

Major theories of Emotional Development.

James Lange Theory of Emotion

The James - Lange Theory of emotion suggest that physical changes in the body happens first and then that leads to the experience of emotions

Essentially emotions stem from your interpretation of your psychophysical sensations

For examples - your heart is beating wildly would lead you to realize that you are afraid

This theory is one of the earliest attempts to explain what causes emotions

Proposed independently William James and Carl Lange (James - Lange

Theory of emotion suggested that emotions occur as a result of physiological change reaction to the event.

In other words, this theory proposes that people have a physiological response

to environmental stimuli and that their interpretation of that physical response is what leads to an emotional ~~is~~ experience.

- Step 1 - witness
- Step - 2 physiological response
- Step - 3 interpretation of response is your emotional reaction

This theory works as ~~if~~ the person witness an external stimuli which will lead to physiological response. Your emotional reactions depends on how you interpret your physiological reactions.

Example going in dark saw a grizzly bear your heart begins to race

According to this theory you will interpret your physiological response that you are frightened.

The James and Lange believed that emotions such as fear & anger are possible to imagine experiencing.

Physical reaction is must be present to actually experience real emotion.

CRITICISMS -

neither not
This theory was based on anything that remotely resembled controlled experiment. It was the result of introspection.

Acc. to this theory

— Physical reactions must be present to experience joy but acc. to researcher ^{muscle} paralysed and lack of sensation ~~also~~ were also able to feel joy fear and anger.

— This theory was tested by electrical stimulation. applying stimulation on the same site does not give same emotions every time.

The Cannon - Bard Theory of Emotions.

Also known as Thalamic Theory of Emotions

Developed by Walter Cannon and Philip Bard.

It states we experience physiological reactions such as sweating, trembling etc and feel emotions simultaneously.

This theory works specifically as that we react to a stimulus and experience the associated emotion at the same time. The physical reactions are not dependent on emotional reaction or vice versa.

When an event occurs the thalamus transmits a signal to amygdala (small structure in brain playing imp. role in emotional processing). The thalamus also sends signal to autonomic nervous system at the same time resulting in physical reaction such as muscle tension, sweating etc.

Example at new job - you feel nervous and experience upset stomach during a date feel happiness and excitement and have sweaty palm and rapid heartbeat

Comparison to James and Lange theory.

CRITICISM -

- focus on the ^{role} of thalamus & ignore the ^{other} parts of brain.
- Acc. to theory physical reaction do not lead to emotions. But research shown when people are asked to make facial expression like frowning and smiling they are more likely to experience an emotion connected to that expression.

The Schachter - Singer theory

- developed in 1962 by Stanley Schachter and Jerome Singer
- interaction b/w physiological arousal and to how we cognitively label that arousal.

In other words, simply feeling arousal is not enough we need to identify the arousal in order to feel the emotion.

(Stimulus) I saw a ^{strange} man walking towards me

(Physiological arousal) I am trembling and my heart is racing

(Cognitively label) It is caused by fear

(emotion) I am frightened.

— The immediate environment also play important role in the labeling of the physical responses

Experiment

A group of 184 males were injected with epinephrine which causes an increased heart beat, trembling.

Some were told ~~what~~ are the side effects and some were not. Confederates were placed with the people who were not informed which either showed euphoria or angry.

There was ~~sed~~^{less} change in emotion were told in those who were informed about the side effect. But those who were not informed were more likely to feel either happier or angrier than who were informed.

With ~~but~~ euphoric confederate interpreted happiness as the effect of drug and who were with angry confederate interpreted angry as the side effect of drug.

When they have no idea to why they are feeling they will take anisomenal use to recognize and identify their emotions.

CRITICISM.

- research found that unexplained physical arousal was more likely to generate negative emotions no matter what type of confidence is present
- some criticized that emotions are experienced before we think about them.

Cognitive Appraisal Theory

developed in 1964 by Richard Lazarus

Acc. to this theory thinking must occur first before experiencing emotions.

Acc. to this theory that your brain appraises a situation and the resulting response is the emotion

Acc. to this theory sequence of events first involves a stimulus followed by thought, which then lead to physiological

responses and emotions.

For example, you encounter a bear in the woods. You immediately think you ~~to~~ might be in danger. This then leads to emotional experience of fear and physical reactions associated with fight - and/or flight response.

CRITICISMS.

assessing quick nonconscious appraisals can be difficult.