

Rok akademicki: 2019/2020

ID zajęć: 509096

ETAP: Semestr zimowy

Informacje ogólne:

Prowadzący: dr Emilia Mielniczuk

Organizator: Wydział Nauk Społecznych
Instytut Psychologii

Liczba godzin tygodni / semestr: / 30

Język wykładowy: Język angielski

Kierunek studiów:

Lokalizacja w planach rocznych: Rok - Semestr

Punkty ECTS:

Forma zaliczenia: Nie sklasyfikowany

Cele przedmiotu:

The aims of this lecture are:

- 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:

- 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.
- 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.
- 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

Kryteria oceny i sposoby weryfikacji zakładanych 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,

Treści programowe przedmiotu:

Course description

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

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

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.

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.

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.

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

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

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.

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

Opis zajęć: Positive psychology (wykład)

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

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

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.

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

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

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

Literatura:

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.

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