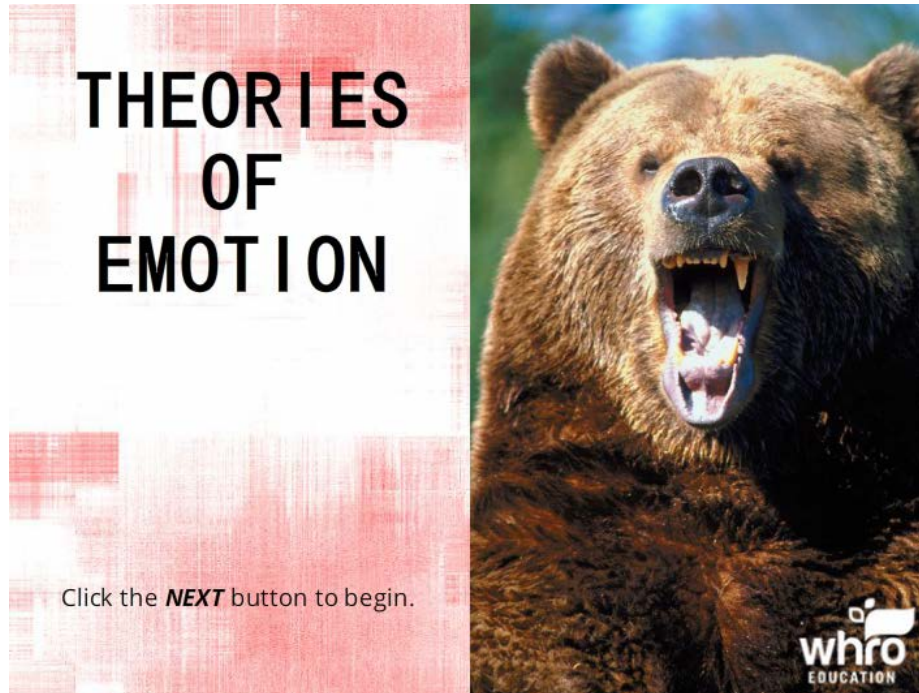


Module 7: Motivation, Emotion, and Stress
Topic 2 Content: Theories of Emotion Notes

Introduction



Theories of Emotion (pause)

Click the **NEXT** button to begin.

Module 7: Motivation, Emotion, and Stress

Topic 2 Content: Theories of Emotion Notes

What Do You Think?

Imagine you are walking through the woods, and suddenly you look up and see a bear a few feet in front of you. What would you do? What emotions would you feel?

Drag the circle with "YOU" written on it, and drop it on the scenario you think makes the most sense.

YOU

After you saw the bear, your heart would start beating, you would begin to tremble, and you would run. You would not feel afraid until after your body reacted.

After you saw the bear, your body would tremble and you would feel scared at the same time.

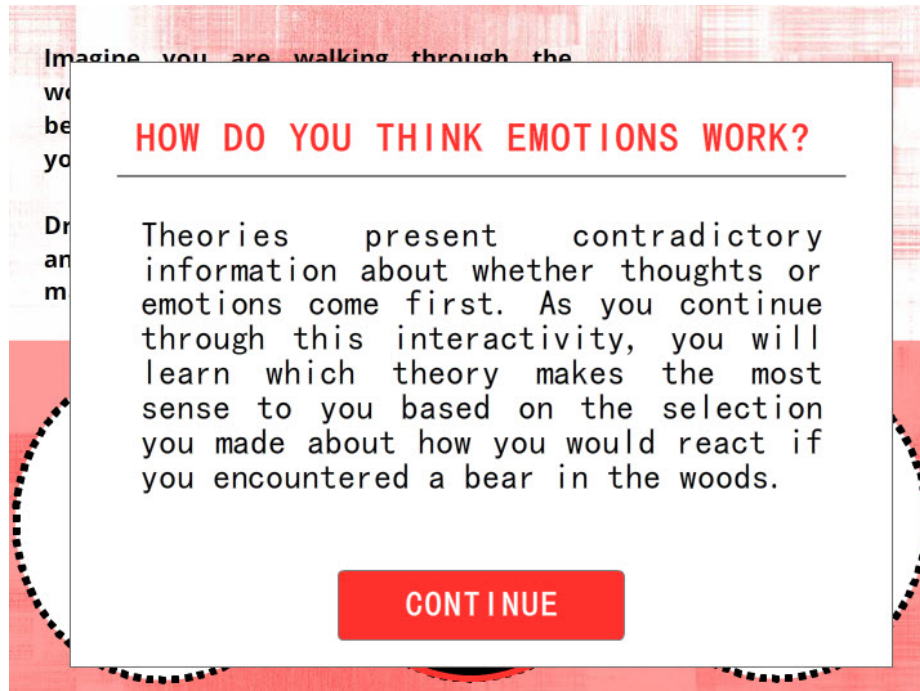
After you saw the bear, you would label the situation as threatening and then feel fear.

