is the basis for emotion

**Stimulus:**  
a threatening grizzly bear approaching



**Bodily response:**  
heart rate increasing



**Emotion label:**  
"afraid"

"That is one scary bear! I'm afraid of it!"

**Emotion:**  
feeling of fear





# Three theories explain our emotions

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## **Motivation**

A process that energizes, guides, and maintains behavior toward meeting specific goals or needs



# Many factors influence motivation

Motivation is:

**Activating**

Stimulates you to do something

**Directive**

Guides your behaviors toward meeting specific goals or needs

**Sustaining**

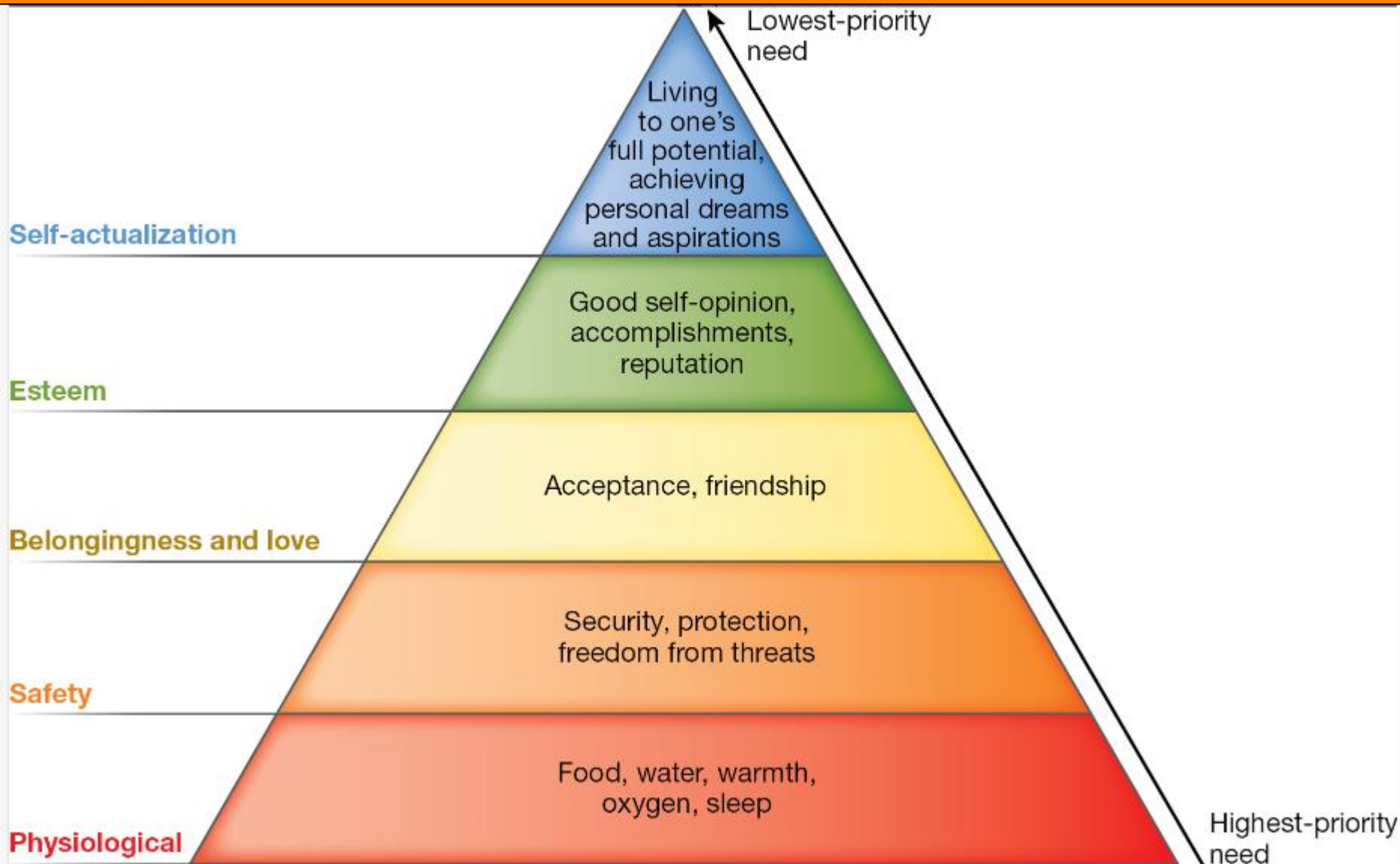
Encourages the behavior to continue until you achieve your goal

