

**COURSE DATA****Data Subject**

<b>Code</b>	33306
<b>Name</b>	Motivational and emotional psychology
<b>Cycle</b>	Grade
<b>ECTS Credits</b>	6.0
<b>Academic year</b>	2017 - 2018

**Study (s)**

<b>Degree</b>	<b>Center</b>	<b>Acad. year</b>	<b>Period</b>
1319 - Grado de Psicología	Faculty of Psychology	2	Second term

**Subject-matter**

<b>Degree</b>	<b>Subject-matter</b>	<b>Character</b>
1319 - Grado de Psicología	8 - Basic psychological processes I: motivation, emotion and memory	Obligatory

**Coordination**

<b>Name</b>	<b>Department</b>
SIMO TEUFEL, SANDRA	300 - Basic Psychology

**SUMMARY**

Psychology of Motivation and Emotion is a second year course of the Psychology Degree. It is a subject within the field of Basic Psychology.

Motivation and Emotion are two basic psychological processes involved in any human activity and this knowledge is essential to understanding other subjects in the Psychology degree. The subject is defined by two large areas, each of which refers to one of two psychological processes that are addressed in this field: Motivation and Emotion.

The general objectives of the Motivation block are to introduce and delve into the psychological processes which underpin behavior, lead to certain goals and which are carried out with greater or lesser intensity. We study the motives that are related to survival (hunger, thirst, sleep, etc..) as well as those connected with social interaction (sexual behavior, aggression or altruism) or human development (achievement and affiliation motives, intrinsic motivation, etc.). The general objectives of the Emotion block are to introduce and delve into psychological processes involved in affective experience. We will look at both: primary emotions with a biological basis underlying emotional experience (fear, sadness, joy, etc.) as well as those that arise in social contexts in interaction with others (envy, jealousy, infatuation, etc.), often as a product of socialization, or that are produced as a consequence of our own assessments (shame, guilt, pride).



The content of this course contributes to the more general goals of the Department of Basic Psychology (learning, addiction, etc...), and are related to other areas within the Psychology Degree (Social Psychology, Psychobiology, Personality).

## PREVIOUS KNOWLEDGE

### Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

### Other requirements

Students should have successfully completed Learning Psychology and Psychobiology.

## OUTCOMES

### 1319 - Grado de Psicología

- Know the functions, characteristics and limitations of the different theoretical models of Psychology of Motivation and Emotion and Psychology of Memory. Be able to critically assess their contributions and limitations.
- Know the laws and principles of the psychological processes involved in Psychology of Motivation and Emotion and Psychology of Memory.
- Be able to describe and measure affective-motivational and memory processes and variables.
- Analyse and interpret the quantitative and qualitative results from research, reports and works in Psychology of Motivation and Emotion.
- Know how to use the relevant documentary sources in Psychology of Motivation and Emotion and Psychology of Memory.

## LEARNING OUTCOMES

To differentiate and define the different concepts associated with motivation and emotion.

To identify the types of motivation and associated behaviors.

To identify and characterize the different emotions and the associated responses.

To apply and adapt the different components of motivation and emotion to specific areas and populations.



## DESCRIPTION OF CONTENTS

### 1. Concepts and basic aspects of Motivation and Emotion

Objectives of the psychology of motivation and emotion  
Characteristics of the Study of Motivation and Emotion  
The role of motivational and emotional processes  
Relationship between Motivation and Emotion

### 2. The processing and the dynamics of motivation and emotion

Motivational processing  
Emotional processing  
Assessment procedures and tools for evaluation of Motivation  
Assessment procedures and tools for evaluation of Emotion

### 3. Biological, cognitive and of the learning approach in Motivation and Emotion

Categories and levels of analysis of motivational behavior.  
Biological variables involved in the Psychology of Motivation and Emotion  
Cognitive variables involved in the Psychology of Motivation and Emotion: expectations, goals, responsibilities, plans, etc  
Behavioral variables involved in the Psychology of Motivation and Emotion: learning, conditioning, habits, etc  
Social variables involved in the Psychology of Motivation and Emotion.  
Personality variables involved in the Psychology of Motivation and Emotion.

