

DEPARTMENT OF PSYCHOLOGY

M.A. Psychology

Structure-I (2- Year PG Program)

GENERIC ELECTIVE COURSE

SEMESTER II

GE 202: EMOTIONS IN EVERYDAY LIFE

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITE OF THE COURSE

Course Title & Code	Total Credits	Credit distribution of the course			Eligibility Criteria/ Prerequisite
		Lecture	Tutorial	Practical	
GE 202 Emotions in everyday life	4	3	1	0	Graduation in any stream

Credit: 4 (3 Lectures + 1 Tutorial + Internal Assessment)

Course Objectives:

1. To help students understand the processes of emotion and relating them to diverse contexts.
2. To prepare students learn organizing their personal lives better by gaining insights into their own emotional strengths.

Learning Outcomes:

The successful completion of the course will enable the students to

1. Understand the variety of emotions facilitating the sense of its contextual relevance
2. Demonstrate emotional awareness with improved sense of organizing the personal and social life

Course Contents:

Unit 1: Psychology of emotions: Global and cultural perspective; Theories of emotion: Biological, Cognitive, Constructionist, Psychodynamic, Evolutionary and Cultural Perspectives; Process and function of emotions; relationship between well-being and emotions; the emotional brain; Critique and debates from current trends of research on emotions.

(10 Hours)

Unit 2: Exploring the affective turn in psychology: Ontological and epistemological lens; Perspectives on methodology and its challenges; Rethinking positivist methodologies; Affect as methodology; critical debates and current trends in studying affect and emotion.

(10 Hours)

Unit 3: Psychological Well-Being Across Cultures: Cultural relativity in perceiving emotion; exploring the emotions of hope, gratitude; compassion, hope, altruism and optimism; Love and intimacy; Emotional Well-Being in a Post-Pandemic World.

(10 Hours)

Unit 4: The psychosocial politics and Emotion in human civilization: Rethinking personal and collective emotion; Situating sites of emotion in socio-cultural phenomena; Understanding of shame, guilt, envy, jealousy, pain, anger and Grief; Engendering Emotion. **(10 Hours)**

Essential Readings:

1. Averill, J.A., Chon, K.K., & Hahn, D.W. (2001). Emotions and creativity: East and West. *Asian journal of social psychology*, 4, 165-183.
2. Barret, L. F., Niedenthal, P.M., & Winkielman (2005). *Emotion and consciousness*. New York: The Guilford Press.
3. Carr, A. (2008). *Positive Psychology: The science of happiness and human strengths*. New Delhi: Routledge
4. Ekman, P. (2003) *Emotions revealed*. London: Weidenfield & Nicolson.
5. Kitayama, S. & Markus, H.R. (1994). *Emotion and culture empirical studies of mutual influence*. Washington, DC: American Psychological Association.