**Differential**

Depends on the person and the situation



# Motivation is a drive to satisfy a need

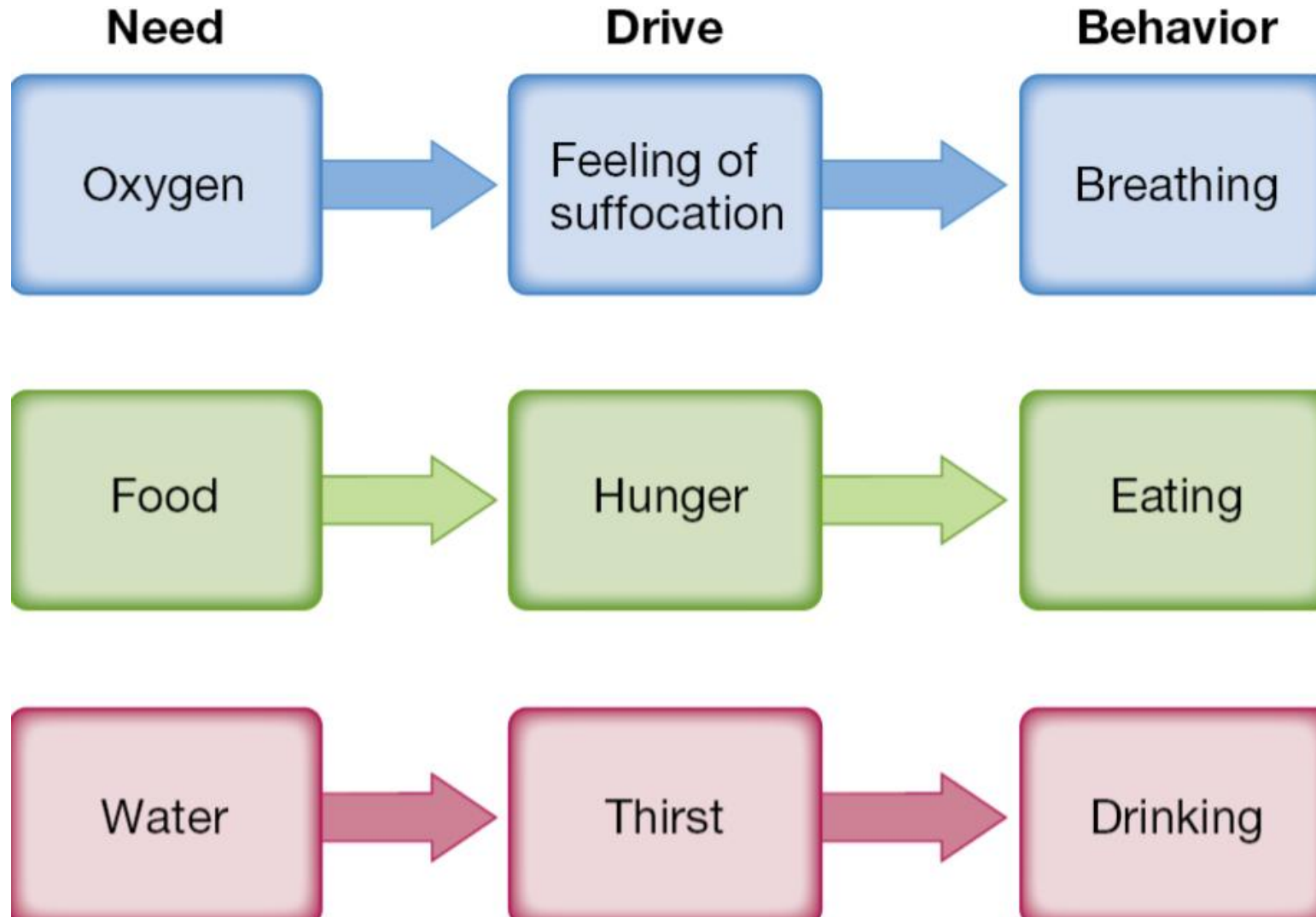


## Maslow's Hierarchy of Needs

**Remember me??**

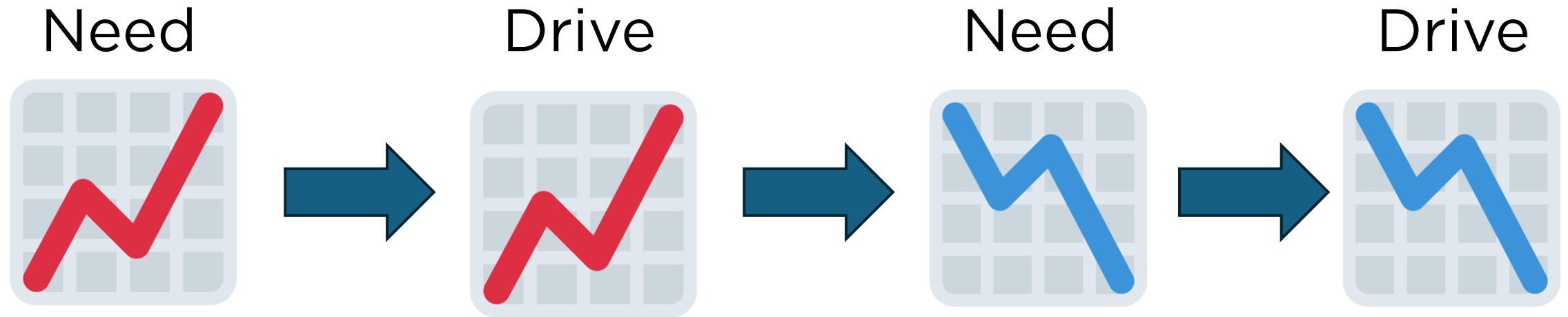


# Motivation is a drive to satisfy a need





# Motivation is a drive to satisfy a need





# The Pleasure Principle explains why we