

31212 - Psychology of Motivation and Emotion

Syllabus Information

Academic year: 2024/25

Subject: 31212 - Psychology of Motivation and Emotion

Faculty / School: 301 - Facultad de Ciencias Sociales y Humanas

Degree: 613 - Degree in Psychology

ECTS: 6.0

Year: 2

Semester: First semester

Subject type: Compulsory

Module:

1. General information

The objective of the subject is to introduce the psychological constructs that explain how and why the human behaviour is mobilized towards certain objectives. The subject addresses how these objectives are achieved, maintained, change direction or are terminated. The practical contents complement the theoretical notions, developing the professional and research skills, including different applications to the various fields of professional intervention. These approaches and objectives are aligned with the Sustainable Development Goals (SDGs) of the 2030 Agenda of the United Nations.

2. Learning results

Upon completion of the subject, the student will be more competent to know the different theoretical models of the Psychology of Motivation and Emotion. They should be able to critically evaluate their contributions and limitations and also to know and understand the laws and principles of psychological processes. The student, in order to pass this subject, should demonstrate the following results: be able to describe and relate the main motivational and emotional theoretical approaches, differentiate the main variables involved in their study and be able to analyse what these processes mean and what they explain. They should address basic aspects of the psychology of motivation and emotion from an observational and experimental approach, and be capable of a reflective, critical and understanding attitude towards the emotions and motivations of others. Both the knowledge and the skills, abilities and attitudes acquired and/or developed in the Psychology of Motivation and Emotion subject are fundamental for the basic training of the student of the Psychology Degree.

3. Syllabus

UNIT I: INTRODUCTION

Unit 1. Basic concepts and fundamentals in Motivation and Emotion.

Unit 2. Historical and contemporary perspectives on motivation.

Unit 3. The motivated and emotional brain.

UNIT II: NEEDS

Unit 4. Physiological needs.

Unit 5. Intrinsic and extrinsic motivations.

Unit 6. Psychological needs.

Unit 7. Social needs.

UNIT III: COGNITIONS

Unit 8. Setting goals and striving to achieve them.

Unit 9. Beliefs about personal control.

Unit 10. The self and its endeavours.

UNIT IV: EMOTIONS

Unit 11. Nature of emotions.

Unit 12. Aspects of emotion.

UNIT V: INDIVIDUAL DIFFERENCES

Unit 13. Personality characteristics.

Unit 14. Unconscious motivation.

Unit 15. Growth motivation and positive psychology.

4. Academic activities

The theoretical part of the subject will be developed through lectures supported by audiovisual material and the necessary interaction and active participation of students. The practical part will be implemented in the classrooms available for this purpose, with practical exercises carried out through individual and group work that will enable the acquisition and development of skills such as critical thinking, the possibility of working in teams, learning to debate, as well as writing individual or group reports that show both the reflections and concepts learned as well as the skills, abilities and attitudes developed.

5. Assessment system

Theory and practice are approved independently. To pass the subject, at least a 5 out of 10 is required in the final theory exam and in the average of the continuous practice evaluation. The final exam will consist of: 100 multiple choice questions with four answer alternatives. This exam is worth 70% of the final grade. 30% is given by the average internship grade. Inappropriate exam items (with response rates less than 15% or greater than 85%) will be reviewed and, if appropriate, discounted to compute the grade.

Continuous evaluation: Theoretical part - After each theoretical unit, a non-compulsory follow-up test will be proposed, which will have a maximum value of 60% in combination with the theoretical exam grade (40%). This weighting will only be applied if the student so wishes. Practical part - The practice is evaluated by completing 4-6 mandatory reports (individual or group) and obtaining an average score of 5 out of 10. The reports may have a different value from each other depending on the degree of difficulty and effort they require. The evaluation of the reports can be carried out through objective multiple choice tests with about 10-15 questions per test. The teacher will determine the structure and its obligation, and the delivery dates. The student must attend 80% of the practical sessions to be eligible for continuous evaluation of the practical part.

Final evaluation: Non-contact students will be evaluated with a theoretical exam and a practical exam. The theory (70% of the grade) has been described previously. The practice (30% of the grade) presents a set of short questions that evaluate the knowledge of 4 to 6 practices that the student must have prepared, understood and developed on their own.

6. Sustainable Development Goals

- 3 - Good Health & Well-Being
- 4 - Quality Education
- 5 - Gender Equality