

The term emotion refers to the feelings which arise in us in the course of our everyday experiences. Thus love, hate, fear, anger, joy and sorrow are all emotions. Psychologists have made a careful study of emotion, beginning with the lower animals. A cat chased by a dog spits, arches its back, displays a bushy tail, unsheathes its claws and glares at the enemy through widened pupils.

Emotion in human beings is more complicated, but it is similar in many ways to emotion in animals. The angry infant who throws himself out of his cot, the child in school who flushes and stammers, the football player who clenches his fist and suddenly attacks the referee - all these are under the influence of emotional states. All such emotions involve unusual excitement and give rise to actions which are more or less unplanned, or irrational.

Everyone is familiar with the outward physical signs of emotion. The person in a sharp attack of anxiety breaks out into perspiration. The angry (20 wpm) person reddens and then turns pale. The frightened child trembles. At the same time disturbances are taking place within the body. The blood pressure rises, the pulse beats faster, breathing is rapid and disordered, the normal processes of (25 wpm) digestion are halted. Even the supply of blood has been directed from the stomach and toward the trunk muscles and into the arms and legs. The adrenal, or suprarenal glands, which sit like tiny cocked hats on top of each kidney, pour an increased (30 wpm) supply of adrenaline into the blood. This speeds up the heart beat, changes the chemical

composition of the blood, diminishes the poisons caused by fatigue and increases the rate at which the blood clots.

We can easily see the usefulness of ^(35 wpm) these reactions in certain situations. The changes in breathing, blood pressure and pulse rate are of great assistance to the person who faces sudden danger and must fight for survival or seek escape. The adrenal glands, working at high speed, prevent ^(40 wpm) feelings of fatigue and if the person happens to be wounded, the prompter clotting of the blood helps the injury to heal. Emotion, then, may be regarded as nature's way of equipping us to meet emergencies.

In calmer times, too, emotion plays ^(45 wpm) its valuable part in enriching our life. Our friendships, our enjoyment of music or poetry, of trees or flowers is in large measure, emotional. Our love of a country, or loyalty to school has a strong emotional quality. The desire to achieve great ^(50 wpm) things is closely related to emotion. During intense excitement we sometimes have inspired strength and can accomplish things we had not thought possible.

But emotions have their unfortunate aspects too. Though emotion aids the person who ^(55 wpm) must fight or run for life, in modern civilisation most problems cannot be met by fighting or running away, but must be solved by calm reason. Clear thinking is hindered by emotional stress; it is doubly hard to reason calmly when we are stricken ^(60 wpm) with fear. Again each strong emotion seeks expression in physical activity, such as fighting when we

are angry and running when we are frightened. Denied these outlets, they may become physically harmful.

Emotions are sometimes organised into (65 wpm) patterns called complexes, which may cause great difficulty. A common type of complex is the phobia, or abnormal fear, such as the fear of high places, closed rooms or tunnels, or of certain kinds of animals. Emotions which have been allowed to (70 wpm) drift into wrong channels may find expression in the form of temper tantrums, irritability, needless worry, or extreme shyness. Psycho-analysts believe that many forms of mental disturbances are due to repressed emotional complexes. Repressed (75 wpm) emotional states are also dangerous as they could lead to all sorts of complications.

Every modern person ought to be intent on following a healthy life style. This means doing things that are good for your mental well being. Not having too much (80 wpm) stress during the day and ensuring a good night's sleep, can do wonders for body and mind.

20 to 80 words per minute

20 to 80 words per minute															
Nr of errors	Max errors	10	11	12	14	16	18	20	22	24	26	28	30	32	
	Wpm	20	25	30	35	40	45	50	55	60	65	70	75	80	
	Mark	60	60	60	60	60	60	60	60	60	60	60	60	60	
1		56	57	57	57	58	58	58	58	59	59	59	59	59	
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13		13	17	21	27	31	34	37	39	41	42	43	44	45	
14		10	14	18	24	29	32	35	37	39	41	42	43	44	
15		6	11	15	21	26	30	33	36	38	39	41	42	43	
16		2	8	12	19	24	28	31	34	36	38	40	41	42	
17		1	4	9	16	22	26	29	32	35	37	38	40	41	
18		0	1	6	14	20	24	28	31	33	35	37	38	40	
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24					0	6	12	17	21	24	27	29	31	33	
25						4	10	15	19	23	25	28	30	32	
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32								2	8	12	16	19	22	24	
33								1	6	11	14	18	20	23	
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35									3	8	12	15	18	21	
36									1	6	10	14	17	20	
37									0	5	9	13	16	19	
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40										0	5	9	12	15	
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42											2	6	10	13	
43											1	5	8	12	
44											0	4	7	11	
45												2	6	10	
46												1	5	8	
47												0	4	7	
48													2	6	
49													1	5	
50													0	4	
51														3	
52														2	
53														1	
54														0	

Die begrip emosie verwys na die gevoelens wat ons elke dag ervaar in die loop van alledaagse gebeure. So is liefde, haat, vrees, woede, blydschap en hartseer almal emosies. Sielkundiges het 'n versigtige studie van emosie gemaak, deur te begin by die laer diere. 'n Kat wat deur 'n hond gejaag word, spoeg, maak sy rug krom, waai 'n harige stert, wys sy kloue en gluur vir die vyand deur wye pupille.

