



THEORIES OF EMOTIONS

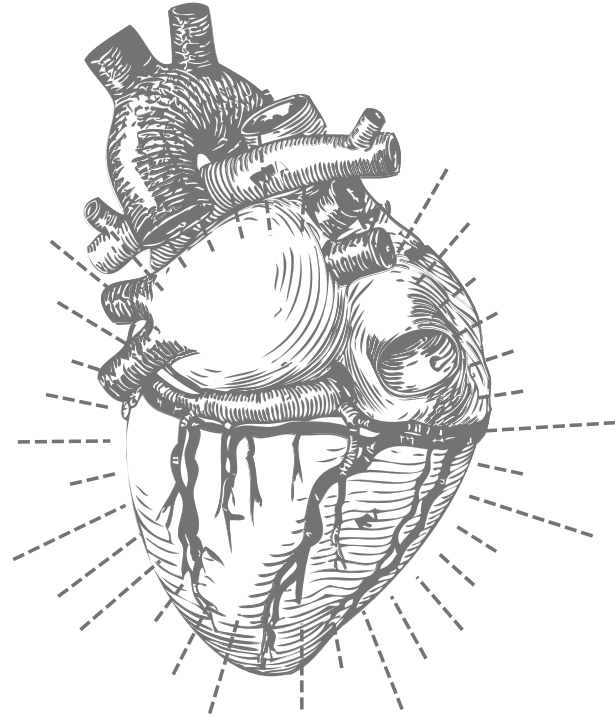
Lesson topics

- ✓ Main theories of emotions
- ✓ How emotions occurs?
- ✓ What is happening in our organism?
- ✓ Why emotions occurs

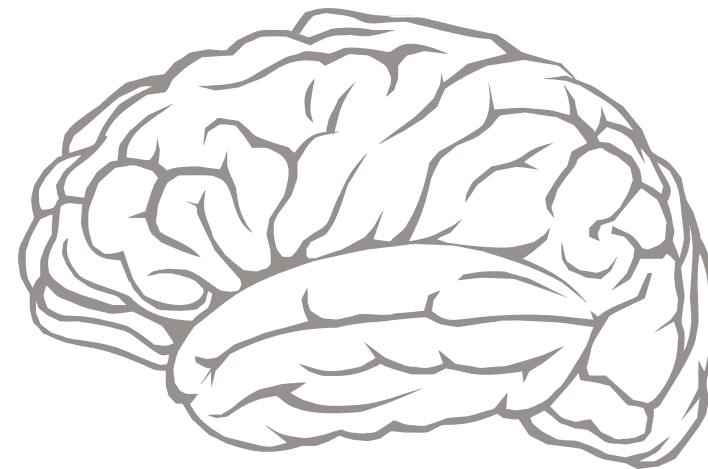


3 MAIN CATEGORIES OF THEORIES

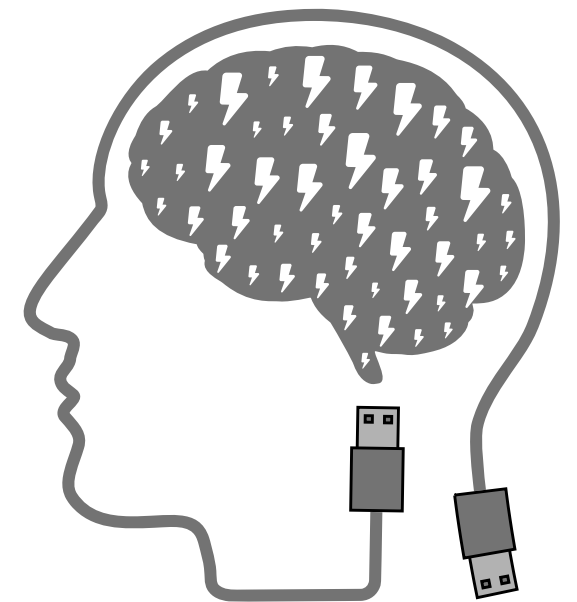
1: Physiological theories



2: Neurological theories



3: Cognitive theories



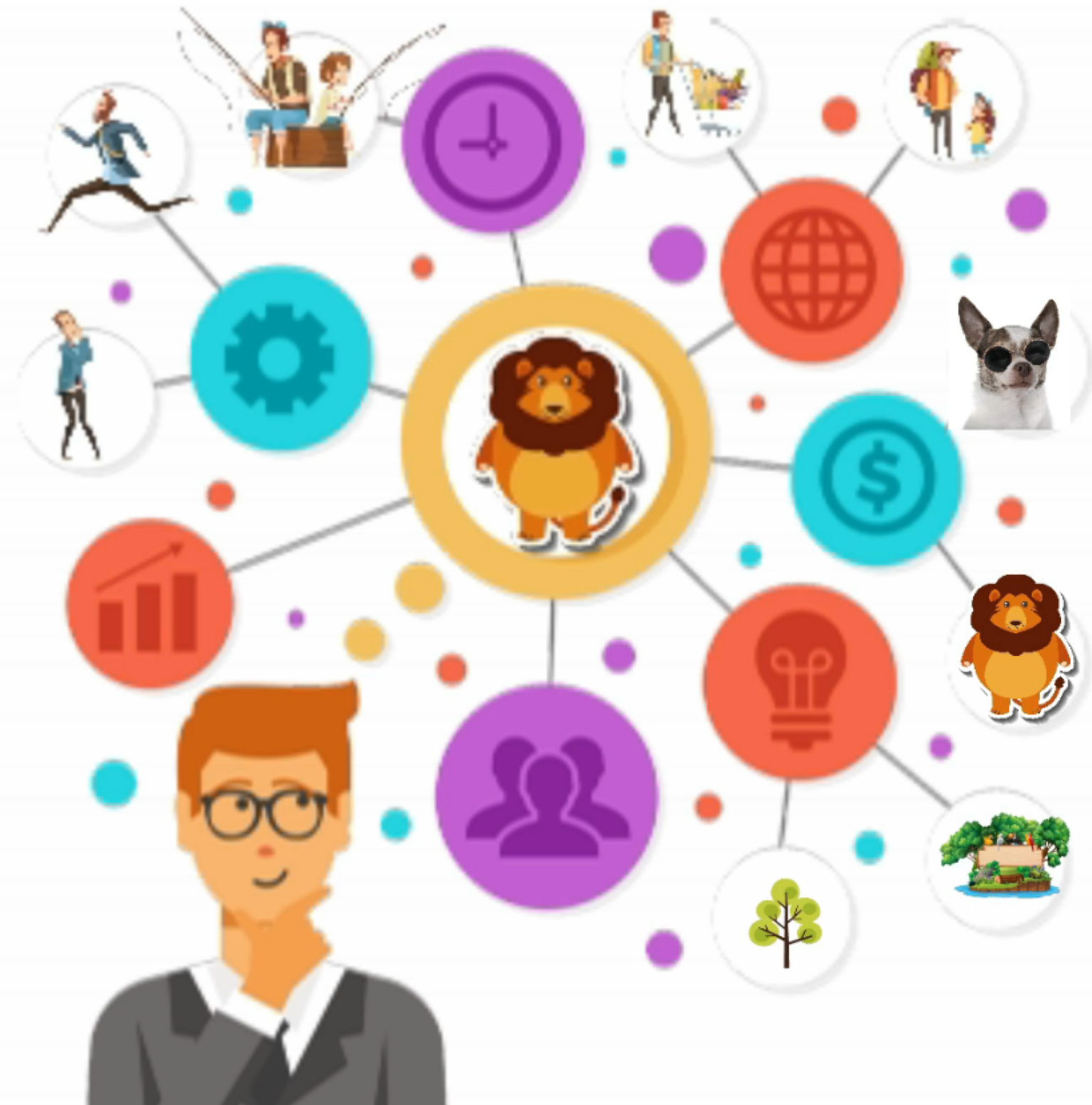
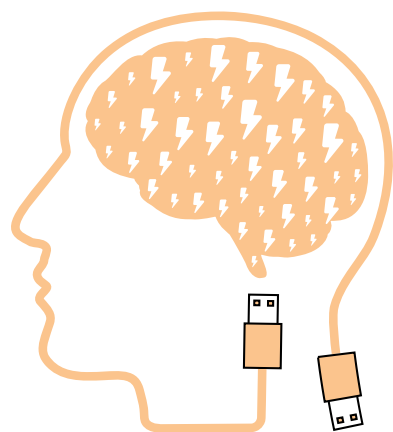
MAIN THEORIES

