



Alphonsa College Thiruvambady

Run by Educational Trust of Diocese of Thamarassery
Affiliated to the University of Calicut.

POSITIVE PSYCHOLOGY


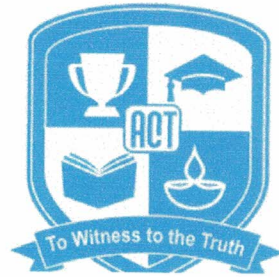
2020-21

Add-on Course for
PSYCC011 Students

ALPHONSA COLLEGE THIRUVAMBADY

DEPARTMENT OF PSYCHOLOGY

2020-2021



**Curriculum for
Add on course on
Positive Psychology
PSYCC015**

Coordinator: Ms. Avani M.K
Fee Structure: INR 500 (Per student)
Duration of the course: 30 hours

Positive Psychology

Overview

Positive Psychology is the scientific study of the strengths that enable individuals and communities to thrive. The field is founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work, and play.

Key Objectives

- To understand the importance of positive emotions and learn to enhance happiness and well-being.
- To identify and enhance the human strengths and virtues that make life worth living.

Course Outcome

- Anticipate what they will gain from an educational experience
- Track their progress and help them to overcome the barrier.
- Develop confidence and a positive attitude towards life skill.
- The ability to enjoy nurturing relationships by being able to express his feelings and negotiate successfully with others independently.

Topics

MODULE I INTRODUCTION TO POSITIVE PSYCHOLOGY (7 hrs)

1.1 Definition, dimensions and scope, Origin and development

1.2 Positive emotions and relationships, Broaden and Build Theory of Positive emotions, Emotional Intelligence

MODULE II HAPPINESS AND WELL-BEING (7hrs)

2.1 Happiness-History, Well-being- subjective well-being (hedonic) and eudiamonic well-being

2.2 Components of Subjective well-being and measurement, Hedonic treadmill theory, Theory of dispositional optimism

MODULE III CHARACTER STRENGTHS AND VIRTUES (8hrs)

3.1 Wisdom and Knowledge- Creativity, Curiosity, Open-mindedness, Love of learning, Perspective ; Courage- Bravery, Persistence, Integrity, Vitality

3.2 Humanity- Love, Kindness, Social Intelligence ; Justice- Citizenship, Fairness, Leadership

3.3 Temperance- Forgiveness and Mercy, Humility/Modesty, Prudence, Self-regulation ; Transcendence- Appreciation of beauty and excellence, Gratitude, Hope, Humor, Spirituality

MODULE IV INTERVENTIONS (8hrs)

4.1 Positive psychotherapy, Positive psychology and education, Mindfulness

4.2 Evidence-based interventions- Three good things, A gratitude visit, Random acts of kindness, Active constructive responding, Identifying signature strengths, Savouring, Exercise, Best possible self

References

Alan Carr (2011). Positive Psychology: The Science of Happiness & Human strengths (IIedition). Routledge, London & New York.

Aspinwall Lisa and Staudinger Ursula (2002) A Psychology of Human Strengths: Fundamental Questions & Future Directions for a Positive Psychology, APA.

Bolt Martin (2008) Pursuing Human Strengths: A Positive Psychology Guide. Prentice Hall.

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Peterson Christopher and E.P. Seligman Martin.(2004). Character Strengths and

Virtues: A Handbook and Classification New York, American Psychological

Association and Oxford University Press



Dr.Chacko K.V

DR. CHACKO K.V.

PRINCIPAL

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Ms.Avani M.K



POSITIVE PSYCHOLOGY

OBJECTIVES

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- To identify and enhance the human strengths and virtues that make life worth living

MODULE I INTRODUCTION TO POSITIVE PSYCHOLOGY (7 hrs)

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Association and Oxford University Press



A handwritten signature in blue ink is located to the right of the main text block. The signature appears to be "Chacko K.V.".

DR. CHACKO K.V.
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MODEL QUESTION PAPER
ADD ON COURSE- POSITIVE PSYCHOLOGY

Name:

Reg No:

Time: 2Hrs

Maximum Marks: 60

SECTION -A

Answer **ALL** Questions. Answer in two or three sentences. Each carries 2 marks.

