

PSY – 415, Positive Psychology (3 CHs)

Prerequisite: None

Course Description:

The proposed course aims to enrich the students regarding the positive aspects of human nature. It also covers subjective state of wellbeing, optimism and emotional intelligence that facilitates the development of human resources in any society.

Topics covered include positive emotions, character strengths, flow experiences, mindfulness, happiness, and the integration of positive psychology into various domains such as education, workplace, and clinical settings. This course explores the principles and practices of positive psychology, focusing on the study of human strengths, well-being, and optimal functioning.

Course Objectives:

The course will facilitate students to:

- Examine the core theories and research in positive psychology, as well as practical applications to promote positive emotions, resilience, flourishing relationships, and overall life satisfaction.
- Explore interventions to promote positive psychology in people from different age groups and in various settings.

Course Learning Outcomes:

By the end of the course, students should be able to:

- Define positive psychology and its core principles.
- Identify key contributors and historical developments in the field of positive psychology.
- Examine the concept of positive emotions and their effects on well-being.
- Evaluate different character strengths and virtues, and their role in fostering positive outcomes.
- Investigate factors contributing to happiness and life satisfaction.
- Identify positive psychology interventions to promote well-being in various settings.

- Develop critical thinking skills to evaluate research findings and ethical considerations in positive psychology.

Course Contents:

- Introduction to Positive Psychology
 - Definition and scope of positive psychology
 - Historical development of positive psychology
 - Theoretical frameworks in positive psychology
- Positive Emotions and Well-being
 - The science of positive emotions (Hope; Optimism; Happiness; Love; Empathy)
 - Positive affect and its impact on mental health
 - Strategies for cultivating positive emotions.
- Character Strengths and Virtues
 - The classification of character strengths
 - Virtues (Tolerance; Forgiveness; Gratitude; Faith; Morality; Spirituality; Altruism)
 - Virtues and their cultural considerations
- Flow and Optimal Human Functioning
 - The concept of flow and its characteristics
 - Flow experiences in different domains of life
 - Enhancing flow experiences for peak performance
 - Optimal Human Functioning (Emotional Intelligence; Wisdom; Creativity; and Resilience)
- Mindfulness and Positive Mental Health
 - Understanding mindfulness and its benefits
 - Mindfulness practices for stress reduction and well-being
 - Mindfulness-based interventions
- Happiness and Subjective Well-being
 - Theories of happiness and life satisfaction
 - Factors influencing subjective well-being.
 - Pursuit of happiness and its implications
- Positive Psychology Interventions
 - Overview of evidence-based positive psychology interventions

- Application of positive interventions in clinical, counseling, and coaching contexts
 - Ethical considerations in positive interventions
- Positive Psychology in Education
 - Positive education and its impact on student well-being
 - Integrating positive psychology into the classroom
 - Teacher well-being and satisfaction
- Positive Psychology in the Workplace
 - Positive organizational psychology and employee engagement
 - Strategies for promoting positive work environments.
 - Work-life balance and employee well-being
- Positive Psychology in Clinical Practice
 - Integrating positive psychology with traditional therapeutic approaches
 - Positive psychotherapy techniques
 - Resilience-building interventions
- Social Development and Well Being
 - Why do we crave contentment?
 - Application of Positive Psychology for Personal Development

Textbooks:

- Seligman, M. E. P., Csikszentmihalyi, M., & Nakamura, J. (2018). Positive Psychology: An Introduction (3rd ed.). Wiley.
- Peterson, C., & Seligman, M. E. P. (2004). Character Strengths and Virtues: A Handbook and Classification. Oxford University Press.
- Lyubomirsky, S. (2007). The How of Happiness: A Scientific Approach to Getting the Life You Want. Penguin Books.
- Snyder, C. R., & Lopez, S. J. (2009). Oxford Handbook of Positive Psychology (2nd ed.). Oxford University Press.
- Carr, A. (2022). *Positive psychology: the science of wellbeing and human strengths*. Routledge.

Reference Books:

- Achor, S. (2010). The Happiness Advantage: The Seven Principles of Positive Psychology That Fuel Success and Performance at Work. Crown Publishing Group.
- King, L. A. (2016). The Science of Psychology: An Appreciative View. McGraw-Hill Education.
- Park, N., & Peterson, C. (Eds.). (2009). Character Strengths and Virtues: A Handbook and Classification (Vol. 1). Oxford University Press.