Emotional feelings & behaviour: A matter of well being

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Being expressive via behavioral reactions and emotions may also serve to either promote or reduce the feelings. As avoiding a situation, any imbalance between mind, body and soul is connected to emotional well-being of individual and each related emotion can occur in variety in intensity or levels of stimulation both external (social and environmental) and internal (psychological and physiological). Psychophysiological basis deliberately relate to cognitive activity, attitudes, judgments, and actions. These changes in emotional activity and moods leads to many pathophysiological conditions like anger and bitterness can cause inflammation and discomfort in the body. However, it is explored that the motivation of positive emotions plays a significant role in breaching the stress cycle by effectively transforming stressors like family and relationships pressures, constant unconstructiveness, demotivating surroundings etc. (McEwen BS, 2010). Emotions and feelings in one way may serve to achieve homeostasis or to facilitate adaptive positive behavior and equilibrium of life while in overdone situations they are the main reasons of negative behaviors like anger, resentment and bitterness. Latest researches finds reception of moment-to-moment thoughts and feelings can greatly reduce the impact of stress on your health. Emotional stress is unquestionably an uncomfortable and unpleasant impact that slowly can become real danger it poses is to our bodies. It can cause many health problems exacerbating many symptoms headaches to high blood pressure. Experiencing emotional burden in terms of cerebral and emotive level can influence judgment, cognition, behavior and results in negative thoughts triggered by hormonal stress response. The raise in production of cortisol has a robust association with an assortment of health issues, ranging from memory decline, moodiness to vulnerability to unhappiness (Lindquist KA, 2012). However, it is accepted that distressing experiences may defense the impact of psychosomatic suffering on physiological arousal. If stress arises because we fear to handle emotions then anxiety, negative affect, and rumination impact on the body.

Emotions are ways to express ourselves, our feelings and our state of mind and body. Emotions are physiological (heart rate), behavioral (facial expression), and psychological (cognitive functioning) episodes practiced. Actual societal and expressive operations of life are essentials for strong relationships at any phase. Though the empathetic socio-emotional activities in late life has increased. Psychosocial neuroscience revealed many significant and unique facts that help a layman to recognize socio emotional aspects of adult development and aging. Humans have amazing ability to adjust feelings as well as reactions and they act to remains stable in multi aspects of life. This aptitude progress with adults life span in comparison younger counterparts, older adults improve more rapidly from negative emotional state, are less expected to respond to verbal slights with anger maintain positive emotional states. This attitude contribute to paradox of aging i.e. despite age-related losses, emotional well-being remains relatively high in old age. Age-related changes in brain function, such as the relative structural preservation of select emotional processing regions or even the serendipitous benefits of brain deterioration, or is instead the result of motivational and experiential changes associated with adult development and aging (Saper CB, 2002). Basics of emotions suggests that if we can accept the nastiness and challenges life pitches at us we can avoid damaging our body and life. The emotion of shame is reflective of our deepest wound and can have the most devastating of effects on our emotional states. Second to the emotion of shame sits apathy, guilt, fear, anger, anxiety, and hate. Studies have shown that negative emotions can actually weaken your body’s immune system and thus bring about the onset of illness and
disease. Though emotions and feelings habitually reflect same perception but critical analysis divulges that feelings are one of the characteristic of emotion (Roy M, 2012). Human emotions include four basics:

I. Cerebral Progressions
This involve mental and cognitive processes because in one way or another emotional provocation and countenance is a facet of insight, wisdom, and remembrance of experiences e.g. Listening to favorite music elicit habituated emotions.

II. Affect
Entire galaxy of emotions have sentimental components concerning both a general positive and negative state such as delight, rage, anxiety, or hatred. People usually express emotional state, e.g. as being depressed or feeling nervous.

III. Physiological Arousal
Emotions results in physiological arousal with the help of epinephrine and other hormones associated with the arousal of specific feels and expressions as anger. As a result increased endocrine activity there might an increase in heart rate intensely with or without blood pressure and breathing unevenness. More or less emotions are linked with slight to risky variations in the physiological processes happening within our bodies. Along with these acute changes the variations might occur in metabolism, muscular tension, salivary and sweat glands, digestive processes, and neurotransmitters in the brain.