### 4. Intrinsic and extrinsic motivation

Extrinsic motivation and the variables involved (classical conditioning, operant, vicarious learning).  
Intrinsic motivation and the variables involved (need for competition, self-determination, personal causation, exploration, curiosity, sensation seeking)  
Frustration  
Motivational conflict

### 5. Primary motivations: hunger, thirst and sleep

Psychological processes involved in eating behavior.  
Design of an intervention program that contains the basic elements for promoting healthy eating behavior.  
Psychological processes involved in drinking behavior  
Sleep and dreaming: the psychological processes involved

### 6. Sexual, aggressive and pro-social behavior

Primary emotions involved in emergency.  
Features, functions, processes, expression, evaluation and coping with the emotion of fear.  
Features, functions, processes, expression, evaluation and coping with the emotion of anger.  
Features, functions, processes, expression, evaluation and coping with the emotion of disgust.



### **7. Social motives: achievement, affiliation and power**

Characteristics of social motives

Psychological processes and components of achievement motivation.

Psychological processes and components of the motivation for affiliation and intimacy.

Psychological processes and components of power motivation

### **8. Primary emotions related to urgency: fear, anger and disgust**

Basic emotions involved in well-being.

Features, functions, processes, expression, evaluation and coping with the emotion of joy.

Features, functions, processes, expression, evaluation and coping with the emotion of sadness.

Features, functions, processes, expression, evaluation and coping with the emotion of surprise.

### **9. Primary emotions related to well-being: happiness, sadness and surprise**

### **10. Self-conscious emotions: shame, guilt and pride**

Self-conscious Emotions

Features, functions, processes, expression, evaluation and coping with the emotion of shame.

Features, functions, processes, expression, evaluation and coping with the emotion of guilt.

Features, functions, processes, expression, evaluation and coping with the emotion of pride.

Recognizing the semantic differences across cultures on self-reported emotions.

### **11. Interpersonal social emotions: infatuation, envy, jealousy**

Social Emotions.

Features, functions, processes, expression, evaluation and coping with the emotion of infatuation.

Features, functions, processes, expression, evaluation and coping with the emotions of envy and jealousy.

Features, functions, processes, expression, evaluation and coping with the emotion of empathy.

### **12. Practical applications for the Psychology of Motivation and Emotion**

Psychology of sport and physical activity

Psychology of addiction

Psychology of family relations

Stress

Motivation and Emotion in education.

Motivation and Emotion in the workplace and organizations.

Coaching strategies

Emotional Intelligence



## WORKLOAD

ACTIVITAT	Hours	% To be attended
Theoretical and practical classes	60.00	100
Development of group work	15.00	0
Development of individual work	15.00	0
Study and independent work	60.00	0
<b>TOTAL</b>	<b>150.00</b>	

## TEACHING METHODOLOGY



- 1. Concepts and basic aspects of Motivation and Emotion - Lectures
- 1. The processing and the dynamics of motivation and emotion - Lectures  
- Practical activity. Instruments and procedures assessing motivation and emotion.
- 1. Psychological variables involved in Motivation and Emotion. Biological, cognitive and behavioral variables. - Lectures  
- Practical activities. Concerning cognitive variables involved in motivation and emotion, plans, goals, attributions, expectatives...
- 1. Exploration, self-fulfillment, frustration and conflict. Intrinsic and extrinsic motivation - Lectures  
- Practical activity. Motivational conflict.  
- Case study to analyze intrinsic and extrinsic motivation.
- 1. Primary motivations: hunger, thirst and sleep - Lectures  
- Debates about psychological processes influencing primary motives.  
Case study. Eating disorders
- 1. Sexual, aggressive and pro-social behavior - Lectures  
- Practical activities. video....
- 1. Social motives: achievement, affiliation and power - Lectures  
- Exercises on the differences between social motivations.  
- Practical activities. Assessment of social motives.
- 1. Primary emotions related to urgency: fear, anger and disgust - Lectures  
- Practical activity based on the video about expression and recognition of basic emotions.  
- Practical activity. Styles / coping strategies.
- 1. Primary emotions related to well-being: happiness, sadness and surprise - Lectures  
- Text reading  
- Practical activity. Facial expression and recognition of emotions.
- 1. Self-conscious emotions: shame, guilt and pride - Lectures  
- Text reading  
- Practical activities. Moral conflicts and their resolution



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1. Interpersonal social emotions: infatuation, envy, jealousy - Lectures  
- Text reading  
- Practical activities
1. Main applications in the professional fields - Lectures  
Text reading  
- Practical activities
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## EVALUATION

### *Assessment Systems*

- Evaluation of theoretical and practical content through a final individual objective test (exam) in official calls determined by the faculty. This test will pose questions about a selection of the content and skills previously listed in this teaching guide.

