

# EMOTION

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PSY 101 General Psychology

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# What is emotion?

A state of feeling in response to an event.

Involves:

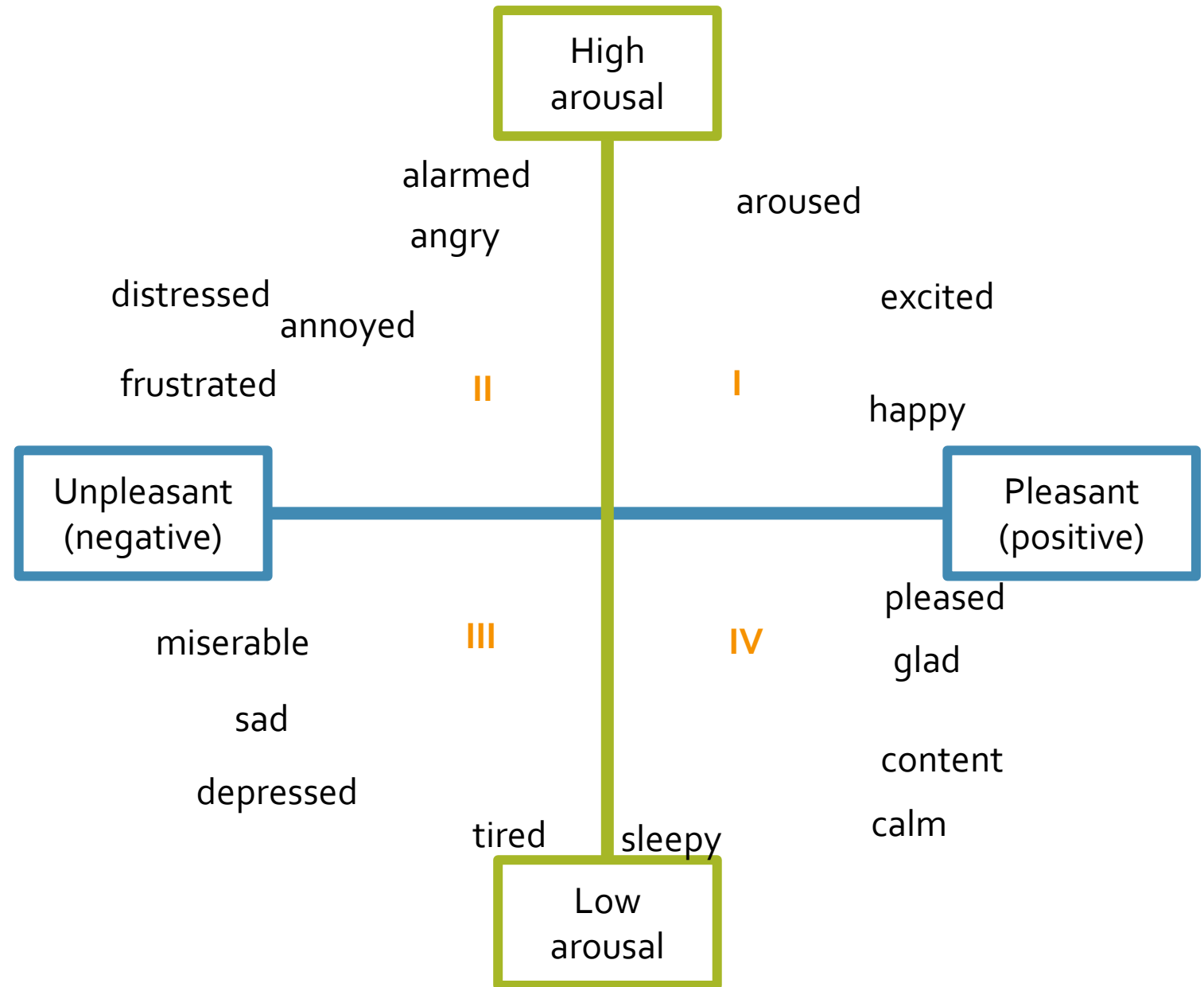
- physiological dimension

- behavioral/expressive dimension

- cognitive dimension

# What is emotion?

Russell et al., (1989)



