

Cognition And Emotions During Teaching-Learning Process

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Abstract : Cognitive motivation is a theory of motivation that states that behavior is an active result of the analysis and processing of available information, rather than an innate and mechanical set of rules that the mind uses to respond to situations. The theory assumes that behavior is based on a process of thought rather than on a preprogrammed set of mental instructions. The term cognition refers to any process of thought, and motivation is the activation of behavior or action. There are two different forms of cognitive motivation, intrinsic and extrinsic motivation. Intrinsic motivation refers to tasks that are rewarding in and of themselves, such as the pleasure of solving a puzzle, learning, or playing a game. The motivating factors for taking such actions are not external but internal. Extrinsic motivation is the opposite and involves engaging in a task because of external factors.

Keywords: Emotion, behavior, Facial expressions, self-esteem, Ego, self-determination.

1. INTRODUCTION

Two information-processing systems determine the human emotional response, the affective and cognitive processing systems. The affective system operates outside of conscious thought and is reactive, in that a series of psycho and physiological events are initiated automatically following the receipt of sensory information. In contrast, the cognitive processing system is conscious and involves analysis of sensory information to influence and even counteract the affective system. Affects are divided into positive and negative groups. Positive affect has the potential to improve creative thinking, while negative affect narrows thinking and has the potential to adversely affect performance on simple tasks. Emotions are the product of changes in the affective system brought about by sensory information stimulation. Research suggests positive emotions -such as happiness, comfort, contentedness, and pleasure help us make decisions, allow us to consider a larger set of options, decide quicker, and develop more creative problem-solving strategies. These findings suggest attractive things really do work better, this is only the case because they make us feel better when we are using them. Much of the work into how users and customers behave focuses on the emotional responses elicited by a product.

2. EMOTION AND ITS NATURE:

Emotion can be defined as a feeling, an aspect of consciousness characterized by a certain physical arousal, a certain behavior that reveals the feeling both the outer and the inner world. Emotions can be pleasant as well unpleasant, when we are angry and afraid, we get an unpleasant feeling, when we are delighted, we get a pleasant feeling. There are the following aspects to emotions.

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These emphasize the importance of cognition and thinking in the determination of emotion. Physiological aspects: When we experience any emotion, there is an arousal created by the sympathetic nervous system; for example, the heart rate increases, breathing becomes more rapid, the pupils dilate etc.,

Behavioural aspects:

The behaviour of a person also changes, like there are facial expression, body movement and actions that indicate the feeling of a person.

Emotional Expression :

We reveal our felt emotions in bodily responses and express behavior. Facial expression-frowns smiles and sad expression-combined with hand gesture-the turning of once body-and spoken words produce an understanding of emotion. We fight, run, laugh, yell, along with countless other action stemming from the emotions we feel. There are individual differences found in the expression of emotions. The expression of the emotions not only communicates, but also intensifies the felt emotion. It also activates the body to respond accordingly. In India, the expression of emotions was introduced by Sage Bharata during 5th century. Eight major emotions were described in Natyashastra. Later on they were translated into rasa', which means aesthetic relish.

Facial Expressions:

Each emotion has its characteristic facial expression. Facial expression can vary across different cultures, although some aspects of facial expression seem to be universal. Charles Darwin was one of the first to theorize that emotions were a product of evolution and, therefore, universal; all human beings, no matter what their culture, would show the same facial expression because of the facial muscles evolved to communicate specific information to onlookers. Researchers believe that although the facial expressions appear to be universal, exactly when, where and how an emotion is expressed may be determined by the culture.

Facial Expressions:

Every emotion has its characteristic facial expression. The nose, lips, eyes and forehead take different forms by twitching and twisting. Three dimensions of emotional expression are shown by the facial expressions.

Pleasantness-Unpleasantness:

Facial muscles evolve to communicate specific information to onlookers. For example, happy face expresses the feeling of smile and laughter; whereas, sad face represents the expression of unpleasant feeling.

Attention-Rejection:

Attention in the facial expression is shown through the muscles as they expand, like the eyes and the mouth opens. Contraction of eyes, lips, and nostril are the best example of rejection. Sleep-Tension: Level of relaxation depicts through sleep condition whereas angry and excitement represents tension.

Startle Response:

Alarm reaction or startle reflex, is the body's and mind's response to an unexpected and sudden stimulus, like a loud noise (acoustic startle reflex), a flash of light, a sudden movement near the face, etc. Our reactions in the stimulus. These reactions could be contraction of the arm and leg muscles and often blinking. It also includes breathing changes and blood pressure respiration. This is an inborn response.

Vocal Expressions:

Emotion also expressed with the help of voice trembling and breaking of voice can be noticed when we are sad or upset. We groan when we are in pain and become loud and high-pitched when we are angry.

Gestures and Postures:

The postures and gestures that we show joy and sorrow and they are different in both the cases. In sorrow the face slum down while in happiness we hold the head high and have an upright posture. When we are angry, we show an aggressive behavior and in fear we are either rooted to the spot or run from it.

