

COURSE TITLE	POSITIVE PSYCHOLOGY
COURSE CODE	10PY0705
COURSE CREDITS	4

Objective:

- 1 To introduce the basic concepts of the growing approach of positive psychology and understand its applications in various domains.
- 2 To explore the role of character strengths and virtues in fostering well-being and personal growth.
- 3 To examine positive emotional states and processes, including happiness, well-being, positive affect, and emotional intelligence.
- 4 To apply principles of positive psychology to various domains, including work, education, aging, and health.

Course Outcomes: After completion of this course, student will be able to:

- 1 To be able to define and explain the core principles of positive psychology and differentiate between Western and Eastern perspectives on well-being.
- 2 To identify and discuss the role of character strengths and virtues in achieving personal and societal well-being.
- 3 To describe and be able to critically analyse how positive psychology can be applied in work settings, educational institutions, and in promoting healthy ageing.
- 4 To use various theoretical frameworks to understand health beliefs and predict health behaviours
- 5 To explore the role of positive psychology in health and well-being, evaluating its impact on overall life satisfaction and mental health.

Pre-requisite of course: Foundational knowledge of core psychological concepts · Knowledge of research methods in psychology

Teaching and Examination Scheme

Theory Hours	Tutorial Hours	Practical Hours	ESE	IA	CSE	Viva	Term Work
3	1	0	50	30	20	0	0

Contents : Unit	Topics	Contact Hours
1	Introduction to Positive Psychology Introduction, Difference between positive Psychology and Clinical Psychology, Perspectives on Positive Psychology: Western and Eastern, VIA Classification - Character Strengths and Virtues	12

Contents : Unit	Topics	Contact Hours
2	Positive Emotional States and Processes Happiness and Well-being, Positive Affect and Positive Emotions, Emotional intelligence – Mayer & Salovey and David Goleman's theories of Emotional intelligence, Indian scales of Emotional Intelligence, Resilience, Post Traumatic Growth	12
3	Positive Cognitive States and well- being Self-efficacy, Optimism, Hope, Wisdom, Flow, Mindfulness., Psychology of well-being: Meaning of well- being, the well-being models, Factors affecting well-being, Promoting well-being among people	10
4	Applications Positive Psychology Interventions - Barbara Fredrickson's Broaden and Build Model, PERMA model of wellbeing, Carol Ryff's model of wellbeing, Discovering strength, increasing optimism, Self-direction, Purpose, gratitude, Mindfulness, and Activities and experience, Work, education, ageing, health	11
Total Hours		45

Suggested List of Experiments:

Contents : Unit	Topics	Contact Hours
1	Issues related to Positive Psychology Issues related to Positive Psychology	15
Total Hours		15

Textbook :

- 1 Positive psychology (2nd ed.), Baumgardner, S. R., & Crothers, M. K., Pearson., 2019
- 2 Positive psychology: The scientific and practical explorations of human strengths (4th ed., South Asia ed.), Snyder, C. R., Lopez, S. J., Pedrotti, J. T., & Proctor, L., SAGE Publications., 2021

References:

- 1 Positive psychology: The science of wellbeing and human strengths, Positive psychology: The science of wellbeing and human strengths, Carr, A. , Routledge., 2022
- 2 Positive psychology. , Positive psychology. , Mohanty, G. B. , Kalyani Publishers., 2018

Suggested Theory Distribution:

The suggested theory distribution as per Bloom's taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery
--

Remember / Knowledge	Understand	Apply	Analyze	Evaluate	Higher order Thinking / Creative
10.00	15.00	20.00	20.00	20.00	15.00