# Theories on emotion

James-Lange theory

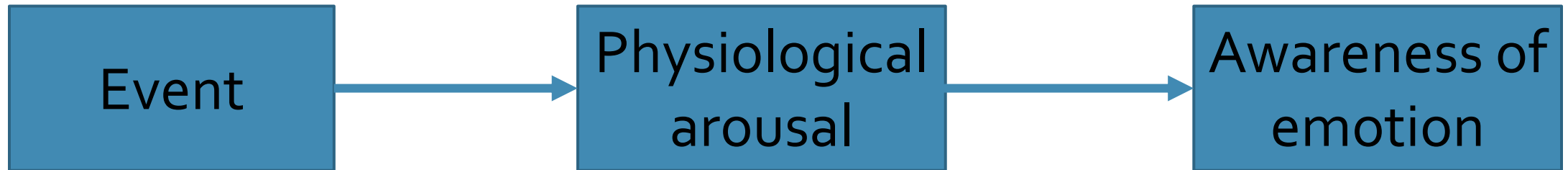
Cannon-Bard theory

Schachter-Singer theory (two-factor theory)

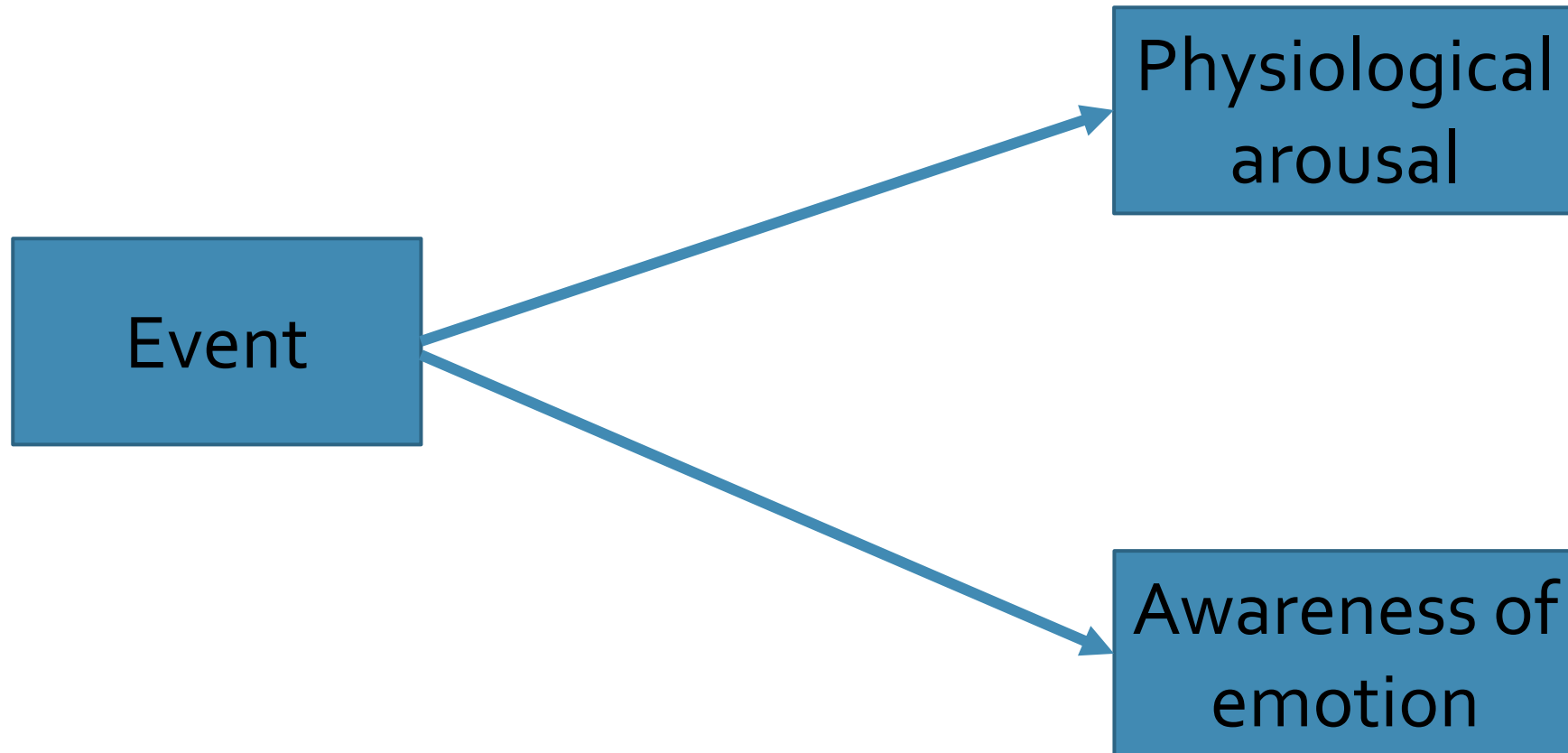