Dimensions of Emotion:

Robert Plutchik believes emotions have four dimensions, which are as follows

- (i) Positive or negative.
- (ii) Primary or mixed.
- (iii) Many are opposites.
- (iv) They vary in intensity. Let us think about the ecstasy when we get an unexpected 'A' on a test or our enthusiasm about a football game the next weekend these are positive emotions. In contrast, we feel negative emotion like grief, when someone close to us dies or anger when someone verbally attacks us. Positive emotions enhance our self-esteem; negative emotions lower our self-esteem. Positive emotions improve our relationships with others; negative emotions depress the quality of those relationships.

Managing Negative Emotions:

There are few general strategies for managing negative emotions. They are as follows

1. Keep away from the negativity:

Negative emotions may comprise jealousy, anger, resentment, fear, etc. These may be caused by a bad experience leaving us feel negatively towards someone or something. It is important to find out the exact reason that causes such negative emotions to understand where they are coming from and help to keep from taking them out on others around.

2. Doing something positive:

Positive emotions consist of interacting more with others, enjoying making things better and thinking positively. Positive emotions are fuelled by an underlying desire for enjoyment and unity; example, interest, enthusiasm, boredom, laughter empathy, action, curiosity, etc.,

3. Happiness:

When people smile, it releases chemical which make them feel better. It is a state of mind or feeling characterized by love contentment, satisfaction, joy, or pleasure. Many biological psychological, religious, and philosophical approaches have striven to define happiness and identify its sources. Research has identified many attributes that correlate with, viz, relationship, happiness, extraversion social interaction, health, marital status, employment, optimism democratic freedom, religious involvement and physical exercise.

Yoga:

The term yoga is originated from Sanskrit. It is a combination of mind, body and soul. Yoga emphasizes on uniting the mind, body and spirit through action, emotion and intelligence. It involves combining the art of breathing conscious stretching, and mind balancing in a rigorous discipline for effectiveness. Central to yoga are a series of 'asanas' or stretching position that are done smoothly, slowly and gracefully with focus and spiritual Departmenth. There is not much scientific evidence on the effect of yoga, though occasional study does show positive psychological benefits.

Managing anger:

Negative anger is harmful, and it should be avoided on the other hand positive anger is constructive and creates positive experiences. Negative anger usually arises in response to a perceive threat, frustration or injustice. The greater the threat the greater the potential anger. A key to dealing with negative anger is to cover up the causes of that threat and what can be done in order to manage that.

Managing ego:

Ego and emotion are the obverse and the reverse of the same coin. On one hand, ego is self-binding and the other hand, it is self-transcending. High ego becomes problematic and cause major obstacle in the way of success and decreases wellbeing and happiness.

Identify the feeling first:

Approach the positive feeling, make a list of the feeling of positive behaviour, chose the most approachable way and work on it.

Change to overcome challenges:

Emotions that we want to challenge, or change is not always compromising. Need to believe in ourselves: How we think matters the most Interpretation emerges from beliefs and beliefs emerge from sense of meaning, value and purpose. This entire realm is the realm of thinking or cognition.

Enhancing Positive Emotions:

Positive moods promote positive behaviour. The evidence suggests six categories of behaviour that result from happiness which enhance positive emotions. A positive mind anticipates happiness, joy, health and a successful outcome of every situation and action. The mind finds whatever it expects. Happy people tend to like other people more; also, being satisfied with the life brings happiness. Following are the six broad categories of behaviour that result from happiness which enhance positive emotions like

(i) Social support: I refer to the relationship that brings positive benefits to the individual. Different functions of social supports like attachment social integration, opportunity for nurturance reassurance of one's worth, a sense of reliable alliance and obtaining guidance are essential for wellbeing.

(ii) Humour: The ability to use humour in everyday life is invaluable for health and happiness. Laughter, funniness and joking in a playful spirit can enhance mental and physical wellbeing and sometimes it can even heal a person.

(iii) Sociability and activity: Being social leads to happiness and self-satisfaction. Happier people seem to be more interested in acquiring new learning and knowledge. They tend to be more outgoing, energetic and active.

(iv) Likeability and cooperation: Expressing cooperative feeling make a real difference in the quality of self and other's life. People with positive mood can be more approachable and inviting to others.

(v) Prosocial behaviour: We can promote positive emotion by helping others. It makes people more likeable, strengthens social bonds and networks and adopt the principles of reciprocity.

(vi) Wellbeing and coping: Subjective wellbeing can be simply defined as the individual's current evaluation of his or her happiness. Such an evaluation is often expressed in affective terms; when asked about subjective wellbeing, we will often say, 'I feel good' . It represents how satisfied people feel with their life generally represents how they feel at a single point in time. Constantly changing cognitive and behavioural efforts manage specific internal and external demands that are appraised as taxing or exceeding the resources of the person.

CONCLUSION

The basic biological or physiological motives are hunger, thirst, sex and air. There are various theories of emotions some of them are James- Lange Theory, Cannon-Bard Theory of Emotion and Two-Factor Theory of Emotion. It is important to manage negative emotions and there are various ways of doing it, like staying away from negativity. Normal level of tension motivates us to perform at our level best. A positive mind anticipates happiness, joy, health and a successful outcome of every situation and action.

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