



JAMES LANGE – THEORY OF EMOTIONS

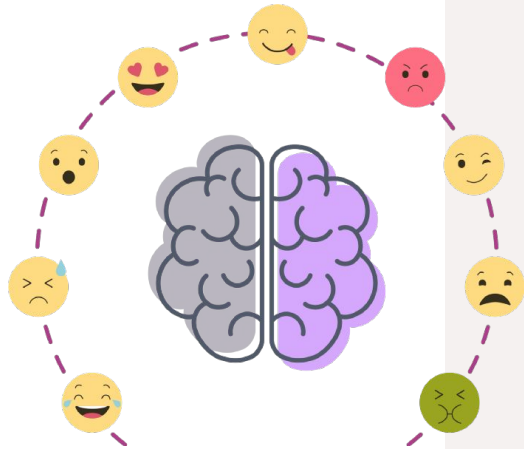


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WHAT ARE EMOTIONS ?



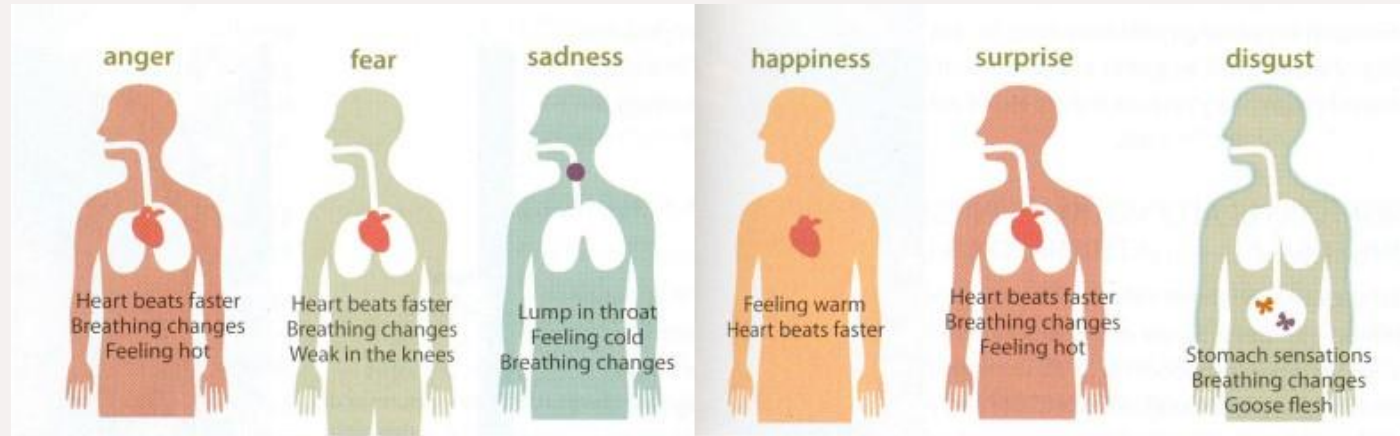
- An emotion is a conscious mental reaction subjectively experienced as strong feeling usually directed toward an object.
- An emotion is a particular kind of active state.
- Functions of emotion:
 - Intrapersonal
 - Interpersonal
 - Social and cultural



Emotion and changes across the body

The most fundamental emotions, known as the basic emotions, are those of anger, disgust, fear, happiness, sadness, and surprise.

Basic emotions are expressed universally in the human faces.



THEORIES OF EMOTION

James-Lange
theory

Heart
pounding

Fear
(emotion)

Cannon-Bard
theory

Heart
pounding

Fear
(emotion)

Two-Factor
theory

Heart
pounding

Cognitive
label

Fear
(emotion)

Historical approach!



WILLIAM SMITH (1842-1910)

Psychologist who believed our awareness of physiological responses leads to our experience of emotion.



CARL LANGE (1834-1900)

Danish physiologist who proposed a theory of emotion similar to and at about the same time as James' theory – the awareness of physiological responses leads to experiences of emotion.





WHAT IS JAMES LANGE - THEORY OF EMOTIONS ?

- According to the James-Lange theory of emotion, emotions arise as a result of physical reactions to experiences (physiological responses to stimuli directly cause subjective feelings).
- Our natural way of thinking about these basic emotions is that the mental awareness of some truth stimulates the mental fondness known as the emotion, and that this latter state of mind generates the bodily expression.



WHAT IS JAMES LANGE - THEORY OF EMOTIONS ?

- The common course of perception is that we first feel the emotions and then react to it. When we see a bear, we get terrified and flee; and when we are insulted by a rival, we are infuriate and strike.
- However, James theory states that this is an incorrect order. The person's mental state is not immediately induced by the environment, before the emotions develop the body starts to react to the environment which helps in understanding what the person's feeling.

CASE STUDY



APPLE PETITION

Apple announced that from September 2019, its employees should return to working from its offices. Thousands of employees have signed a letter of protest in reaction to Cook's back-to-office announcement, claiming that they were not consulted and demanding that they be allowed to continue working in a distributed way.



