

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

Code	33306
Name	Motivational and emotional psychology
Cycle	Grade
ECTS Credits	6.0
Academic year	2022 - 2023

Study (s)

Degree	Center	Acad. year	Period
1319 - Degree in Psychology	Faculty of Psychology and Speech Therapy	2	Second term

Subject-matter

Degree	Subject-matter	Character
1319 - Degree in Psychology	8 - Basic psychological processes I: motivation, emotion and memory	Obligatory

Coordination

Name	Department
SIMO TEUFEL, SANDRA	300 - Basic Psychology

SUMMARY

Psychology of Motivation and Emotion is a compulsory four-month course of the second year of the Psychology degree. It is a subject within the field of Basic Psychology. It consists of 6 credits distributed in 6 theoretical-practical credits.

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 Psychology (Social Psychology, Psychobiology and 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

It is recommended to have taken previously the courses of Learning Psychology and Psychobiology.

OUTCOMES

1319 - Degree in Psychology

- 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 function 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

To define the two types of motivation that underpin human activity: extrinsic and intrinsic.
To identify situational factors that affect motivated behavior, such as rewards.
To identify the psychological needs of intrinsic motivation, such as the need for competence, self-determination, personal causation, exploration, curiosity, and sensation seeking.
To explain intrinsic motivation from different theoretical perspectives and critically evaluate each of these contributions.
To use different instruments to assess the type of motivation that underlies behavior.
To analyze the boundaries between extrinsic and intrinsic motivation and describe conditions that decrease or increase intrinsic motivation.
To evaluate the impact of intrinsic and extrinsic motivation on the subject's performance.
Develop a program that adequately integrates those elements (task structure, situational and psychological factors), and that promotes intrinsic motivation.



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

Analysis of the characteristics and psychological mechanisms regulating sexual behavior.

Analysis of the characteristics and psychological mechanisms regulating aggressive behavior.

Analysis of the characteristics and psychological mechanisms regulating altruism and helping behavior.

7. Social motives: achievement, affiliation and power

Identify the characteristics of social motives and explain their development.

Analyze the components and processes of achievement behavior.

Analyze the classic models in the explanation of achievement behavior.

Analyze the function and characteristics of the motivation for affiliation and privacy.

Analyze the concept and display of power motivation.

8. Primary emotions related to urgency (fear, anger and disgust) and well-being (happiness, sadness and surprise)

Analysis of the characteristics, functions, and processes involved in emergency emotions.

Identify the antecedents, function, expression, physiological and neurological correlates, and the process of coping with the emotion of fear, anger, and disgust.

Analysis of the characteristics, functions, and processes involved in the emotions of well-being

Identify the antecedents, function, expression, physiological and neurological correlates, and the process of coping with the emotion of joy, sadness, and surprise.

9. Social (infatuation, envy, jealousy) and self-conscious emotions (shame, guilt and pride)

Features, functions, processes, expression, evaluation and coping involved in 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.

Analysis of the characteristics of 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.

**WORKLOAD**

ACTIVITY	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
TOTAL	150,00	

TEACHING METHODOLOGY

The professor will teach theoretical classes to develop the contents of the subject and promote the students' participative intervention by resolving the questions that arise throughout the exposition, class activities, case studies, debate, and analysis of texts.

Practical classes, demonstrations, and problem-solving with the objective that students acquire the necessary knowledge for the design of experiments, data collection, analysis of the results, and presentation of the work according to the requirements of scientific communication.

Individualized and group tutorials to supervising students follow up on the learning activities.

Autonomous coursework elaboration and presentation of reports and activities carried out in the classroom.

EVALUATION

The evaluation of the course will be carried out through a final test or exam (E1) and continuous evaluation (E2).

1. E1_Exam. Evaluation of theoretical and practical contents through a final individual objective test (Exam) in the official dates determined by the faculty. This test will pose questions on a selection of contents and competencies previously indicated in this teaching guide. The exam will be equivalent to 70% of the final grade.

2. E2_Continuous evaluation. The continuous evaluation includes the accomplishment of:

2.1. Report. Oral or written presentation of reports, individual or group work. A report will be selected from among those in the syllabus or others that the teacher proposes because of its interest. The teacher will determine which reports are mandatory and the due dates.

2.2. Activities. Active participation in-class activities, seminars and workshops and motivation for learning outcomes, case studies, problem-solving, exercises, reviews, comments, evaluations, attendance to seminars, etc. Activities may be substantiated in individual coursework of a practical case.



