

Understanding Practical Emotions: Bridging Affect and Action

Stevie Amos Burke *

Independent Researcher/Life Coach, Founder, Clean Community Inc, North Carolina, USA

Abstract

Emotions are a fundamental part of our lives. Emotions and cognition are closely interlinked and work together to generate adaptive responses. Emotions play a vital role in determining how we perform our daily tasks, preserve and organize our memory, and make decisions. This paper focuses on “practical emotions,” which are based on subjective experiences influencing practical decision-making and adaptive actions. A subjective experience is developed resulting from the cognitive and the emotional impacts of the individual experience as compared to objective experiences are based on actual events. A narrative review approach was employed to investigate the mechanisms and impacts of practical emotions. This paper encompassed a comprehensive overview of the conceptual framework of practical emotions, the current state of research, the physiological and psychological underpinnings of emotions, and their applications in various domains, and challenges. By reviewing literature and recent findings, this paper aims to broaden the understanding of practical emotions as functional components integral to human behavior and societal development.

Keywords

Practical emotions, Emotions, Mental health, AI, Physiology, Ethics, Social, Subjective.