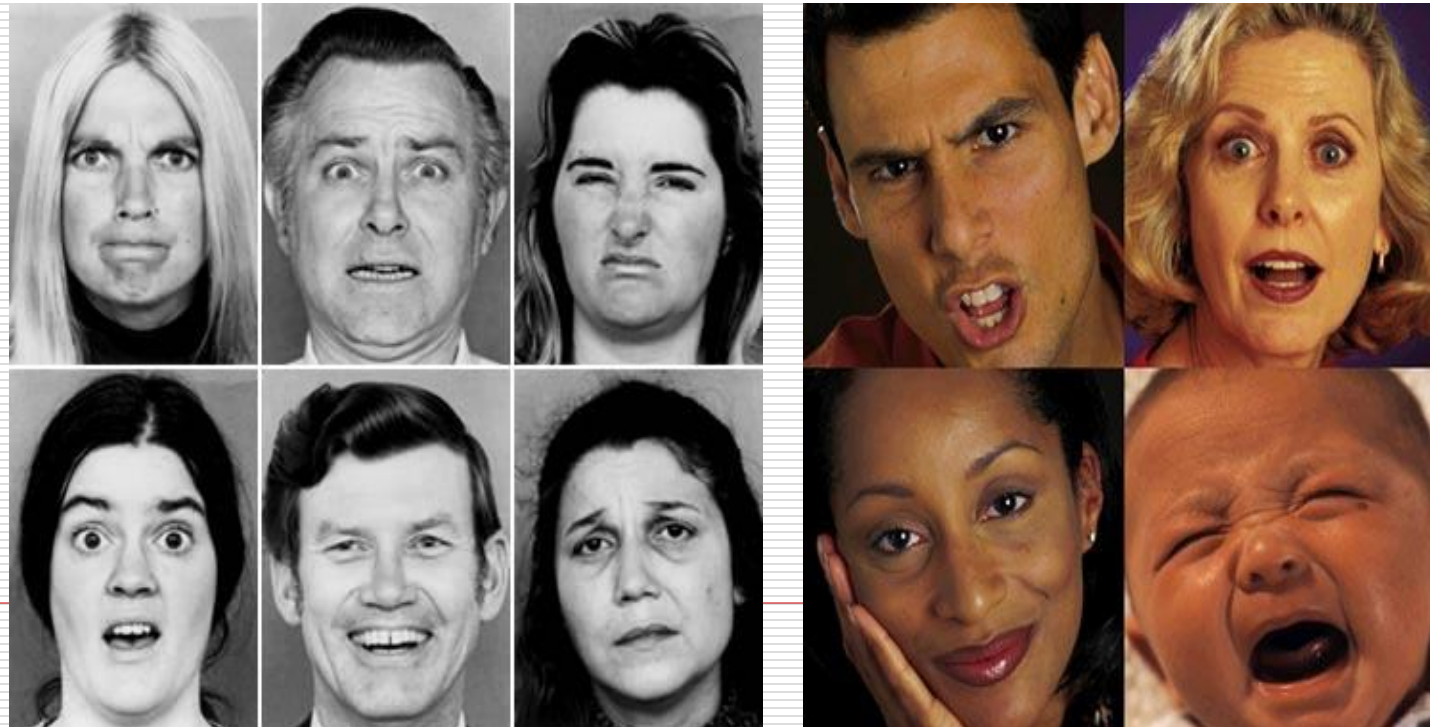


Lecture 7

EMOTION

Emotion

- The experience of feelings
- A response of the whole organism involving physiological arousal, expressive behaviors, and conscious experience