seek good things

## THE PLEASURE PRINCIPLE



**Pain**



**Pleasure**



Both positive and negative motivations are adaptive according to the pleasure principle

For example:

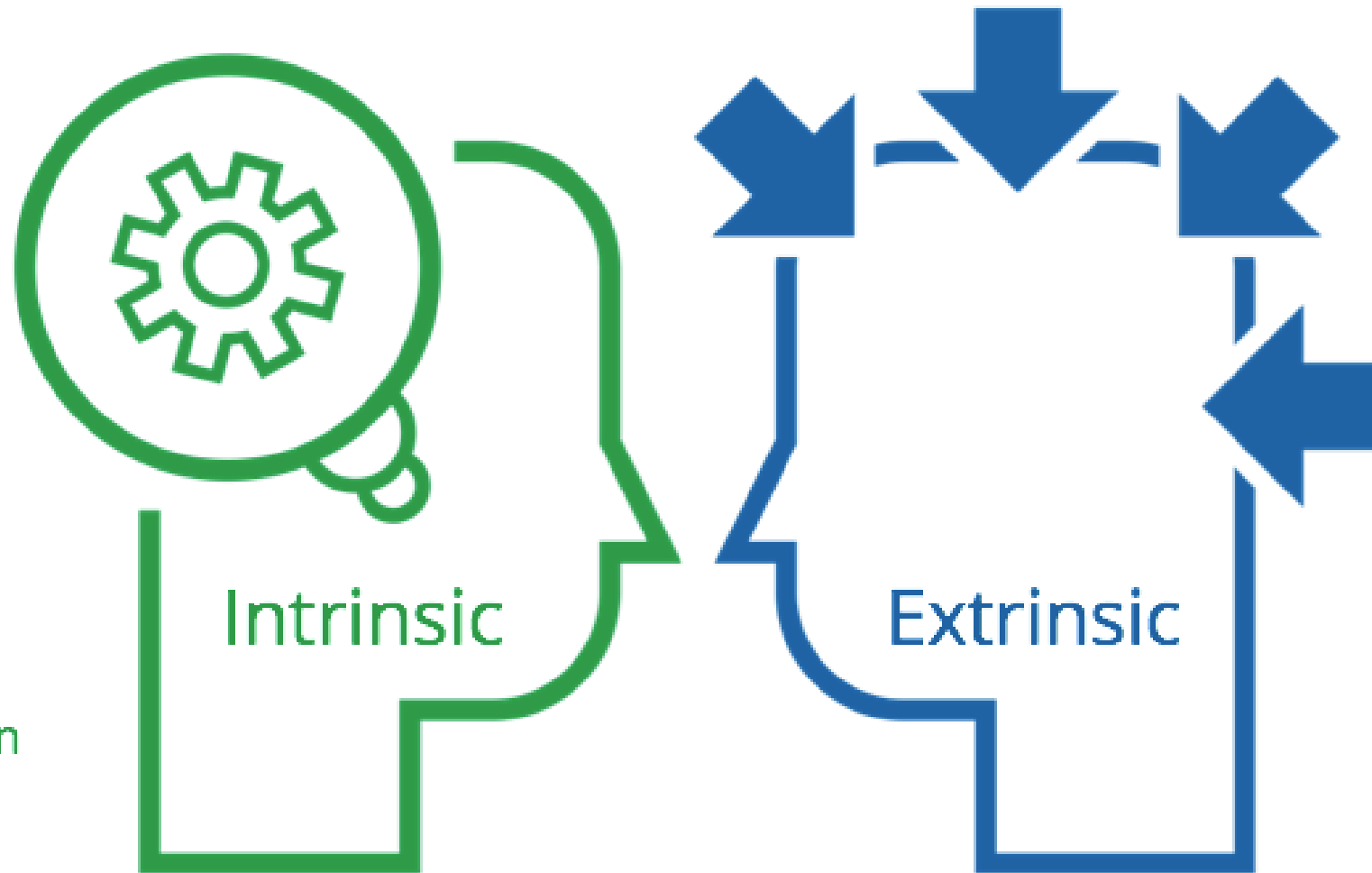
- Phobias
  - We avoid snakes and heights because they can harm us
- Food-seeking
  - We enjoy salty and sweet foods because salt and sugar are key nutrients



