- **Course Name**

  Measurement of Happiness (L-T-P: 2-0-2, CRD: 2)

- **Proposed Course Instructors**

  1. Prof. Manas K. Mandal
     Distinguished Visiting Professor, IIT Kharagpur & Adviser, Rekhi Centre
  2. Prof. D. Suar, Rekhi Centre and HSS
  3. Prof. A. Routary, Rekhi Centre and EE
  4. Prof. R. Guha, Rekhi Centre and CET
  5. Prof. T. Mukherjee, Rekhi Centre and VGSOM

- **Semester in which Course will be offered**

  Spring and Autumn Semester

- **Overview**

  Measuring happiness is a challenge as it is unclear whether this mental state is attained at what level, intensity or context. Unlike negative mental states that are measured with a great degree of accuracy (like anxiety, depression), happiness is a subject of high degree of variability amongst individuals. The course will address this challenge in measurement with a special focus on measurement alternatives, research designs and outcome orientation. The primary aim of this course will be to impart knowledge with empirical evidence so that students can carry out research in this field.

- **Measurement of Happiness [2 – 0 – 2]**

  1. **Challenges in the measurement of Happiness & Well-being: [4]**
     - (a) Subjective well-being: quality of appreciation for life-as-a-whole
     - (b) Social well-being: quality of relationship & intimacy
     - (c) Physical well-being: quality of living environment & autonomy
  2. **Measurement of Happiness & Well-being: [6]**
     - (a) Biological: Hemisphericity, neuroimaging & autonomic measures
     - (b) Self-report: Psychometric tests, questionnaire
     - (c) Implicit measures: Projective techniques, structured observation
     - (d) Behavioral: Nonverbal measures of happiness,
     - (e) Universality & culture-specificity of happiness
  3. **Challenges of psychological test development for happiness: [6]**
     - (a) Psychometric tests
     - (b) Projective & situation judgment tests
     - (c) Social desirability, ethics & computers
     - (d) Behavioral & neuroscientific issues in the measurement of happiness

4. **Design of study for measurement: [4]**
    (a) Causal & cohort designs
    (b) Survey & case-study based designs
    (c) Cross-sectional & longitudinal designs
    (d) Experimental & observational designs
5. **Data analysis & Measurement of happiness: [4]**
    (a) Qualitative methods for measurement: Content analysis, discourse analysis, narrative analysis
    (b) Quantitative statistical methods for measurement: parametric & non-parametric statistics
6. **Practicals**: **Mapping & creating happiness: [12]**
    (a) Profiling a happy leader
    (b) Designing a happy city
    (c) Inducing happy mood: Mood induction paradigms
    (d) Developing a happiness kiosk: Biofeedback measures
    (e) Creating a happy work environment: Cognitive & psychometric tests
    (f) Oculemics: Eye tracking

- **References**

Shinsuke Ikeda , et al. *Behavioral Economics of Preferences, Choices, and Happiness,* Springer, 2016.

Toshiaki Tachibanaki, *Advances in Happiness Research: A Comparative Perspective*, Springer, 2016.

Gaël Brulé and Filomena Maggino, *Metrics of Subjective Well-Being: Limits and Improvements*, Springer 2017.

Mark D. Holder, *Happiness in Children: Measurement, Correlates and Enhancement of Positive Subjective Well-Being*, Springer, 2012.

Ruut Veenhoven, *Data-Book of Happiness*. Springer, 1984.

Ruut Veenhoven, *Conditions of Happiness*, D. Reidel Publishing Company, 1989.

- **Texts**

Anne Anastasi, *Psychological Testing*, Prentice Hall, 1997.

R Michael Furr, Verne R. Bacharach, *Psychometrics: An Introduction*, Sage Publications, 2013.

Tenko Raykov, Geaorge A. Marcoulides, *Introduction to Psychometric Theory*, Routledge, 2011.