

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI - 600 086
Post Graduate Elective offered by the Department of Psychology to the students of
M.A/M.com/M.Sc. Degree Programmes

SYLLABUS

(Effective from the academic year 2015 -2016)

PSYCHOLOGY OF WELL-BEING

CODE: 15PY/PE/PW24

CREDITS : 4

L T P : 4 0 0

TOTAL TEACHING HOURS: 52

OBJECTIVES OF THE COURSE:

- To enable students to value the power of Positive Emotions
- To train them to discern use of appropriate emotions in a given situation
- To enable self-realisation to achieve their full potentiality

Unit 1

Positive Emotions and Well-Being (10 hrs.)

- 1.1 Importance of Positive Emotions
- 1.2 Building Positive Feelings
- 1.3 Overall Well-Being- Finding the Flow
- 1.4 Becoming Present- Savouring

Unit 2

Happiness and Psychological Well-Being (10 hrs.)

- 2.1 Distinctions of Happiness
- 2.2 The happiness Formula
- 2.3 Psychological Well-Being- Essential Components
- 2.4 Barriers to Well-Being.

Unit 3

Developing Positive Emotions across Life-Span (12 hrs.)

- 3.1 Childhood
- 3.2 Youth
- 3.3 Adulthood
- 3.4 Successful Aging
- 3.5 Cultural Context

Unit 4

Close Relationships and Well-Being (10 hrs.)

- 4.1 Attachment Styles

- 4.2 Characteristics of Close Relationships
- 4.3 Purposeful Positive Relationship Behaviours
- 4.4 Positive Communication

Unit 5

Pro-Social Behaviour- Portals of Altruism

(10 hrs.)

- 5.1 Empathy
- 5.2 Optimism
- 5.3 Gratitude
- 5.4 Forgiveness
- 5.5 Developing Pro-social Behaviour- Mindfulness

TEXT BOOKS

Style Charlotte. *Brilliant Positive Psychology*. Dorchester: Pearson Education, 2011.

Snyder .C.R, Lopez, Shane J, Pedrotti, Jennifer Teramoto. *Positive Psychology- The Scientific and Practical Explorations of Human Strengths*. New Delhi: Sage, 2011.

REFERENCE BOOKS

Baumgardner, Steve. Crothers, Maria. *Positive Psychology* .New Delhi; Pearson Education. 2014.

Grenville- Cleave. Bridget. *Positive Psychology- A practical Guide*. London; Icon books. 2012.

Seligman Martin, *Authentic Happiness*. 1st Free Press Trade.USA. Ed Atria Books. 2004.

JOURNALS

Peterson, C., Park, N., & Seligman, M.E.P. (2005). Orientations to happiness and life satisfaction: The full life versus the empty life. *Journal of Happiness Studies*, 6, 25-41.

Fredrickson, B.L., Cohn, M.A., Coffey, K.A., Pek, J.& Finkel, S.M. (2008). Open hearts build lives: Positive emotions, induced through loving-kindness meditation, build consequential personal resources. *Journal of Personality and Social Psychology*, 95, 1045-1062.

Grant, A.M. & Gino, F. (2010). A little thanks goes a long way: Explaining why gratitude expressions motivate prosocial behaviour. *Journal of Personality and Social Psychology*, 98, 946- 955.

WEB RESOURCES

https://www.ted.com/talks/matthieu_ricard_how_to_let_altruism_be_your_guide

https://www.ted.com/talks/david_steindl_rast_want_to_be_happy_be_grateful

PATTERN OF EVALUATION

Continuous Assessment:

Total Marks: 50

Duration: 90 mins

Section A – 3 x 10 = 30 (3 out of 5 questions to be answered in 300 words each)

Section B – 1 x 20 = 20 (1 out of 2 questions to be answered in 1000 words)

Third Component:

List of evaluation modes:

Seminars

Quiz

Assignments

Case studies

End semester examination

Total Marks: 100

Duration: 3 hours

Section A – 5 x 8 = 40 (5 out of 8 questions to be answered in 200 words each)

Section B – 4 x 10 = 40 (4 out of 6 questions to be answered in 500 words each)

Section C – 1 x 20 = 20 (1 out of 2 questions to be answered in 1000 words)

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI-600 086.
Postgraduate Elective offered by the Department of Psychology
to students of M.A / M.Com. /M.Sc. Degree Programmes

SYLLABUS

(Effective from the academic year 2015-2016)

PERSONAL EFFECTIVENESS

CODE: 15PY/PE/PE24

CREDITS: 4

L T P: 4 0 0

TOTAL TEACHING HOURS: 52

OBJECTIVES OF THE COURSE:

- To assist students towards Self - Discovery
- To enable students enhance their Social Skills
- To help students develop a sense of Individual Identity

Unit 1

Self-Discovery

(10 hrs.)

