

**JYOTI NIVAS COLLEGE AUTONOMOUS  
SYLLABUS FOR 2019-2020 BATCH AND THEREAFTER**

**Programme: B.Voc VP.**

**Semester: V**

**Paper 9: Positive Psychology**

**Course Code : 18BVV503**

**Course Objectives and Learning Outcomes:**

1. To enable students to understand basic concepts of positive psychology.
2. To train students to identify and appreciate the strengths in oneself and in others.
3. To guide students to have the ability to identify and explain key scientific theories within the discipline of positive psychology and apply these theories, formally and informally, in their own lives, relationships and teams.
4. To motivate students to have an awareness of applications and implications of positive psychology concepts in visual communication and performing arts.

**UNIT I: INTRODUCTION (15 HOURS)**

Positive psychology: Definition; goals and assumptions; Happiness: Two traditions (Hedonism & Eudaimonia), Happiness across the life span (affective forecasting, impact bias-focalism & immune neglect); Gender and happiness; Relationships and happiness; Physical and mental health and happiness; SWOT Analysis.

**UNIT II: POSITIVE EMOTIONS AND WELL-BEING (17 HOURS)**

Positive emotions – meaning, the Broaden-and-Build Theory; Distinguishing the positive and the negative; Positive emotions and health resources; Positive emotions and well-being; Cultivating positive emotions (Flow experiences and Savoring); Emotional, social and psychological well-being – Ryff’s Psychological well-being model and Keyes and Lopez’s complete mental health model.

**UNIT III: POSITIVE STATES AND PROCESSES (15 HOURS)**

Optimism – Dispositional optimism, How optimism works, variation of optimism and pessimism; Hope– theory and assessment; Optimism, hope and health; Resilience – developmental and clinical perspectives; Resilience – Types, ABCDE model to build resilience, Resilience in childhood.

**UNIT IV: SPIRITUALITY, FORGIVENESS AND WISDOM (15 HOURS)**

Spirituality - the search for meaning (Frankl), Spirituality and well-being; Forgiveness – definition, cultivation forgiveness; Wisdom –developing wisdom, correlates of wisdom – age, intelligence and happiness, characteristics of wise people.

## **UNIT V: MINDFULNESS AND NON-VERBAL COMMUNICAITON**

**(13 HOURS)**

Mindfulness – meaning, history, techniques of mindfulness, psychology of mindfulness, mindfulness and positive psychology.

Non-violent communication – meaning, purpose, what NVC is not, four components of NVC expression, two ways of moving toward connection (honestly express & empathetically listen).

### **PRACTICALS:**

1. Gratitude Journal.
2. Character Strengths.
3. Heartland Forgiveness Scale.
4. Flourishing Scale.
5. Resilience Scale.

### **REFERENCES:**

1. Snyder, C. R. & Lopez, S. J. (2011). Handbook of positive psychology. (eds.). New York: Oxford University Press.
2. Baumgardner, S. R. & Crothers, M. K. (2014). Positive psychology. Upper Saddle River, NJ: Pearson Education.
3. Carr, A. (2011). Positive psychology, The science of happiness and human strengths. New York: Routledge.
4. Singh, A. (2013). Behavioral science: Achieving behavioral excellence for success. New Delhi: Wiley India Pvt Ltd.
5. Ackerman, C. (2019). 7 Great benefits of mindfulness in positive psychology. Retrieved from <https://positivepsychology.com/mindfulness-positive-psychology-3-great-insights/>
6. Kendrick. (2007). An Introduction to Nonviolent Communication. Retrieved from [http://www.schooltransformation.com/wp-content/uploads/2012/06/Kendrick\\_NVC\\_Materials.pdf](http://www.schooltransformation.com/wp-content/uploads/2012/06/Kendrick_NVC_Materials.pdf)