Action	Response	Result
Boss has told the employee to come to work at office regularly now	The employee feels unmotivated and discomfort to go to work	This makes the employee realise that he/she is in a comfort zone and may not be productive at office

INTERVIEW & PRESENTATION



01 Initial Stage



Person is nervous for his interview / presentation

02 Reaction



He is very agitated and anxious. He becomes fidgety and might be feeling sweaty.

03 Option 1



The person overcomes nervousness and the employer helps him calm down by talking in general aspect for the first few minutes

04 Option 2



Whereas on the other hand, he could still be nervous and he could flunk his interview by either blabbering or stuttering

WORKPLACE DISCRIMINATION

In an organisation, there are various biasness and discrimination done and these are 4 sample issues from all over the world.

- 1)Amazon
- 2)McDonalds
- 3)Disney

1.



Race, color
and gender

2.



Sexual
Harrasment

- 1)Goldman Sachs
- 2)Bloomberg
- 3) Johnson & Johnson cases.

3.



Nepotism

- 1)JPMorgan Chase & co
- 2)The Trump Organisation
- 3)Rolling Stone

4.



Age
Discriminnation

- 1)LA Times
- 2)PWC
- 3)GNC Financial Group



Support of the James- Lange Theory

People display slight differences in their psychological reactions when they were asked to make facial expressions for different emotions.

- Basic emotions showcase distinct patterns of activity in neural networks in the brain
- Perception Causes Bodily Changes Without Trigger the Emotion

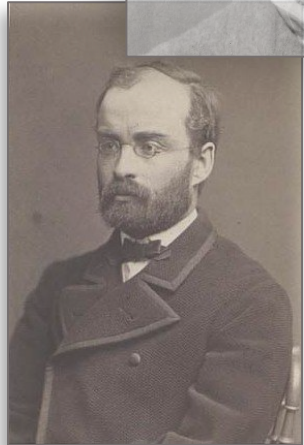
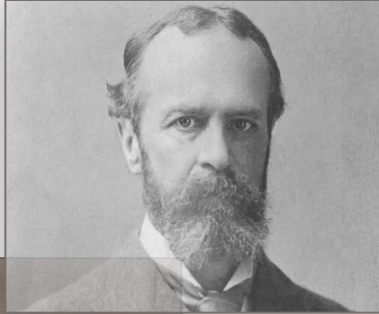


Criticisms of the James- Lange Theory

- The theory was mostly just the result of introspection and correlational research.
- Application of the stimulation to the same site does not lead to the same emotions every time.
- James and Lange have not distinguished between Emotion-Producing and Unproductive Physical Changes.



OVERVIEW



Emotion is often defined as a complex state of feeling that results in physical and psychological changes that influence thought and behavior.

Emotionality is associated with a range of psychological phenomena, including temperament, personality, mood, and motivation.

Many came forward with various theories of emotions. James and Carl Lange were one of them.

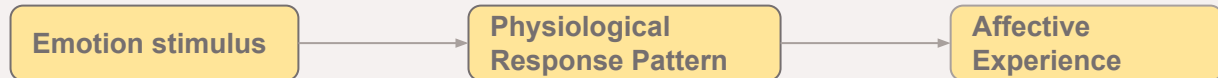
William James and Carl Lange devised two physiological theories of emotion independently. These theories had different emphases, and some scholars argue that the James-Lange theory of emotion is a distortion of both scientists' work.



KEY TAKEAWAYS

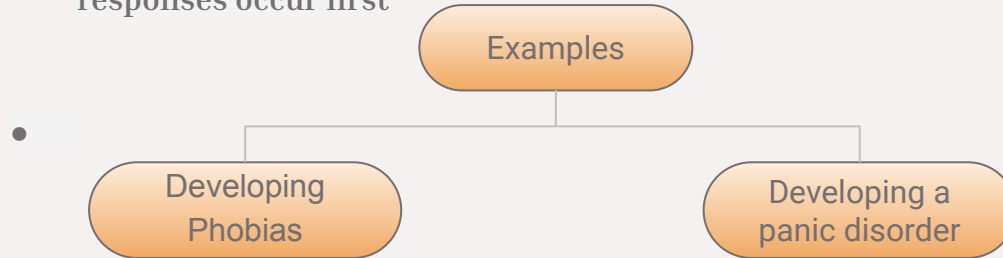
Key Takeaways: James-Lange Theory

- The James-Lange theory suggests that emotions are the result of physical changes in the body.
- When we see something emotional, changes occur in the body—and these changes make up our emotional experience.
- Although the James-Lange theory has been challenged by other theorists, it has been incredibly influential in the study of human emotions



Conclusion

- Prior to the James-Lange theory, the standard line of thought was that people the first reaction to perception was cognitive.
- The James-Lange approach instead suggested that these physiological responses occur first



- For example, a person may experience a physiological reaction such as becoming ill in public place, which then leads to an emotional response such as feeling anxious.
- If an association is formed between the situation and the emotional state, the individual might begin avoiding anything that might then trigger that particular emotion.

THANK YOU !!!

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