There shall be ceiling of 20 marks in this section

1. Define Positive Psychology
2. Define Positive emotions
3. Emotional Intelligence
4. Creativity
5. Curiosity
6. Social Intelligence
7. Positive psychotherapy,
8. "Meaningful life" in positive psychology
9. Broaden and Build Theory of Positive emotions
10. Mindfulness
11. Positive relationships
12. Positive institutions

(10 x 2= 20 marks)

SECTION -B

Answer **all** questions. Answer in a paragraph of about half a page to one page. Each question carries 5 marks. There shall be ceiling of 30 marks in this section

13. Components of Subjective well-being
14. Measurement of Subjective well-being
15. Explain Well-being- subjective well-being (hedonic) and eudaimonic well-being
16. The 5 character Strengths of wisdom in Positive Psychology
17. The 4 character Strengths of courage in Positive Psychology
18. Character Strengths of transcendence in Positive Psychology
19. Need for Positive psychology education

(5 x 6= 30 marks)

SECTION -D

Essay Type Questions

Answer **any one** of the following. Each Carries 10 Marks.

20. Explain in detail Hedonic treadmill theory & Theory of dispositional optimism
21. Explain in detail the origin and development of positive psychology.

(1 x 10= 10 marks)


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ANSWER KEY-POSITIVE PSYCHOLOGY

SECTION -A

1. Define Positive Psychology

*Positive psychology's main aim is to encourage people to discover and nurture their character strengths, rather than channeling their efforts into correcting shortcomings

2. Define Positive emotions

*Positive emotions include pleasant or desirable situational responses, ranging from interest and contentment to love and joy, but are distinct from pleasurable sensation and undifferentiated positive affect.

3. Emotional Intelligence

*Emotional intelligence (otherwise known as emotional quotient or EQ) is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict.

4. Creativity

*Creativity is a phenomenon whereby something new and valuable is formed. The created item may be intangible or a physical object

5. Curiosity

*Curiosity is a pleasant motivational state involving the tendency to recognize and seek out novel and challenging information and experiences.

6. Social Intelligence

*Social intelligence refers to a person's ability to understand and manage interpersonal relationships.

7. Positive psychotherapy

*Positive psychotherapy uses multicultural stories and metaphors to encourage people in therapy to view their mental health concerns in unique and positive ways.

*The person in therapy is incorporated into the story to allow them the opportunity to play an active role in the healing process

8. "Meaningful life" in positive psychology

*In positive psychology, a meaningful life is a construct having to do with the purpose, significance, fulfillment, and satisfaction of life.

9. Broaden and Build Theory of Positive emotions

*The broaden-and-build theory in positive psychology suggests that positive emotions (such as happiness, and perhaps interest and anticipation) broaden one's awareness and encourage novel, exploratory thoughts and actions.

10. Mindfulness

Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment.

11. Positive relationships

*A positive relationship should bring more happiness than unhappiness into a young person's life. They should feel good about themselves, not guilty, angry, depressed or upset.

12. Positive institutions

*Understanding positive institutions entails the study of the strengths that foster better communities, such as justice, responsibility, civility, parenting, nurturance, work ethic, leadership, teamwork, purpose, and tolerance.

SECTION -B

13. Components of Subjective well-being

*Subjective well-being has three components: life satisfaction (LS), positive affect (PA), and negative affect (NA) (Andrews & Withey, 1976).(Explain)

14. Measurement of Subjective well-being

*Subjective wellbeing is necessarily measured by respondents' self-reports evaluating their life and feelings.

* In some fields subjective reports are the standard; for instance, in the assessment of pain and fatigue, and are indispensable tools for research and for providing healthcare.

15. Explain Well-being- subjective well-being (hedonic) and eudaimonic well-being

*Hedonic happiness is achieved through experiences of pleasure and enjoyment, while eudaimonic happiness is achieved through experiences of meaning and purpose.

*Both kinds of happiness are achieved and contribute to overall well-being in different ways.

16. The 5 character Strengths of wisdom in Positive Psychology

*Wisdom is associated with attributes such as unbiased judgement, compassion, experiential self-knowledge, self-transcendence and non-attachment, and virtues such as ethics and benevolence.

17. The 4 character Strengths of courage in Positive Psychology

*Courage describes strengths that help you exercise your will and face adversity. The other strengths in Courage are bravery , honesty , perseverance , and zest .

18. Character Strengths of transcendence in Positive Psychology

*Transcendence describes strengths that help you connect to the larger universe and provide meaning to one's life the other strengths under *Transcendence are: the appreciation of beauty & excellence, gratitude, hope, humor, and spirituality.

19. Need for Positive psychology education

*Positive education is defined as education for both traditional skills and for happiness.

