

Emotion

- An emotion is a strong feeling of the whole organism.
- **Emotion** is subjective experience, associated with mood, temperament, personality, and disposition.

- Emotions motivate human behavior.
- An emotional experience is characterized by both external and internal changes in the human being.
- The external changes are those which are apparent and easily seen by others such as changes in facial expression, changes in posture.

- By studying the facial expression we can find out if a person is angry, happy, depressed or elevated.
- The internal changes brought about by emotions are psychological such as rapid pulse, respiration, increased blood pressure, tension and pain.
- Usually these changes are temporary, and subside when the individual returns to the “normal”.

Some of the major emotions are:

1. Fear
2. jealousy
3. sympathy
4. anger
5. moodiness
6. pity
7. love
8. Joy
9. Lust
10. Hate
11. Sorrow
12. Grief

- Scientists have proved that emotions can be a major barrier to communication.
- The doctor should be able to understand the emotions of the patient.
- Once the emotional barriers are broken down, a mutual trust between the patient and the doctor develops, and the patient will begin to talk more freely about himself.

- This is the basis of doctor-patient relationship.
- The desirable qualities in a doctor are cheerfulness and an even temperament.
- Moodiness, emotional instability and getting easily upset are undesirable qualities.

Some specific emotions

Fear:

- Fear is the most common emotion of man.
- It may produce excitement or depression, flight or fight.
- Some of the common fears of man are – fear of the dark, fear of dogs, fear of snakes, fear of ghost, fear of sickness, fear of death, etc.
- When the fear becomes exaggerated or unnecessary, it is called phobia. Such fears are common in patients with mental disorders.

Anger:

- Anger or rage is another basic emotion of man.
- It is a reaction of the offensive type. Anger is a destructive force.
- If it is not controlled, it may impel a person even to commit murder.

Anxiety:

- Anxiety may manifest in such symptoms as rapid pulse and breathing, flushing, tremor, sweating, dry mouth, nausea, diarrhea, raised blood pressure, etc.
- Patients admitted to hospitals are anxious.
- Anxiety leads to tension and tension to pain.
- The doctor must understand the patient's anxiety and give him reassurance.
- A kind word from the doctor or nurse works like a magic and gives the patient considerable relief from mental anxiety.

Role of emotions in health and disease

- Emotional states determine human behavior.
- Anger can cause a person to be rude and sarcastic.
- Disorders of emotion interfere with human efficiency – lack of concentration, lack of appetite, increased risk of accidents, lack of sleep, palpitation, etc.
- Emotional disorders in children may appear in the form of temper tantrums, abdominal pain, spasms, ticks and antisocial behavior such as aggressiveness.

Psychosomatic illnesses:

- There are a group of diseases known as “psychosomatic diseases” (mind acting on body) e.g. essential hypertension, peptic ulcer, asthma, ulcerative colitis which are attributed to disturbed emotional states.

Control of emotions:

- A well-adjusted and mentally healthy person is one who is able to keep his emotions under control.
- One should not be carried away by one's emotions.
- Children should be shown love and appreciation so that they may grow into emotional maturity.
- For adults, a happy family life is basic for emotional adjustment.
- Patients who are anxious need reassurance and their fears must be allayed.

- The following tips may be useful in controlling one's emotions:
 1. cultivate hobbies, good habits of reading and recreation
 2. adopt a philosophy of life to enable you to avoid mental conflicts
 3. try to understand your own limitations
 4. develop a sense of humor.

- A study of psychology helps us to understand the basis of emotions and the need to keep emotions under control.

Motivation:

- Motivation is a key word in psychology.
- It is an inner force which drives an individual to a certain action.
- It also determines human behavior.
- Motivation may be positive or negative: without motivation, behavioral changes cannot be expected to take place.
- Positive motivation is often more successful than negative motivation.

- A motivated person acts willingly and knowingly.
- The terms motives, needs, wants, desires and urges are all used synonymously.
- These terms are interrelated and interdependent.

Kinds of needs and urges:

- It is difficult to define human needs.
- There are many kinds of needs and urges.
- a) Biological needs: These are survival needs.
A hungry man needs food, thirsty man water, a sick man medicine.
 - There are other needs such as sleep, rest, recreation and fresh air.
 - The doctor should be aware of these needs in the day-to-day care of the patients.

- b) Social needs:** The need for company, the need for love and affection, the need for recognition, the need for education are all social needs.
 - Some of these needs are met by the family, and some by the community.
- c) Economic needs:** Economic security, that is security from want, is one which everyone desires.
- d) Ego- integrative needs:** The desire for prestige, power and self-respect come in the category.

Motivation is contagious:

- It spreads from one motivated person to another.
- We make use of motives and incentives in community health work.
- Motivation of eligible couples for a small family norm is an important activity in the National Family Welfare Programme.
- Motivation is required to enlist people's participation.

Incentives

- Incentives are among the factors that stimulate motivation and encourage specific behaviors.
- Incentives can be either intrinsic or extrinsic, material or psychological, self determined or selected by others.
- An intrinsic incentive is the benefit that comes from solving one's own problems.

- **Extrinsic incentives are rewards that do not relate directly to the goal towards which the desired behavior is aimed, for example, financial compensation of individuals undergoing sterilizing operation for family planning.**
- **Material incentives are tangible goods or services, psychological incentives include the satisfaction, self-esteem, or enhanced capabilities gained through a proposed course of action.**