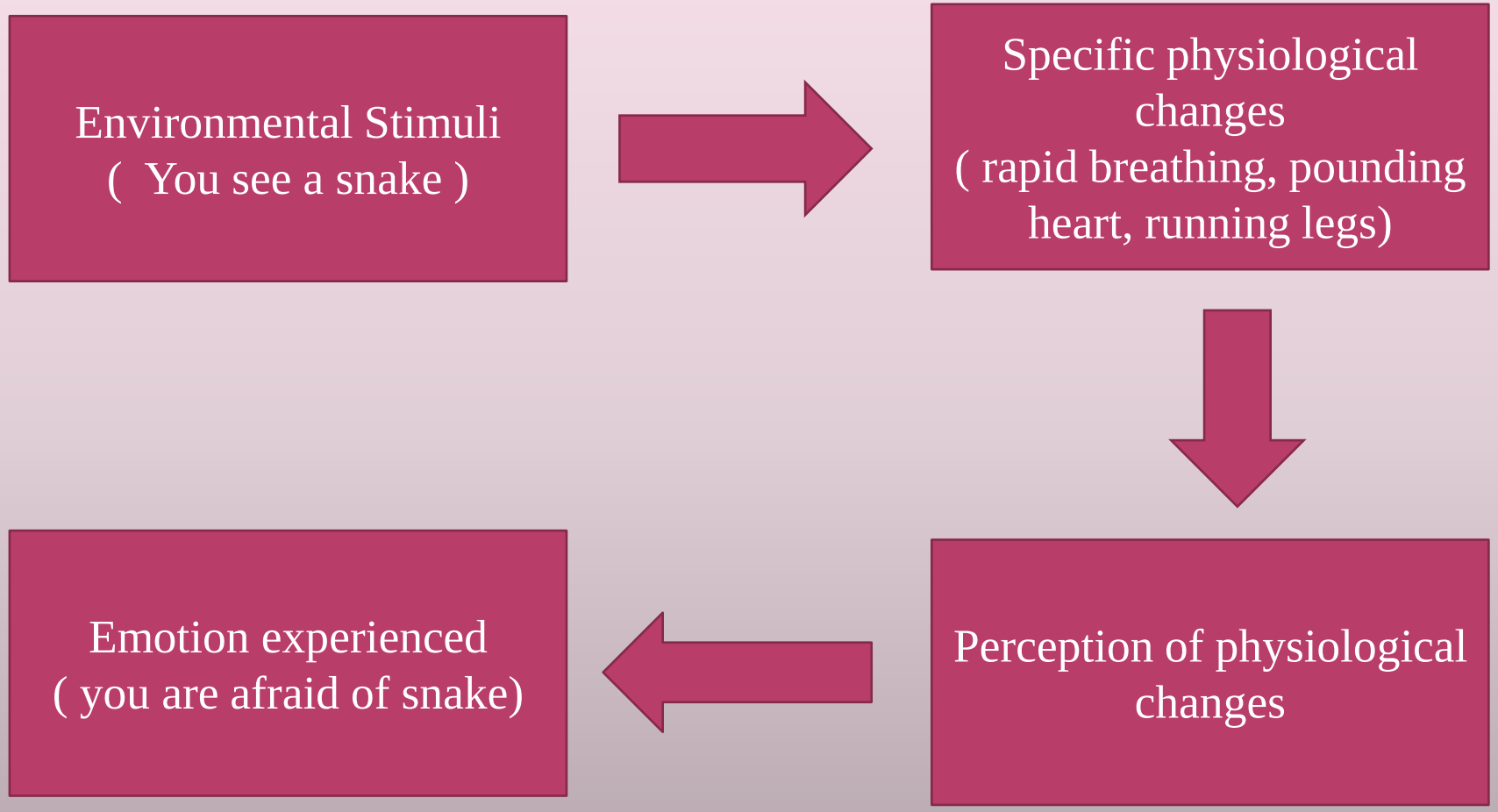
Theories of Emotions

James-Lange Theory of Emotion

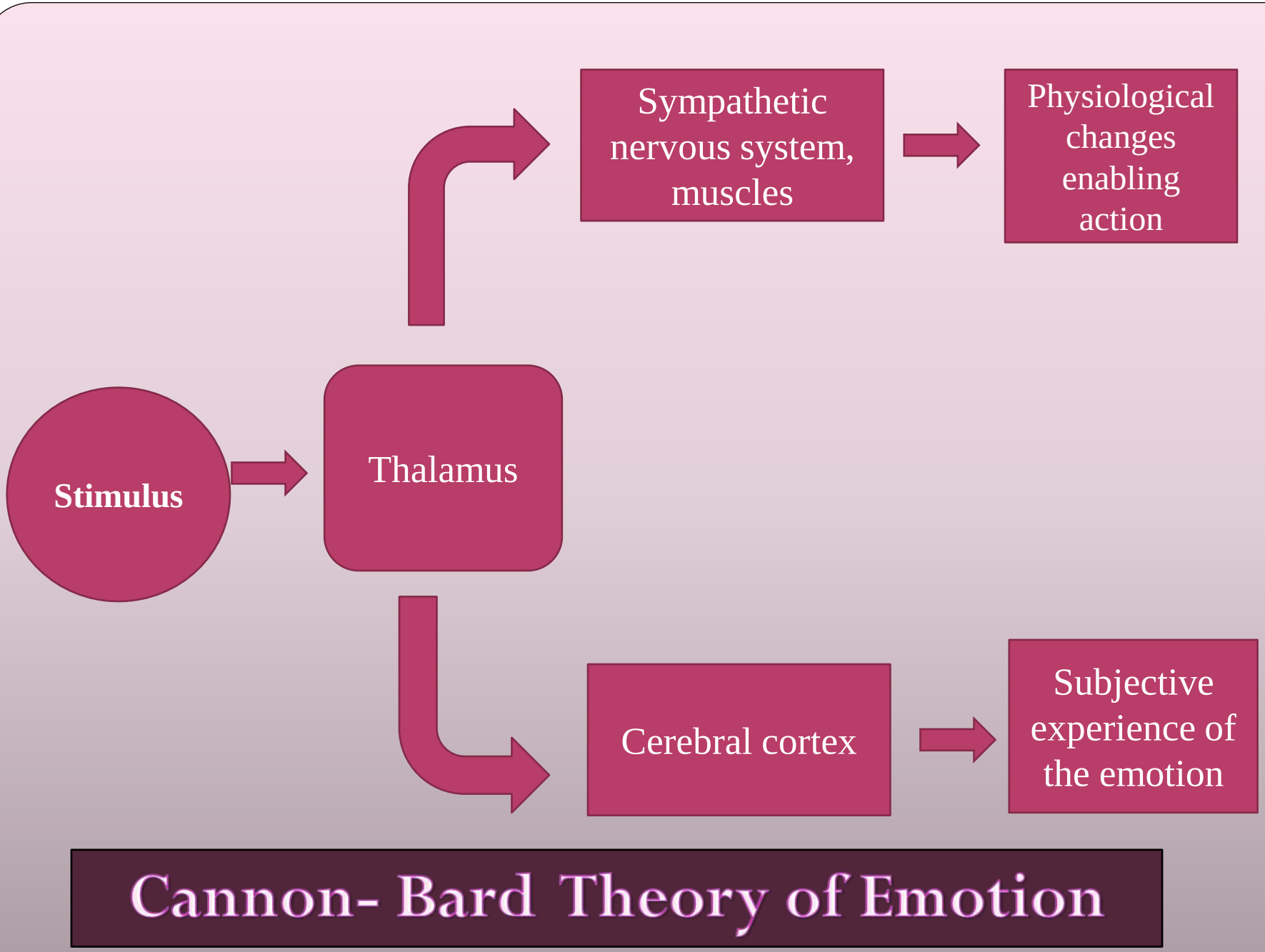
- It is one of the physiological theories of emotion proposed by William James and Carl Lange .
- This theory suggests that we experience emotions as a result of physiological reactions to events.
- It proposes that people have a physiological response to stimuli present in the environment and their interpretation of that physiological response then results in an emotional experience.



