

COURSE TITLE: **EMOTION: INTRAPERSONAL, INTERPERSONAL AND CULTURAL PERSPECTIVES**

LECTURER: Konstantinos Kafetsios

MINIMAL NUMBER OF STUDENTS: 5 ECTS CREDITS: 3

ABOUT THE COURSE:

The study of emotion has advanced considerably since early theoretical investigations into its nature. Developments within different fields of psychology (clinical, social, developmental) point to the importance of research on the nature and function of emotion. The aim of the EMOTION course is to deepen your understanding of this area of psychological research and theorizing.

The course will: a) explore cognitive, behavioral (display), and social, theories emotion, b) examine recent approaches, that have stressed the interpersonal nature and the social informants of emotional processes. The module aims ultimately to demonstrate the close connection between intrapersonal, interpersonal and cultural facets of emotion.

By the end of the course and via successful participation in the course you will be in a position to: a) Evaluate the major theoretical frameworks in which psychologists have described and explained emotion; b) Critically consider the primary debates existent in theories of emotion (e.g., cognition vs. affect, categorical vs. dimensional structure, culture vs. biology); c) Be aware of differences in the levels of analysis of explaining emotion: intrapersonal, interpersonal, cultural. d) Analyze the role of conscious and non-conscious emotion in social behavior (in particular with regard to personality, clinical and interpersonal relationship research); e) Critically evaluate the major methods in assessing emotion in social behavior; f) Be aware of the cross-cultural differences and similarities in emotion functions and processes.

COURSE STRUCTURE:

The first part consists of five lectures that introduce the field and explore mainly intra-individual processes. The main question there is: "What is an emotion?", "What is its structure and function for the individual?". The lectures position the topic by providing an historical account, providing basic perspectives on emotion and cognition, emotion and motivation and discuss major theories on the nature and structure of emotions.

The second part comprises also five lectures that examine key issues in contemporary emotion theory and research to do with emotion situated in social and interpersonal interaction, its relational antecedents and correlates, display rules and empathy.

The *last lectures* concern socio-cultural aspects of emotion. The role of emotion in the group, gender differences in emotion and cultural differences in emotion experience, expression and perception.

Course Outline

PART I: THE INTRAPERSONAL LEVEL OF ANALYSIS

1. *Early and contemporary approaches to emotion*
2. *The structure of emotion*
3. *Emotion: Comparing Cognitive and affective structures*
4. *Assessing Individual Differences in Emotion-Cognition links: EI as a concept*
5. *Affect: Implications for motivation (and decision making)*

PART II: THE INTERPERSONAL LEVEL: BETWEEN THE INDIVIDUAL AND OTHERS

6. *Emotion regulation: Individual and interpersonal processes*
7. *Socio-developmental perspectives on emotion and its regulation*
8. *Adult attachment and emotion in dyadic interaction*
9. *Facial emotion expressions*
10. *On Empathy: The concept, measures*

PART III: CULTURE AND EMOTION

11. *Culture and Emotion: Commonalities and Differences*
12. *The Cultural context of Emotion Perception*

To complete the course:

- 1200 words essay*
- exam*