

# **Positive Psychology**

## **Learning outcomes**

Course graduate:

- knows the history of positive psychology, its representatives, the structure of positive psychological constructs (distinguishes between positive emotional and cognitive states and processes), knows the theoretical context and practical application of knowledge,
- understands the development of individual constructs (from predecessors to the current state of design research),
- controls the methods of measuring the construct.

## **Course content**

- I. Introduction to positive psychology - definition of direction and goal of PP, area of research, predecessors and formal founders of direction, contribution and critique of direction.
- II. Positive emotional states and processes.
- III. Positive cognitive states and processes.
- IV. Prosocial behaviour.
- V. Specific ways of coping with life problems.

## **Literature**

Hart, R. (2020). Positive Psychology – the Basics. Routledge.

Křivohlavý, J. (2004). Pozitivní psychologie. Praha: Portál.

Slezáčková, A. (2012). Průvodce pozitivní psychologií. Praha: Grada Publishing.

Snyder, C. R., Lopez, S. J. (Eds.) (2002). Handbook of positive psychology. New York: Oxford university press.

## **Continuous assessment**

Seminar work and test