- ✓ James-Lange theory of emotions
- ✓ Cannon-Bard theory of emotion
- ✓ Schachter-Singer Two-Factor Theory of Emotion
- ✓ Facial feedback theory of emotions
- ✓ Cognitive Appraisal theory of emotions

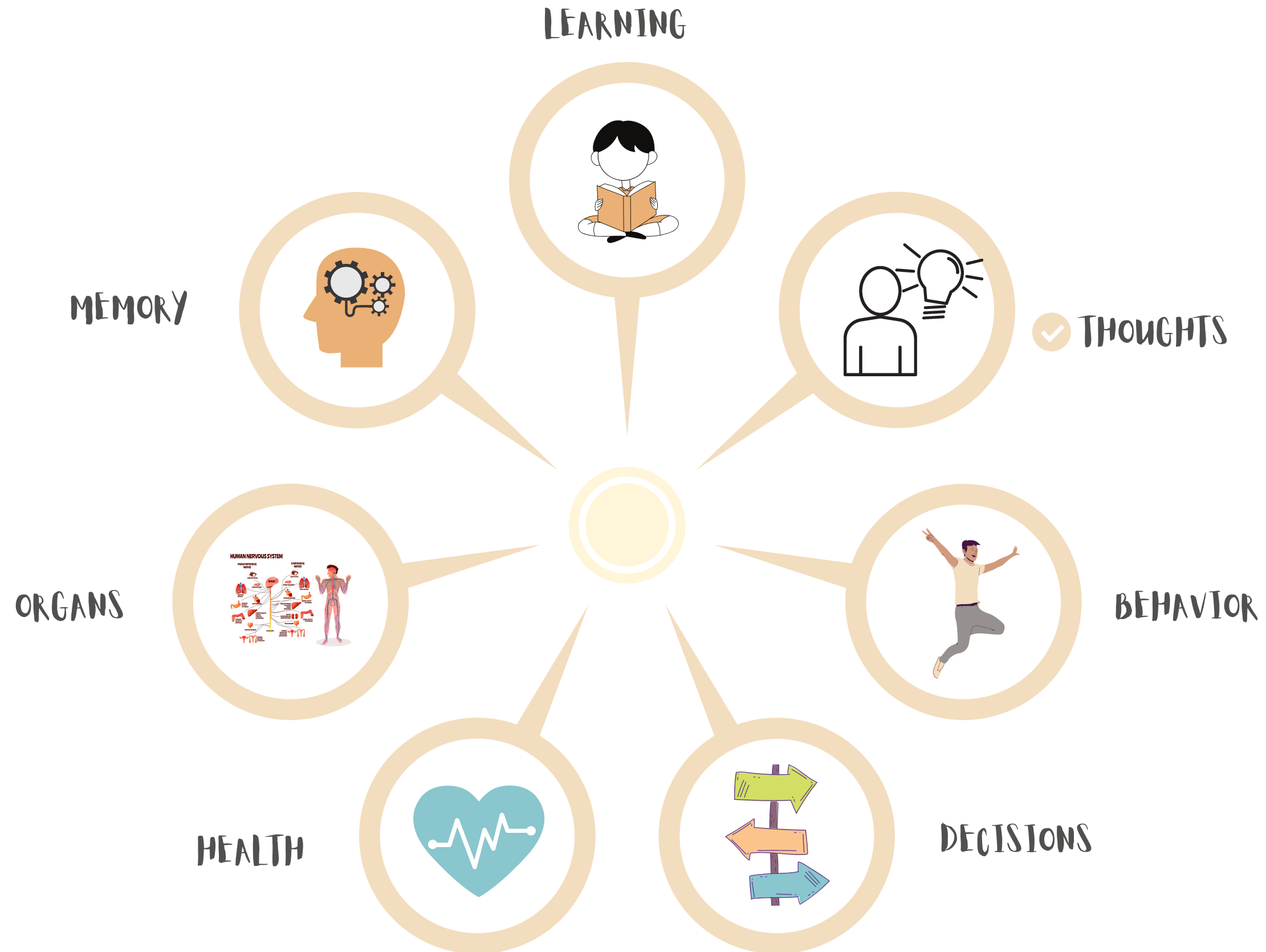


Emotions-memories

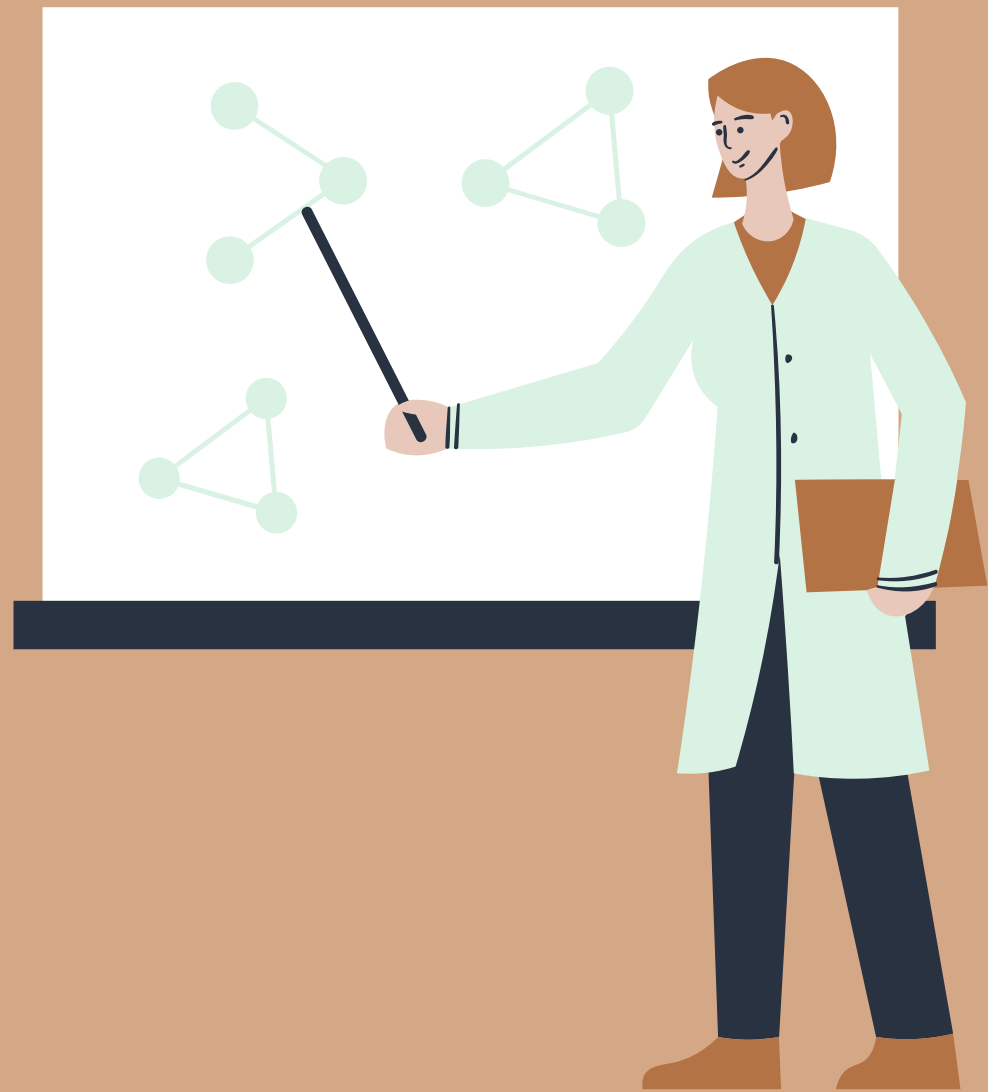
- We have certain memories because they are connected with certain emotions and situations.



