

**JYOTI NIVAS COLLEGE AUTONOMOUS
SYLLABUS FOR 2019-2020 BATCH AND THEREAFTER**

Programme: B.Voc VP.

Semester: II

Paper 3: Psychology of Emotions

Course Code : 18BVV204

Course Objectives:

1. To help students understand the fundamental processes underlying human emotions.
2. To facilitate the learning of the skill component as most of the emotional concepts are fundamental to the fields of visual communication and performing arts.
3. To orient the students on the important theories of emotions.
4. To help the students apply the concepts of emotions in daily lives.

UNIT I: INTRODUCTION

(15 hours)

- a) Definition; Affect, Emotion, Moods, Feelings;
- b) Categories - basic emotions, primary and secondary; Elements of emotions – Psychological, Biological and Behavioral experiences.
- c) Emotion and behavior;
- d) Correlates of Emotions and moods (Personality, Weather, Stress, Social activities, Sleep, Exercise, Age, Gender)
- e) Theories of Emotions -Classical perspectives of emotion (Aristotle and Descartes) Evolutionary theories (Darwin, McDougall, James-Lange, Cannon-Bard, Izard-Plutchik, Schachter-Singer), cognitive appraisal theory. Facial feedback hypothesis.

UNIT II: ASPECTS OF EMOTIONS

(15 hours)

- a) Emotional expression – meaning; Emotional expression and performing arts (Inclusive of Indian context: Mudras and Aasanas).
- b) Emotional management – affective events theory, deep and surface acting-emotional labor-emotional dissonance; (different settings)
- c) Maladaptive emotional management;
- d) Emotional stability/instability – meaning of stability and instability, emotional maturity and growth.
- e) Common negative emotions at work (Fisher, 1997)

UNIT III: ROLE OF EMOTIONS

(14 hours)

- a) Emotions and cognitive Functioning (thinking, reasoning, problem solving)
- b) Social Perspectives - Gender and emotions; culture and emotions, empathy and pro social behaviour;
- c) Self-conscious emotions – meaning, types, development, benefits

UNIT IV: EMOTIONAL INTELLIGENCE

(15 hours)

- a) Meaning;
- b) Appraisal and expression of emotion in self and others;
- c) Strategies of emotional self-regulation – situation selection, situation modification, attentional deployment, cognitive change, response modulation;
- d) The Mayer and Salovey Model of Emotional Intelligence;
- e) Emotional intelligence in everyday life.

UNIT V: MEDIA AND EMOTIONS

(16 hours)

- a) Introduction.
- b) Emotions as effects of media exposure – dimensions of emotions, empathy, mood regulation, arousal/excitation, suspense, fear/anxiety, affective involvement, entertainment.
- c) Effects of emotions in media content – emotions and information/news, emotions and text/literature, emotions and films/other television genres, emotions and music (radio).
- d) Emotions as determinants of non-emotional – emotions and memory, emotions and persuasion.
- e) Emotions when using digital devices – emotional involvement in technology, emotions and mobile phones.
- f) Emotions in social networking sites.

PRACTICALS:

1. Toronto Alexithymia Scale (TAS).
2. Positive and Negative Affect Schedule (PANAS).
3. State-Trait Anger Expression Inventory (STAXI).
4. Emotional Intelligence Scale.
5. Oxford Happiness Scale.

REFERENCES:

1. Morgan, King, Weiss and Schopler, Introduction to Psychology, 7th Edition, Tata McGraw Hill, New Delhi.
2. Robert A Baron, Psychology, 6th Edition, Prentice Hall of India Pvt Ltd, New Delhi.
3. K. T. Strongman, The Psychology of Emotion: From Everyday Life to Theory, 5th Edition, John Wiley & Sons Ltd, England.
4. Javier Serrano-Puche. (2015). Emotions and Digital Technologies: Mapping the Field of Research in Media Studies. London: Media@LSE, London School of Economics and Political Science ("LSE"). Retrieved from <http://www.lse.ac.uk/media-and-communications/assets/documents/research/working-paper-series/EWP33.pdf>

5. Werner Wirth and Holger Schramm. (2005). Media and emotions. *Communication Research Trends*, 24(3), 3-43. Retrieved from http://cscs.scu.edu/trends/v24/v24_3.pdf