Review 13.1: Theories of Emotion
Walking home from school after the basketball game, Jesse takes a shortcut through an area with no street lights. He sees a shadow of a person with something glistening in his hand, which causes him to experience the three parts of a distinct emotion. Thinking the shiny object is a knife, Jesse’s heart begins to pound, which is part of his (1) physiological arousal. Jesse attempts to flee, which is his (2) expressive behavior. He is afraid of being stabbed, which is his (3) conscious experience of the situation. Different theories have been proposed to explain Jesse’s emotional experience. Perception of man with knife (stimulus) leads to Theory 1: a pounding heart ((4) physiological arousal) leads to fear, which is the experienced (5) emotion. This is the (6) James-Lange theory of emotion. Theory 2: a pounding heart ((7) physiological arousal) and simultaneous (8) subjective experience of the fear emotion. This is the (9) Cannon-Bard theory of emotion. Theory 3: a pounding heart ((10) physiological arousal) and simultaneous “Man with knife scares me.” ((11) cognitive label) leads to the experience of fear. This is the (12) two-factor theory of emotion.