EMOTIONS AFFECT

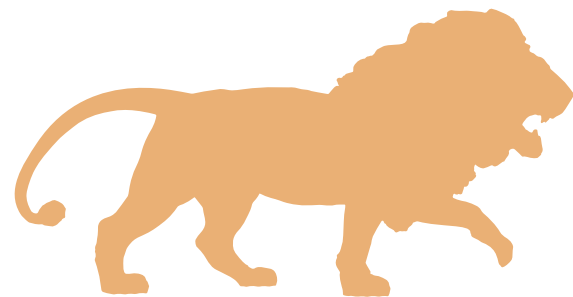


Schachter-Singer Two-Factor Theory of Emotion

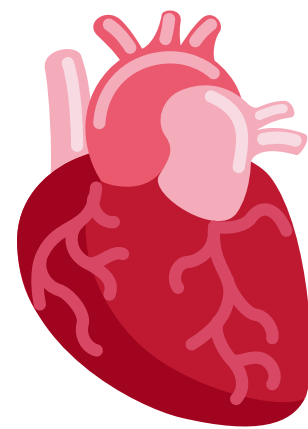


EXAMPLE

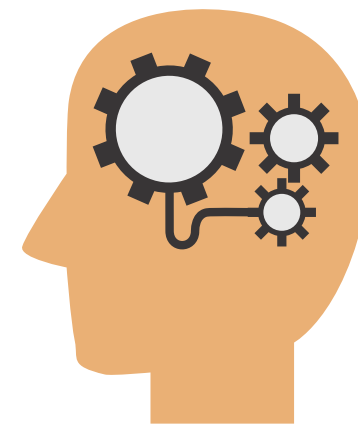
DANGER



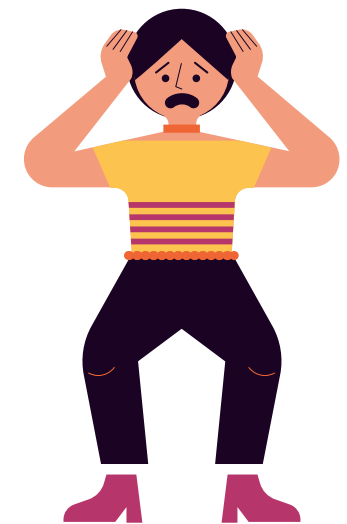
PHYSIOLOGICAL
CHANGE



COGNITIVE
PERCEPTION



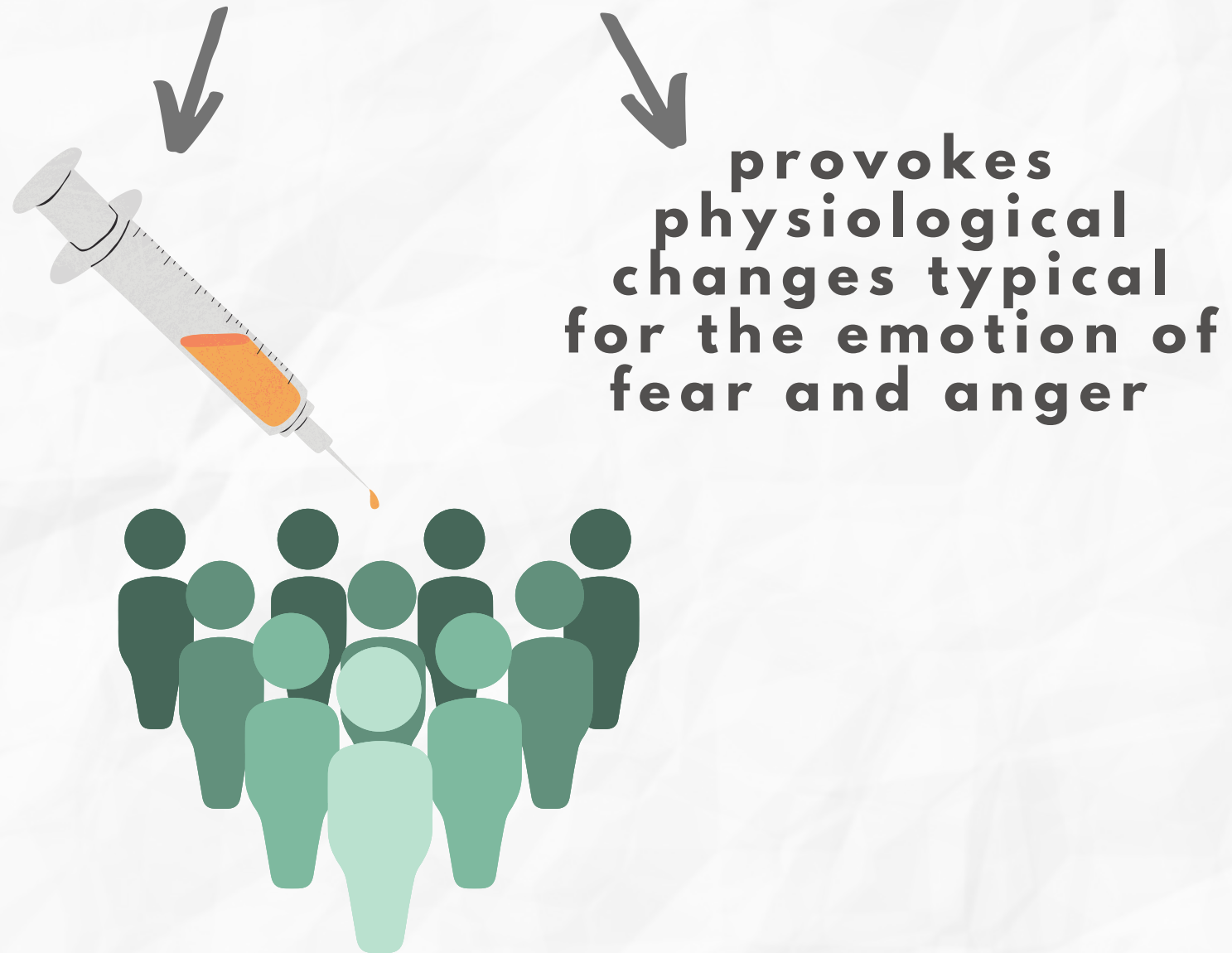
I AM SCARED



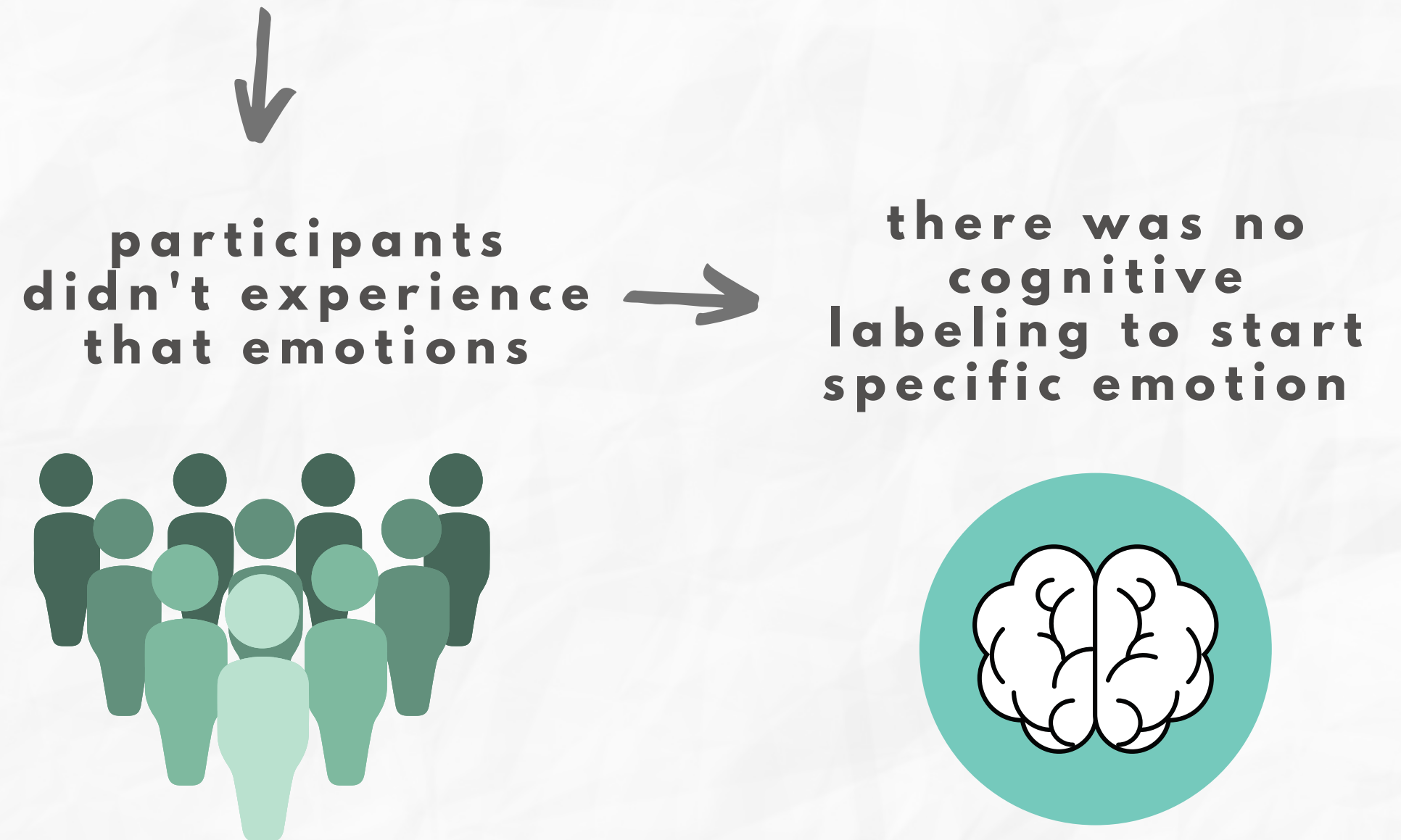


EXPERIMENT BY THESE SCIENTISTS

ADRENALINE



RESULT





THIS IS AGAINST THE JAMES LANGE THEORY

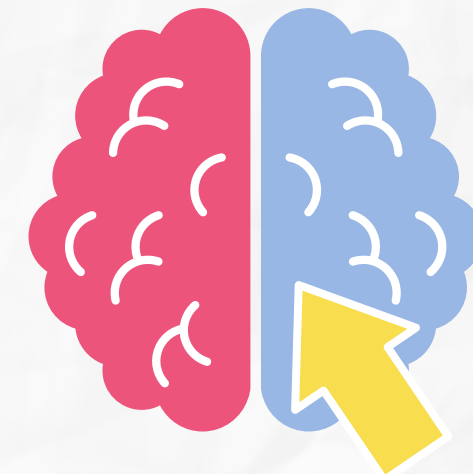
JAMES LANGE THEORY

Emotions arises
from the
physiological
arousal



SCHACHTER-SINGER THEORY

If we feel
physiological changes
it doesn't mean we
will feel the emotion



Cognitive appraisal Theory of Emotion



MAIN IDEA:

Which emotion will appear - it depends on our appraisal

THE WAY WE SEE AND EXPLANE
SITUATION T OURSELVES



2 MAIN RESEARCHERS

Magda Arnold



Richard Lazarus





Magda Arnold

Psychologist. The first contemporary theorist to develop appraisal theory of emotions

She believed that we will experience an emotion according to our appraisal. It's very important how we explain something to ourselves, how we perceive it.

Physiological changes in our body just follow the appraisal.



Richard Lazarus

He was an American psychologist

He stands for Cognitive Appraisal theory of emotions

Canon-Bard Theory of Emotion



2 MAIN RESEARCHERS

Walter Cannon



Philip Bard





Walter Branfor Cannon

Psychologist.

He was an American physiologist, professor and chairman of the Department of Physiology at Harvard Medical School. He coined the term "fight or flight response"