Zajonc-LeDoux theory

Lazarus theory

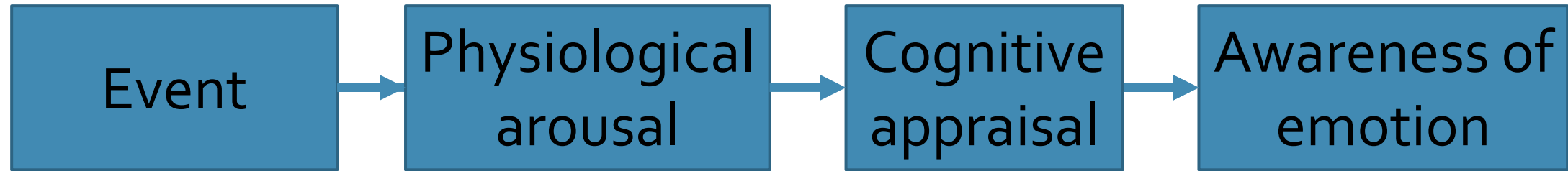
# James-Lange theory (1890s)



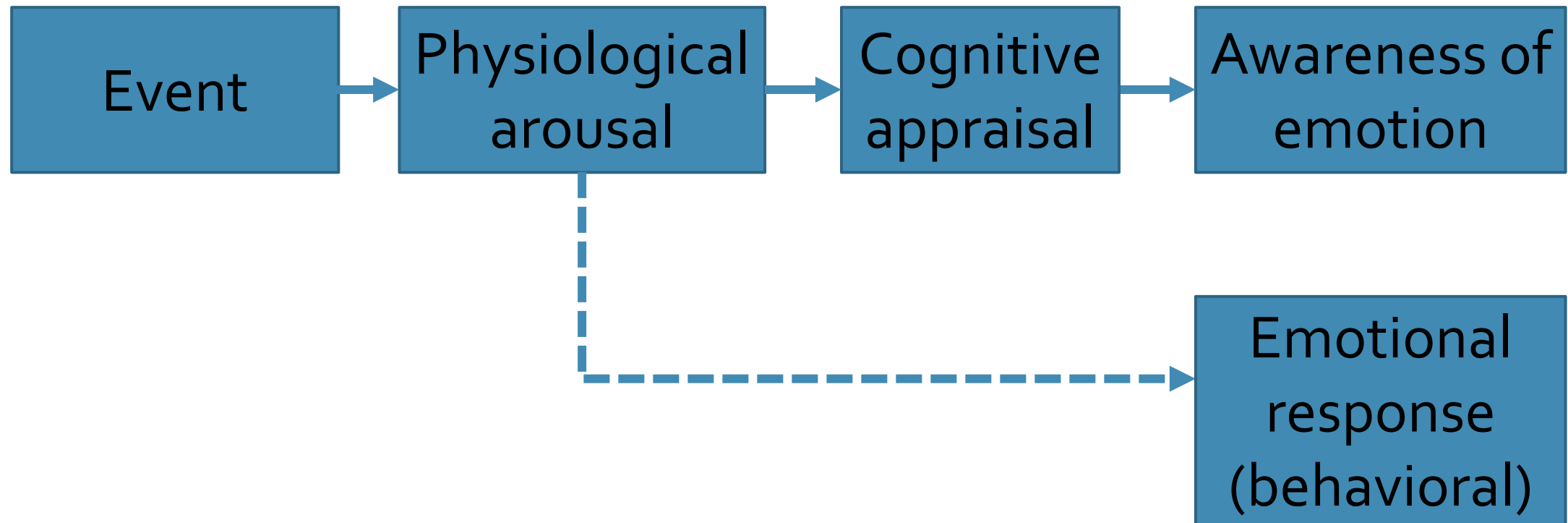
# Cannon-Bard theory (1940s)



