**Assignment 11.2**

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Due Date

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Happiness has a deep emotional resonance that fills humans with joy, contentment, and fulfillment. While the events that promote the stated emotion vary, the resonating expressions are often similar. The following analysis uses my case study to evaluate important aspects of happiness. That said, my fiancé's sincere proposal in front of our families at a restaurant on July 4th of last year created a deeply happy occasion. The current work Examines this emotional experience through well-known theories that shed light on the nuances of human emotion and reveal its complex dynamics including the James-Lange Theory, the Cannon-Bard Theory, and the Schachter-Singer Two-Factor Theory.

**James-Lange Theory**

This hypothesis, proposed by William James and Carl Lange, contends that feelings are the result of bodily responses to external stimuli. This point of view contends that physical reactions to stimuli make people experience emotions (Carole et al., 2021). For instance, when afraid, people tremble and perspire. That said, the James-Lange Theory states that physiological arousal in reaction to stimuli is what causes emotions. The proposal, in the context of our engagement, set off a series of physiological reactions in me, including a spike in heart rate, an adrenaline surge, and butterflies in my stomach. These physical reactions were influenced by the sight of my fiancé kneeling, the excitement, and the flood of emotions.

**Cannon-Bard Theory**

According to this theory, which was developed by Walter Cannon and Philip Bard, emotions and physical reactions happen simultaneously and separately. Essentially, feelings and bodily responses to a stimulus happen concurrently but independently (Carole et al., 2021). For example, one might experience both terror and a beating heart at the same time when encountering a bear. The Cannon-Bard Theory suggests that physiological arousal and emotional experience happen simultaneously, as opposed to one causing the other, which is at odds with the James-Lange Theory (Carole et al., 2021). During the proposal, my body went through physiological arousal, but my mind was also processing the event and the magnitude of love and commitment that was involved in the gesture. My feelings of delight and joy were simultaneous with the physical experiences.

**Schachter-Singer Two-Factor Theory**

Also called the cognitive arousal theory, Stanley Schachter and Jerome Singer proposed this theory. The theory implies that physiological arousal and cognitive interpretation are the two components that determine emotions. Further, the idea states that emotions are the outcome of the contextual interpretation of physiological reactions (Carole et al., 2021). If one’s heart races in a haunted house, for instance, one might interpret it as dread; nevertheless, if it happens during a party, it would be understood as enthusiasm.

Therefore, according to the Schachter-Singer Two-Factor Theory, emotions result from the interplay between the situation’s cognitive assessment and physiological arousal. The proposal’s physiological stimulation acted as a cue for me to assess the situation cognitively in the context of my engagement. My emotional experience grew more intense as I thought about the proposal’s significance, my family’s presence, my love for my fiancé, and the future we saw together. This culminated in an overpowering sense of elation and excitement.

Apart from the theoretical interpretation of my emotions, there are other simply explained dynamics to my happiness. First, my happiness was generated by the fact that the proposal came at an opportune moment and in the presence of my family members. I always envisioned a happy marriage with my children and the proposal was like watching a dream unfold right before my eyes. My happiness during the proposal was expressed in many nonverbal clues and behaviors. There was a big smile on my face, tears of happiness filled my eyes, and I could not resist giving my fiancé a big hug. These impulsive, uncontrollably joyful expressions captured the intensity of my feelings at that precise instant.

Behaviorally, I expressed my thankfulness and joy by acting affirmatively in reaction to the happiness I was experiencing. I completely accepted my fiancé's proposal in return for his love and dedication. With a tight hug, encouraging words, and happy tears shared with our families, I showed him how happy and excited I was for the adventure ahead. In addition, I took an active part in talking about our wedding, arranging our future together, and imagining our life together.

In conclusion, key theories of emotion assert that the complex interaction of physiological arousal, cognitive evaluation, and behavioral reaction is exemplified by the sense of happiness during my engagement proposal. The Cannon-Bard Theory emphasizes the contemporaneous nature of physiological arousal and emotional experience, whereas the James-Lange Theory underscores the role of physiological arousal in generating emotional experiences. The Schachter-Singer Two-Factor Theory illustrates how our perception of events affects our emotional experiences, highlighting the significance of cognitive appraisal in determining emotional responses. People can better understand the complexity of human emotions and the wide range of emotional experiences they have, as well as the significant influence these experiences have on our lives, thanks to these theoretical frameworks.

**References**

Carole, W., Carol, T., Sammuel, S., & Lisa, S. (2021). Psychology 13th Edition. Pearson