

# Paper-XI (Optional) Positive Psychology

## Main Objectives :

- To Provide Positive Psychology Core Subject Matter
- To Provide Creative Knowledge of Positive Psychology

## The Scheme of question paper :

- The paper will consist of Five Units.
- There will be two chapters in each unit.
- Every chapter will be given equal weightage in Examination.
- To the marks :  
100  
70 External Examination  
30 Internal Examination
- The Paper will consist of the following five units :

Units	Topic of Unit	Marks of Unit
1	Introduction, Happiness & Well being	14
2	Positive Emotion & Happiness & Facts of Life	14
3	Happiness & Culture, Personal Goals as windows of well-being	14
4	Self-Regulation & Self-Control & Positive Traits	14
5	Relationship and Well being and Life above Uro	14
	<b>Total Marks</b>	70

## Unit-I Introduction, Happiness & Well-being

### Chapter-1 Introduction : Positive Psychology what is Positive Psychology?

- Positive Psychology : Assumption, Goals & Definitions Relationship
- Health Psychology
- Clinical Psychology
- Developmental Psychology

### Chapter-2 Happiness & Well-being

- What is Happiness ?
- Hedonic Happiness
- Eudemonic Happiness
- The Hedonic basis of Happiness
- Measuring Subjective Being

## Unit-II Positive Emotions & Happiness Facts of Life

### Chapter-3 Positive Emotions

- What is Positive Emotion ?
  - Positive Emotion Broaden our thoughts - Action repertories
  - Positive Emotions undo our negative emotions
  - Positive Emotions enhance resilience
  - Improve Well being
- Positive Emotions and Health resource
  - Physical Resource
  - Psychological Resource
  - Social Resource

## **Chapter-4 Happiness Facts of Life**

- Happiness across the life span
- Genders Happiness
- Positive Moods & Happiness
- Marriage & Happiness
- Benefits of Marriage
- Selection affects

## **Unit-III Happiness & Culture & Person's Goals as windows of Well-being**

### **Chapter-5 Happiness & Culture**

- The meaning of Happiness
- Relative Or Universal
- Culture & Well being
- The American - Individualistic
- Style of Happiness
- The Asian Collectivist Style of Happiness

### **Chapter-6 Personal (Goals) as windows of well-being personal Goals**

- Defining Personal Goals
- Meaning of Personal Goals
- Types of Goals
- Intrinsic V/S Extrinsic Goal
- Autonomies V/S Controlled Motivation

## **Unit-IV Self-Regulation & Self-Control & Positive Traits**

### **Chapter-7 Self-Regulation & Self Control**

- Planning of Self-regulation Success
- Why Planning Helps Self-Control
- The value of Self-Control
- Everyday Explanation for Self Control
- Excuses What makes good Excuse
- Advantages - Disadvantages of Excuse

### **Chapter-8 Positive Traits**

- What makes of trait positive ?
- Personality & Happiness : The Big-five Positive Benefits
- The world through Happy & Unhappy eyes
- Self-esteem & Happiness

## **Unit-V Relationship & Well-Being & Life above Zero**

### **Chapter-9 Relationships Well-Being Close Relationship**

- Defining Close Relationship
- Characteristics
- Romantic Relationship
- Attached Style
- The Contours of Happy Marriage

### **Chapter-10 Life above Zero**

- Contours of Positive Life
- Meaning
- A pleasant, An Engaged Life and Meaningful
- East, West and Positive Psychology

### **Basic Book**

1. Baumgardner S.R. and Crothers, M.K. (2009) Positive Psychology, New Delhi, Pearson Education