# Two-factor theory (Shachter & Singer, 1960s)



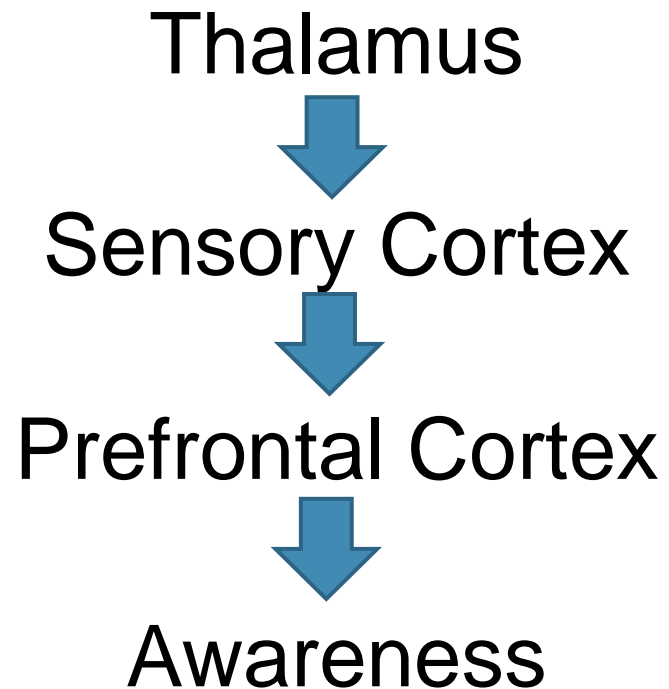
# Zajonc-LeDoux theory (1980s)





# Emotion in the brain

Slow, appraisal track



Fast, response track

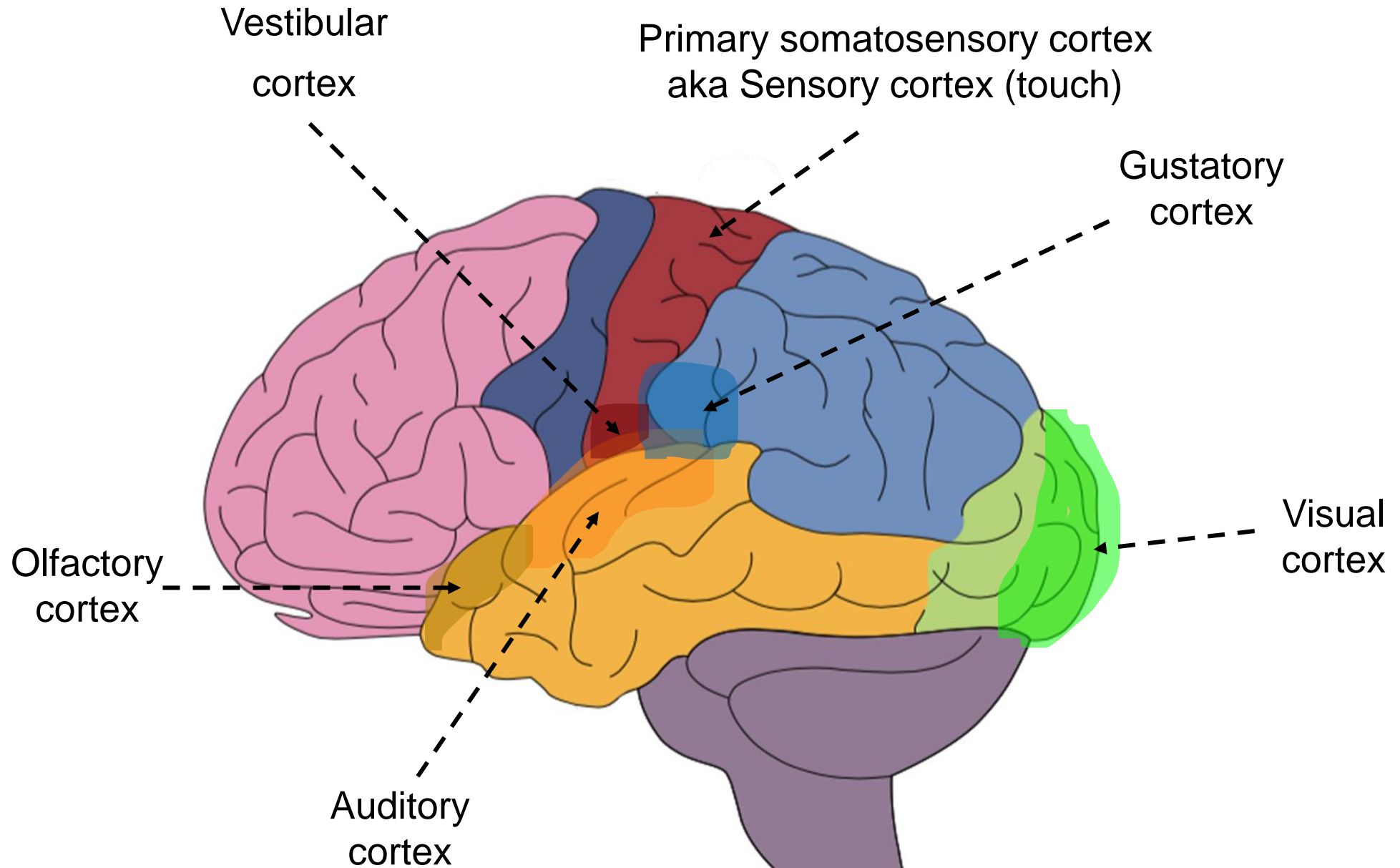
Sensory signals (nerve impulse) travel to the brain