Philip Bard

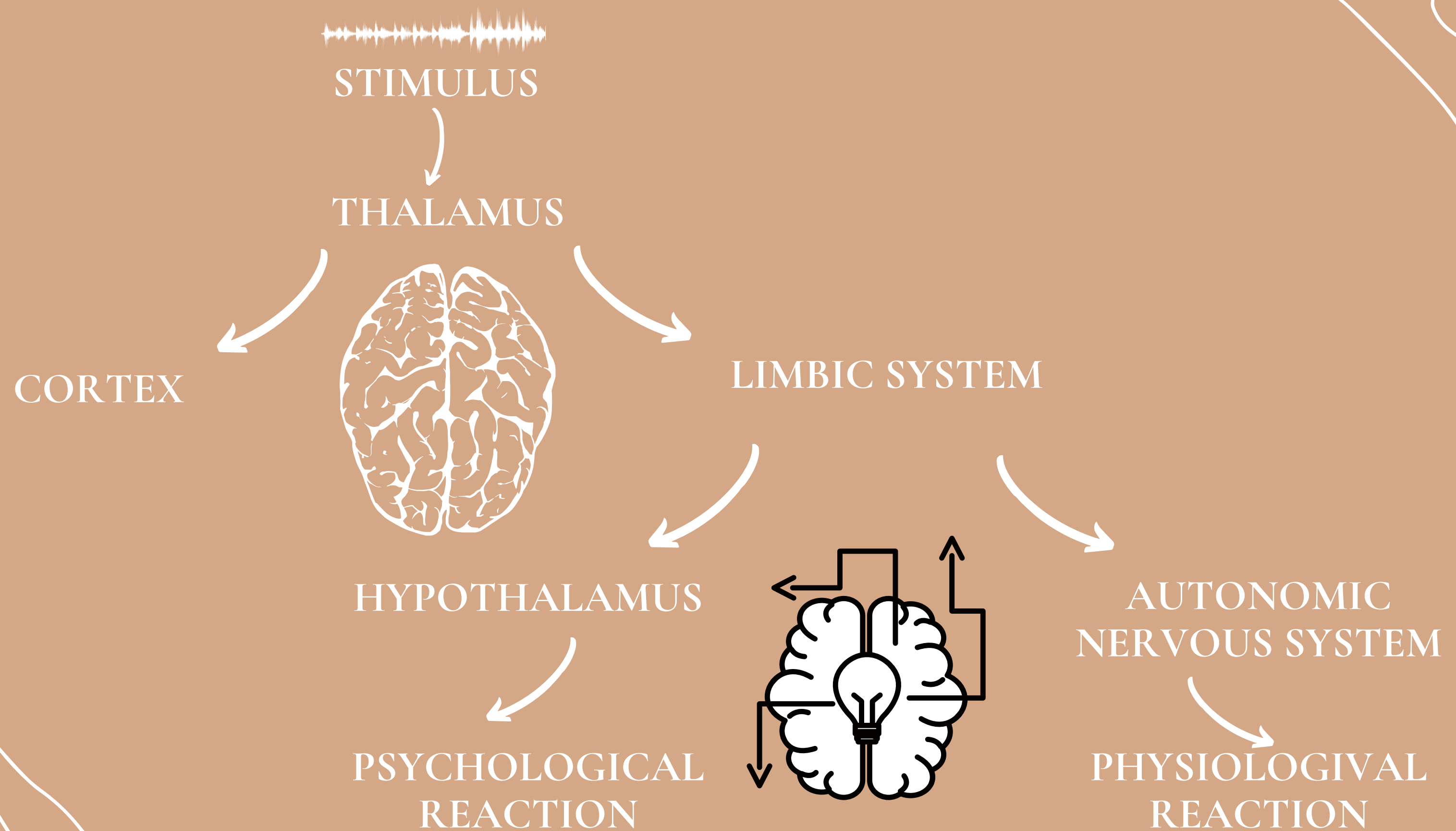
Psychologist.

He was a doctoral student of Cannon's, and together they developed a model of emotion called the Cannon-Bard Theory.

MAIN IDEA:

When we feel the emotion we experience the physiological reaction and the feeling of emotions indepently but in the same time





Facial feedback Theory of Emotion



MAIN IDEA:

Emotions occur and they depend on facial muscles



WE FEEL SOMETHING BECAUSE THE POSITION OF OUR
FACIAL MUSCLES IS IN SOME SPECIFIC POSITION





EXERCISE

**WE WILL TRY TO PROVOKE A SPECIFIC
EMOTION
BY CREATING THE FACE MUSCLES
IN SPECIFIC POSITION**

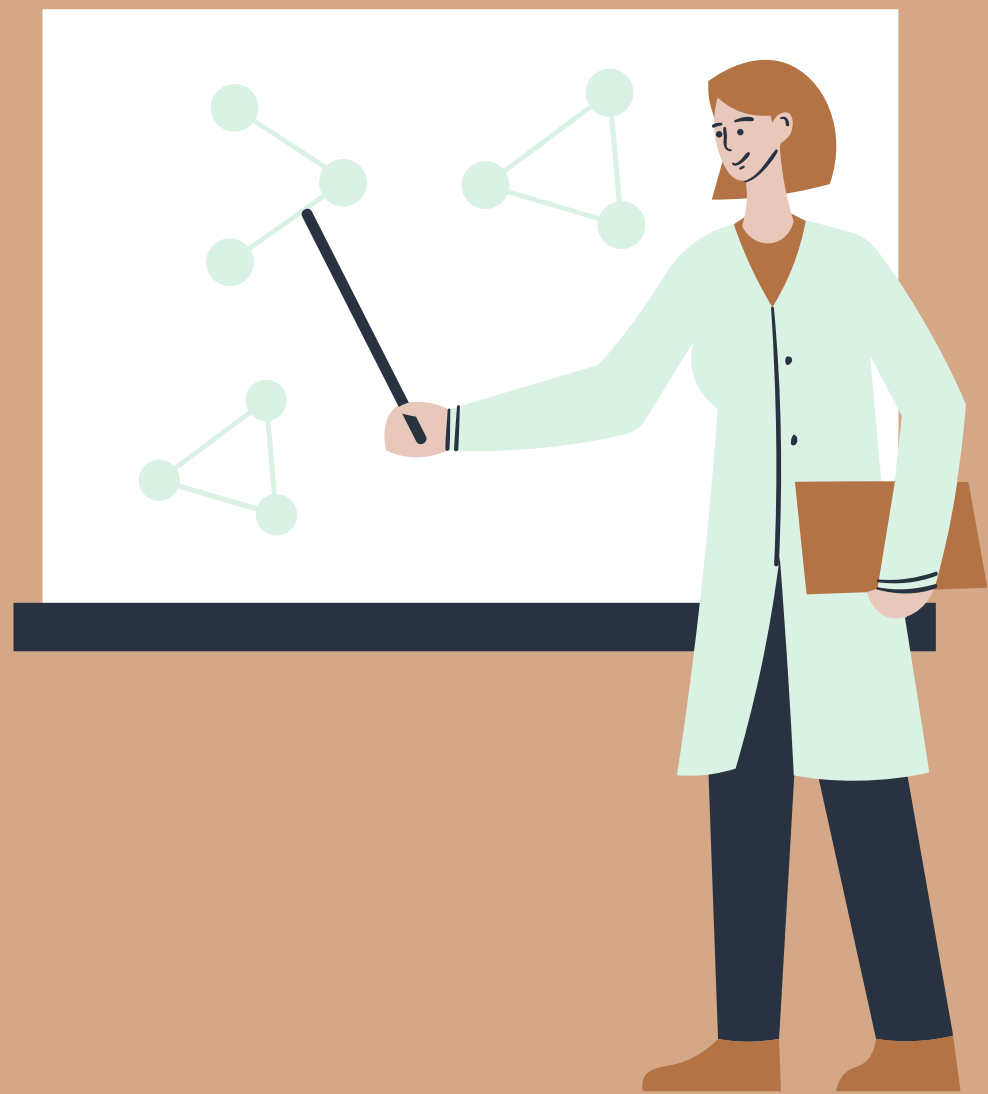


Take a pen and put it horizontally in your mouth to form a smile position ...in a while you should feel happiness



Take a pen and put it vertically in your mouth to form a sad position ...in a while, you should feel negative emotions

