

SEMESTER-IV		CODE: MPY -E417	PAPER TITLE: POSITIVE PSYCHOLOGY	
Credit	Time	Internal Assessment	End Semester Examination	Total Marks
05	03 Hours	20+10=30 Marks	70 Marks	30+70=100 Marks
LEARNING OUTCOMES:				
<ol style="list-style-type: none"> To learn the applications of positive psychology concepts at every stage of human development. To analyze the impact of positive emotional and cognitive states on the well-being of the individual. To apply the positive psychology concepts for personal growth & development. 				
UNIT-I	Positive Perspective of Psychology	<ul style="list-style-type: none"> • Meaning of Positive psychology, • Importance; • Eastern & Western Perspectives; • Classifications and measures of strengths. <ul style="list-style-type: none"> ○ Gallup's Clifton Strengths Finder, ○ The VIA Classification of Strengths, • The search Institute's 40 Developmental Assets; Distinguishing among the measures of Psychological strength; Identifying personal strengths 		
UNIT-II	Living Well at Every Stage of Life and Positive Environment	<ul style="list-style-type: none"> • Resilience in Childhood • Positive Youth Development • Life tasks of adulthood, • Successful aging • Positive schooling and • Positive work environment 		
UNIT-III	Positive Emotional States and Cognitive States	<ul style="list-style-type: none"> • Happiness and subjective wellbeing • Emotion- Focused Coping; • Emotional intelligence • Positive cognitive states. Self efficacy; Optimism and Hope; Post-traumatic Growth; Wisdom and courage; Mindfulness, Flow and Spirituality 		
UNIT-IV	Prosocial Behaviour	<ul style="list-style-type: none"> • Altruism, Gratitude and Forgiveness • Attachment, Love and Flourishing Relationships • Positive response to loss • Assessing relationships 		
UNIT-V	Application of Positive Psychology	<ul style="list-style-type: none"> • Positive Change. Positive psychology and meaningful life; • Purpose of Life • Positive Change. Stages of change, Change processes • Informal helping relationships; • Psychotherapeutic relationships' • Effectiveness of Psychological Therapies; • Prevention of psychological problems 		
Books Recommended:				
<ol style="list-style-type: none"> Baumgardner, S. R. & Crothers, M.K. (2014). Positive Psychology. New Delhi: Pearson Education. ISBN-13 : 978-9332537927 Shane J. Lopez, Jennifer Teramoto Pedrotti, Snyder, C. R. (2021) Positive Psychology: The Scientific and Practical Explorations of Human Strengths SAGE Publications India Pvt Ltd ISBN-13 : 978-9354791284 Alan Carr (2011) Positive psychology. The science of happiness and human strengths. Routledge. ISBN-13 : 978-0415602365 Alex M. Wood, Judith Johnson (2011) The Wiley Handbook of Positive Clinical Psychology. Wiley-Blackwell. ISBN-13 : 978-1118468241 Shane J. Lopez (2012) The Encyclopedia of Positive Psychology. Wiley-Blackwell. ISBN-13 : 978-1118344675 				