

## POSITIVE PSYCHOLOGY

Semester	Subject Code	Category	Lecture		Theory		Practical	Credits
			Hrs/ Week	Hrs/ Sem	Hrs/ Week	Hrs/ Sem		
III	21CPS3B	Core-VI	04	60	03	45	15	04

### COURSE OBJECTIVE

This course helps the student to have a positive aspect of human experience and make life worth living both at individual and societal level.

### COURSE OUTCOMES

On successful completion of the course, students will be able to

CO Number	CO Statement	Knowledge Level (K1-K4)
CO1	Summarize the history and goals of positive Psychology	K1
CO2	Distinguish living well at every stage of life	K2
CO3	Apply positive emotional states and process	K3
CO4	Apply positive cognitive states and analyses the changes in human behavior	K4
CO5	Create proactive behavior and positive environment	K4

### MAPPING WITH PROGRAMME OUTCOMES

COS	PO1	PO2	PO3	PO4	PO5	PO6
CO1	S	S	M	M	M	M
CO2	S	S	S	S	M	M
CO3	S	S	S	S	S	S
CO4	S	S	S	S	S	S
CO5	S	S	S	S	S	S

**S- Strong M-Medium L-Low**

**UNIT I****10 Hours****INTRODUCTION TO POSITIVE PSYCHOLOGY**

Definition and Goals of Positive Psychology-Eastern and Western Perspective on Positive Psychology - Classification and Measure of Human Strengths: Gallup's Clifton Strengths Finder, via Classification of Strength, Search institute's 40 Developmental Assets - Positive Outcome.

**UNIT II****10 Hours****POSITIVE PSYCHOLOGY IN CONTEXT**

Developing Strengths and Living Well in a Cultural Context- Living Well at Every Stage of Life: Resilience in Childhood, Positive Youth Development, Life Task of Adulthood, Successful Aging.

**UNIT III****10 Hours****POSITIVE EMOTIONAL STATES AND PROCESS**

Principles of Pleasure: Understanding Positive affects – Positive Emotions – Happiness and Wellbeing – Marking the most of Emotional Experiences: Emotional Focused Coping-Emotional Intelligence - Socio-Emotional Electivity and Emotional story telling – Emotional Contagion.

**UNIT IV****15 Hours****POSITIVE COGNITIVE STATES AND CHANGING HUMAN BEHAVIOUR**

Seeing future through self-efficacy – Optimum and Hope – Wisdom and Courage – Mindfulness blow and Spirituality - Balanced conceptualization of mental health and Behavior– Positive Therapy

**UNIT V****15 Hours****PROSOCIAL BEHAVIOUR AND POSITIVE ENVIRONMENT**

Empathy and Egotism: Portals to Altruism- Gratitude and Forgiveness- Attachment- Love and Flourishing Relationship.

Positive Environment: Positive Schooling- Gainful employment and building better communities- Interceding to prevent the bad and enhance the good

Mental Health- Future trends of Positive Psychology- Current research in Positive Psychology

**Practicum:**

(Note: Minimum of any two practicum should be carried out)

- Life enhancement strategies for positivity
- Personal mini-experiments
- Positivity through motivational videos and movies
- Analysis of one's character strength and virtues
- Activities-Random act of kindness, making one's happiness curve of life

**Distribution of Marks: Theory 100% and Problems 0%**

**TEXT BOOKS:**

S.No	Authors	Title	Publishers	Year of Publication
01	C.R Synder, Shanej, Lopez	Positive Psychology – scientific and practical Exploration of Human strength	Sage publication	2007
02	Baumgardner, S. R., & Crothers, M. K.	Positive Psychology	Prentice Hall/Pearson Education	2009

**REFERENCE BOOKS:**

S.No	Authors	Title	Publishers	Year of Publication
01	Carr, A.	Positive Psychology: The science of happiness and human strengths	Routledge.	2011
02	Joseph, S. (Ed.)	Positive Psychology in practice: Promoting human flourishing in work, health, education, and everyday life.	John Wiley & Sons, NJ	2015
03	Kumar, U , Archana&Prakash, V.	Positive Psychology: Applications in Work, Health and Well-being.	Pearson, New Delhi	2015
04	Snyder, C.R., & Lopez, S.J.	Positive Psychology: The scientific and practical explorations of human strengths	Sage Publications Inc, Thousand Oaks, CA	2007
05	Peterson, C.	Primer in Positive Psychology	Oxford University Press, New York	2006

## WEB SOURCES:

- ❖ <https://nptel.ac.in/courses/109/102/109102157/>
- ❖ <https://positivepsychology.com/positive-psychology-an-introduction-summary/>
- ❖ <https://positivepsychology.com/positive-psychology-and-mental-health/>
- ❖ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3122271/>
- ❖ [https://www.researchgate.net/publication/274911182\\_Chapter\\_1\\_Resilience\\_in\\_Adulthood\\_and\\_Later\\_Life\\_What\\_Does\\_it\\_Mean\\_and\\_Where\\_Are\\_We\\_Heading](https://www.researchgate.net/publication/274911182_Chapter_1_Resilience_in_Adulthood_and_Later_Life_What_Does_it_Mean_and_Where_Are_We_Heading)
- ❖ <https://positivepsychology.com/emotional-intelligence-eq/>
- ❖ <https://www.coursehero.com/file/19631606/Chapter-6-The-Principles-of-Pleasure/>
- ❖ [www.academicjournal.com](http://www.academicjournal.com), Volume 2; Issue 6; November 2017; Page No. 274-276, Subjective wellbeing: Significance of hope and optimism
- ❖ <http://lib.unika.ac.id/index.php?p=fstream-pdf&fid=2488&bid=5115>
- ❖ <https://www.msuniv.ac.in/Download/Pdf/08214f39719c45b>

## TEACHING METHODOLOGIES:

- Discussion
- Lecture method
- Visual aids
- Assignment and Seminar
- Peer teaching.

## SYLLABUS DESIGNER:

**Mrs.R.Safina Selva**

*Head and Assistant Professor of Psychology*

*DKM College for Women (Autonomous).*