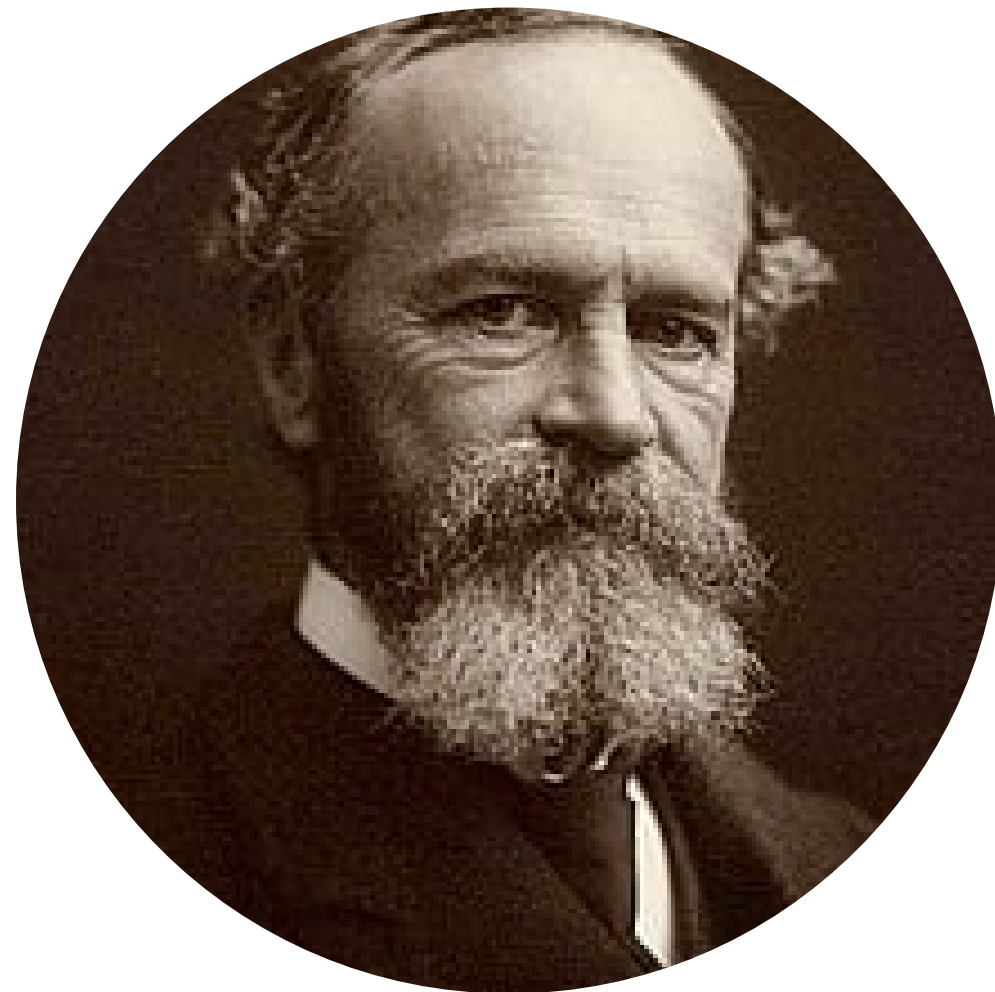
James-Lange Theory of Emotion



2 MAIN RESEARCHERS

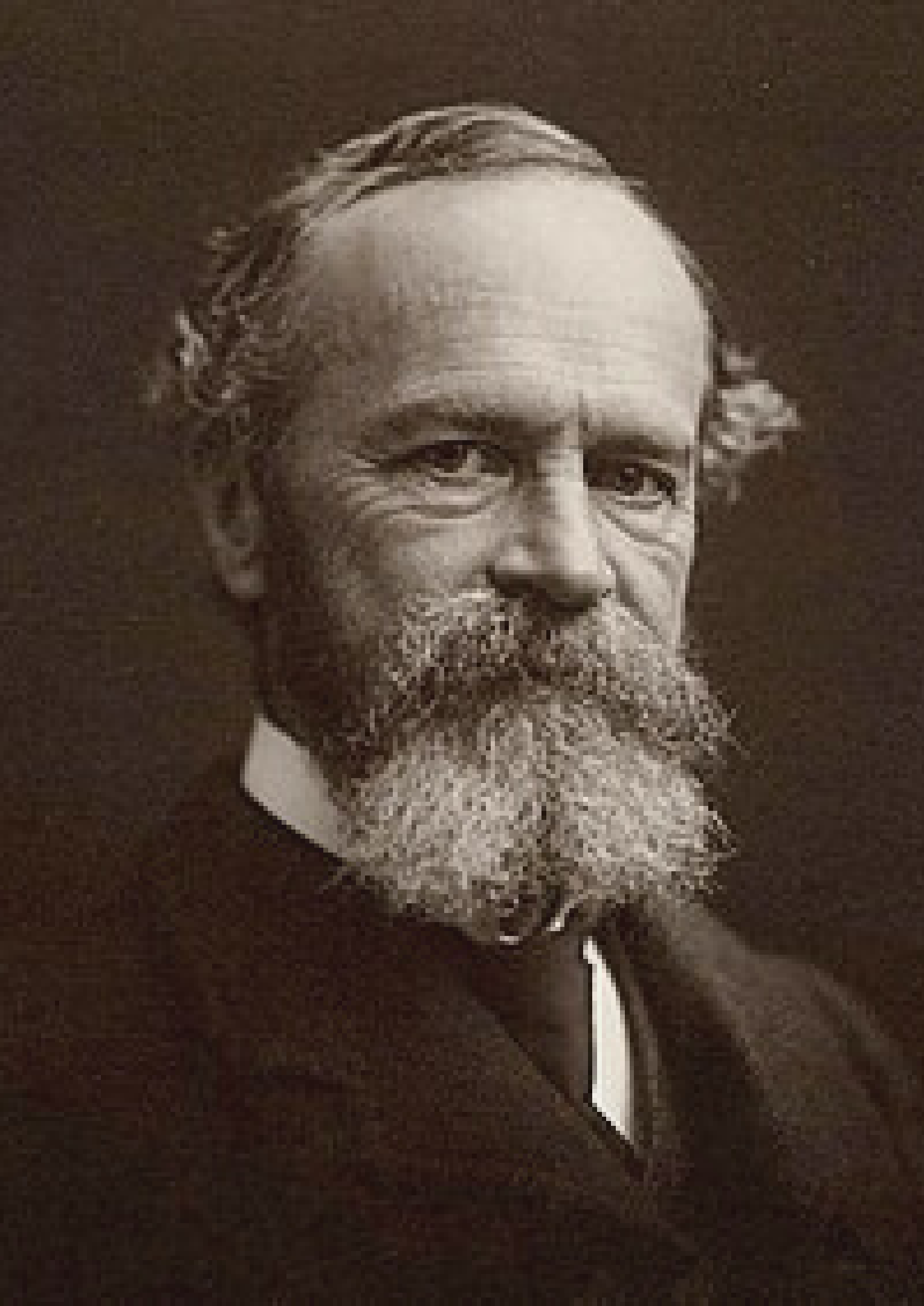
They made the same conclusion, but completely independently

William James



Carl Lange





William James

He was an American philosopher and psychologist

The first educator to offer a psychology course in the United States.

With Charles Sanders Peirce, James established the philosophical school known as pragmatism.

One of the founders of functional psychology



Carl Georg Lange

He was a Danish physician who made contributions to the fields of neurology, psychiatry, and psychology.

In 1885 work "On Emotions: A Psycho-Physiological Study"

In 1886 Lange published "On Periodical Depressions and their Pathogenesis"

He posited that all emotions are developed from, and can be reduced to, physiological reactions to stimuli

MAIN IDEA:

Emotion is just an interpretation and experience of physiological changes.