Menslike emosie is meer ingewikkeld, maar dit stem in baie opsigte ooreen met emosie by diere. Die omgekrapte baba wat homself uit sy bedjie gooi, die kind op skool wat bloos en stamel, die voetballspeler wat sy vuiste klem en skielik die skeidsregter aanval - almal van hulle is onder die invloed van 'n emosionele toestand. Al hierdie emosies behels gewoonlik spanning en gee aanleiding tot een of ander onbeplande of irrasionele optrede.

Almal is bekend met die sigbare fisiese tekens van emosie. 'n Persoon met 'n kwaai angsaanval begin erg sweet. 'n Persoon in 'n woedebui word eers ^(20 wpm) rooi en daarna bleek. Die bevreesde kind bewe. Terselfdertyd vind daar veranderings binne-in die liggaam plaas. Die bloeddruk styg, die polsslag word vinniger, asemhaling is vlak en vinnig, die normale spysverteringsprosesse word gestaak. Selfs ^(25 wpm) die bloedtoevoer na die maag toe word weg gekanaliseer na die groot spiere soos die arms en bene. Die bynier, of bonyierkliere, wat soos klein hoedjies bo-op elke nier sit, produseer 'n groter toevoer van adrenalien in die bloedstroom. Dit laat die ^(30 wpm) hartslag toeneem, dit verander die chemiese samestelling van die bloed, verminder die gifstowwe wat deur moegheid veroorsaak word en laat bloed makliker stol.

Ons kan maklik die nuttigheid van hierdie reaksies in sekere situasies sien. Die ^(35 wpm) veranderings in asemhaling,

bloeddruk, en polsslag is van groot nut vir die persoon wat skielik in gevaar beland en moet veg vir oorlewing of moet ontvlug. Die bynier, wat teen die hoogste spoed werk, voorkom moegheid en as die persoon dalk gewond ^(40 wpm) is, help die vinniger bloedstolling dat die wond vinniger genees. Emosie kan dus beskou word as die natuur se manier om ons toe te rus vir tye van nood.

In kalmer tye ook, speel emosie 'n waardevolle rol om ons lewens te verryk. Ons vriendskapsbande, ^(45 wpm) ons genieting van musiek of digkuns, of bome of blomme, is tot 'n groot mate emosioneel. Ons liefde vir 'n land, of lojaliteit aan skool het 'n sterk emosionele kwaliteit. Die drang om groot dinge te bereik is nou verwant aan emosie. ^(50 wpm) Gedurende intense opwinding kry ons inspirasie om dinge te doen wat onmoontlik lyk.

Emosies het natuurlik hulle negatiewe aspekte ook. Al help emosie die persoon wat moet veg of vlug vir sy lewe, kan probleme in die moderne beskawing nie hanteer ^(55 wpm) word deur te veg of te vlug nie, maar moet opgelos word deur kalm beredenering. Helder denke word verhinder deur stres; dit is moeilik om kalm te dink as jy angsbevange is. Weereens soek elke sterk emosie, uitdrukking in fisiese aktiwiteite, soos ^(60 wpm) veg wanneer ons kwaad is of hardloop as ons bang is. Sonder gesonde uitlaatkleppe kan hulle fisies skadelik wees.

Emosies is soms in patrone georganiseer wat komplekse genoem word en wat groot probleme veroorsaak. 'n Algemene tipe kompleks is ^(65 wpm) die fobies, of abnormale vrese, soos die vrees vir hoogtes, toe kamers of tonnells, of vir sekere soorte diere. Emosies wat toegelaat is om verkeerd gekanaliseer te word, kan uitdrukking vind in die vorm van woedebuie, prikkelbaarheid, onnodige ^(70 wpm) bekommernis of erge skaamheid.

diere. Emosies wat toegelaat is om verkeerd gekanaliseer te word, kan uitdrukking vind in die vorm van woedebuie, prikkelbaarheid, onnodige ^(70 wpm) bekommernis of erge skaamheid. Sielkundiges beweer dat baie tipes geestesongesteldheid toegeskryf kan word aan onderdrukte emosionele komplekse. Onderdrukte emosionele toestande is gevaarlik, want dit kan tot allerhande komplikasies lei.

Elke moderne ^(75 wpm) mens behoort daarop ingestel te wees om 'n gesonde lewensstyl na te volg. Dit beteken ook om dinge te doen wat goed is vir jou gees. Deur nie te veel spanning in die dag te hanteer nie en elke nag 'n goeie nagrus te hê, kan wondere doen vir ^(80 wpm) die gemoed.

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6		38	49	42	45	47	48	49	50	51	52	52	53	53	53
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9		28	31	33	37	40	42	44	45	47	48	48	49	50	50
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27						0	6	11	16	20	23	25	28	30	30
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45												2	6	10	10
46												1	5	8	8
47												0	4	7	7
48													2	6	6
49													1	5	5
50													0	4	4
51														3	3
52														2	2
53														1	1
54														0	0