

## DEPARTMENT OF HUMANITIES & SOCIAL SCIENCES

### Programme: B. Tech (Minor in Psychology)

#### Course Title: Positive Psychology

**Course Category:** Minor

**Course Code:** HSMP 403

**Credits:** 3 (L-3)

**Semester:** 8<sup>th</sup>

#### Course Objectives

To bring an experience marked by the predominance of positive emotions and inform them about the emerging paradigm of Positive Psychology and to build relevant competencies for experiencing and sharing happiness as lived experience and its implications.

**Internal:** 50 Marks

**Theory:** 50 Marks

**Total:** 100 Marks

**Time:** 3 hrs

#### Instructions for Examiner

The number of questions to be set will be five, one from each unit. The examinees will be required to attempt all five questions. All questions shall carry equal marks.

#### Unit I

Positive Psychology: Concept, History, Nature, Dimensions, and Scope of Positive Psychology. Martin Seligman's PERMA Model.

#### Unit II

Positive Emotions and Well-being, Hope, Optimism, and Love. Trust and Compassion. The Positive Psychology of Emotional Intelligence, Influence of Positive Emotions, Experiencing and Enhancing Positive Emotions.

#### Unit III

Background and Definition of Signature Strengths, Character Strengths and Virtues, Using Character Strengths to Navigate an Upcoming Challenge, Resilience in the Phase of Challenge and Loss. Empathy and Altruism, Gratitude, Managing Anxiety through Gratitude, Maintaining Meaningful Relationships. Spirituality: Spiritual intelligence

#### Unit IV

Psychology of Happiness, Well-being and Scope, Types of Happiness–Eudaimonism and Hedonism. History of Happiness, Theories, Measures and Positive Correlates of Happiness, Traits Associated with Happiness, Setting Goals for Life and Happiness, Happiness in the Workplace.

#### Course Outcomes

At the end of the course, student will be able to gain a deeper understanding of the core concepts and principles of positive psychology. Students will also learn practical strategies and techniques rooted in positive psychology to cultivate positive emotions and successful life.

#### References

1. Baumgardner, S.R. & Crothers, M.K. (2009). Positive Psychology. New Delhi: Pearson Education.
2. Carr, A. (2004). Positive Psychology. The Science of Happiness and Human Strengths. London: Routledge.
3. Snyder, C.R., and Lopez, S.J. (2005), Handbook of Positive Psychology, New York Oxford University Press.
4. Peterson, C. (2006), Positive Psychology, New York: Oxford University Press.