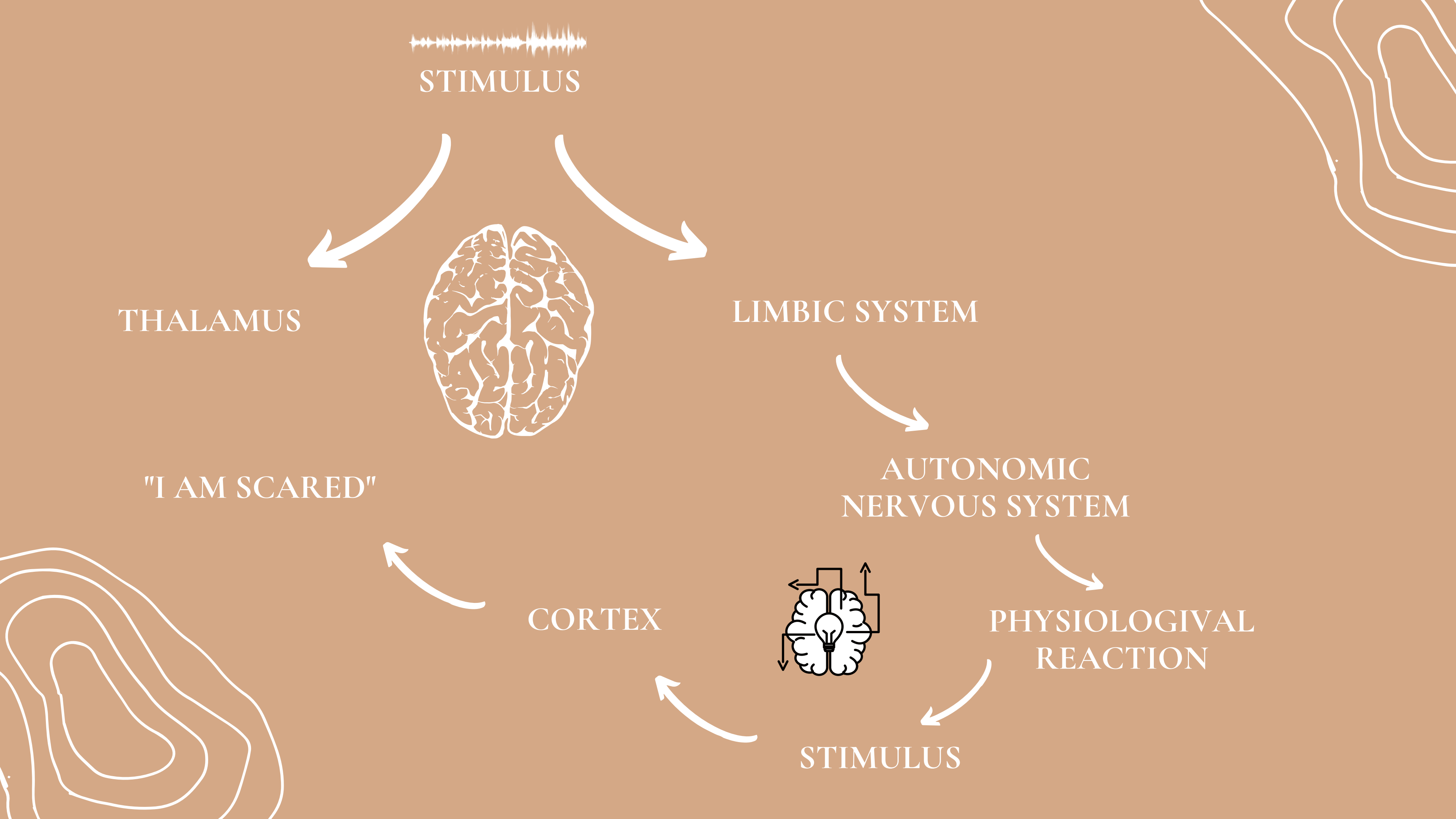
Carl Georg Lange said:

"We are sad because we cry."

"We are angry because we are punching"

"We are scared because we are shaking"





