

NEGATIVE EMOTIONS CAN BRING A POSITIVE EMOTIONAL FORCE TOWARDS LIFE - A THEORITICAL APPROACH TO DEFINE & ANALYSIS THE STATEMENT

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ABSTRACT

'Emotion', both as a paradigm and praxis, stands out to be the most important faculty of Human mind and Human life. It is generally counted in as a mental state or that stimulus for which we can Respond or React. Memory, intelligence physical activities- these three faculties of mind are directly associated with the sensation of feeling of emotion, which can also associate with Motivation to pursue a specific goal. 'pleasure and pain' or 'positive and negative' scale can be logically represented through Emotion. Therefore, emotions have both these sides. The present study endeavors to define emotion and show theoretically how Negative emotions can bring positivity in life. In other words, negative emotions are not negative at all; rather, they bring out a strong connotation of positivity. The present theoretical statement is, in itself, a step towards unfurling and problematizing the whole question of psychological epistemology.

INTRODUCTION

Emotion, as a state of mind, can be defined and re-defined/ explained and re-explained in many possible ways. There is a constant group of critics such as (James-Lange, Paul Ekman) who tinting on the very basis of emotional feelings exemplifies it as 'physiological' or bodily by its nature. On the other hand, there are (Charles Darwin, Carroll Izard) who call it 'a way of expression'. Moreover, 'Emotion', as a discourse, is also viewed as a matter of perception, thinking, an outcome behavior, or a drive force. Thus, it is not an over statement to conceptualize 'Emotion' as an "expressed language, gestures and facial expressions etc." (Kleinginna & Kleinginna, 1981). In the words of Charles Darwin, "Emotion acts as a trait to

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help in the purpose of communication; thus, aids in the survival of species" (*The Expression of the Emotions in Man and Animals* was published in 1872). Darwin also said that Emotions can again be seen in human and animals expression and also in human behavior, but behaviors and habits are totally different from one another. For example, pets like cat and dogs wag their tails when they are in joy but the inverse occurs when that tail is goes down. In Darwinian oeuvre, this is somewhat 'Anti-thetical'. However, J.B.Watson in his studies on infants conclude that 'fear', 'anger' and 'rage'-were the innate emotional reactions(Crain,W.2010,Theories of Development: Concepts and Applications, 6th ed.) from this, the primary and secondary emotions were postulated. Although an advanced research says that there is no existence of Primary or Secondary emotions. Instead, in the process of 'Biological Evolution', every emotion has been developed as a trait. Thus, every emotion is different and can be determined both qualitatively and quantitatively. Truth to be told, Emotion is associated with our nervous system which brings about chemical changes associated with thoughts, feelings, behavioral responses and a degree of pleasure or displeasure. Hence, physiological behavioral and cognitive changes or activities are analogous with emotions. Moreover, our behaviors are controlled by emotion. It can emerge out of our mental health as well as physiological health since it guides and directs our behavior and thoughts in many possible ways. In many studies, it is proved that human-behavior is controlled by emotion lacking of which one is pushed to the limit of a crippled entity.

THEORIES OF EMOTIONS

In the late Nineteenth Century, William James cited that "We feel sorry because we cry, angry because we strike, afraid because we tremble".(Volume , p.449 , italics in original).This theory also explained that people perceive the situation which, in turn, produces emotion. They also react to any situation and the reaction can well be noticed.

In 1920, Walter Cannon proposed that there is a positive co-relation between physical changes and emotions. Cannon stated that through our sense organ, we detect the arousal of our emotions and the detection transfers it to our lower brain area e. g the hypothalamus. In the hypothalamus, the emotional signal is split. In other words, one emotional signal goes to the

cerebral cortex and the second one causes the bodily reactions expressing the emotion. The first signal perceives the felt emotion and the second one is expressed through reaction. In another way there is a similarity between 'Emotion' and 'cognition' with 'feelings' and 'thinking'. In a study, Richard Lazarus and his Tenants found that Emotions which we feel is a collective result of appraisals or evaluations of information. They also stated that appraisal involves processing of information coming from the environment, the body and memory (Lazarus et al, 1970,1984). According to Aaron T Beck's Cognitive model, 'emotion' is an integral part of the triad of 'thoughts' and 'behavior' (McLeod, S. A. (2019, January 11). *Cognitive behavioral therapy*. Simply Psychology. <https://www.simplypsychology.org/cognitive-therapy.html>), in this theory Beck explain that our behavior or our cognitive behavior is based on this three idea that is How we Think (cognition), How we feel (emotion), How we Act (Behavior) this all are interrelated. As an example if someone got poor marks in examination than the peer that particular person became helpless and depressed, they tend to feel excessively guilty (this is a negative impact on self analysis)which effect that person's physical, mental and moral values, believing that they feel rejected by the people which lead them to self isolation.

