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JESSE J. PRINZ

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Başlıca eserleri: Samuel Alexander, *Spinoza ve Zaman* (2019); Hans Reichenbach, *Uzay, Zaman ve Hareket* (2020).

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ÖNSÖZ

Artık hissiyatların ve duyguların
midede yer aldığı biliniyor.

Ambrose Beirce

Duygular hayatlarımızın merkezinde sahne alırlar. Duygular için ve duygulardan kaçınmak için yaşarız. Galibiyetin heyecanı ve yenilginin azabı. Eski bir arkadaşla geçen bir öğleden sonranın tatmini ya da pişmanlığın ızdıraplı dırđırı. Duygular olmaksızın sadece kuru hareket, refleks ve rutin vardır. Apaçık önemine rağmen duygular, bilişsel bilim içerisinde her zaman önemli bir araştırma konusu olarak yer almamıştır. Bilişsel bilim, kapsayıcı ve disiplinlerarası bir zihin çalışması olma iddiasındadır. Bilişsel bilimde standart bir ders kitabı, muhtemelen algı, dikkat, bellek, kategorizasyon, dil ve hatta bilinç üzerine bölümlere sahiptir, ama tuhaf bir biçimde duygular üzerine bir bölüm yoktur. Böylesi bir ihmalin sebeplerinden biri, bilişsel bilimcilerin zihnin bir bilgisayar olduđu üzerine uzun süren bir yatırımlarının olması ve duyguyu bilgisayarimsal terimlerle anlamada zorluk çekmeleridir. İhmalin diđer bir sebebi de duyguların kapsamlı olarak psikanalistler de dâhil olmak üzere, klinik psikologlar tarafından geniş ölçüde araştırılmış olmasıdır. Bilişsel bilimciler kendilerini düzensiz zihinlerin çalışmasından uzaklaştırmaya çalıştılar.

Duygu çalışmaları bu on yıllardaki ihmal sırasında gelişti. Yine de adanmış birçok bilişsel bilimcinin dikkatini çekmekte başarısız oldu. Bu şu anda değişmektedir. Özellikle de nöro bilimdeki güncel gelişmeler, duyguları yeniden ilgi odağı yaptı. Duygu çalışmalarına ilgi arttıkça yeni araştırmacılar kıdemli araştırmacıların uzun zamandır bildikleri bazı derin ayrımları keşfediyorlar. Duyguların ne olduđu konusunda çok az fikir

BİRİNCİ BÖLÜM

GİRİŞ: TUTKULARI AYRIŞTIRMAK

1. Duygunun Öğeleri

Duygular, tipik olarak dışsal olaylar tarafından ortaya çıkartılır. Mesela bir yarışmayı kazanmaya karşı duygusal bir tepkiniz olabilir veya kazanmayı başaramadığınızda çok farklı bir duygusal tepkiniz olabilir. Böylesi olaylar meydana geldiğinde yer alan tüm içsel değişiklikleri göz önüne getirin. İlk olarak bir düşünce vardır. Belki de bu düşünce, gıpta ile bakılan bir ödüle layık görüldüğünüzün farkına varmanızdır; belki de umutsuzca beklediğiniz ödülün başka birisine gitmiş olmasının farkına varmanızdır. [Bu düşüncenin] ardından fizyolojik değişiklikler akını gelir. Eğer ödülü kazandığınızın farkına varırsanız, ağızınızda engellenemez bir sırtış yayılabilir. Yüzünüzü al basabilir. Gözleriniz parlatabilir. Kalbiniz heyecanla çarpabilir. Eğer haberler kötüyse başınız öne düşebilir. Gözleriniz yaşarırken boğazınız düğümlenebilir. Ayrıca bu iki muhtemel olay, dikkat ve belleği apayrı biçimde etkileyebilir. Kazanmak, etrafınızdaki sahneyi yeni olasılıklar akımı ile aydınlatılabilir. Eski başarılarınız ve kendinizle gurur duyma düşünceleri zihninize akın edebilir. Kaybetmek ise etrafınızı tekdüze bir griye boyar. Geçmiş hayal kırıklıklarının hatıralarını eşeleyebilirsiniz. Acınacak öz imgenizin baskılayıcı ağırlığı altında boğulabilirsiniz. Zafer sizi sıçrama dürtüsüne sevk edebilir. Yenilgi ise içine kıvrılacak bir delik aramaya yönlendirebilir. Tabii ki, bütün bu değişikliklere bilinçli hisler de sebep olur: cennetlik bir tatlı ürperme ya da katlanılmaz bir sancı.

Sayılan bu iki senaryodaki gibi tipik duygu nöbetleri, birkaç bileşeni içerir. Bunlar; düşünceler, bedensel değişiklikler, hareket eğilimleri, dikkat ve bilinçli hisler gibi zihinsel süreçlerin ta-dilleridir [*modulation*]. Ama bunların hangisi *duygudur*? Diye-

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