



International Undergraduate Program
Faculty of Psychology
Universitas Gadjah Mada

COURSE OUTLINE
PSYCHOLOGY OF EMOTION

Course Code	:	
Period	:	Odd Semester 2022/2023
Credit	:	2 SKS
Class	:	IUP
Course Instructor(s)	:	Galang Lufityanto, S.Psi., M.Psi., Ph.D., Psikolog
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Teaching Assistant	:	TBA
E-mail	:	TBA
Location and Time	:	TBA
Duration	:	14 Weeks
Frequency of Meetings	:	Weekly
Language of Instruction	:	English

Course Description:

Psychology of Emotion: Above and Beyond Cognition (Advanced Level) course aims to provide students with a comprehensive understanding of the cognitive, biological, and cultural foundation of emotion, emotional measurement, emotional-based intervention, and other contemporary issues in more practical settings.

Emotion is a complex psychological construct and can be operated on the conscious and unconscious levels. This course further strengthens the scientific psychological, and biological foundations of emotion while seeking an explanation of some emotional-based interventions that are currently happening in society, such as mindfulness practices.

This course activities include: (i) lectures/seminars, (ii) mini-research, (iii) group presentation and (iv) field trip/mini-workshop. The material in this course will be delivered in an attractive and easy-to-understand way; one of the methods is using case-study to stimulate critical thinking. Group discussion and presentation are also part of courses activities that enable students to exercise teamwork and interpersonal skills. Students will be assigned to a mini-research in which they will practice how to measure emotional responses or investigate the emotional phenomena in society.

Learning Outcomes:

At the end of the course, students should be able to:

1. Understand and explain the mechanism of emotion from biological, psychological, and cultural perspectives.
2. Analyze emotional phenomena using scientific principles.
3. Measure emotional responses and conduct investigation using rigorous scientific methodology.
4. Utilize emotional-based intervention to improve quality of life

Course Time Table:

Week	Topics	Learning Method
1	Understanding Biological and Psychological Foundation of Emotion	1. Lecture. 2. Video. 3. Discussion.
2	The Dynamics Coupling between Emotion & Logical Thinking	1. Lecture. 2. Case-Study 3. Discussion.
3	Emotion & Consciousness	1. Lecture. 2. Case-Study 3. Discussion.
4	Emotional Distraction & Disorder	1. Lecture 2. Case-study. 3. Discussion
5	Emotion: Cross-Cultural Rituals	1. Group Presentation. 2. Discussion.
6	Measuring Emotion: Subjective Experience versus Objective Measures	1. Lecture. 2. Discussion. 3. Individual Assignment
7	Emotional Intelligence	1. Lecture. 2. Discussion.
Mid-Term Examination: Closed-book, paper and pencil test		
8	Emotion Regulation	1. Lecture. 2. Discussion. 3. Mini-Research Assignment

9	Guest Lectures: Mindfulness	1. Lecture. 2. Discussion
10	Mini Workshop: Mindfulness Therapy	1. Workshop 2. Discussion
11	Contemporary Issues of Emotion: Intrapersonal (emotion within oneself)	1. Group Presentation 2. Discussion.
12	Contemporary Issues of Emotion: Interpersonal (emotion among people)	1. Group Presentation 2. Discussion.
13	Mini-Research Presentation (1)	Individual Presentation
14	Mini-Research Presentation (2)	Individual Presentation
READING WEEK		
FINAL EXAMINATION (Closed-Book, paper and pencil test)		

Required Readings:

1. Szanto, T., & Landweer, H. (Eds.). (2020). *The Routledge Handbook of Phenomenology of Emotion*. Routledge.
2. Power, M., & Dalgleish, T. (2015). *Cognition and emotion: From order to disorder*. Psychology Press.
3. De Houwer, J., & Hermans, D. (Eds.). (2010). *Cognition and emotion: Reviews of current research and theories*.
4. Additional reading will be assigned by both the instructor and students as the lecturers progress.

Course Assessment:

The final grade of the module will be compiled proportionally from the components below:

1. Final Exam : 20%
2. Mid-term Exam : 20%
3. Individual Mini-Research : 30%
4. Group Presentation : 30%

Attendance Policy:

Attending to lecture demonstrate students learning commitments. As compliance to the Faculty Academic Regulation, students should attend to 75% of the total lectures, otherwise permission to attend final examination will be denied, leading to unsatisfactory grade obtained for this module.

Academic Integrity:

Academic integrity is an ethical policy of academia in which students joining this course is not exempted from. Among the ethical behaviors highlighted in this course, but not limited to, are: (i) learning commitment, reflected as the students meet the attendance requirements, and (ii) honest behavior, demonstrated as the students' adherence to the non-plagiarism conduct. A breach of academic integrity can result in **FAILURE**.

Plagiarism Policy:

Students should be fully aware that plagiarism is an unethical behavior which breaches academic integrity and therefore may cause serious sanctions, from an unsatisfactory grade to failure of the entire course. Overall, plagiarism is simply defined as presenting someone else's thoughts or work as your own. This action can vary from having inappropriate academic referencing to deliberate cheating.

Below is the types of plagiarism, students should be aware of:

1. **Copying:** using the identical or very similar words to the original text or idea without acknowledging the source. Although most of the time, this action is subject to absentmindedness, it can be perceived as a deliberate action to present someone else's work as our own.
2. **Inappropriate paraphrasing:** changing a few words and phrases while still retaining the original structure and content without giving credits to the original sources.
3. **Collusion:** denying the contribution of others and claiming the work as a person's individual work. Collusion also includes making your work available to another student for them to copy it, stealing or obtaining another person's work to copy it, taking full responsibility of another person's academic work either voluntarily or with financial gain.

For more information about plagiarism, visit: <http://www.plagiarism.org/>