

# The Cannon-Bard Theory of Emotion

Another well-known physiological theory is the Cannon-Bard theory of emotion. Walter Cannon disagreed with the James-Lange theory of emotion on several different grounds. First, he suggested, people can experience physiological reactions linked to emotions without actually feeling those emotions. For example, your heart might race because you have been exercising, not because you are afraid. [3]

Cannon also suggested that emotional responses occur much too quickly to be simply products of physical states. When you encounter a danger in the environment, you will often feel afraid before you start to experience the physical symptoms associated with fear, such as shaking hands, rapid breathing, and a racing heart. [3]

Cannon first proposed his theory in the 1920s, and his work was later expanded on by physiologist Philip Bard during the 1930s. According to the Cannon-Bard theory of emotion, we feel emotions and experience physiological reactions such as sweating, trembling, and muscle tension simultaneously. [4]

# Schachter-Singer Theory

Also known as the two-factor theory of emotion, the Schachter-Singer theory is an example of a [cognitive theory](#) of emotion. This theory suggests that the physiological arousal occurs first, and then the individual must identify the reason for this [arousal](#) to experience and label it as an emotion. A stimulus leads to a physiological response that is then cognitively interpreted and labeled, resulting in an emotion. <sup>[5]</sup>

Schachter and Singer's theory draws on both the James-Lange theory and the Cannon-Bard theory. Like the James-Lange theory, the Schachter-Singer theory proposes that people infer emotions based on physiological responses. The critical factor is the situation and the cognitive interpretation that people use to label that emotion. <sup>[5]</sup>

Like the Cannon-Bard theory, the Schachter-Singer theory also suggests that similar physiological responses can produce varying emotions. For example, if you experience a racing heart and sweating palms during an important exam, you will probably identify the emotion as anxiety. If you experience

# The James-Lange Theory of Emotion

The James-Lange theory is one of the best-known examples of a physiological theory of emotion. Independently proposed by psychologist [William James](#) and physiologist Carl Lange, the James-Lange theory of emotion suggests that emotions occur as a result of physiological reactions to events. <sup>[2]</sup>

This theory suggests that seeing an external stimulus leads to a physiological reaction. Your emotional reaction is dependent upon how you interpret those physical reactions.

For example, suppose you are walking in the woods and see a grizzly bear. You begin to tremble, and your heart begins to race. The James-Lange theory proposes that you will conclude that you are frightened ("I am trembling. Therefore, I am afraid"). According to this theory of emotion, you are not trembling because you are frightened. Instead, you feel frightened because you are trembling. [2]

# Theories of Emotion

The major theories of emotion can be grouped into three main categories: physiological, neurological, and cognitive.

1. **Physiological theories** suggest that responses within the body are responsible for emotions.
2. **Neurological theories** propose that activity within the brain leads to emotional responses.
3. **Cognitive theories** argue that thoughts and other mental activity play an essential role in forming emotions.

# Relation of Emotion to Health

- Emotion plays a big role in how we think and how we behave. It affect our psychological states and **therefore, our bodies.**
- Because , what is psychological is ***ultimately biological***
- For instance, **chronic anger and depression** makes us vulnerable to all kinds of health problems (*Hypertension, Cardiovascular disease and infection*)

- Poor emotional health can *weaken body's immune systems* – vulnerable to infection during emotionally difficult times.
- Also, when you don't feel good, you may *not take care of your health* as well as you should.
- May not feel like eating, exercising, taking medicine
- *Abuse of alcohol, tobacco and other drugs* – sign of poor emotional health