

What is Emotional Development in Psychology?



Glossary

Basic Emotions (Ekman)

Six universal emotions identified by Paul Ekman: happiness, sadness, fear, anger, disgust, and surprise.

Brain Development

The growth and changes in the brain, especially areas like the amygdala and prefrontal cortex, which help process and control emotions.

Caregiver Interaction

The relationship between a child and their carers, which influences how a child learns to manage emotions.

Cultural Norms

Shared rules and expectations in a culture about how emotions should be shown and managed.

Emotion

A mental and physical state involving a personal feeling, body reaction, and outward behaviour.

Emotional Development

The process of learning to understand, express, and manage emotions throughout life.

Emotional Intelligence

The ability to recognise, understand, and manage your own emotions and the emotions of others.

Emotional Regulation

The skill of controlling or adjusting emotional reactions in different situations.

Expressive Behaviour

The visible signs of emotion, like facial expressions, gestures, or tone of voice.

Genetics

Inherited traits from parents that can affect a person's emotional sensitivity and behaviour.

Observational Research

A research method where emotions are studied by watching people's facial expressions, body language, or actions.

Physiological Response

The body's automatic reactions to emotions, like a racing heart or sweating.

Plutchik's Emotional Wheel

A model that identifies eight basic emotions — joy, trust, fear, surprise, sadness, disgust, anger, and anticipation — which can mix to create other feelings.

Resilience

The ability to bounce back and recover from emotional difficulties or stress.

Self-Reporting

A research method where people describe their own emotions, usually through surveys or interviews.

Social Environment

The people, places, and situations around a person that affect how emotions are expressed and handled.

Subjective Feelings

A person's private, personal experience of an emotion, which may differ from others.

Temperament

A person's natural style of reacting to people and situations, often noticeable from childhood.