James –Lange Theory of Emotion

Cannon-Bard Theory of Emotion

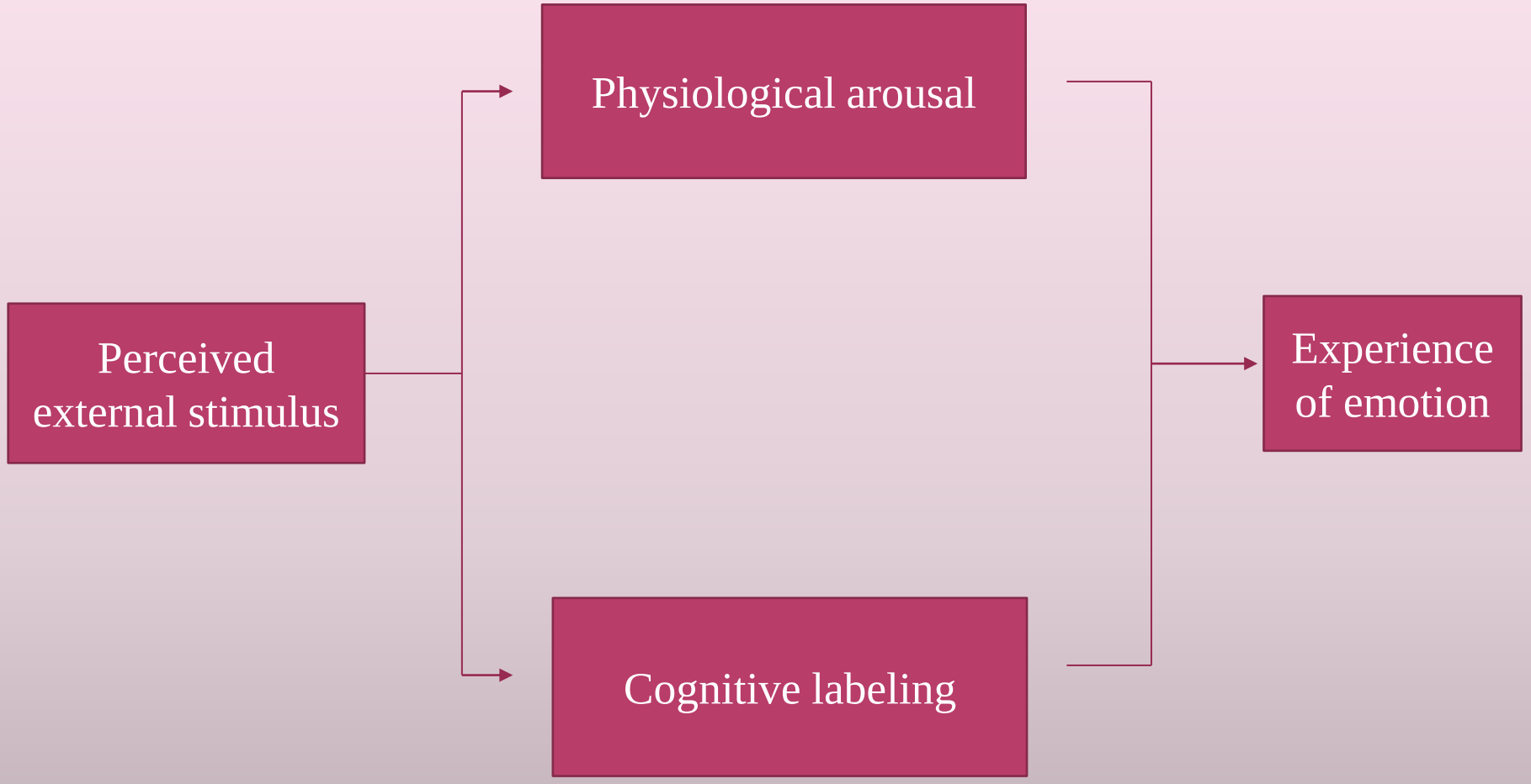
- It was developed as a reaction to James-Lange theory of emotion.
- According to this theory, the physiological changes and emotional changes occur simultaneously at the same time .
- It claims that the entire process is mediated by thalamus which , after the perception of stimuli, sends the information simultaneously to the cerebral cortex and sympathetic nervous system.
- Cerebral cortex determines the nature of the stimulus and leads to subjective experience of emotion.
- At the same time, sympathetic nervous system and the muscles provide physiological arousal and prepare the individual to take action.



Cannon- Bard Theory of Emotion

Schachter-Singer Theory of Emotion

- One of the earliest cognitive theories of emotion was proposed by Stanley Schachter and Jerome Singer. It is also known as the two-factor theory of emotion.
- Emotions have two ingredients: cognitive label and physiological arousal .
- It presumes that physiological arousal is similar for a wide variety of emotions,so arousal alone cannot be responsible for our emotional experiences.
- When we are physiologically aroused , we look to the external world for explanation. Thus, in this theory ,an emotional experience requires a conscious interpretation of the arousal.



Schachter –Singer Theory of Emotion