In fact, all our 'Emotions' stimulate from the environment through our sense organ in a system approach. This process is known as input and after receiving the stimulus from the environment, emotion channelizes itself through Cognitive aspects. This points out that it is a process which shows itself through behavior, an output process. So, in this sense, the thing which matters most is the 'perception' which plays the key role for delivering or regularizing the emotions. For instance, hunger has the features of perception and an emotion. Our realization on the feeling of hunger by the internal stimuli is always aroused by the receptors situated in hypothalamus. Moreover, we feel hungry by only thinking of food. So there are two basic passions which carry out the attributes of both perception and emotion. Albeit, the arousal of receptors' center and perceived center remain ever undetermined.

MOTIVATION AND EMOTION

Critics and scholars, down the ages, keep finding an intrinsic liaison between Emotion and Motivation. Motivation is an internal and as well as external force which helps to achieve

a particular goal or which fulfills a particular goal. It is, in a way, a kind of drive force which always tells us about our needs or conditions of our body. Tomkins says that Emotion provides the energy for the drive and amplifies the drives to give them the motivational power (Tomkins,1970,1981). Leeper says that almost all our drive needs or behavior are emotionally toned (leeper,1970). Again a study says that we are oriented to those goals or do seek the particular goals which only give us emotional pleasure. On the other hand, we tend to deliberately avoid those goals which bring some unpleasant sensation or unpleasant emotions (Solomon and corbit,1974).

We behave or we motivate ourselves only for those things where our emotions stuck- in which our emotion perceives and create the need or vacancy. Thereby, our drives force us to fulfill that vacancy and motivate us towards achieving those specified needs which bring an emotional satisfaction in our mind and give us pleasure. Emotion also controls our drive and motivates us towards Satisfaction. So Emotion and Motivation has a highly positive correlation between them. Carver suggest that Motivation and Emotion this two constructs are related to goals, while Motivation is the drive towards Goal fulfillment and Emotion emergent of Progress towards Goals(Chiew, K. S., & Braver, T. S. (2011). Positive affect versus reward: emotional and motivational influences on cognitive control. *Frontiers in psychology*)

A NEW PERCEPTION TOWARDS EMOTION

From the above described theoretical underpinnings,we can say that 'Emotion' is that important faculty of human mind or that specific sensation or feelings in the mind which provides a directional drive to a particular action to be performed to achieve a specific goal and which can also Stimulate - (memory, intelligence and physical activities) the other faculties of mind. It will be too rigid/ clichéd to harp on the existence of primary and secondary Emotion. Physiologically all emotions are different but emotions may vary in the intensity of their importance. For example, someone gradually has two emotions simultaneously working in his/her mind- both sad and happy- the intensity of sad emotions can suppress the happy one. Therefore, one must decline the sad one for the sake of being happy. So, the mind should be initially motivated itself to reduce the sad emotion

ALL EMOTIONS HAVE BOTH POSITIVE AND NEGATIVE SIDES

We discarded the concept of primary and secondary Emotions a while ago, but Emotion has its variations within itself which has its share on both positivity and negativity. Some positive Emotions are joy, happiness, Gratitude and Well-Being and some Negative Emotions are - Anger, fear, envy and jealousy. Forms of Emotions have their two ends, one is Non-Satiety which is negative and another is satiety which is positive in nature. As we know fear has also its positive side of 'Courage', Anger has also 'Revenge Satisfaction'. Envy has 'Sympathetic Joy' and jealousy has 'compression'. For example, we are fearful of Ghosts and we also want to see paranormal movies to understand what is going on there but ironically we gather a positive courage to see that movies.

