

## BA APPLIED PSYCHOLOGY

### Elective Course Title: Positive Psychology

**Course Category: PS412**

**Schedule of Offering: 5<sup>th</sup> Semester**

**Course Credit Structure: 3 Credits**

• **Lecture: 3 Hours per week**

**Contact Hours per week: 3 Hours per week**

**Course Instructor: Prof. K. Krishna Mohan**

#### 1. Introduction:

To introduce the basic concepts in positive psychology. This elective course provides an overview of recent approaches to positive psychology. The aim of the course is to help students to learn applications of positive psychology in various domains and their applications in everyday life.

#### 2. Course Objectives

- To introduce students to the basic concepts in positive psychology.
- To study the applications of positive psychology in various domains and their applications in everyday life.

#### 3. Pre-requisites

Registration as student in any UG program.

#### 4. Readings & Reference

Baumgardner, S.R. Crothers M.K. (2010). Positive Psychology. Upper Saddle River, N.J.: Prentice Hall.

Carr, A. (2004). Positive Psychology: The Science of Happiness and Human Strength. UK: Routledge.

Snyder, C.R., & Lopez, S.J. (2007). Positive Psychology: The scientific and practical Explorations of human strengths. Thousand Oaks, CA: Sage.

Snyder, C. R., & Lopez, S. (Eds.). (2002). Handbook of Positive Psychology. New York: Oxford University Press.

#### 5. Module-wise topics

## **Module 1: Introduction: Introduction to Positive Psychology (6 sessions)**

### **➤ Topics:**

- An Introduction to Positive Psychology
- Perspectives on Positive Psychology: Western and Eastern
- Character Strengths and virtues.

### **Readings:**

Baumgardner, S.R. Crothers M.K. (2010). Positive Psychology. Upper Saddle River, N.J.: Prentice Hall.

## **Module 2 : Positive Emotional States and Processes (11 sessions)**

### **Topics:**

- Happiness and Well being
- Positive Affect and Positive Emotions

### **Readings:**

Baumgardner, S.R. Crothers M.K. (2010). Positive Psychology. Upper Saddle River, N.J.: Prentice Hall.

## **Module 3: Positive Cognitive States and Processes (12 sessions)**

### **Topics:**

- Resilience
- Self-efficacy
- Optimism
- Hope
- Wisdom
- Flow
- Gratitude
- Forgiveness

### **Readings:**

Baumgardner, S.R. Crothers M.K. (2010). Positive Psychology. Upper Saddle River, N.J.: Prentice Hall.

## **Module 4: Applications Work and Education (6 sessions)**

### **Topics:**

- Work
- Education

**Readings:**

Baumgardner, S.R. Crothers M.K. (2010). Positive Psychology. Upper Saddle River, N.J.: Prentice Hall.

**Module 5: Applications Aging and Health (6 sessions)****Topics:**

- Ageing
- Health

**Readings:**

Baumgardner, S.R. Crothers M.K. (2010). Positive Psychology. Upper Saddle River, N.J.: Prentice Hall.

**6. Pedagogy**

The teaching-learning of the course would be organized through lectures, experiential exercises, presentations. Students would be encouraged to develop an understanding of real life issues and participate in the course and practices in the social context. Practicum is incorporated as an important component in most of the course. ICT and mass media and web based sources (like documentaries, videos, films etc.) will used to make the teaching-learning process interactive, interesting and fruitful.

**7. Evaluation Pattern**

The mode of evaluation would be through a combination of examination (Mid and End semester Exam) 70 marks and internal assessment is 30 marks. The internal assessment includes individual and group presentations and practicum submissions as a part of the overall assessment of the students.

- End Semester Examination: 40%
- Mid Semester Examination: 30%
- Group/Individual Presentation: 15 %
- Practicum: 15 %