- 1.1 Self-Concept
- 1.2 Self-Image, Self-Esteem
- 1.3 Emotional Intelligence- Basic Emotional Competencies
- 1.4 Motive & Drives
- 1.5 Values

Unit 2

Understanding others

(10 hrs.)

- 2.1 Social Perception Meaning and Definition
- 2.2 Basic Principles of Social Perception
- 2.3 Social Intelligence-Social Awareness and Social Facility
- 2.4 Social Influence

Unit 3

Interpersonal Communication and Relationships

(10 hrs.)

- 3.1 Definition of Communication
- 3.2 Elements of Communication
- 3.3 Types of Communication
- 3.4 Listening/ Responding
- 3.5 Developing Interpersonal Relationships
- 3.6 Assertive Behaviour

Unit 4

Interpersonal Dynamics

(12 hrs.)

- 4.1 Transactions
- 4.2 Life Scripting
- 4.3 Life Positions
- 4.4 Ego States
- 4.5 Psychological Games

Unit 5

Adjustment

(10 hrs.)

- 5.1 Adjustment- Concept of Adjustment and Maladjustment
- 5.2 Conflict
- 5.3 Frustration
- 5.4 Stress
- 5.5 Coping Strategies

BOOKS FOR REFERENCE

Baron. A Robert, Byrne. Donn. *Social Psychology*. New Delhi: Prentice Hall, 2004.

Banyard , Philip. Davis Mark. *Essential Psychology*, Sage South Asia edition. New Delhi: Sage, 2010.

Berne, Eric .*Games People Play, The Psychology of Human Relationships*. London: Penguin books,2007.

Goleman, Daniel, Abearian. R. *Emotional Intelligence*. London: Bloomsbury Publishing. 2006.

Goleman, Daniel. *Social Intelligence*. London: Random House, 2007.

Johnson, David W. *Reaching out- Interpersonal effectiveness & Self- actualization*. New York. Pearson, 2013.

Walker, Velma. Lynn Brooke. *Becoming aware*, Iowa: Kendall/Hunt, 2009.

Kravitz, Micheal, S *Emotional Intelligence Works-Developing people smart strategies*. New Delhi: Viva Books.2005.

WEB RESOURCES

Eric Berne – Game people play- The theory-

<https://www.google.co.in/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1&cad=rja&uact=8&ved=0CB4QuAIwAA&url=http%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DDeLQS0IxLYMg&ei=2BPkVKXdMcHUmAWB4YG4Cw&usg=AFQjCNFcyjEb5V5FrD9Rwo3brysFD-qJCg>

Social Perception-

<http://vig.prenhall.com/catalog/academic/product/0,,0132382458,00.html>

Emotional Intelligence-

<https://www.youtube.com/watch?v=Y7m9eNoB3NU>

Social Intelligence-

https://www.google.co.in/url?sa=t&rct=j&q=&esrc=s&source=web&cd=2&cad=rja&uact=8&ved=0CC4QuAIwAQ&url=http%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DnZskNGdP_zM&ei=wB3kVIqdJeL2mQXHi4LwDg&usg=AFQjCNE6rU-r1Wn4fN7Ee1sCdIhbtNjFHw&bvm=bv.85970519,d.dGY

PATTERN OF EVALUATION

Continuous Assessment:

Total Marks: 50

Duration: 90 mins

Section A – 3x10=30 (3 out of 5 questions to be answered in 300 words each)

Section B – 1x20=20 (1 out of 2 questions to be answered in 1000 words)

Third Component:

List of evaluation modes:

Assignment

Quiz

Case studies

End semester examination

Total Marks: 100

Duration: 3 hours

Section A - 5x8=40 (5 out of 8 questions to be answered in 200 words each)

Section B - 4x10=40 (4 out of 6 questions to be answered in 500 words each)

Section C - 1x20=20 (1 out of 2 questions to be answered in 1000 words)