The continuous evaluation is equivalent to 30% of the total grade, being distributed between a minimum of 1 and a maximum of 3 points depending on the type of work, an aspect which will be previously informed by the teachers of the course.

MINIMAL REQUIREMENTS

The minimal requirements to pass the course of Psychology of Motivation and Emotion are the following:

- 1) The exam has a value of 70% of the final grade so that the minimum weighted grade would be 3.5 out of 7. Therefore, the grade of this test will be maintained for the second call.
- 2) The continuous evaluation is equivalent to 30% of the final grade. To pass the continuous evaluation (sections 2.1 and 2.2.), it is compulsory to achieve a minimum weighted grade of 1.5 out of 3. The schedule of delivery and/or presentation of these courseworks of continuous evaluation will be determined by the teacher. For those who have not submitted the assignments of the continuous evaluation in the established period of the first call, they will be recoverable in the second call. In this case, the teacher will decide the alternative assignments, activities, or evaluations to be carried out to obtain this section's grade.

It is essential to pass the final exam (3.5 out of 7 in section 1) and the continuous evaluation activities (1.5 out of 3 between sections 2 and 3) independently to be added and/or reach the final pass.

For those who have not submitted the coursework of the continuous evaluation (section 2.1. and 2.2.) within the established period of the first call, in the second call, the professors will decide the alternative work, activities, or evaluations to be carried out to access the grade of this section.

In the case of passing the exam or continuous evaluation section and failing the other part, the passed grade will be kept for the second call, having to recover in the second call only the failed part.

GRADING SYSTEM.

The grading of the subject will be subject to the provisions of 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 .

A minimum of 5 points in the final grade is required to obtain a pass.



According to UV regulations, the grade is specified in numerical expression from 0 to 10 with one decimal place, using the following grading scale:

- 0 to 4.9: fail.
- From 5 to 6.9: pass.
- From 7 to 8.9: outstanding.
- From 9 to 10: outstanding or outstanding with honors.

The best grades of each group will be taken into account to obtain the Honor Grades (as long as a minimum of 9 is reached). In case of a deadlock, an oral or written test will be held to break the difference. If not being able to award Honorable Mentions in a group, the Teaching Unit will agree on the assignment of the Honorable Mention to another group.

WARNING.

Copying or plagiarism of any assignment part of the evaluation will mean the impossibility of passing the subject, which is then subject to the appropriate disciplinary procedures. Please note that, according to Article 13. d) of the University Student Statute (RD1791/2010, December 30), the student's duty is to refrain from using or cooperating in fraudulent procedures in the evaluation tests, in the coursework performed or in official university documents. During tutoring hours, lecturers may request individual or group interviews to verify the degree of participation and achievement of the objectives set for any assignment. Failure to accept such verification will result in the failure of the assignment or activity in question.

In the event of fraudulent practices, the Action Protocol for fraudulent practices at the University of Valencia will be applied (ACGUV 123/2020): <https://www.uv.es/sgeneral/Protocols/C83sp.pdf>

REFERENCES

Basic

- Título: Motivación y Emoción (2010)
Autor: Reeve, J.M.
Editorial: McGrawHill
- Título: Understanding Motivation and Emotion (2015)
Autor: Reeve, J.M.
Editorial: John Wiley & Sons
- Título: Handbook of Emotions (2008)
Autor: M. Lewis, J.M. Haviland-Jones, and L. Feldman Barrett
Editorial: The Guilford Press



- Título: Psicología de la emoción. El proceso emocional (2005)
Autor: Cholíiz, M.
Editorial UV (accesible en: www.uv.es/=cholíiz)

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: Expresión facial de la emoción (2008)
Autor: Cholíiz, 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.
- Título: Las emociones y el mundo moral. Más allá de la empatía (en prensa).
Autor: Etxebarria, I.
Editorial: Madrid: Síntesis.
- Título: Emociones positivas (2009)
Autor: Fernández-Abascal, E.
Editorial: Pirámide.
- Título: Motivación: por qué hacemos lo que hacemos (2022)
Autor: Cholíiz, M.
Editorial: Barcelona: EMSE EDAPP
- Título: Emociones: lo que da calidez a nuestras vidas (2021)
Autor: Fernández-Abascal, E.G.
Editorial: Barcelona: EMSE EDAPP