

PSY802:PSYCHOLOGY OF HAPPINESS

Course Outcomes: Through this course students should be able to

CO1 :: identify the concept of happiness.

CO2 :: use emotions intelligently in one's academic and personal life.

CO3 :: classify types of creativity, intelligence and wisdom.

CO4 :: employ the concepts of positive psychology day to day life to become the better version of oneself

Unit I

Introduction to Psychology of Happiness : Happiness and well being, Scope of psychology of Happiness, Paradigmatic challenges

Unit II

Positive emotions and its influences : Flow, Resilience, optimism, development of optimism, hope, development of hope

Unit III

Emotional intelligence : ability or trait, models, enhancing emotional intelligence, applications of emotional intelligence

Unit IV

Giftedness, creativity and wisdom : introduction to giftedness, creativity, and wisdom, models, implications

Unit V

Positive traits and motives : trait theories of personality and personal strengths, motives as personal strengths, implications

Unit VI

Applications of happiness : gross national happiness, happiness in the classroom, encouraging employee happiness, rewards of happiness, future of happiness

Text Books:

1. MINDSET: THE NEW PSYCHOLOGY OF SUCCESS by CAROL S. DWECK, RANDOM HOUSE

References:

1. FLOURISH: A VISIONARY NEW UNDERSTANDING OF HAPPINESS AND WELL-BEING by MARTIN E.P. SELIGMAN, FREE PRESS
2. KEYS TO HAPPINESS: 92 AFFIRMATIONS FOR FINDING HAPPINESS AND LIVING AN INSPIRATIONAL LIFE by GARY VURNUM, CREATSPACE INDEPENDENT PUBLISHING PLATFORM
3. POSITIVE PSYCHOLOGY THE SCIENCE OF HAPPINESS AND HUMAN STRENGTHS by ALAN CARR, ROUTLEDGE