



PSYCHOLOGY OF EMOTION

Credit points	3 CP		
Study course annotation	Conversance with the main theories and studies of emotion. Students can improve their knowledge on emotional processes, development of sentiments, including the love, jealousy, hate, envy and moral emotions. Additional part of the course is dedicated to resentment and forgiveness.		
Aim of the study course	Acquisition of advanced understanding and knowledge on emotions and sentiments, its features and regularities.		
Objectives of the course	<ul style="list-style-type: none"> • Initiate with main theories of emotions; • Initiate with main facts and problems on emotional field. • Initiate with main methods in the study of emotions. • Acquaintance with the role of emotions and sentiments in partnerships. 		
Study course results	Knowledge	Skills	Competences
	<ul style="list-style-type: none"> • Research data on emotions and sentiments. • Ontogenesis of emotions and sentiments. • Deviations in the emotional field • Research tools in the emotional field. 	<ul style="list-style-type: none"> • Differentiation of real and demonstrative expression of emotions. • Adaptation and verification of measures of emotions and sentiments. • Consultation on emotional problems. 	<ul style="list-style-type: none"> • Ability to estimate sentiments and emotions manifestations and dynamics. Ability to prepare appropriate recommendations for emotional life's optimization.
Study course content	Topics		
	1	Main theories of emotions.	
	2	Functions of emotions.	
	3	Classification of emotional phenomena.	
	4	Manifestation and measures of emotions.	
	5	Development of emotions and sentiments	
	6	Self-esteem and Self-Conscious emotions.	
	7	Romantic Love and its theories.	
	8	Studies of Love.	
	9	Jealousy, its role and study.	
	10	Hatred, its role and study.	
	11	Resentment and Forgiveness.	
	12	Happiness, its role and study.	
	13	Gender differences in the emotional field	
14	Cultural factors in the emotional field		
Form of assessment:	Exam		
Obligatory literature:	<ol style="list-style-type: none"> 1. Lewis, M., Haviland-Jones J. M. & Barrett, L.F. (Eds.). (2008). Handbook of Emotions. 3rd ed. Guilford Press. 2. J. Jenkins, K. Oatley, N. Stein (Eds.) (1998). Human Emotions. A Reader. Blackwell Publishers. 3. Бреслав, Г. (2004, 2016, 2018, 2020). Психология эмоций. Москва: Смысл-Академия. 		
Further reading list:			



1. Breslavs, G. (2013). Moral emotions, conscience and cognitive dissonance. Psychology in Russia: State of the Art, , Volume 6, issue 4, 65-72
2. Parrot W.G. (Ed.), (2014). The Positive Side of Negative Emotions. New York: Guilford.
3. Sternberg, R. J. (Ed.), (2005). The Psychology of Hate. Washington, DC: APA Press.
4. Sternberg, R. J. , & Weis, K. (Eds.) (2006). The New Psychology of Love. New Haven: Yale University Press
5. Бреслав, Г. (2011). Ненависть как предмет психологического исследования, Вопросы психологии, # 2, 138-148.
6. Бреслав, Г. (2015) Композиционная теория эмоций: к пониманию моральных эмоций и любви. Психология. Журнал Высшей Школы Экономики. Т. 12, № 4, с.81-102.
7. Breslavs, G., Timoshchenko, J. (2021). New Multidimensional Measure of Jealousy Elaboration: How many Faces does Romantic Jealousy have? American Journal of Humanities and Social Science (AJHSS), Volume 30, 39-50.

Other sources of information (electronic journals):

1. Emotion, Motivation and Emotion, Cognition and Emotion,
2. Journal of Personality and Social Psychology

Changes and additions to the program and literature list are possible during the study process