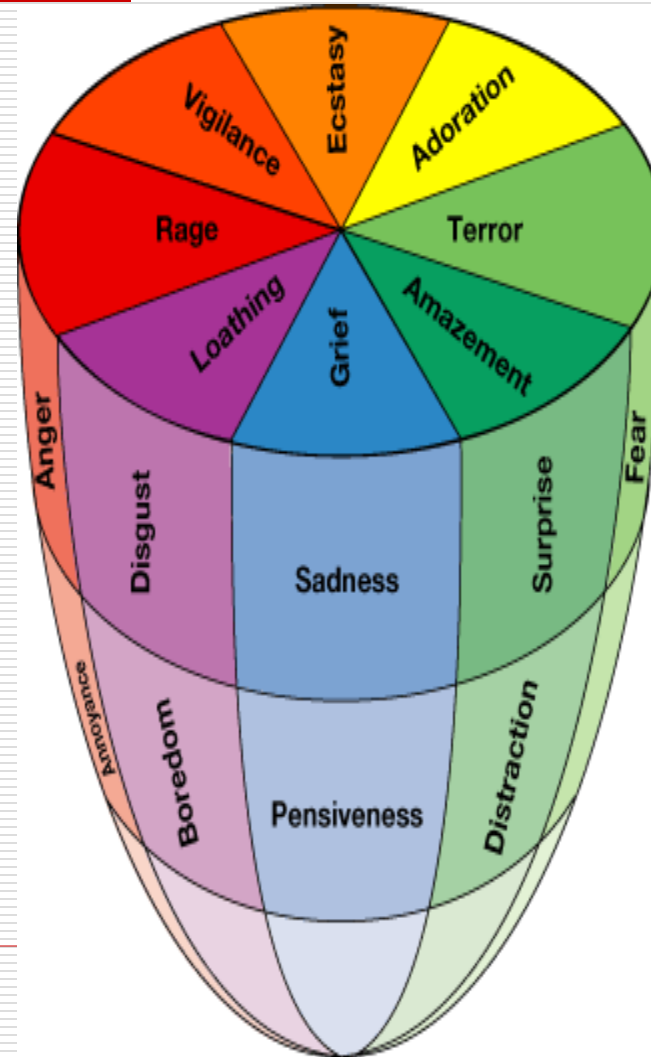
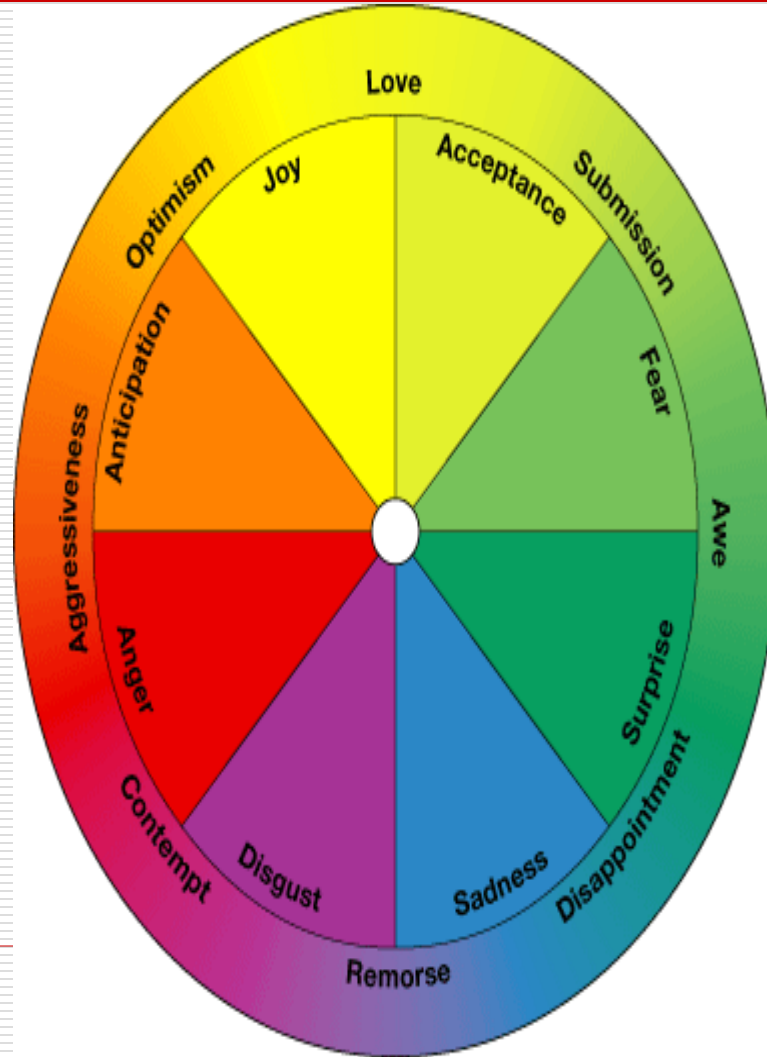


