B.A

SKILL ENHANCEMENT COURSE

SEMESTER-III

(BAB32307T) POSITIVE PSYCHOLOGY (SEC-1) (i)

MAXMARKS:100

EXTERNAL:70

INTERNAL:30

PASS:40%

CREDITS: 4

OBJECTIVE:

The objective of the course is to help the learners draw insights from Positive Psychology to lead a happy, contended and fulfilled life and achieve success at their workplaces.

COURSE OUTCOMES:

Co 1:	Understand key concepts and theories in positive psychology including topics such as happiness, well-being and positive emotions.
Co 2:	Able to apply positive psychology principles and interventions to enhance their well-being and that of others, both in personal and professional contexts.
Co 3:	Learn the importance of individual differences in well-being.
Co 4:	Be aware of ethical considerations related to the practice and research of positive psychology, including issues such as informed consent, confidentiality, and potential risks associated with interventions.

INSTRUCTIONS FOR THE PAPER SETTER/EXAMINER:

1. The syllabus prescribed should be strictly adhered to.
2. The question paper will consist of three sections: A, B, and C. Sections A and B will have four questions each from the respective sections of the syllabus and will carry 10 marks each. The candidates will attempt two questions from each section.
3. Section C will have fifteen short answer questions covering the entire syllabus. Each question will carry 3 marks. Candidates will attempt any 10 questions from this section.
4. The examiner shall give a clear instruction to the candidates to attempt questions only at one place and only once. Second or subsequent attempts, unless the earlier ones have been crossed out, shall not be evaluated.
5. The duration of each paper will be three hours.

INSTRUCTIONS FOR THE CANDIDATES:

Candidates are required to attempt any two questions each from the sections A, and B of the question paper, and any ten short answer questions from Section C. They have to attempt questions only at one place and only once. Second or subsequent attempts, unless the earlier ones have been crossed out, shall not be evaluated.

Section A

Unit 1: Positive Psychology: Nature; Dimension and scope of Positive Psychology;

Unit 2: Character strengths and Virtues.

Unit 3: Well-being: Nature and approaches: Hedonic and Eudemonic; Seligman's Perma.

Section B

Unit 4: Happiness: Physiological Perspectives on Happiness,

Unit 5: Psychological Meaning of Happiness, Setting Goals for Life and Happiness.

Unit 6: Biopsychosocial determinants of happiness**;** Role of emotions and motives in pursuing happiness.

Suggested readings:

- Lopez, Pedrotti & Synder. (2018). Positive Psychology: The scientific and Practical Explorations of Human strengths.
- Peterson, C., & Seligman, M. E. P. (2004). Character strengths and virtues: A handbook and classification. New York: Oxford University.
- Boniwell, I. (2012). *Positive Psychology in a Nutshell: The Science of Happiness(3rdedition)*. London: McGraw Hill.
- Compton, W.C. & Hoffman, E. (2012). *Positive Psychology: The Science of Happiness and Flourishing*. Belmont: Wadsworth.
- Ivtzan, I., Lomas, T., Hefferon, K., Worth, P. (2016). *Second Wave Positive Psychology: Embracing the Dark Side of Life*. Routledge.
- Lomas, T., Hefferon, K., Ivtzan, I., (2014) *Applied Positive Psychology: Integrated Positive Practice*. SAGE Publications Ltd.