Imagine you are walking through the woods, and suddenly you look up and see a bear a few feet in front of you. What would you do? What emotions would you feel? Drag the circle with "YOU" written on it, and drop it on the scenario you think makes the most sense.

Module 7: Motivation, Emotion, and Stress

Topic 2 Content: Theories of Emotion Notes

How do you think emotions work?



Imagine you are walking through the woods. You see a bear. You think, 'That's a bear. I should run.' You feel fear. You run.

HOW DO YOU THINK EMOTIONS WORK?

Theories present contradictory information about whether thoughts or emotions come first. As you continue through this interactivity, you will learn which theory makes the most sense to you based on the selection you made about how you would react if you encountered a bear in the woods.

CONTINUE

Theories present contradictory information about whether thoughts or emotions come first. As you continue through this interactivity, you will learn which theory makes the most sense to you based on the selection you made about how you would react if you encountered a bear in the woods.

Module 7: Motivation, Emotion, and Stress

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Theories of Emotion

THEORIES OF EMOTION

Drag the slider at the bottom of the screen to learn about three main theories of emotion.

The slide features a red background with a grid pattern. At the top, the title "THEORIES OF EMOTION" is displayed in white. Below the title, a white text box contains the instruction "Drag the slider at the bottom of the screen to learn about three main theories of emotion." In the center, there is a row of seven small images of a woman in a yellow shirt, each showing a different facial expression: surprise, thought, concern, a neutral thoughtful pose, worry, happiness, and sadness. Below these images is a large, semi-transparent image of the same woman in a yellow shirt and blue jeans, standing with her hand on her hip. At the bottom of the slide, there is a horizontal slider with a white track and four red circular markers, including a grey knob on the left side.

Drag the slider at the bottom of the screen to learn about three main theories of emotion.

Module 7: Motivation, Emotion, and Stress

Topic 2 Content: Theories of Emotion Notes

James-Lange Theory of Emotion

JAMES-LANGE THEORY OF EMOTION

Brain responds to a physiological event

Interpretation of arousal first

Bear sighting: heart beats, tremble, run, and then feel emotion

The James-Lange Theory of Emotion proposes that the brain knows to feel an emotion because a physiological event has occurred. However, you do not experience an emotion until you interpret what caused the arousal. In the previous example about a bear, the James-Lange theory would say that after you saw the bear, your heart would start beating, you would begin to tremble, and you probably would run. However, you would not feel the emotion of fear until after your body reacted.

Research into spinal cord injuries supports the James-Lange Theory. Specifically, patients with spinal cord injuries reported feeling emotions less intensely than they did before their injuries. This happened because of their inability to fully feel physical stimuli. Other research also reveals that a person's body language can improve or decrease his or her mood. For example, if you are forced to frown, you would view neutral images as negative. On the other hand, if you are forced to smile, you would view neutral images as positive. If this theory is correct, then faking a smile should actually improve your mood even though you initially may not have felt happy.