Basic Emotions

- How many emotions can you name?
- Plutchik proposed that there are eight basic emotions

- Fear
- Surprise
- Sadness
- Disgust
- Anger
- Anticipation
- Joy
- Acceptance

Plutchik's Basic Emotions



Basic Emotions

- Some have criticized Plutchik's model as applying only to English-speakers
- Revised model of basic emotions includes:
 - Happiness
 - Surprise
 - Sadness
 - Fear
 - Disgust
 - Anger



Neutral



Anger



Disgust



Fear



Joy



Sadness



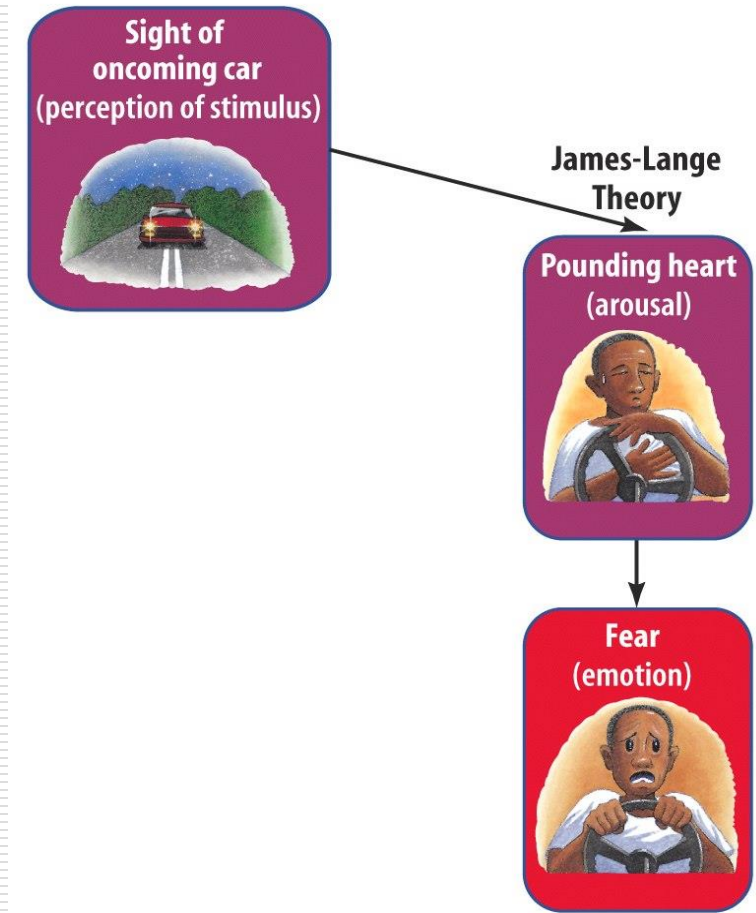
Surprise

Theories

1. James-Lange Theory
2. Cannon-Bard Theory
3. Two-Factor (Schachter-Singer) Theory

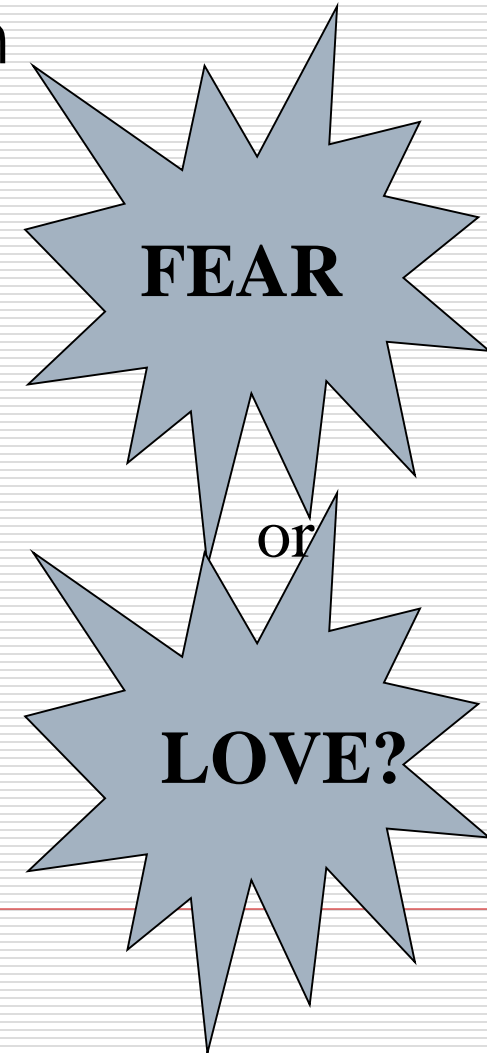
James-Lange Theory

In the 1880s, two theorists, psychologist **William James** and physiologist **Carl Lange**, independently proposed an idea that challenged commonsense beliefs about emotion. This idea, which came to be known as the **James-Lange theory**, is that people experience emotion because they perceive their bodies' physiological responses to external events. According to this theory, people don't cry because they feel sad. Rather, people