

CONTENTS

CHAPTER 1	Introduction	3
	A developmental-interactionist view of motivation and emotion	5
	Recent developments in the study of motivation and emotion	10
	Summary	18
CHAPTER 2	Adaptation, Stress, and Arousal	21
	The peripheral nervous system	22
	The endocrine system	28
	Adaptation and stress	30
	Stress and disease	36
	Peripheral factors in emotion and motivation	42
	Arousal theory	49
	Summary	58
CHAPTER 3	Central Nervous System Mechanisms of Motivation and Emotion	61
	The hypothalamus	62
	The limbic system	77
	Rewarding and punishing effects of brain stimulation	94
	Summary	106

CHAPTER 4	Control of Physiological Responding	111
	Classical conditioning of physiological events	112
	Interoceptive classical conditioning	115
	Instrumental conditioning of visceral functions	122
	The control of autonomic responses in humans	128
	Physiological control and psychosomatic medicine	135
	Summary	147
CHAPTER 5	Aggression	151
	Is human nature good or evil?	152
	Theories of aggression as innate	155
	Environmental theories of aggression	162
	Different kinds of aggression	185
	Summary	190
CHAPTER 6	Sex	193
	Developments in the study of sex	194
	The nature of sexual arousal	203
	Physiological determinants of arousability	210
	Social and environmental influences on arousability	216
	Summary	226

CHAPTER 7 The Development and Expression of Emotion	229
The development and expression of emotion in primates	230
The development of emotional expression in humans	241
Nonverbal communication of emotion in humans	248
Emotional expression and inhibition	259
Summary	274
CHAPTER 8 Competence	277
Exploration and stimulus-seeking	278
Explanations of exploratory behavior	283
Piaget's theory of cognitive development	290
Achievement motivation	300
Summary	315
CHAPTER 9 Cognitive Theories and Human Motivation	319
The need for understanding	320
Cognitive consistency	323
The attribution of causality	338
Summary	347
CHAPTER 10 The Cognitive-Physiological Interaction	349
Schachter's self-attribution theory of emotion	350

Schachter's self-attribution theory of obesity	357
Effects of cognitive dissonance on motivation	363
Lazarus's studies on coping with stress	368
Therapeutic implications of the cognitive-physiological interaction	376
Summary	377

CHAPTER 11 Social Influence and Human Motivation 381

Experiments on conformity	382
Moral judgment and behavior	383
The social bases of aggression	400
Summary	413

APPENDIX The Physiological Bases of Emotion and Motivation 417

The neuron and synaptic transmission	418
The peripheral nervous system	422
The psychophysiological measures	426
The endocrine system	433
The central nervous system: methods of study	437
Central nervous system mechanisms	440

Author Index and List of References	449
Subject Index	515