



PSY5D01 - PSYCHOLOGY AND PERSONAL GROWTH

Credits: 3
48 Hours

Objectives:

- To understand the basic concepts in Psychology
- To acquaint with the students with the aspects of personal growth

Module 1: Introduction to Psychology

10 hours

Psychology: Definition, goals of psychology, application of psychology in personal and social life : Branches of psychology

Module 2: Positive Psychology

14 hours

Positive Psychology: definition, assumption, and goals. Well-being: Definition, subjective and psychological well-being, eastern and western perspectives of well-being. Hope, Optimism, Mindfulness.

Module 3: Happiness

14 hours

Positive emotions and negative affectivity. Happiness : Causes and effects of happiness, Happiness across life span, Gender, Marriage, Money and culture in happiness, Close relationship and happiness.

Module 4: Methods of personal growth

10 hours

Stress : Distress and eustress, responses to stress, stress management techniques. Meditation and yoga techniques for enhancing personal effectiveness. Resilience : Definition, Risk, protective factors of resilience, Models of resilience

Reference

1. Alan Carr (2011). Positive Psychology: The Science of Happiness & Human strengths (II edition). Routledge, London & New York.
2. Baron, R.A. (2004). Psychology, 5th ed. New Delhi: Pearson education Carr, Alan (2011). Positive Psychology (2nd Edn), New York: Routledge Taylor and Francis Group.
3. Mishra, B.K. (2008). Psychology: The study of Human Behavior. New Delhi: Prentice Hall of India
4. Snyder R.C., Lopez J. S., Pedrotti T. J. (2011). Positive psychology: the scientific and practical explorations of human strengths (2nd edition). Sage Publications India Pvt. Ltd, New Delhi.