feel sad because they cry, and, likewise, they feel happy because they smile. This theory suggests that different physiological states correspond to different experiences of emotion.



James-Lange theory

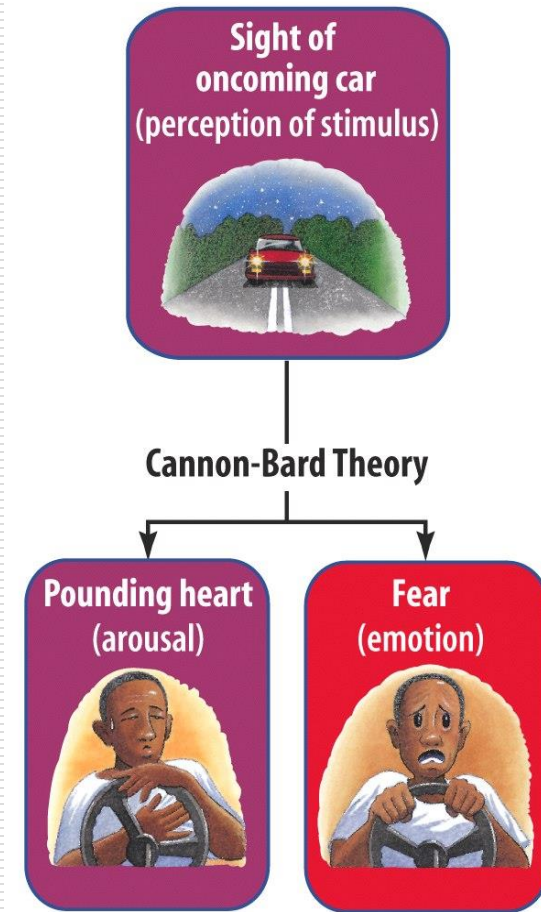
□ Situation → bodily reaction → emotion



Cannon-Bard Theory

The physiologist **Walter Cannon** disagreed with the James-Lange theory, posing three main arguments against it:

- People can experience physiological arousal without experiencing emotion, such as when they have been running. (The racing heart in this case is not an indication of fear.)
- Physiological reactions happen too slowly to cause experiences of emotion, which occur very rapidly. For example, when someone is in a dark alley alone, a sudden sound usually provokes an immediate experience of fear, while the physical “symptoms” of fear generally follow that feeling.
- People can experience very different emotions even when they have the same pattern of physiological arousal. For example, a person may have a racing heart and rapid breathing both when he is angry and when he is afraid.



