

COURSE DETAIL

THE PSYCHOLOGY OF EMOTIONAL WELL-BEING

Country

Thailand

Host Institution

Mahidol University

Program(s)

Mahidol University

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Psychology Health Sciences

UCEAP Course Number

105

UCEAP Course Suffix**UCEAP Official Title**

THE PSYCHOLOGY OF EMOTIONAL WELL-BEING

UCEAP Transcript Title

EMOTIONAL WELLBEING

UCEAP Quarter Units

5.00

UCEAP Semester Units

3.30

Course Description

This course focuses on the psychology of emotional well-being as well as strategies on how the study of emotion can be applied to different domains of life. It discusses various concepts related to emotional well-being from different psychological perspectives, developing a deeper understanding of the positive and negative emotions experienced by human beings and analyze their causes and effects on well-being. It explores the various models of emotion and critically analyzes their merits and limitations, as well as their practical application. It explores various classic theories such as Basic Emotion Theory, Social Constructivist Theory, Cognitive Appraisal Theory, and the RULER Model of Emotion Intelligence.

Language(s) of Instruction

English

Host Institution Course Number

ICSP 362

Host Institution Course Title

THE PSYCHOLOGY OF EMOTIONAL WELL-BEING

Host Institution Course Details

https://muic.mahidol.ac.th/eng/wp-content/downloads/catalog/muic_catalog_2025.p...

Host Institution Campus

Mahidol University International College

Host Institution Faculty

Social Sciences

Host Institution Degree

Psychology Minor

Host Institution Department

Psychology

Course Last Reviewed

2025-2026

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