*The high prevalence worldwide of depression among young people, the small rise in life satisfaction, and the synergy between learning and positive emotion all argue that the skills for wellbeing should be taught in school.

SECTION –D

20. Explain in detail Hedonic treadmill theory & Theory of dispositional optimism

*The hedonic treadmill is a metaphor for the human tendency to pursue one pleasure after another.

*That's because the surge of happiness that's felt after a positive event is likely to return to a steady personal baseline over time

*The hedonic treadmill is a metaphor for the human tendency to pursue one pleasure after another. That's because the surge of happiness that's felt after a positive event is likely to return to a steady personal baseline over time.

*The theory of the hedonic treadmill states that regardless of what happens to people, their levels of happiness will eventually return to their baselines. Take this theory with a classic example: say you get married, move into a new house, get a promotion, lose a job, suffer an accident, etc., over time, you're likely to return to your set point of happiness.


21. Explain in detail the origin and development of positive psychology.

* Positive psychology began as a new domain of psychology in 1998 when Martin Seligman chose it as the theme for his term as president of the American Psychological Association.

* It is a reaction against past practices, which have tended to focus on mental illness and emphasized maladaptive behavior and negative thinking.

*Martin E. P. Seligman, in his 1998 APA Presidential Address, is said to have introduced positive psychology to the American Psychological Association. However, overwhelming evidence suggests that the principal components of positive psychology date back at least to William James.

*Positive psychology focuses on eudaimonia, an Ancient Greek term for "the good life" and the concept for reflection on the factors that contribute the most to a well-lived and fulfilling life. Positive psychologists often use the terms subjective well-being and happiness interchangeably(Explain).



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List of Students Enrolled for Add-On Course

POSITIVE PSYCHOLOGY (2020-2021)

SL.NO	ENROLLMENT NUMBER	NAME OF PARTICIPANTS
1	PSYPP20-01	Anjalin A.
2	PSYPP20-02	Akshaya C.
3	PSYPP20-03	Meenu Lakshmi K. K.
4	PSYPP20-04	Athifa Ashraf K. T.
5	PSYPP20-05	Abhirami C. S.
6	PSYPP20-06	Sandra Johny
7	PSYPP20-07	Remya C Alex
8	PSYPP20-08	Gayatri Santosh Nair
9	PSYPP20-09	Josna M. M.
10	PSYPP20-10	Gayathri M.
11	PSYPP20-11	Jewel Mariya Shaju

12	PSYPP20-12	Chandana M. K.
13	PSYPP20-13	Nikhi Tess Mathew
14	PSYPP20-14	Ansha Nasirkhan
15	PSYPP20-15	Soorya R.
16	PSYPP20-16	Abhina E. P.
17	PSYPP20-17	Thasla A. P.
18	PSYPP20-18	Adheena Vinod
19	PSYPP20-19	Sariga Ramesh
20	PSYPP20-20	Anju Sunny
21	PSYPP20-21	Sanusha P. S.
22	PSYPP20-22	Aiswarya Shaji
23	PSYPP20-23	Anupama Jose
24	PSYPP20-24	Habeeba V. P.
25	PSYPP20-25	Sneha Unnikrishnan
26	PSYPP20-26	Shyam Krishna P.
27	PSYPP20-27	Avani Ravindran K. V.
28	PSYPP20-28	Hiba Sherin C. K.

29	PSYPP20-29	Akhil Thomas
30	PSYPP20-30	Rinsha T. K.
31	PSYPP20-31	Bana Jasmin P.
32	PSYPP20-32	Edwin John
33	PSYPP20-33	Sandra Johnson
34	PSYPP20-34	Akhil Mohammed

Avani
COORDINATOR

Ms. Avani M.K

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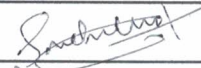


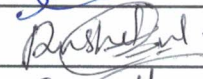
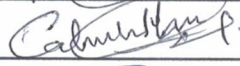


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POSITIVE PSYCHOLOGY A Certificate course for BSc Students 2020-2021

STUDENTS LIST WITH SIGNATURE

SL.NO	NAME OF PARTICIPANTS	SIGNATURE
1	Anjalin A.	
2	Meenu Lakshmi K. K.	
3	Abhirami C. S.	
4	Sandra Johny	
5	Remya C Alex	
6	Gayatri Santosh Nair	
7	Josna M. M.	
8	Gayathri M.	
9	Jewel Mariya Shaju	
10	Chandana M. K.	
11	Nikhi Tess Mathew	
12	Ansha Nasirkhan	
13	Abhina E. P.	
14	Thasla A. P.	
15	Adheena Vinod	
16	Sariga Ramesh	
17	Anju Sunny	
18	Sanusha P. S.	
19	Aiswarya Shaji	
20	Habeeba V. P.	

