

Objectives: To enable the students to

- Understand the power of positive mind set.
- To maximize the joys in their lives.
- Develop insights into oneself by awakening their inner strengths and virtues.
- Build their abilities to deeper personal relationships.

Unit-1: Introduction to positive psychology- what is positive psychology? Positive psychology seeks a balanced- more complete view of human functioning – Assumptions- goals and definitions; Eastern and Western perspectives on positive psychology.

Unit-2: Positive Emotions: Defining emotional terms; Broaden and build model of positive emotions. Happiness- definition; subjective well-being; Determinants of subjective well-being; Increasing happiness in your life; Emotion- focused coping; Emotional intelligence; Learning the skills that make a difference; Emotional story telling; An emotional balancing act.

Unit-3: Living well at every stage: Resilience in childhood; Positive Youth development – primary tasks at adulthood. Successful Aging – what is successful aging? The Macarthur foundation study of successful aging.

Unit-4: Positive relationship – Defining close relationships – Infant attachment- Adult attachment security- Triangular theory of Love. The self-expansion theory of Romantic love. Marital satisfaction- Building a mindful relationship connection? Creating a culture of appreciation- capitalizing on positive events.

Unit-5: Prosocial Behaviour: Defining Altruism: The egotism motive; Forms of egotism motivated altruism; The Empathy motive and the empathy -altruism hypothesis; Cultivating altruism: Defining gratitude; Cultivating gratitude; Measuring gratitude; Defining forgiveness; Cultivating forgiveness ; Forgiving another person; forgiving oneself forgiveness of a situation; Measuring forgiveness.

#### REFERENCES:

1. Synder, C.R. Lopez S.J., & Pedrotti, J.T. (2011), Positive Psychology: The scientific and practice explorations of human strengths, SAGE Publications India Pvt. Ltd.
2. Baumgardner, S.R. & Crothers, M.K. (2009) Positive Psychology. Dorling Kindersley India Pvt. Ltd.
3. Carr. A. (2008) Positive Psychology: The science of happiness and human strengths. Routledge.

**OBJECTIVES :** To enable the students to

1. Understand and appreciate the process of child development.
2. Understand a wide range of real-life problems.
3. Become aware of the contemporary ideas and issues in child psychology.
4. Acquire a current view of the basic research on the principle topics of child psychology.

**COURSE:**

**UNIT I : INTRODUCTION, PRENATAL DEVELOPMENT AND BIRTH**

Themes and theories – What is Child Development? – Why Study Children? – Themes of Development – Theoretical perspectives on Development – Cognitive Theories of Moral Development – Kohlberg's Piaget's theory of cognitive Development – Stages of Prenatal Development – Prenatal influences on Development – The Effects of Birth factors on development.

**UNIT II: THE FAMILY:**

Physical, Emotional & Language Development (Early Childhood) Variations in patterns of socialization – The family as an agent of socialization – The family as a system – The process of Socialization – Dimensions of parental behavior – Husbands and wives as a mutual support system.

**UNIT III: PEERS AND FRIENDS:**

Developmental trends in peer interaction – Play – The functions of peers – Children and their friends – Determinants of peer acceptance – Group formation – Peer versus adult influences on the child – The peer group in cross cultural perspective.

**UNIT IV: THE SCHOOL AS A SOCIALIZATION AGENCY:** The importance of the school – The effects of the physical structure of the school environment – The class room: Space and Organization – The teacher – Innovations in teaching: Technology in School, Television and Computers in the class room.

**UNIT V : CHILD PSYCHOPATHOLOGY:**

Classification of Child psychopathology – Internalization Externalization – Mental disorders during childhood – Child Abuse – The treatment of developmental psychopathologies – medication, Play therapy, Behavior therapy, Family therapy, Community Psychology.

**REFERENCES:**

1. Hurlock, B (1997) Child Development, VI Edition – Tata McGraw Hill, New Delhi.
2. Sigelman, Carol K and Shaffer, David R. (1984) Life Span Development, II Edition Brooks / Cole Publishing Company California.
3. Hetherington, Mavis E. and Parke, Ross D (1993) Child Psychology: A Contemporary view point, III Edition, McGraw Hill International Edition, USA.
4. Shaffer, David R (1996), Developmental Psychology: Childhood and Adolescence. IV Edition, Brooks / Cole Publishing Company USA.