ADAPTIVE POINT AND ADAPTIVE RANGE

Adaptive point on Adaptive Range is a parameter or Scale to measure positive and Negative emotional frequency of a person. Adaptive Point is a Midpoint of Adaptive Scale, one end of the scale is the parameter of Negative emotional state and the other end is the parameter of positive emotional state.

We stimulated from the Environmental Stimulus through our sense organs and this stimulus lies within the Adaptive Range of the scale. It does not bring any sense to our mind. We can feel a particular emotion when the pointer(stylus) goes beyond the Adaptive Range. When the stylus or pointer goes to the positive end which means that particular emotional feeling gives us a pleasure sensation but when the pointer goes to the other end which is the negative end-this means that emotional feeling is unpleasant or makes pain or dissatisfaction.

Adaptive Range brings forth Adaptation of feelings when we see Adaptive Stylus shifts from the positive side to negative. This is called the Negative adaptation which is very rare and when Adaptive range shifts from Negative Adaptation towards positive end-this is known as positive adaptation. It is also referential to a process in which one adapts the positive emotion from the Negative one through Conditioning process.

The inevitable question arises- does this kind of conditioning help out to reach up to a positional fixity? If so, what can be its probable procedure? As earlier we have discussed about the variations of emotions, positive emotion has its flow towards positivity. But such emotions like the negative one, having their two ends and among all type of emotions negative emotions matter the most and we need to heal this Negative emotions to make our self happy. Negative emotions, such as anger, fear, envy, jealousy have a positive end too. As an Example, we have a fear feeling of insects, when we see an insect the Adaptive Stylus goes to its very negative end as we feel fear to see the object which is the insect, but after the repetition of this scene we conditioned ourselves from the feeling of fear to gather some courage. Therefore, the Adaptive point is scrolled up from a negative end to the positive end. This reflects that negative emotions can bring a positive courage or we can say negative emotions make changes to positive emotion. To put it safely, negative emotions can bring a positive emotional force in life which can bring the courage to human being towards leading a good life and expand life span. This amplifies that negative emotions do not exist at its negative end any more. Rather, it can convert to a positive emotion and lead a life happily. As Darwin says "No organism upon this world survive for being the fittest, their only goal is to serve their emotions"(Das k. k,2018, A Theoretical Approach to Define and Analyze Emotions).

In another way, acceptance of a Negative thought or emotion can bring positive changes in life. To cite an example, a boy who wants to be a Doctor but he could not score well to be a doctor- a negative situation is aroused in front of him which can stimulate all his positive thinking or emotions into negativity and which may also create a conflict in him, what we can call 'avoidance-avoidance conflict'. Thus, if we convert our perception on negative emotion to a positive one or for that matter, if we can accept our negative emotions and motivate ourselves towards the positive one, the entire narration will be changed for human-kind. As an example in this avoidance -avoidance conflict can be cited as- if the boy accepts the fact that because of his poor score he was not going to be a Doctor, he should not invest his time to think of it anymore. Besides, he should accept his all negative emotions and move forward to the new challenges which came in front of him. Apart from the Avoidance- Avoidance conflict, a new conflict should also arise which is Approach-Avoidance conflict.

CONCLUSION

Here in this study, we focused on without judgment an individual differs from others in the degree an individual differ from others to which they are habitually accept their emotions and thoughts- which is a process known as Habitual Acceptance. Acceptance has a sound psychological Health. This is a theoretical approach based on relevant studies, observation and experiences. Acceptance plays a role of stressor in negative emotional responses; Acceptance helps individuals from reacting and lower negative emotions promote a sound psychological health. As Biology says that our conscious and Sub-conscious or active and suppressed desires are actually our Hormones, Our Hormones control our desire and our desire is a drive force which can motivate us and which can also stimulate our emotions to achieve the particular goals. moreover we can say our behavior is goal directed. So in the field of Teaching-Learning counselor should focus on pupils desire and positive and negative emotions and motivated them towards achieve that desire. Therefore facilitators needs to nourish pupils negative emotions as well as positive one, nourishing the negative emotion and change their view towards negative emotions can bring the positivity in life of the pupils. So more researches are needed to draw the conclusion and further support the theories elaborates in this article.

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