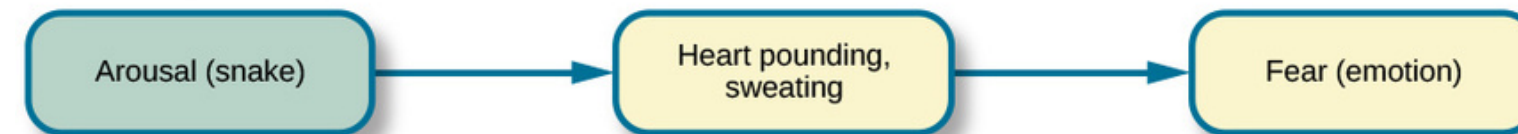
COMPARISON OF THEORIES



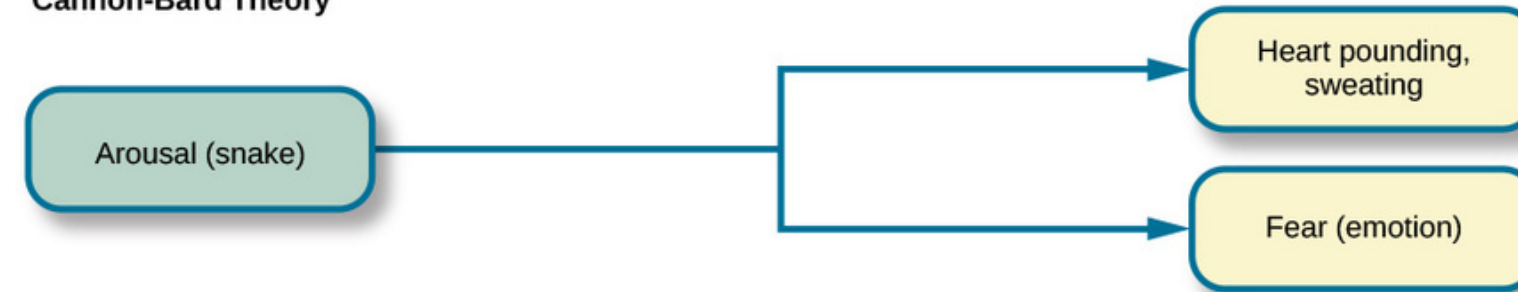
Time



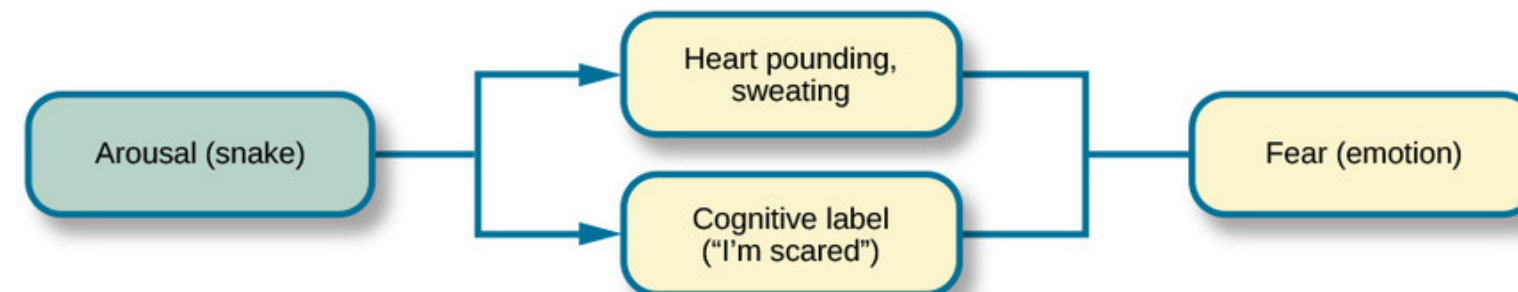
James-Lange Theory



Cannon-Bard Theory

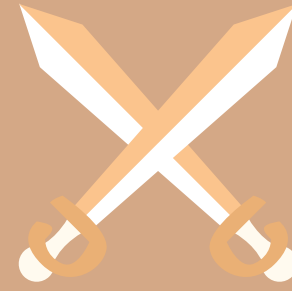


Schachter-Singer Two-Factor Theory



Lazarus' Cognitive-mediational Theory

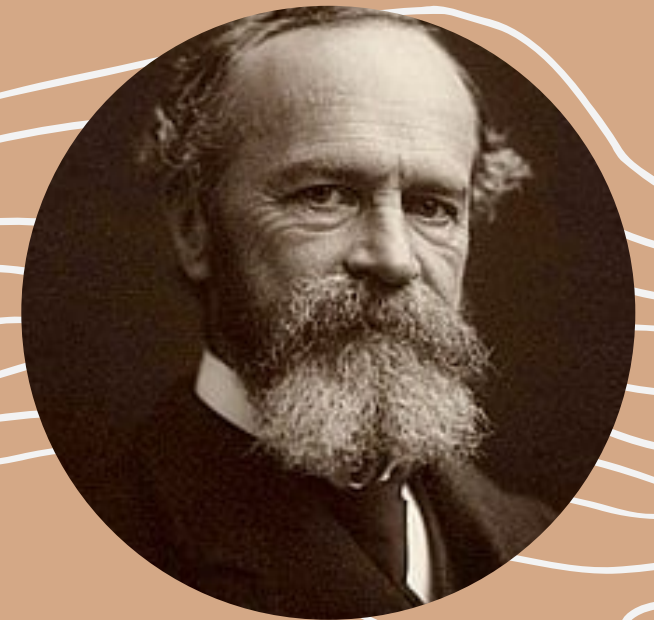




ARGY ON THEORIES



Walter Cannon

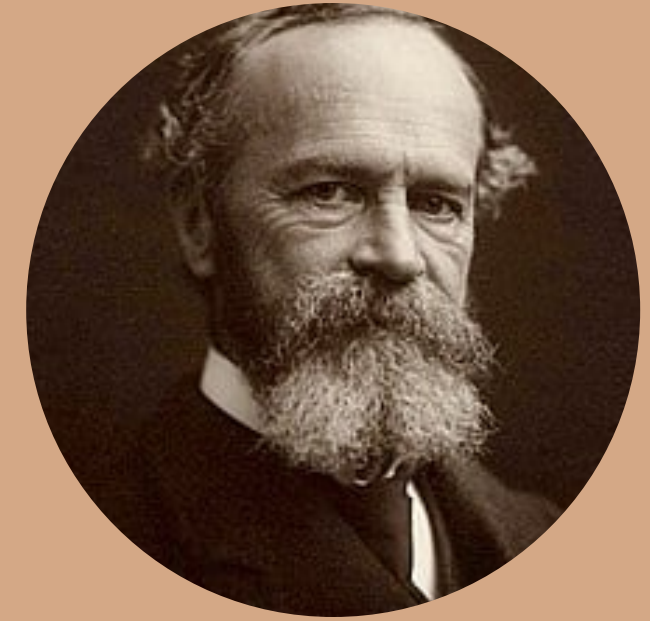
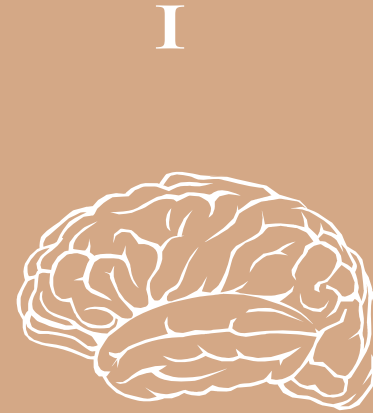


William James



Walter Cannon

"People with damaged spinal cord have emotions in they shouldn't because they cannot get a stimulus from physical reactions."



William James

"They stay connected to hormones and brain nerves"

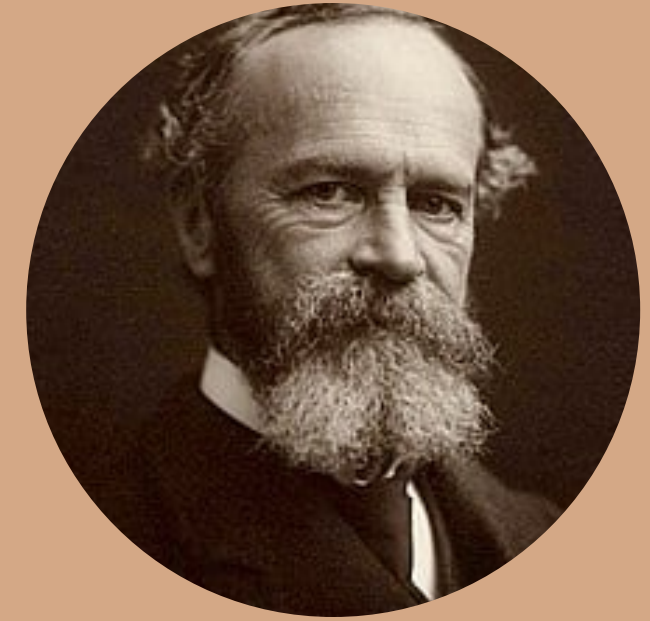




Walter Cannon

"Visceral organs response slowly and fear occurs instantly"

2



William James

"Muscles reactions remain fast"

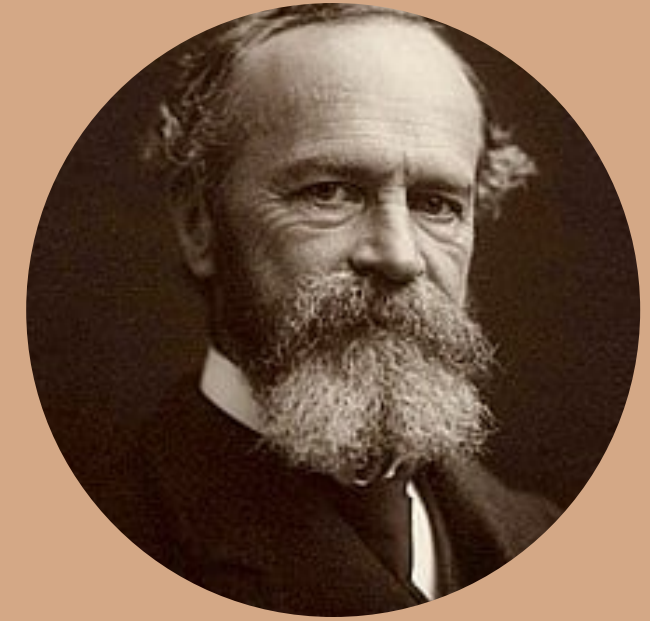




Walter Cannon

"Physiological reactions
are not specific to each
emotion"

3



William James

James has no answer to this



Key points



Emotions help us to adapt and survive (without fear we would never survive).



Emotions affect our whole organism, cognitive part and physical part



3 main functions of emotions are: ADAPTIVE, SOCIAL, MOTIVATIONAL



Emotions prepare us to deal with important events without our having to think about what to do.



Emotions are always active in our lives, they stop us or push us to do some things



Emotions help us to make very complex evaluations very quickly, in milliseconds, without being aware of the evaluative process.



write your reflections on this lecture:

