

Positive psychology (wykład) - 2013/2014 /semestr zimowy/ - dr hab. Mariola Łaguna prof. KUL

Cele przedmiotu

The aim of this lecture is

C1 - to provide a comprehensive introduction to the research, theory and intellectual position of positive psychology.

C2 - to explore the assessment of positive psychology constructs.

Wymagania wstępne

Skills of communication in English

Efekty kształcenia dla przedmiotu

WIEDZA

Students will know the main ideas of positive psychology movement, and key leaders of positive psychology movement. They will be able to define main positive psychology constructs, e.g. hope, optimism.

UMIEJĘTNOŚCI

Students will be able to identify the methods used for assessment of positive psychology constructs, and to summarize core research findings in the field of positive psychology.

KOMPETENCJE SPOŁECZNE (POSTAWY)

The active participation in this course will enhance students' general skills of communication in English at the field of psychology.

Metody dydaktyczne

Lecture with multimedia presentation, films and audio recordings

Treści programowe przedmiotu

Course description

Zajęcia 1. / Lecture 1. General introduction – the aims and objectives of the lecture, prerequisites, assessment method.

Zajęcia 2. / Lecture 2. Introduction - the field of positive psychology, general ideas, representatives, links between different concepts, current discussions.

Zajęcia 3. / Lecture 3.

Optimism - Scheier and Carver's conception of the optimism, optimism in the Seligman's conception, methods of measure, empirical research grounded in these theories, applications.

Zajęcia 4. / Lecture 4. Hope - the Snyder's concept of hope, Trzebiński and Zięba's basic hope conception, methods of measure, empirical research grounded in these theories, applications.

Zajęcia 5. / Lecture 5. Self-efficacy - Bandura's conception of self-efficacy, general and specific self-efficacy, methods of measure, empirical research grounded in the theory, applications.

Zajęcia 6. / Lecture 6. Self-esteem - low, high, optimal self-esteem and its consequences, method of measure, empirical research, applications.

Zajęcia 7. / Lecture 7. Positive emotions - the role of positive emotions in humans' functioning - Fredrickson's explanations, method of measure, empirical research, applications.

Zajęcia 8. / Lecture 8. Mindfulness - the Ryan and Deci's concept of mindfulness, the McCullough's concept of mindful attentiveness, methods of measure, empirical research grounded in these theories, applications.

Zajęcia 9. / Lecture 9. Flow - the Csikszentmihalyi's concept of flow, methods of measure, empirical research grounded in the theory, applications.

Zajęcia 10. / Lecture 10. Gratitude - McCullough, Emmons, and Tsang's conception of the grateful disposition, methods of measure, empirical research grounded in the theory, applications.

Zajęcia 11. / Lecture 11. Happiness - the approaches to happiness and subjective well-being, global assessment of life satisfaction, method of measure, empirical research.

Zajęcia 12. / Lecture 12. Goals - Little's conception of personal projects, Locke and Latham's goal setting theory, Gollwitzer's model of action phases, methods of measure, empirical research, applications.

Zajęcia 13. / Lecture 13. Strengths and virtues - Peterson and Seligman's conception, Linley's conception, methods of measure, empirical research, applications.

Zajęcia 14. / Lecture 14. Summary - positive diagnosis, history and critique of positive psychology movement.

Zajęcia 15. / Lecture 15. Summary – final discussion with “check yourself” questions.

Kryteria oceny osiągniętych efektów kształcenia

After finishing this lecture students will be able:

- to describe the main ideas of positive psychology movement,
- to identify key leaders of positive psychology movement,
- to define main positive psychology constructs, e.g. hope, optimism,
- to identify the methods used for assessment of positive psychology constructs,
- to summarize core research findings in the field of positive psychology,

Literatura podstawowa i uzupełniająca

Required reading list:

Held, B.S. (2004). The negative side of positive psychology. *Journal of Humanistic Psychology*, 44, 9-46.

Seligman, M.E. & Csikszentmihalyi, M. (2000). Positive psychology: An introduction. *American Psychologist*, 55, 5-14.

Additional reading list

Bandura, A. (2001). Social cognitive theory: An agentic perspective. *Annual Review of Psychology*, 52, 1-26.

Brisette, I., Scheier, M. F., Carver, Ch. S. (2002). The role of optimism in social network development, coping, and psychological adjustment during life transition. *Journal of Personality and Social Psychology*, 82 (1), 102-111.

Kernis, M. H. (2003). Toward a conceptualization of optimal self-esteem. *Psychological Inquiry*, 14 (1), 1-26.

Linley, P. A., & Joseph, S. (Eds.) (2004). *Positive psychology in practice*. Hoboken, NJ: John Wiley & Sons.

McCullough, M. E. (2002). Savoring life, past and present: explaining what hope and gratitude share in common. *Psychological Inquiry*, 13 (4), 302-304.

McCullough, M. E., Emmons, R.A., Tsang, J. (2002). The grateful disposition: A conceptual and empirical topography. *Journal of Personality and Social Psychology*, 82, 112-127.

Ryan, E.L., Deci, R.M. (2000). Human needs and the self-determination of behavior. *Psychological Inquiry*, 11 (4), 277-298.

Seligman, M. E. (1991). *Learned optimism*. New York: Knopf.

Scheier, M. F., Carver, Ch. S. (1985). Optimism, coping, and health: generalized outcome expectancies. *Health psychology*, 4 (3), 219-247.

Snyder, C. R. (2002). Hope theory: rainbows in the mind. *Psychological Inquiry*, 13 (4), 249-275.

Trzebiński, J., Zięba, M. (2004). Basic hope as a world-view: an outline of a concept. *Polish*

Psychological Bulletin, 35 (3), 173-182.