

Answer on Question #53201, Management / Other

Discuss the different dimensions of emotion.

Explanation:

Emotion work is the starting point for the understanding of emotional labor. The term "emotion" should be distinguished from the term "feeling", which means a much more complex form of mental reflection, where emotions are a component. "As a result, many highly diverse feelings and their classification is difficult.

If we consider the general dimensions of the Emotion, they are the following:

Emotions can be positive, pleasant and giving good feelings. Emotions may also be negative, unpleasant and cause discomfort. Any emotion can be placed on a scale between extreme pleasure and extreme discomfort, with a zero point between where neither positive nor negative feelings are experienced. Positive emotions also have evolutionary benefit, such as love that bonds people together and pride that drives learning. Many basic persuasive methods are based on negative emotions, but can be ineffective or have problematic side-effects, such as when people coerced into action take subtle revenge on those who seek to control them.

Emotions may have a primary focus inside us or outside us. Sometimes these are very much about one or the other and at other times they may be a bit of both. A highly outward emotion is anger, as we project bad feelings toward others. A highly inward one is contentment.

People who are more introverted may have more internally focused emotions, while extraverts spend more of their time and emotions in the outer world, particularly with other people. When we interact with others, we have external emotions about them.

Emotions often have direction, bringing us together with things or pushing us away from them. We can reduce distance by moving ourselves towards object of interest or bringing it close. Likewise we can act on repulsion by pushing it away or removing ourselves from its proximity. Direction is often about other people, such as when we like or dislike them. It can also be about things and situations of danger or attraction.

Intensity is about how strongly we feel emotions. Pleasure and Locus are bi-polar scales as they have two poles with a 'zero' in between. Many emotions have words for high and low intensity, such as the more intense 'anger' and the less intense 'irritation'. Intensity can be highly energizing, and it can also be paralyzing. Negative intensity can be dangerous and lead us into actions we later regret, such as when hate leads to murder. Strongly positive emotions can be wonderful, such as the joy of new love.

Arousal is about activation, the energy and motivation that the emotions give us towards taking action. It is uni-polar and similar to intensity, but it is not the same. Likewise, arousing emotions such as curiosity may not be particularly intense.

Lower arousal emotions lead to inaction, perhaps because we are feeling flat, with low intensity, or because the emotion has an inward direction. Higher arousal emotions lead either to external action or intense thinking, such as when we pay close attention to a threat or item of personal interest. We may not seem to be doing much, but our minds are working overtime.

At the core of emotional reactions lies a physiological response. Affect control theory contains no conceptual apparatus for treating physiology as an independent variable in emotion management. However, the theory does specify how individuals can work backward from a recognized emotion in order to understand impressions they have created, or the identity they are enacting, and that allows some theoretical understanding of why individuals sometimes manipulate their own or others' physiologies. For example, tiring the body through physical activity, or increasing oxygen to the brain by deep breathing, or slowing heart rate with medication allow individuals to recognize the different emotions in themselves, which in turn allow them to arrive at different impressions of troubling events, or to understand their social participation in terms of desired identities. In a more recent study of emotion management, Lois (2013) documented the strategies that homeschooling mothers use in order to manage the stress, frustration, and sense of being overwhelmed often associated with homeschooling. She found that homeschooling mothers who were struggling in their alternating roles of mother and teacher learned to reframe themselves as a "good mother," and instead of seeing their behavior as teaching, they reframed their efforts as an educating extension of mothering. This reframe allowed them to go from "a struggling teacher teaching a reluctant student" to "a good mother mothering a child." The first framing involving deviant situational identities often results in negative emotions, whereas the second framing with its positive identities typically results in positive emotions for both parties.

The secret of emotion management is to manage feelings, in turn, the secret is to control feelings of energy management, and the secret of the latter - in the right mindset to preserve the purity of the functions carried out by authorities, secret process control thought is to control the mind (the direction of the will) The secret also lies in the will of the management of human faith.

As well as other elements of the internal structure of the human in any case it is impossible to ignore the emotions, but they should not be the basis for decision-making in the field of management.