IV. Behavioral Responses
The most expressive stage is behavioral response which results in expressions of feelings. These body and face languages may range from crying, shouting, or verbal outbursts to laughing or giggling. Voice tone, attitude, and other kinds of body language are gestures of emotion. The main ‘regulators’ of emotional remembrances in our brains are the amygdala and the hippocampus. The hippocampus plays a major role in the forming and storing of memories whereas the amygdala is the controller of our emotions in an interconnected way. But amygdala and hippocampus are found side by side in their respective hemispheres and seem to work together (Drevets WC, 2008). The amygdala is totally deals with fear. It’s ones species’ onboard warning system that tries to make one, notice the things that are new in their environment. Amygdala, ‘new’ represents opportunity. An opportunity to survive and to thrive. The Emotional Basis of Stress include “stress” that has become one of the most extensively drilled disputes in everyday language. People describe themselves as “stressed” when stuck in traffic or also when experiencing the dissolution of a long-term relationship, having difficulty communicating with a youngster or dealing with serious and adjusting to new living or working conditions can all be “stressful.” Stress involves the perception and appraisal of a stimulus as threatening, and the consequent activation of set of physiological reactions characterized as the “stress response.” Thus, stress research has conventionally been concerned with towards studies examining the cognitive processes that influence the perception of stress (a cognitive viewpoint) or the body’s response to stress (a physiological viewpoint) (Sadaf, A., 2013). From a psychophysiological perspective, emotions are central to the experience of stress; indeed, it is the emotions activated in response to perceiving a stimulus as threatening—feelings such as anxiety, impatience, defeat, lack of control, or uselessness—that are truly what we are experiencing when we describe ourselves as “stressed.” All of the above examples of “stressors”—whether minor inconveniences or a major life changes—are experienced as “stressful” to the extent that they trigger emotions such as these. While mental processes clearly play a role in stress, it is most often unmanaged emotions that provide fuel for their sustenance. It is well recognized that thoughts carrying an “emotional charge” are those that tend to perpetuate in consciousness. It is also emotions—more than thoughts alone—that activate the physiological changes comprising the “stress response.” It is the emotion that activates the autonomic nervous system and hypothalamic-pituitary adrenocortical, leading to changes in the activity and function of the body’s systems and organs. Thus, many of the deleterious effects of stress on the brain and body are in fact physiological repercussions of negative emotions. In essence, stress is conceptualized here as emotional
unease—the experience of which ranges from low-grade feelings of emotional unrest to intense emotional turmoil. It is further contended that stress arises not only in direct response to external situations or events, but also, to a large extent, involves the ongoing internal emotional processes and attitudes individuals perpetuate even in the absence of any identifiable extrinsic stimulus. Recurring feelings of worry and anxiety, agitation, anger, judgmentalness, and resentment; unhappiness and discontentment; insecurity and self-doubt often consume a large part of our emotional energy and disrupt our feeling world even as we are engaged in the flow of everyday life and not necessarily confronted with a specific, current “stressor” (McEwen, B. S, 1993). Indeed, many people do not realize the extent to which these internalized habitual emotional patterns dominate their internal landscape, diluting and limiting positive emotional experience, and eventually becoming so familiar.

Emotions should be viewed in reference to a phenomenon, an object or person. It can be seen in reference to society norm, or the way in which one treats other or handle objects. Emotional aspects of Behavior is a reflection of individual acts towards people, society or situations (Marie Hall, 2008). It can be either bad or good. It can be normal or abnormal according to society norms. Origin of Behavior Differences is on the basis of Individual differences (Sex differences etc.), Differences in family patterns, impairment/disabilities (physical disability etc.), environmental factors (climate etc.) and psychological Factor (motivation etc.).

Social and emotional wellbeing may also be called mental health, which is different from mental illness. Mental health is our capacity to manage our thoughts, feelings and behavior positively so we can enjoy life, maintain positive relationships and work toward our goals by supporting independence and individuality, recognizing that people have relationships with friends and family that are interdependent, Reassuring and foster social influences within and external to the amenity, Motivating of strengths, aptitudes and cultivating aptitude, rather than disabilities, Endorsing individual concern for activities of daily living and engagement in activities of Personal concern.,

REFERENCES