

University of Mustaqbal / College of Nursing
Psychiatric and Mental Health Nursing Department
Lecture Psychology Nursing/3

Emotion: feelings (or affects) states that involve a pattern of cognitive, physiological, and behavioural reactions to events.

Types of emotions:

Primary emotions: it is generally only one emotion, e.g. fear, sadness, disgust, anger, joy, and acceptance.

Mixed emotions: are those feeling which combine a number of primary emotions, e.g. love, panic, frustration, remorse, contempt, aggression and optimism.

Measurement of emotions:

1. Introspective reports: it is possible to identify and even quantify emotions by the introspective report of the individual.
2. Observations of facial expressions: face is the index of the mind. The nonverbal communications in the form of looks, gestures and bodily positions provide a clue to identify various emotional states.
3. Measurement of physiological changes in emotion: emotions are always accompanied by physical changes in an organism. Some of these changes are easily observable and others internal changes need special instruments for their proper measurement (e.g. EEG).

States of emotions:

1. Positive Emotions:
 - Love.
 - Laughter.
 - Hope.
 - Optimism
 - Self-confidence
2. Negative emotions:
 - Anger
 - Fear
 - Sadness
 - Boredom
 - guilt

Control of emotions in the patients:

Nurse should know the following to control of emotions in the patients:

1. Give a warm welcome to the patient.
2. Understand patient's negative emotions: patient is tense, irritable and unbalanced, therefore, the nurses have to be very patient, mature and balanced in their behaviour towards the patients.

3. Promote positive feeling: the nurse has to substitute the negative emotions of the patient by the positive thoughts. Nurses should try to eliminate fear, anger, worry, and resentment from them and their patients.
4. Develop empathy: it will be helpful, if the nurse develops empathy with the patient. Empathy means understanding the patient's situation, feeling and motives.

Nervous system and emotions:

Among the most likely physiological reactions that may occur, which are associated with activation of the autonomic nervous system are the following:

1. Change in the rate and depth of breathing.
2. Increased heart rate and blood pressure.
3. Dilation of pupils of the eyes, allowing more light to enter and thereby increasing visual sensitivity.
4. Increased sweating and decreased secretion of saliva.
5. Production of more energy.
6. Increase in blood sugar.
7. Increased mobility of gastrointestinal tract.
8. Erect hair on the skin.
9. Change in the frequency of the brain waves.
10. Muscular tensions and tremors.

Anger

Anger is an emotion. Feeling angry is part of being human. It is a natural response to being attacked, frustrated. When something makes a person angry, adrenalin causes the body to prepare for 'fight or flight', giving the person energy and making him feel tense.

Symptoms of Anger

1. Physical signs:

- Fast heart beat
- Sweating
- Shaking
- fixed jaws
- fixed fists
- Fast breathing
- Headaches
- Stomach pain
- Tight chest
- Tense muscles
- Frowning
- Red face

2. Mental Signs:

- Problems concentrating
- Confusion
- Memory problems
- Thoughts of doing harm
- Angry thoughts
- Irritability

When is anger a problem?

1. depression or anxiety
2. sleep problems
3. alcohol or drug addiction
4. eating disorders
5. compulsive behaviour e.g. excessive cleaning, overworking
6. Self-harm.

List of Ways to Cope with Anger:

- Walk away
- Exercise
- Talk to someone who you are not feeling angry with
- Distract yourself
- Count 10 breaths
- Write about it
- Come back and deal with it later when you feel calm.

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