- Oral presentation or written reports, individual or group work, case studies, problem solving and management of diagnostic tests.

- Active participation in classroom activities, seminars and workshops and motivation for the quality of learning outcomes.

### *Minimum Requirements*

The minimum requirements to pass the subject of Psychology of Motivation and Emotion are:

- 1) Get at least 5 out of 10 in the final exam. The exam has a value of 70% of the final grade, so the minimum weighted score would be 3.5 out of 7.
- 2) Perform a mandatory report and obtain a minimum average score of 0.75. Reports can have a value between 0 and 1.5. The value of the report accounts for 15% of the final grade
- 3) Practices throughout the course activities. Equal to 15% of the final grade, with a rating between 0 and 1.5 points.

The delivery schedule and / or exposure of these works will be determined by the / the teacher / a.

Prerequisite is independently approving the final exam and these second continuous assessment activities so that they can join.

### *Exams*

The final exam represents 70% of the final/total mark. To pass this exam a grade of 3.5 or higher of a total of 7 must be obtained. In the 2<sup>nd</sup> evaluation, only the exam part can be recovered. The scores on the report and practical activities will be obtained from the 1st evaluation.



The dates will be determined by the Faculty of Psychology and will be shown at the website.

### *Reports*

There will be one report, related to a theme proposed by the teacher and selected by the students. It can be carried out individually or within a group.

The value of the report represents 15% of the final mark.

The teacher will determine which reports are required and their deadlines.

### *Practical and classroom activities*

The activities consist of exercises, reviews, comments on themes presented in class, discussion of texts, watching videos, problem solving, attendance at seminars and conferences, etc.

The function of the activities is to encourage greater knowledge of the subject.

The value of the activities represents 15% of the final grade.

It is essential to attend the activities in order to obtain the award of Honor.

### *Warnings plagiarisms.*

Copy or overt plagiarism of any part of the evaluation task will make it impossible to pass the course, then undergoing disciplinary procedures timely.

According to Article 13 d) of the Statute of the University Student (RD 1791/2010, of December 30), it is the duty of a student abstain from the use or cooperation in fraudulent procedures in the assessment tests in the work carried out in official documents or college.

In tutoring schedule, teachers may require individual or group interviews provided to verify the degree of participation and achievement in the objectives set for any task developed. Not accept such verification, will not exceed the task or activity in question.

### *Grading scheme*

The assessment of the subject and the challenge of the allotted qualification will abide to what is stipulated in the *Reglament d'Avaluació i Qualificació de la Universitat de València per a títols de Grau i Màster* (ACGUV 108/2017 of May 30, 2017). [Http://www.uv.es/graus/normatives/2017\\_108\\_reglament\\_avaluacio\\_qualificacio.pdf](http://www.uv.es/graus/normatives/2017_108_reglament_avaluacio_qualificacio.pdf)





## REFERENCES

### Basic

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Editorial: McGrawHill
- Título: Understanding Motivation and Emotion (2015)  
Autor: Reeve, J.M.  
Editorial: John Wiley & Sons

### Additional

- Título: Emoción y Motivación. (Vols. I y II) (2003)  
Autor: Fernández-Abascal, E., Jiménez, P. y Martín, D  
Editorial: Madrid: Centro de Estudios Ramón Areces
- Título: Psicología de la Motivación y Emoción (2001)  
Autor: Palmero, F.; Fernández-Abascal, E., Martínez, F. y Chóliz, M.  
Editorial: México: McGrawHill
- Título: La motivació (2006)  
Autor: Villamarin, F. i Limoner, J.  
Editorial: Col·lecció Vull Saber. Editorial UOC.
- Título: Expresión facial de la emoción (2008)  
Autor: Chóliz, M. y Fernández-Abascal, E.G  
Editorial: Madrid: UNED
- Título: La Jirafa de Cantón: un modelo de estrategia motivacional aplicado desde la perspectiva del Coaching (2013)  
Autor: Cantón, E.  
Editorial: Granada: Editorial CSV.