

UČNI NAČRT PREDMETA / COURSE SYLLABUS

Predmet: Splošna psihologija 2
Course title: General psychology 2

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Psihosocialna pomoč, prva	/	1.	2.
Psychosocial counseling, first	/	1st	2nd

Vrsta predmeta / Course type

Obvezni/Compulsory

Univerzitetna koda predmeta / University course code:

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje work	Druge oblike študija	Samost. delo Individ. work	ECTS
60		15			105	6

Nosilec predmeta / Lecturer:

doc. dr. Jana Krivec

**Jeziki /
Languages:**

**Predavanja /
Lectures:** Slovensko / Slovenian, Angleško / English

Vaje / Tutorial: Slovensko / Slovenian, Angleško / English

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:

Pogoj za vključitev v delo je vpis v 1. letnik študija.

Prerequisites:

Prerequisite for the subject is the enrollment in the 1st year of study.

Vsebina:

Content (Syllabus outline):

Vsebinsko je predmet razdeljen na dva glavna sklopa:

- 1) Psihologija emocij in motivacije:
 - uvod v tematsko področje, zgodovinski pregled
 - čustva: opredelitev, vrste in značilnosti čustev, fiziološke spremembe, razvoj čustev, čustvene motnje, psihološke teorije čustev (behavioristične, nevrofiziološke, kognitivne in fenomenološke), psihosocialno svetovanje in čustva
 - motivacija: opredelitev, vrste motivov in potreb
 - teorije motivacije (motivacijska teorija Kurta Lewina, humanistična psihologija – teorija Maslowa, psihoanaliza, teorija navezanosti), volja in nezavedna motivacija, dinamika motivov in konflikti, obrambni mehanizmi.
- 2) Socialna psihologija:
 - odnos posameznik – družba kot temeljni problem socialne psihologije
 - socialna motivacija (teorije socialne motivacije, človekova eksistenčna odvisnost od socialnega okolja)
 - sebstvo (sebstvo kot vezni člen med posameznikom in družbo, samoproizvajanje in samoobnavljanje procesa sebstva)
 - socialna resničnost (simbolna komunikacija, pojem socialne resničnosti, struktura socialne resničnosti)
 - socialno vplivanje (pojavi socialnega vplivanja kot odraz dinamike socialne resničnosti)
 - epistemološka vprašanja socialne psihologije (individualistična nasproti socialnointerakcionistični)

The course is divided into two main sections:

- 1) The Psychology of emotions and motivation:
 - An introduction to the course subject, historical overview
 - Emotions: definition, types and characteristics of emotions, physiological changes, the development of emotions, emotional disorders, psychological theories of emotion (behavioral, neurophysiological, cognitive and phenomenological), psychosocial counselling and emotions
 - Motivation: definition, types of motives and needs
 - Theories of motivation (Kurt Levin's motivational theory, humanistic psychology – Maslow theory, psychoanalysis, attachment theory), conscious will and unconscious motivation, dynamics of motives and conflicts, defense mechanisms.
- 2) Social Psychology:
 - Relation individual - society as a fundamental problem of social psychology
 - Social motivation (theories of social motivation, man's existential dependence on the social environment)
 - Self (self as a link between the individual and society, self-production and self-renewal process)
 - Social reality (symbolic communication, the notion of social reality, the structure of social reality)
 - Social influence (social influence appears as a reflection of the dynamics of social reality)
 - Epistemological questions of social psychology (individualistic opposite sociointeractionistic)

Temeljni literatura in viri / Readings:

BEČAJ, JANEZ (2005). Temelji socialnega vplivanja. Ljubljana: Filozofska fakulteta.

STANGOR, CHARLES (2010). Introduction to Psychology. Flat World Knowledge

GLEITMAN, HENRY, GROSS, JAMES IN REISBERG, DANIEL (2011). Psychology (8th ed.). New York, US: WW

LAMOVEC, TANJA (1988). Priročnik za psihologijo motivacije in emocij. Ljubljana: Filozofska fakulteta.

Cilji in kompetence:

Cilj: Spoznati kognitivno in socialno psihologijo.