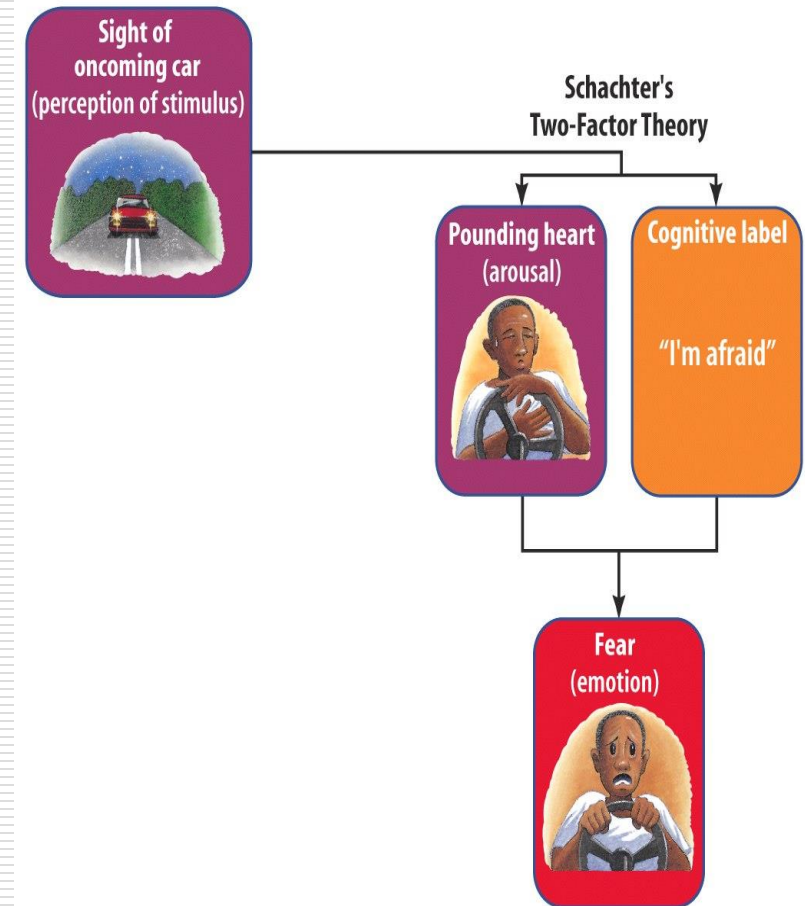
Cannon-Bard Theory

- Cannon proposed his own theory of emotion in the 1920s, which was extended by another physiologist, **Philip Bard**, in the 1930s. The resulting **Cannon-Bard theory** states that the experience of emotion happens at the same time that physiological arousal happens. Neither one causes the other. The brain gets a message that causes the experience of emotion at the same time that the autonomic nervous system gets a message that causes physiological arousal.

Also known as the Schachter-Singer Theory

Two-Factor Theory

- In the 1960s, **Stanley Schachter** and **Jerome Singer** proposed a different theory to explain emotion. They said that people's experience of emotion depends on two factors: physiological arousal and the cognitive interpretation of that arousal. When people perceive physiological symptoms of arousal, they look for an environmental explanation of this arousal. The label people give an emotion depends on what they find in their environment.



Two-Factor Theory

- ❑ **Example:** If a person finds herself near an angry mob of people when she is physiologically aroused, she might label that arousal “anger.” On the other hand, if she experiences the same pattern of physiological arousal at a music concert, she might label the arousal “excitement.”
- ❑ Schachter and Singer agree with the James-Lange theory that people infer emotions when they experience physiological arousal. But they also agree with the Cannon-Bard theory that the same pattern of physiological arousal can give rise to different emotions.