

### UČNI NAČRT PREDMETA / COURSE SYLLABUS

<b>Predmet:</b>	Pozitivna psihologija	36 – 2017/2018
<b>Course title:</b>	Positive Psychology	

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Psihologija, 1. stopnja		2.	4.
Psychology, 1st Cycle (BA)		2.	4.

**Vrsta predmeta / Course type** Izbirni /Elective

**Univerzitetna koda predmeta / University course code:**

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje work	Druge oblike študija	Samost. delo Individ. work	ECTS
30					52	3

**Nosilec predmeta / Lecturer:** izr. prof. dr. Andreja Avsec

<b>Jeziki / Languages:</b>	<b>Predavanja / Lectures:</b>	slovenski/angleški
	<b>Vaje / Tutorial:</b>	

**Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:** **Prerequisites:**

Vpis v 2. ali 3. letnik prvostopenjskega študijskega programa Psihologija.

Enrollment to the 2nd or 3rd year of the psychology study program.

**Vsebina:**

Optimalno delovanje posameznika kot predmet psihološkega proučevanja  
Izvori pozitivne psihologije  
Modeli in teorije psihičnega blagostanja in sreče  
Osebnostne moči in vrline (modrost in znanje, pogum, medosebne vrline, pravičnost, zmernost, samonadzor, transcendentnost)  
Genetski in nevrobiološki dejavniki blagostanja in drugih pozitivnih psiholoških konstruktov  
Biološki dejavniki (gibanje, spanje, prehrana) blagostanja  
Pozitivna psihologija in težke okoliščine (osebnostna prožnost, posttravmatska rast)  
medkulturni vidiki pozitivne psihologije  
Psihološke intervencije za izboljšanje blagostanja  
Uporabna pozitivna psihologija (v šolah, delovnih organizacijah, klinični praksi)

**Content (Syllabus outline):**

Optimal functioning of an individual as a subject of psychological research.  
Origins of positive psychology  
Models and theories of psychological well-being and happiness  
Character strengths and virtues (wisdom and knowledge, courage, humanity, justice, temperance, transcendence)  
Genetic and neurobiological factors of well-being and other positive psychology constructs  
Biological factors (sleep, food, exercises) of well-being  
Positive psychology and difficult circumstances (resilience, post-traumatic growth)  
Cross-culture aspects of positive psychology  
Positive psychology interventions  
Applied positive psychology (in schools, organizations, clinical psychology)

**Temeljni literatura in viri / Readings:**

Marie Crothers, M in Baumgardner, S. R. (2013). Positive Psychology. Publisher Pearson Education Limited, Harlow, United Kingdom.

### **Cilji in kompetence:**

**Cilji:** Posredovanje poglobljenih informacij o psiholoških vidikih pozitivnega in optimalnega izkustva in njihovih dejavnikih, okoljskih in osebnostnih. Po končanem programu dobi študent vpogled v to, s čim se ukvarja pozitivna psihologija, kakšne cilje in naloge si postavlja in kakšne metode uporablja. Študent tudi pridobi vpogled v najpomembnejše teorije in modele pozitivne psihologije. Posredovanje pomembnosti razvijanja pozitivnih vidikov posameznikovega funkcioniranja za preventivno dejavnost.

**Kompetence:** Študent je zmožen razumeti, presoјati in z ustreznimi merskimi instrumenti oceniti najpomembnejše dimenzije pozitivnega in optimalnega izkustva. Zmožen je kritično presoјati in razumeti pomen in vlogo tega izkustva v življenju, še posebej pri preprečevanju psihičnih problemov posameznika.

### **Objectives and competences:**

**Objectives:**

Students get detailed information about psychological aspects of positive and optimal experience and their environmental and personality factors.

Students get insight into the areas of positive psychology, its aims, tasks and methods, important theories and models.

Students understand the importance of development of positive aspects of an individual in preventive activity.

**Competencies:** Students are able to understand, judge and estimate with proper instruments the most important dimensions of positive and optimal experience.

Students are capable to examine critically and understand the meaning and role of positive and optimal experience in life, especially in preventing the psychological problems of individuals.

### **Predvideni študijski rezultati:**

**Znanje in razumevanje:** Poznavanje koncepcij, modelov in teorij pozitivne psihologije, njihove empirične evidence in njihovega pomena za razumevanje človekove narave.

**Uporaba:** Aplikacija spoznanj na razumevanje

### **Intended learning outcomes:**

**Knowledge and understanding:** Understanding of concepts, models, and theories of positive psychology, their empirical evidence and their importance for understanding of human nature.

**Application:** Applications of the theory to

sebe in drugih oseb.

Refleksija: Znanstveno utemeljeno kritično presojanje pozitivnih in optimalnih vidikov duševnosti, osebnosti in obnašanja.

Prenosljive spretnosti – niso vezane le na en predmet: Usposobljenost za kritično in učinkovito uporabo virov, zbiranje in interpretacijo informacij, analize podatkov in izsledkov raziskovanja, komuniciranje strokovnih mišljenj in dognanj v ustni in pisni obliki.

understand self and others.

Reflection: Scientifically grounded critical judgement of positive and optimal aspects of mind, personality and behaviour.

Transferable skills – not tied to just one subject: Capacity for critical and effective use of domestic and foreign literature, collection and interpretation of data, analysing the data and research results, communication of scientific findings in oral and written forms.

**Metode poučevanja in učenja:**

Predavanja, interaktivne diskusije

**Learning and teaching methods:**

Lectures, interactive discussions

Delež (v %) /

**Načini ocenjevanja:**

Weight (in %) **Assessment:**

pisni izpit 6-10 (pozitivno), 5 (negativno)	100%	examination 6-10 (positive), 5 (negative)
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**Reference nosilca / Lecturer's references:**

AVSEC, Andreja, KAVČIČ, Tina, JARDEN, Aaron. Synergistic paths to happiness : findings from seven countries. Journal of happiness studies, ISSN 1573-7780, 2015.

KAVČIČ, Tina, AVSEC, Andreja. Happiness and pathways to reach it : dimension-centred versus person-centred approach. Social indicators research, ISSN 0303-8300, 2014, vol. 118, iss. 1, str. 141-156.

AVSEC, Andreja, NOVAK, Maja, BAJEC, Boštjan. Differential relationship of coping styles with well-

being and ill-being of professional firemen. Psihologija, ISSN 0048-5705, 2012, vol. 45, br. 1, str. 59-70.

AVSEC, Andreja, KAVČIČ, Tina. Merske značilnosti slovenske oblike Vprašalnika usmerjenosti k sreči (OTH). Psihološka obzorja, ISSN 1318-1874, 2012, letn. 21, št. 1, str. 7-18.

AVSEC, Andreja, KAVČIČ, Tina. Importance of the alternative five and trait emotional intelligence for agentic and communal domains of satisfaction. Psihologijske teme, ISSN 1332-0742, 2011, vol. 20, br. 3, str. 461-475.