# Motivation can be Intrinsic or Extrinsic

**Because of the interest and enjoyment in the task itself**

- Enjoyment
- Purpose
- Growth
- Curiosity
- Passion
- Self-expression
- Fun



**Because of the outcome that will result by doing the task**

- Promotions
- Pay raises
- Bonuses
- Benefits
- Prizes
- Winning
- Perks





# Extrinsic rewards can reduce intrinsic value

## The Overjustification Effect

Three groups of children were given markers to color a picture



### **Group 1**

No Reward  
(Intrinsic)



### **Group 2**

Unexpected Reward  
(Intrinsic to Extrinsic)



### **Group 3**

Expected Reward  
(Extrinsic)



# Extrinsic rewards can reduce intrinsic value

## The Overjustification Effect

After the main trial, the children had free-time to play with the markers



### **Group 1**

Continued to play with the markers



### **Group 2**

Played somewhat with the markers



### **Group 3**

Barely played with the markers at all



# Extrinsic rewards can reduce intrinsic value

## The Overjustification Effect



Why would we play with the markers for free when we know we can get paid?

### **Group 3**

Barely played with the markers at all

*But wait, doesn't this contradict operant conditioning?*



# What can we do to improve our well-being?



*What sort of activities make you feel “Good?”*



# What can we do to improve our well-being?

Research points to multiple factors, including:



**Physical Activity**



**Simple, Positive Activities  
(SPA's)**



**Mindfulness**



# Physical health is a biological characteristic

## **Biological characteristics:**

genetic predispositions,  
exposure to germs,  
brain and other nervous  
system development

## **Psychological factors:**

thoughts, actions,  
lifestyles, stress,  
health beliefs

**Physical  
Exercise  
lowers  
amygdala  
activation**



**Lower  
amygdala  
activation  
produces  
lower stress**





## The BEST Exercise To Improve Your Mental Health



We can do simple things to improve our well-being

## Simple, Positive Activities (SPI's)



Work best when the Person-Activity Fit is maximized

Person: Beliefs, Motivation, Social Support, Demographics

Activity: Dosage, Variety, Purpose (Others or Self)





# What does it mean to be “Mindful?”

## **Mindfulness**

Awareness of one's  
internal states and  
surroundings



# What does it mean to be “Mindful?”

Mindfulness can be practiced anywhere!

Just requires us to focus on the present moment

Let's try a guided practice:

[Dr. Paula Gardner In-class Mindfulness Meditation at Brock University](#)



# What does it mean to be “Mindful?”

Research has shown people who practice mindfulness tend to:



**Be happier**



**Have lower anxiety**



**Feel more  
engaged in daily  
activities**



# What can we do to improve our well-being?



**Physical Activity**



**Simple, Positive Activities  
(SPA's)**



**Mindfulness**

*Try to think of some other ways that work for you!*



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# How did we do?



## For y'all:

Friday Quiz 10 is **April 25**

InQuizitive **due April 27**

Reflection Journal **due April 27**

Collab Project **due April 30**