

Reaction paper

Psychology



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Which theory or classification of emotions do you agree with most and why? It is relevant to admit that there are a large number of different investigations and researches concerning the question of emotions and its theoretical issues. I pretend to be a supporter of James-Lange Theory of emotions. What are the peculiarities of this theory and why I consider it to be the most accurate? This particular approach seems rather relevant for me as it is based on physical feelings of a person and can explain emotions from the available evidences. However, there exists some criticism of this theory; I consider it reliable and logical.

It is named after two different experts in the field of psychology that do not work together, but have come to the similar conclusions in the area of their investigations. American psychologist William James and Danish psychologist Carl Lange are regarded as the founders of this theory. It has been proposed in nineteenth century and represents “ a sequence explaining the cause-and-effect relationship between emotions and physiological events” (Sincero, n. p.).

These scholars have claimed that some external stimulus cause physical reaction in person’s body and after that emotion exists. For example, when we observe a bear in front of us it “ causes the ANS to stimulate the muscles to get tensed and the heart to beat faster” (Sincero, n. p.). It should be admitted that these particular changes in the human body evoke emotion of fear.

It is important to mention that James and Lange stay the idea that such method can be applied to all kinds of emotions. In addition, they dwell on the concept that we feel sad because we cry, fear because we tremble and happiness because we smile. To such extent scholars come to conclusion <https://assignbuster.com/reaction-paper-essay-samples-12/>

that we can manage our emotional states and control our emotions and feelings.

It is suggested that if person feel despair and sorrow it may be helpful to try smiling, and after a few moments the emotional state become better. In addition, there exists an idea that after a small period of hypocritical smile a glance of sincere emotion will definitely exist. Such evidences seem rather interesting and curious for me; therefore, James-Lange Theory of emotions evokes concern and admiration particularly in my mind.

It should be admitted that this theory experiences some criticism from the side of modern investigations and scientific researches. There are some evidences that explain the nature emotions from different perspective than James-Lange Theory represents. Still, this particular approach has a number of strong sides that makes it appropriate.

Taking all facts under consideration it should be admitted that James-Lange Theory has a chance to exist and for the nineteenth century that has been a huge breakthrough in the area of psychology in general and field of emotions in particular. Theory under consideration undoubtedly has sense and its strong reliable sides. Moreover, evidences presented by the scholars suggest interesting ideas about managing emotions. Therefore, James-Lange Theory of emotions catches my attention so much and provokes a huge interest.

Reference List:

Sincero, Sarah Mae. “ James-Lange Theory of Emotion.” Explorable. com. Nov 26, 2012. Retrieved from: <https://explorable.com/james-lange-theory-of-emotion>