First stop: thalamus

Second stop: specific sensory cortex

Exception: Olfactory pathway

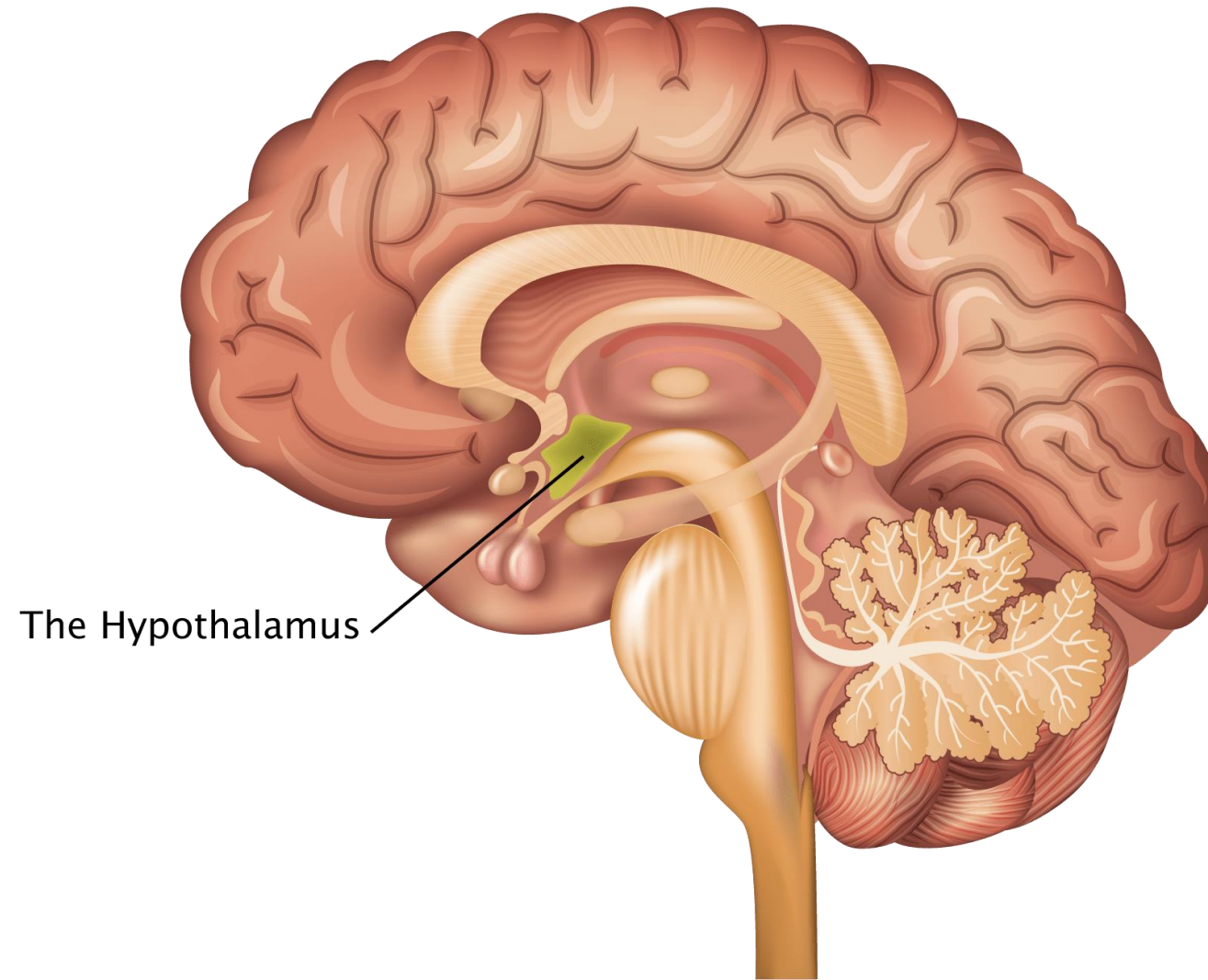




