



## BS (4 Years) for Affiliated Colleges

Code	Subject Title	Cr. Hrs	Semester
APSY-481	Positive Psychology (Revised)	3	VIII
Year	Discipline		
4	Applied Psychology		

### Course Objectives

- To highlight and discuss the importance of emotional and cognitive states as well as positive interpersonal behavior which could make one's life more meaningful.
- To get an understanding of the valued personal experiences in the past, in present and for the future contributing to personal satisfaction and happiness.
- To discuss how positive changes can be made in one's life by thinking and behaving positively at various levels and situations– schools, work, and communities.
- To gain a deeper insight in the current research focused on pleasure, joy, creativity, self-efficacy, flow, well-being, etc.

### Course Outcome

At the completion of the course the student will be able to:

- Understand the value of personal experiences in the past, in the present and for the future contributing to personal satisfaction and happiness.
- Understand the importance of emotional and cognitive states as well as positive interpersonal behavior which could make one's life more meaningful.
- Bring positive changes in one's life by thinking and behaving positively at various levels and situations– schools, work, and communities.
- identify and use positive emotions and strengths to spark personal growth.

### Course Contents

#### Overview of Positive Psychology

##### Introduction

Positive Psychology in historical context

Dimensions of subjective well-being: Happiness, Life satisfaction

Traits of Happy People

##### Classification and measurement of human strengths

Moving from the classification of Illness to 21<sup>st</sup> century classification of human strengths

The Gallup Themes of Talent

The Values in Action (VIA)

The Search Institution's 40 Developmental Assets

Self-report measures of well-being

##### Positive Emotional States and Processes

###### Positive Emotions

Importance of positive emotions

Determinants of well-being, e.g., age, gender, money, work satisfaction, social support, faith, self-esteem, etc.

Positive Emotions and physical health

Expanding the Repertoire of Pleasure  
Broad and built theory of positive emotions

### **Using emotions for coping**

Adaptive Potential of Emotion-Focused Coping  
Functions of Emotional Approach  
Neurobiological Basis of Emotional Responses

### **Emotional Intelligence (EI)**

Importance of EI  
Perceiving, understanding and managing emotions  
EI and positive outcomes  
Can EI be taught?

### **Positive Cognitive States and Processes**

**Self-Efficacy:** Self-Efficacy and developmental antecedents, Neurobiology of self-efficacy,  
Scales: Measuring self-efficacy

**Optimism:** Neurobiology of optimism and pessimism, Learning optimism (study of Scheier and Craver), Measuring Learned Optimism

**Hope:** Characteristics and childhood antecedents, Neurobiology of hope

**Wisdom:** Implicit and explicit theories of wisdom, Relation between Wisdom and Intelligence

**Courage:** Theories, Physical Courage, Moral Courage, Psychological courage,  
Vital courage, Learning and measuring courage, Fear and Courage

**Flow:** Flow theory, Dynamics of flow experience, Fostering Flow

### **Pro-social Behavior**

#### **Religiosity/Spirituality**

Purpose and pathways to Spirituality  
Research on Religiosity and Health

**Altruism:** Genetic and Neural Foundations of Empathy, The Empathy-Altruism Hypothesis,  
Cultivating altruism

**Gratitude:** Gratitude as viewed in Islam, Cultivating gratitude, Measuring gratitude  
The psychophysiological underpinnings of gratitude

**Forgiveness:** The evolutionary and neurological basis of forgiveness, Forgiveness in Islam,  
Measuring and cultivating forgiveness

**Attachment:** Attachment as an adaptive response, Neurobiology of interpersonal connection,  
Parent-child attachment, Attachment styles & later adult relationships  
Research on attachment styles, Building a mindful relationship connection

**Positive environments:** Positive parenting, Positive schooling, Good work, Positive  
communities, Positive ageing

### **Recommended Books**

- Baumgardner, S. R., & Crother, M. K. (2009). *Positive Psychology*. Pearson Education.
- Corer, L., Keyes, M., & Handit, J. (Eds.), (2002). *Flourishing – Positive psychology and the life*. Washington: APA Publication
- Edi, S. I. D. (2011). *Applied positive psychology*. Taylor and Francis: New York.
- Seligman, M. E. P. (2002). *Authentic happiness*. Free Press.
- Snyder, C. R., Lopez, S. J., & Pedrotti, J. T. (2010). *Positive psychology: The scientific and practical explorations of human strengths* (2nd ed.). USA: SAGE Publications, Inc.
- Snyder, C.R., & Lopez, S.J.(2007). *Positive psychology*. London: Sage Publications.
- Swinson, J. (2012). *Positive psychology for teachers*. London: Routledge.
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