Učna enota prispeva k razvoju naslednjih splošnih in predmetnospecifičnih kompetenc:

- poznavanje in razumevanje osnovnih konceptov in metod v okviru področja socialne pomoči iz psihologije, medicine oziroma psihiatrije ter statistike in znanstvene metodologije
- sposobnost uporabe znanja v praksi in reševanja problemov,
- zmožnost kritičnega vrednotenja implikacij problemov kulture, rase, spola, seksualnih orientacij za svetovalno in psihoterapevtsko delo,
- zmožnost avtonomno uporabljati vire za učenje konkretnih vsebin

Objectives and competences:

Objective: Get acquainted with the cognitive and social psychology.

Learning Unit contribute to the development of generic and subject specific competences:

- Understanding of basic concepts and methods within the scope of social help in psychology, medicine and psychiatry as well as statistics and scientific methodology
- The ability to apply knowledge in practice and problem solving,
- The ability of critical evaluation of the implications of the problems of culture, race, gender and sexual orientation on counseling and psychotherapeutic work,
- The ability to autonomously use resources for learning specific content

Predvideni študijski rezultati:

Od študentov se pričakuje, da bodo zmožni:

- prepoznavanja in razumevanja različnih čustev pri sebi in drugih
- poznavanja različnih teorij čustev
- poznavanja motivacijskih teorij
- prepoznavanja komponent motivacije pri sebi in drugih
- razumevanja delovanja nezavedne dinamike
- razumevanja pomena samopodobe v psihosocialnem funkcioniranju posameznika
- aplicirajo teorijo na področje svetovalnega dela (oziroma psihoterapije)

Intended learning outcomes:

Students are expected to:

- Be able to identify and understand different emotions in themselves and others
- Show the knowledge of various theories of emotion
- Show the knowledge of motivational theories
- be able to identify the components of motivation of themselves and others
- Understand the functioning of the unconscious dynamics
- Understand the importance of self-esteem in the psychosocial functioning of the individual
- Apply the theory to the field of counseling (or psychotherapy)

- razumejo bistvo in različne vidike problema odnosa med posameznikom in družbo
- razumejo pomen socialne motivacije
- razumejo in so sposobni prepoznavanja samoproizvajajočega procesa sebstva
- razumejo pojem socialne resničnosti ter so sposobni opazovanja njene dinamike v družbi
- aplicirajo spoznanja socialne psihologije na področje svetovalnega dela (oziroma psihoterapije)

- Understand the essence of the various problematic aspects of the relationship between the individual and society
- Understand the importance of social motivation
- Understand and are able to recognize the self-productive process of self
- Understand the concept of social reality and are capable of observing its dynamics in society
- Apply knowledge of social psychology to the field of counseling (or psychotherapy)

Metode poučevanja in učenja:

- Predavanja z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov)
- Seminarske vaje (refleksija izkušenj, projektno delo, timsko delo, metode kritičnega mišljenja, diskusija, sporočanje povratne informacije);
- Eksperimentalne vaje, ki temeljijo na izkušnjskem, sodelovalnem in problemskem učenju (samostojno učenje, diskusija, razlaga, opazovanje, timsko delo, študija primera, metode kritičnega branja in pisanja, igra vlog, sodelovalno učenje, portfolijo, evalvacija, samoocenjevanje)
- Individualne in skupinske konsultacije (diskusija, dodatna razlaga, obravnava specifičnih vprašanj)

Learning and teaching methods:

- Lectures with students' active participation (lecture, discussion, questions, examples, problem solving exercises)
- Tutorials with assignment (self-reflection, project work, team work, methods of critical thinking, discussion, feedback, practice)
- Experimental exercises that are based on experiential, collaborative and problem-based learning (individual independent learning, discussion, interpretation, observation, teamwork, case study methods of critical reading and writing, role playing, cooperative learning, portfolio, evaluation, self-assessment);
- Individual and group consultations (discussion, additional explanation, dealing with specific questions)

Delež (v %) /

Načini ocenjevanja:

Weight (in %)

Assessment:

Pisni izpit Izdelava seminarske naloge in predstavitev Ocenjevalna lestvica – skladno s Pravilnikom o preverjanju in ocenjevanju znanja	60 % 40%	Written exam Tutorial reports and its presentation Grading is in accordance with the Faculty's evaluation Ordinance
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Reference nosilca / Lecturer's references:

KRIVEC, Jana, SUKLAN, Jana. Vpliv stigme na odnos do psihološke pomoči. Raziskave in razprave, ISSN 1855-4148, 2015, vol. 8, no. 3, str. 4-62, ilustr. http://www.fuds.si/sites/default/files/rr_elektronska_3._stevilka_2015.pdf. [COBISS.SI-ID 4497403]

KRIVEC, Jana. Analytical review of mindfulness-based educational programs : a missing linkage between humans and a modern world. Research in social change, ISSN 2463-8226, May 2015, no. 7, iss. 2, str. 107-144, ilustr. http://www.fuds.si/sites/default/files/rsc_7_issue_2_may_2015.pdf. [COBISS.SI-ID 19980082]

ŠVAB, Vesna, KRIVEC, Jana, VODA, Kristina. How to reduce stigma and discrimination of people with mental health problems within educational process = Kako doseči zmanjševanje stigme in diskriminacije ljudi z duševnimi motnjami v učnem procesu. V: AŠKERC, Katarina (ur.). Izboljševanje procesov učenja in poučevanja v visokošolskem izobraževanju : zbornik konference = Improving teaching and learning processes in higher education : conference proceedings. Ljubljana: Center RS za mobilnost in evropske programe izobraževanja in usposabljanja, 2016, str. 74-80. <http://www.cmepius.si/wp-content/uploads/2014/02/1-ZBORNIK-OBLIKOVANJE-final-5.pdf>. [COBISS.SI-ID 4478715]

IQBAL, Azlan, GUID, Matej, COLTON, Simon, KRIVEC, Jana, AZMAN, Shazril, HAGHIGHI, Boshra. The digital synaptic neural substrate : a new approach to computational creativity, (Springer briefs in cognitive computation). [S. l.]: Springer, cop. 2016. XV, 119 str., ilustr. ISBN 978-3-319-28078-3. ISBN 978-3-319-28078-3. <http://www.springer.com/us/book/9783319280783#aboutBook>, doi: 10.1007/978-3-319-28079-0. [COBISS.SI-ID 1536797123]

GAMS, Matjaž, KRIVEC, Jana. Demographic analysis of fertility using data mining tools. *Informatica*, ISSN 0350-5596, 2008, vol. 32, no. 2, str. 147-156. [COBISS.SI-ID [21900071](#)]

KRIVEC, Jana. Spoprijemanje s stresom in socialna podpora : primerjava med šahisti in nešahisti. *Psihološka obzorja*, ISSN 1318-1874. [Tiskana izd.], 2005, letn. 14, št. 2, str. 123-135, ilustr. [COBISS.SI-ID [30488674](#)]

GAMS, Matjaž, KRIVEC, Jana. Intelligent systems already influence our lives. *Transactions on internet research*. [Online ed.], 2007, vol. 3, no. 2, str. 16-19. [COBISS.SI-ID [21689383](#)]

MOŽINA, Martin, GUID, Matej, SADIKOV, Aleksander, GROZNIK, Vida, KRIVEC, Jana, BRATKO, Ivan. Conceptualizing procedural knowledge targeted at students of different skill levels. V: BAKER, Ryan S. J. D. (ur.), MERCERON, Agathe (ur.), PAVLIK, Philip I. (ur.). *Educational data mining 2010*. [S. l.: s. n., 2010, str. 309-310, ilustr. [COBISS.SI-ID [7759956](#)]

KRIVEC, Jana, GUID, Matej, BRATKO, Ivan. Identification and characteristic descriptions of procedural chunks. V: Computationworld 2009, Computation world: future computing, service computation, adaptive, content, cognitive, patterns, 15-20 November 2009, Athens, Greece. DINI, Petre (ur.). *Proceedings*. New York: IEEE Computer Society, 2009, str. 448-453. [COBISS.SI-ID [23336487](#)]

KRIVEC, Jana, GAMS, Matjaž. Data mining techniques for explaining social events. V: FUNATSU, Kimito (ur.), HASEGAWA, Kyoshi (ur.). *Knowledge-oriented applications in data mining*. Rijeka: In-Tech, cop. 2011, str. 39-52. [COBISS.SI-ID [24854311](#)]

KRIVEC, Jana. *Kognitivno procesiranje informacij: primer igranja šaha : doktorska disertacija*. Deskle [i. e.] v Ljubljani: [J. Krivec], 2011. XIX, str. 13-192, graf. prikazi, tabele. [COBISS.SI-ID [265030912](#)]