BOOK REVIEW BY VLAD BURTAVERDE

EMOTION AND ADAPTATION. A COGNITIVE APPROACH TO AFFECTIVE PROCESSES

BY

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The book "Emotion and adaptation" published in Romanian by “Editura Trei” presents the fundamentals of the study of emotions in psychology. The book is divided into five parts and 11 chapters.

Part I covers the first two chapters "about emotions" and " research specific controversial issues ". Chapter 1 focuses on negative emotions specifically on aggressive and nonaggressive responses characteristic to anger and specific stress responses in humans, animals and other undeveloped organisms. The author points out the fact that auto-reflex reactions in inferior species are determined solely by the presence of specific configurations of external stimuli. Although neural structures are common to different species, Lazarus highlights that there are significant differences regarding types of emotions in humans compared with those of lower species.

Chapter 2 underlines that specific emotions imply distinct tendencies to act and they translate the emotional process in physiological terms. The author recommends that, in research, emotions should be grouped into categories based on intensity.

Part II contains three chapters “Individual-environment relation”, “Cognition and emotion "and" Controversies about causality ". Chapter 3 "Individual-
environment relation" is centered on the positive and negative anticipation of events and people specific anticipatory capacity. The author believes that anticipation of the future is based on a very good knowledge of the past and on gained experience.

This action can cause positive and negative emotional reactions. Chapter 4s’, "Cognition and emotion", core element addresses evaluative process of situation and psychological stress. That being said, research on the ability of detachment or involvement of human subjects in different situations to which participants were exposed to visually are remembered and presented. The author concludes by analyzing the beneficial effects of cognitive concepts such as perception, learning and reasoning in studying emotions.

Part III “Specific emotions” includes two chapters “Negative emotions and incongruence" and “positive emotions ". Chapter 6 “Negative emotions and incongruence "brings forward and studies in detail negative emotions: anger, fear, anxiety. The author analyzes assessments for anger, pathological anger, the relation between fear and anxiety, sadness, envy, jealousy, guilt, disgust and shame. Chapter 7, "Positive emotions" treats in detail the specific, the evaluation and the features of positive emotions: happiness, joy, hope, reconciliation.

Part IV "Emotional development" includes "personal development" and "social influence”. This part is discussed in terms of individual development and individual external perspective, "social influence". The author deals with emotions in terms of temporal evolution from birth to end of life.

Part V "Practical Applications" contains the last two chapters "Emotions and Health" and “Implications for research, psychological evaluation of prevention and treatment”. Emotions and somatic health play an important role in the existence of the individual, often unknown to people.

The author ends this part by offering readers different scales for measuring coping, well-being and health, because he assumes that health has more measurable dimensions than just the plain ascertainment "I feel good".

The book addresses undergraduates, postgraduates and PhDs in psychology, psychologists, as well as human resources employees and other areas such as engineering, therapy, medicine, school counseling, and last but not least readers interested in the specifics and characteristics of human emotions.