

Paper –304 Psychology of Emotion

1. Main Objectives :

- To Provide information of various aspects of Emotions
- To Provide Information of Indian approach of Emotions

2. The Scheme of question paper:

1. The paper will consist four units:
2. Each Unit Should be given equ al weight age in examination
3. Total Marks are: 100.

70: External Examination

30: Internal evaluation

(Duration of examination: 3 hours)

Unit – 1 Basic Issues in the study of emotions

Definition of emotion.

Components of emotion : Cognitive, Psychological and behavioural.

Categories of emotion : fear and anxiety, anger, jealousy and envy, guilt, grief, sadness, happiness and love.

Approaches to emotion : biological , cognitive, behavioural ad phenomenological.

Unit – 2 Physiological Bases of Emotion

Central mechanisms : Subcortex – spinal cord, medulla brainstem, thalmas, hypothalamus , linibic system – amygdale, hippocampus, cingulated of gras, septum ; frontal lobes & cortex

Peripheral mechanisms : role of antonous nervous system

Neurochemistry and emotion.

Hemispheric differences in affective behavior

Unit – 3 Bodily Changes in Emotion and Measurement of Emotion

Short term changes – the cardiovascular , the respiratory, the gastro intestinal, thermoregulatory, the muscular and hormonal systems – hormonal changes during stressful situations.

Long term changes – general adaptation syndrome (GAS) and Psychogenic ulcer.

Physiological methods of measurement

Psychological methods of measurement

Lie – Detector.

Unit – 4 Theories of Emotion

James – Lange theory, cannon – Bard theory, Lindsley’s Activation theory, Schachter’s two-Factor theory , cognitive appraisal theory of Lazarus, paper – McLean theory, Psycho- evolutionary theory of Robert Plutchi

Books

1. Bar - On R, (2006) The Bar- On models of emotional social intelligence Psicothema, 18, supl. 13-25.
2. B.Kuppuswamy (2001) Elements of Ancient Indian Psychology, New Delhi: Konark Publications Pvt.Ltd. p 165-179.
3. Goleman , D (1995) Emotional Intelligence , New York : Bantom Books.
4. Paranjpe A.C.(1999) Emotion : A perspective from the Indian Tradition Asian perspectives on Psychology : New Delhi : Suge.
5. Hare, R. (1986). The Social construction of emot ions. Oxford : Basil Blackwell.
6. Buck, R. (1976). Human , motivation and emotion, New York, john Wiley.
7. Ekman, P. (1981) : Emotion in the human face. Cambridge : Cambridge University Press.
8. Strongman , K.T. (1989) : The Psychology of emotion , London : Plen um