Module 7: Motivation, Emotion, and Stress


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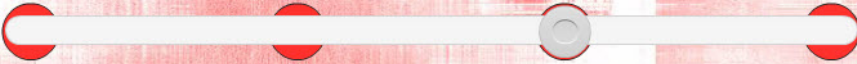
Cannon-Bard Theory of Emotion

CANNON-BARD THEORY OF EMOTION

1920's: Walter Cannon and Philip Bard

Brain cannot know which emotion should follow a physiological response



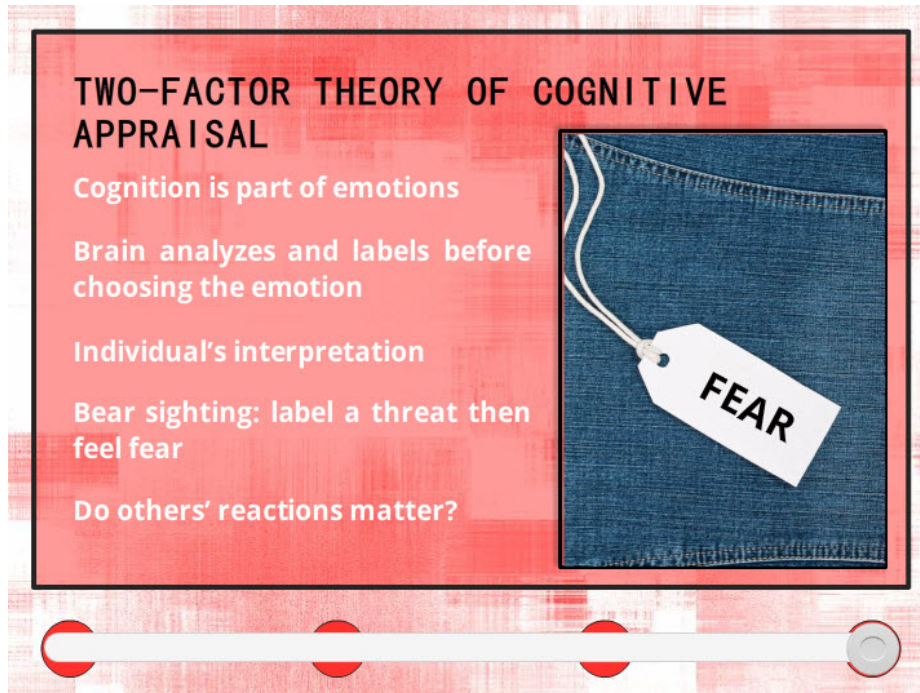


The Cannon-Bard theory rejects the James-Lange theory. Specifically, in the late 1920's, Walter Cannon and Philip Bard argued that it is impossible for the brain to know which emotion should follow a physiological response. For example, they contended that it is ridiculous to think someone is sad because he or she is crying. This theory proposes that the body's physical reaction and the release of emotions occur simultaneously once a response is triggered by a stimulus. When referring to the bear example, the Cannon-Bard theory explains that your body would tremble and you would feel scared at the same time.

Module 7: Motivation, Emotion, and Stress

Topic 2 Content: Theories of Emotion Notes

Two-Factor Theory of Cognitive Appraisal



TWO-FACTOR THEORY OF COGNITIVE APPRAISAL

- Cognition is part of emotions
- Brain analyzes and labels before choosing the emotion
- Individual's interpretation
- Bear sighting: label a threat then feel fear
- Do others' reactions matter?

FEAR

The Two-Factor Theory of Cognitive Appraisal introduces the idea that cognition, or thought, is also part of emotions. Therefore, cognition would allow the brain to analyze the situation, label what is happening, and then choose the correct emotion based on the identified label. In addition, this theory emphasizes the individual's interpretation of a situation. For example, when you see a bear in the woods, you might label the situation as threatening, and then feel fear. Consider another scenario. If you see a bear in the woods, but everyone around you remains calm, would you label it less frightening because of the way you think about others' reactions?