

SEMESTER-VII

CPSY-412

POSITIVE PSYCHOLOGY

Credit Hour: 3

Type: Major

Course Objectives

The Course aims to:

- 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.

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**

- **Positive Emotional States and Processes**

- **Using emotions for coping**

- **Emotional Intelligence (EI)**

- **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.

Islamic concept of happiness and success

Course Outcomes

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

Recommended Books:

Al-Ghazali M. (1989). Mizan al-'amal. Beirut: Lebanon. Dar Al-Kutub Al-ilmiah.

Al-Mansur biallah. (2001). 'adab Al-Mu'alimin wa lmuta'alimin. [The manor of teachers and Students]. Retrieved from <http://www.alwaraq.com/>

Baumgardner, S. R., & Crother, M. K. (2009). Positive Psychology. New Jersey: Pearson Education.

Corer, L., Keyes, M., & Handit, J. (Eds.), (2002). Flourishing – Positive Psychology and the life. Washington: APA Publication.

Carr, A. (2004). Positive Psychology: The science of happiness and human strengths. New York: Brunner Rutledge.

Edi, S. I. D. (2011). Applied positive Psychology. New York: Taylor & Francis Lewis,

S. (2011). Positive Psychology at work: How positive leadership and appreciative inquiry create inspiring organizations. UK: Wiley Blackwell.

Linley, P. A., & Joseph, S. (2004). Positive Psychology in practice. USA: John Wiley & Sons.

Lopez, S. J. (Ed.). (2013). The encyclopedia of positive Psychology. UK: Wiley Blackwell. Lopez, S. J., & Snyder, C. R. (Ed.). (2011). The oxford handbook of positive Psychology. (2nd ed.). USA. Oxford University.

Loizzo, J. (2012). Sustainable happiness: The mind science of well being altruism and inspiration. New York: Rutledge.

Seligman, M. E. P. (2002). Authentic happiness. New York: Free Press.

Swinson, J. (2012). Positive Psychology for teachers. London: Routledge.

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: The scientific and practical explorations of human strengths. London; Sage Publications.

- **Relevant published articles should be included in the list of reading material**