



Chartered Attitude and Behaviour Consultant

- Course Title** : **Human Emotions, Attitude and Behaviour**
- Course Code** : CAB 1013
- Course Criteria** : Part I, Compulsory
- Course Outline** : Emotions is a daily, if not a moment-by-moment, occurrence. Emotions determine the quality of our lives. They occur in everyday relationship we care about in workplace, friendships, in dealings with family members and in our most intimate relationship. They can save our lives, but they can also cause real damage. Above all, emotions are central information that is integral to our well-being or, in the extreme, to our survival. Human attitude and behaviour are directly influenced by our emotions.
- Objective** : After Completing this course, candidate would be able to
1. Understand the philosophy and fundamentals of human emotions
 2. Understand the different theories of emotions
 3. Understand the main aspects of a good psychological test and its validity and reliability.
 4. Acquire skills in applying some intelligence and personality tests.
- Synopsis** : This module enables us to understand the concept of emotion, the fundamental of each type of emotion and at the same time how does each of the emotions influence human attitude and behaviour. This module covers different human emotions such as sadness and agony, anger, surprise and fear, disgust and contempt, self-conscious emotions and enjoyable emotions.

Topics

Topics :

1. The Fundamental Principle of Emotions
2. Different Human Emotion: Attitude and Behaviour (I)
Sadness and Anger
3. Different Human Emotion: Attitude and Behaviour (II)
Surprise, Fear, Disgust, Contempt
4. The Self-conscious Emotions: Embarrassment, Pride, and
Guilt, Love and Attachment Process
5. Enjoyable and Happiness Emotions, Empathy and
Sympathy
6. Phenomenological Theory, Behavioural Theory and
Emotions
7. Physiological Theory, Cognitive Theory
8. Specific Emotions Theory, Developmental Theory
9. Social Theory and Clinical Theory
10. Emotions Across Culture

References :

- Lewis, M. & Haviland-Jones, M. (2000). *Handbook of Emotions*. (9nd ed.) New York : The Guilford Press.
- Ekman, P. (2003). *Emotions Revealed*. New York: Times Book.
- Strongman, K.T. (2003). *The Psychology of Emotion*. West Sussex: John Wiley & Sons.