

## 15. INSTINCTS AND EMOTIONS

### **Instinct**

Instinct is the inherent inclination of a living organism toward a particular behavior. The fixed action patterns are unlearned and inherited. The stimuli can be variable due to imprinting in a sensitive period or also genetically fixed. Examples of instinctual fixed action patterns can be observed in the behavior of animals, which perform various activities (sometimes complex) that are not based upon prior experience, such as reproduction, and feeding among insects. Sea turtles, hatched on a beach, automatically move toward the ocean, and honeybees communicate by dance the direction of a food source, all without formal instruction. Other examples include animal fighting, animal courtship behavior, internal escape functions, and building of nests. Another term for the same concept is innate behavior. Instinctual actions - in contrast to actions based on learning which are served by memory and which provide individually stored successful reactions built upon experience - have no learning curve, they are hard-wired and ready to use without learning. Some instinctual behaviors depend on maturational processes to appear.

Biological predispositions are innate biologically vectored behaviors that can be easily learned. For example in one hour a baby colt can learn to stand, walk, glide, skip, hop and run. Learning is required to fine tune the neurological wiring reflex like behavior. True reflexes can be distinguished from instincts by their seat in the nervous system; reflexes are controlled by spinal or other peripheral ganglia, but instincts are the province of the brain.

Some sociobiologists and ethologists have attempted to comprehend human and animal social behavior in terms of instincts. Psychoanalysts have stated that instinct refers to human motivational forces (such as sex and aggression), sometimes represented as life instinct and death instinct. This use of the term motivational forces has mainly been replaced by the term instinctual drives.

Instincts in humans can also be seen in what are called instinctive reflexes. Reflexes, such as the Babinski Reflex (fanning of the toes when the foot is stroked), are seen in babies and are indicative of stages of development. These reflexes can truly be considered instinctive because they are generally free of environmental influences or conditioning.

Additional human traits that have been looked at as instincts are: sleeping, altruism, disgust, face perception, language acquisitions, "fight or flight" and "subjugate or be subjugated". Some experiments in human and primate societies have also

come to the conclusion that a sense of fairness could be considered instinctual, with humans and apes willing to harm their own interests in protesting unfair treatment of self or others.

Many scientists consider that it is instinctual in children to put everything in their mouths, because this is how they tell their immune system about the environment and the surroundings, what the immune system should adapt to.

Other sociologists argue that humans have no instincts, defining them as a "complex pattern of behavior present in every specimen of a particular species, that is innate, and that cannot be overridden." Said sociologists argue that drives such as sex and hunger cannot be considered instincts, as they can be overridden. This definitory argument is present in many introductory sociology and biology textbooks, but is still hotly debated.

Psychologist Abraham Maslow argued that humans no longer have instincts because we have the ability to override them in certain situations. He felt that what is called instinct is often imprecisely defined, and really amounts to strong drives. For Maslow, an instinct is something which cannot be overridden, and therefore while it may have applied to humans in the past it no longer does.

## **Emotions**

We experience in our life various feelings of anger, fear, disgust, repulsion, etc. Emotions largely determine human behaviour and extension workers should learn how to utilize them for the purpose of education of rural people.

### **Definition for emotions are:**

**Jersild:** Emotions denote a state of being moved stirred up or aroused in some way. Emotions involve feelings, impulses and physical and physiological reactions. These feelings, impulses, physiological reaction etc., occur in an almost unlimited variety of mixtures and gradations.

**Rass:** Emotions are modes of being conscious in which the feeling element is predominant.

**Munn:** Emotions are acute disturbances of the individual as a whole, psychological in origin, involving behaviour, conscious experiences and verbal functioning.

**Gerow:** Emotion is a reaction involving subjective feelings, physiological response, cognitive interpretation and behavioural expression.

### **Classification of Emotion**

There are number of ways to classify emotional responses and each has its own supporters. Wilhelm Wumdt organized emotions on three interesting dimensions; pleasantness/unpleasantness, relaxation/tension, and clam/ excitement.

Carroll Iyard's classification has nine primary emotions. They are fear, anger, shame, contempt, curiosity, acceptance and joy.

## **Development of emotion**

Automatic nervous system (ANS) serves the smooth muscles, glands, and internal visceral organs. Parasympathetic division of ANS functions to maintain a calm, relaxed state of the organism. Sympathetic division of the ANS is involved in emotional status. Epinephrine (adrenalin) a hormone produced by the adrenal glands are involved in emotional activity, mostly affecting heart activity. Note pinephrine, a hormone secreted by adrenal glands are involved in emotional arousal. Adrenal glands located on the kidneys, part of the ANS, is involved in emotional reactions. Limbic system, a set of small structures located low in the brain is involved in motivational and emotional states. These are the physical bases for emotion. These emotions are expressed in facial states. These are the physiological bases for emotion. These emotions are expressed in facial and other expressions. Emotions when controlled effectively help the extension working to achieve their goals of educating the farmers.