21	Sneha Unnikrishnan	
22	Hiba Sherin C. K.	
23	Sooraj S	
24	Rinsha T. K.	
25	Edwin John	
26	Sandra Johnson	
27	Akhil Mohammed	





Ms. Avani MK (Coordinator)



Dr. K V Chacko(Principal)

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2020-2021

Attendance List

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7	Josna M.	P	P	P	P	P	P	P	P	P	P	P	P	P
8	Gayathri M.	P	P	P	AB	P	P	P	P	P	P	P	P	P
9	Jewel Mariya Shaju	P	P	AB	P	P	P	P	P	P	P	P	P	P
10	Chandana M. K.	P	AB	P	P	P	P	P	P	P	P	P	P	P
11	Nikhi Tess Mathew	P	P	P	P	P	P	AB	P	P	P	P	AB	P
12	Ansha Nasirkhan	P	P	P	P	AB	P	P	P	P	P	AB	P	P
13	Abhina E. P.	P	P	P	P	P	P	AB	P	P	P	P	AB	P
14	Thasla A. P.	P	P	AB	P	P	P	P	P	P	AB	P	P	P
15	Adheena Vinod	P	P	P	P	AB	P	P	P	P	P	AB	P	P
16	Sariga Ramesh	P	P	P	P	P	P	P	P	P	P	P	AB	P
17	Anju Sunny	P	P	P	AB	P	P	P	P	P	AB	P	P	P
18	Sanusha P. S.	P	P	P	P	AB	P	AB	P	P	P	P	P	P

SL N O	NAME	DAY 16 22/09/ 20	DAY 17 27/09/ 20	DAY 18 1/10/2 0	DAY 19 6/10/2 0	DAY 20 11/10/ 20	DAY 21 20/10/ 20	DAY 22 25/10/ 20	DAY 23 28/10/ 20	DAY2 4 4/11/2 0	DAY 25 10/11/ 20	DAY 26 18/11/ 20	DAY 27 22/11/ 20	DAY2 8 24/11/ 20	DAY2 9 29/11/ 20	DAY 30 30/11 /20
1	Anjalin A. Meenu Lakshmi K.	P	P	P	AB	P	P	P	P	P	P	AB	P	P	P	P
2	Abhirami C. S.	P	AB	P	P	P	P	P	P	P	P	P	P	AB	P	P
3	Sandra Johny	P	P	AB	P	P	P	P	P	P	P	P	P	P	P	AB
4	Remya C Alex	P	P	P	P	P	AB	P	P	P	P	P	P	P	AB	P
5	Gayatri Santosh Nair	P	P	P	P	P	P	AB	P	P	P	P	AB	P	P	P
6	Josna M. M.	P	P	P	AB	P	P	P	P	P	AB	P	P	P	P	P
7	Gayathri M.	P	AB	P	P	P	P	P	AB	P	P	P	P	P	P	P
8	Jewel Mariya Shaju	P	P	P	P	AB	P	P	P	P	P	AB	P	P	P	P

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~~Avani~~
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2020-2021


GRADESHEET

SL.NO	NAME OF PARTICIPANTS	GRADE OBTAINED
1	Anjalin A.	A
2	Meenu Lakshmi K. K.	A+
3	Abhirami C. S.	A+
4	Sandra Johny	A+
5	Remya C Alex	B+
6	Gayatri Santosh Nair	A
7	Josna M. M.	A+
8	Gayathri M.	B+
9	Jewel Mariya Shaju	A
10	Chandana M. K.	A
11	Nikhi Tess Mathew	A+
12	Ansha Nasirkhan	B+
13	Abhina E. P.	B+

14	Thasla A. P.	A+
15	Adheena Vinod	A
16	Sariga Ramesh	A+
17	Anju Sunny	A+
18	Sanusha P. S.	A+
19	Aiswarya Shaji	A+
20	Habeeba V. P.	B+
21	Sneha Unnikrishnan	A+
22	Hiba Sherin C. K.	A+
23	Rinsha T. K.	B+
24	Edwin John	A+
25	Sandra Johnson	A
26	Akhil Mohammed	A+


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