# Amygdala

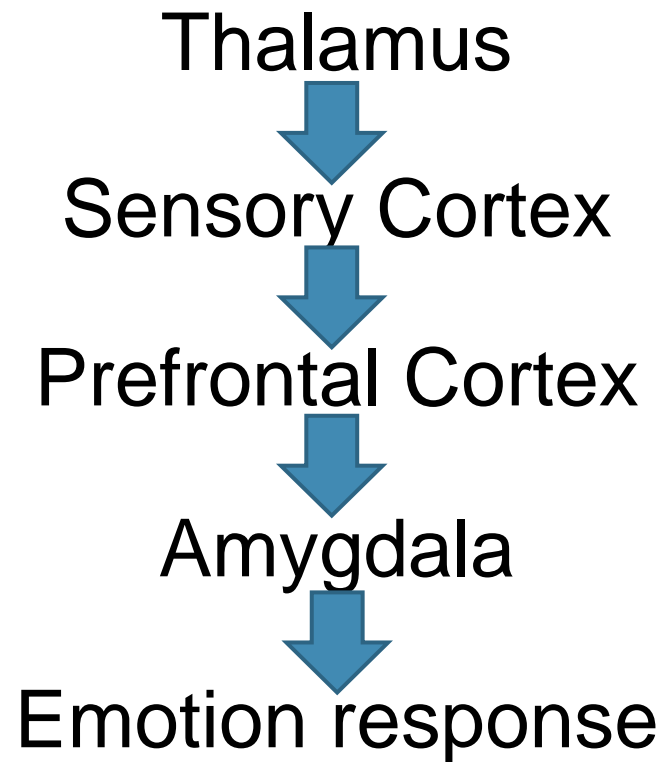


# Hypothalamus

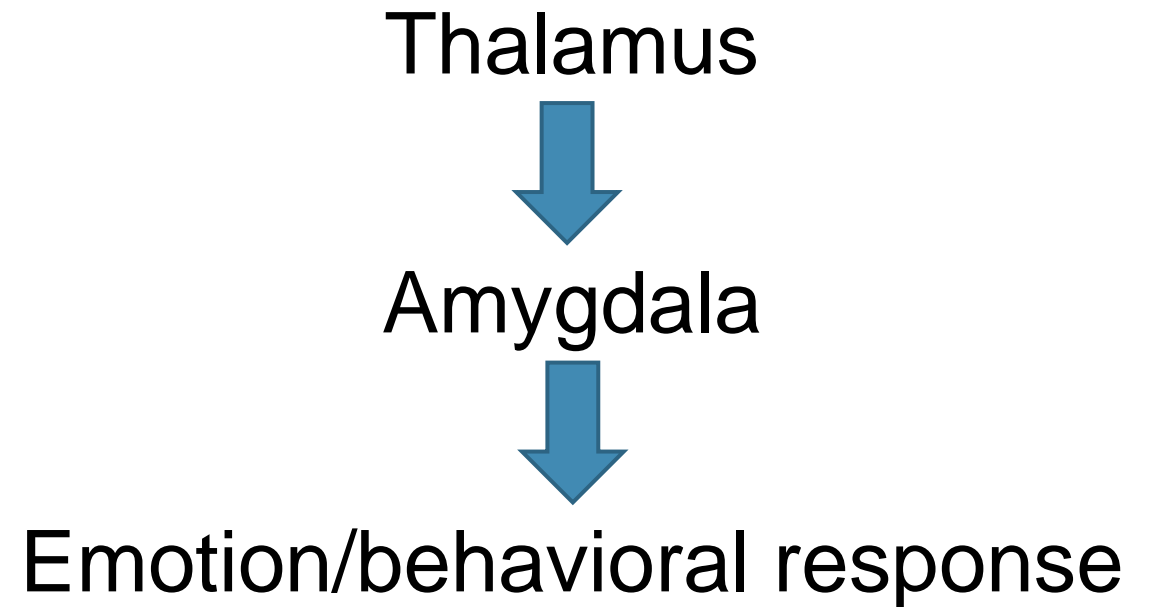


# Emotion in the brain

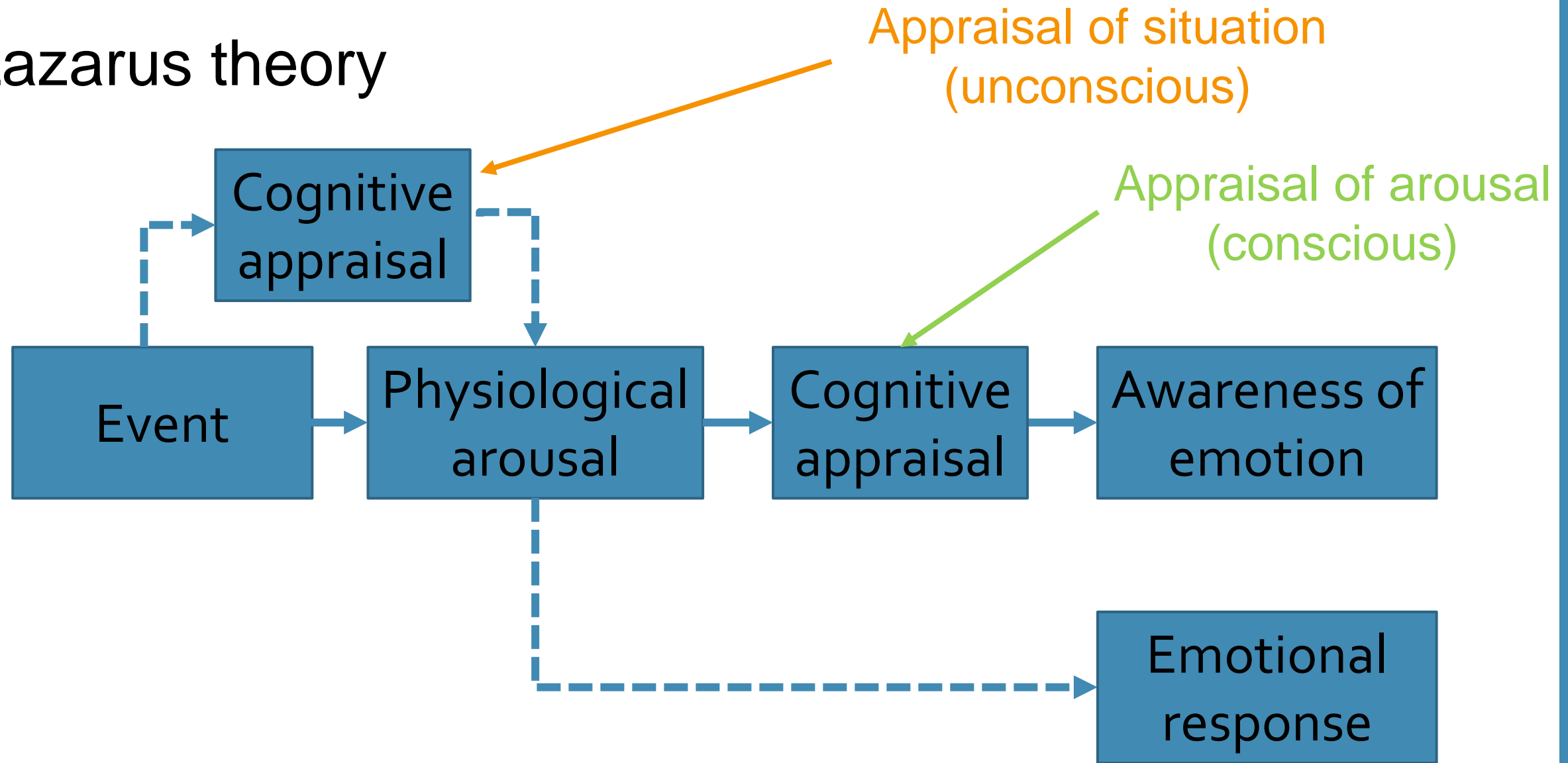
## Slow, appraisal track



## Fast, response track



# Lazarus theory





# Experience of emotion



Fear

Sexual attraction

Love?

