

The Science of Happiness: A Multi-Disciplinary and Multi-Cultural Approach to Happiness and Well-being

Module Number |

Degree | Bachelor

Semester | Summer Semester

Course Type | Lecture/Tutorial (Virtual Only Format)

Course Category | Studium Pro Course or an Elective

Participation Limits | Participants must have completed a minimum of 3 semesters of bachelor studies

Recommended Requirements for Participation | None

Contact Hours | 4 SWS

Number of Credits | 5 ECTS

Language | English

Chair | Innovation and Creativity

Lecturer | Prof. Dr. Shashi Matta, and International Guest Professors from China, Denmark, India, Singapore and USA

Learning Outcomes/Skills

This course on The Science of Happiness is designed for Bachelor students who want exposure into a multi-disciplinary (Psychology, Business, Sociology) and a multi-cultural (Philosophy, Theology) approach to happiness and well-being.

The main objectives of this course are to:

- Learn theories on happiness and well-being, through recent research and scholarship from multiple fields.
- Identify factors that influence happiness and well-being in diverse settings (professional / work life, personal and social life, the domain of consumption).
- Understand the different dimensions of happiness and subjective well-being and how they are related.
- Learn theories and frameworks on happiness and well-being from multiple cultures (underpinnings from philosophy and theology across cultures).
- Promote critical thinking, emotional intelligence, and creativity as skills required for personal and professional happiness and well-being.

Students will be exposed to multiple, international guest professors from different fields who research / teach topics related to happiness and well-being. The course is designed for students from different programs and hence will include and promote intellectual and functional diversity. Students will gain soft skills such as teamwork and communication. As lectures and tutorials are held in English, students will have the opportunity to enhance their language skills in a professional setting.

Module Content

Part I: Introduction to Happiness and Subjective Well-being

- The Construct of Happiness: Definitions from Multiple Disciplines
- Components that Comprise Subjective Well-being

Part II: Happiness and Well-Being: Perspectives from Psychology

- Research on Happiness and Well-being from Cognitive and Social Psychology
- Happiness and the Psychology of Mindfulness, Gratitude, Prosociality, and Goals

Part III: Happiness and Well-Being: Perspectives from Business and Sociology

- What affects (and motivates) Happiness as Employees and as Consumers?
- The Relationship between Happiness and Income / Wealth

Part IV: Cultural Approaches to Happiness: Perspectives from Philosophy and Theology

- A Historical Perspective of Pursuing Happiness from Across the World
- Convergent and Divergent views on Happiness and Well-being from the East and the West

Part V: Measuring Happiness

- Multiple Approaches to Measuring Happiness
- UPenn Authentic Happiness Inventory, Subjective Well-Being Measurement, Gross National Happiness Index

Part VI: Living Happiness

- Designing Interventions for Happiness and Well-Being in Personal and Professional Settings
- Cultivating Critical Thinking, Emotional Intelligence and Creativity for Happiness

Teaching methods / course type

- Lecture (Virtual, via Zoom)
- Tutorial (Virtual, via Zoom)

Types of examination and grading

Portfolio	100%
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Assessment criteria in detail

Portfolio Students are required to submit an E-portfolio, which includes Reflections and Habit Journal with 10 Entries in a pre-designed E-Form of 1 Page each.	100%
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Workload

28 h = Time of attendance: Lectures
28 h = Time of attendance: Tutorials
28 h = Self-study pre-and-post Lectures
28 h = Self-study pre-and-post Tutorials
38 h = Portfolio preparation
150 h = Total workload

Previous Knowledge/Prerequisites in accordance with examination regulation

- None

Readings

Specific reading assignments (from select book chapters and articles from top-ranked journals), in preparation for each class, will be announced in the course syllabus prior to the start of the course. The following is a list of selected readings for this course.

Select Chapters from the Following Books:

Lyubomirsky, S. (2007). *The How of Happiness: A Scientific Approach to Getting the Life you Want*. Penguin Press.

Raghunathan, R. (2016). *If You're So Smart, Why Aren't You Happy?* Portfolio Press.

Thaler, R. H., & Sunstein, C. (2009). *Nudge: Improving Decisions About Health, Wealth, and Happiness*. New York: Penguin Books.

Journal Articles (alphabetically ordered by authors):

Bhattacharjee, A. & Cassie Mogilner, C. (2014). Happiness from Ordinary and Extraordinary Experiences. *Journal of Consumer Research*, 41(1), 1-17.

Boyce, Christopher J., Brown, Gordon D. A., & Moore, Simon C. (2010). Money and Happiness: Rank of Income, Not Income, Affects Life Satisfaction. *Psychological Science*, 21(4), 471-474.

Brown, K. W., & Ryan, R. M. (2003). The Benefits of Being Present: Mindfulness and its Role in Psychological Well-being. *Journal of Personality and Social Psychology*, 84, 822-848.

Chancellor, J., Margolis, S. M., Jacobs Bao, K., & Lyubomirsky, S. (2018). Everyday Prosociality in the Workplace: The Benefits of Giving, Getting, and Glimpsing. *Emotion*, 18, 507-517.

Dunn, E. W., Aknin, L. B., & Norton, M. I. (2008). Spending Money on Others Promotes Happiness. *Science*, 319, 1687-1688.

Emmons, R. A., & McCullough, M. E. (2003). Counting Blessings versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-being in Daily Life. *Journal of Personality & Social Psychology*, 88, 377-389

Helliwell, J. F., & Aknin, L. B. (2018). Expanding the Social Science of Happiness. *Nature Human Behavior*, 2, 248–252.

Huppert, F. (2010). Happiness Breeds Prosperity. *Nature*, 464, 1275-1276.

Kosaka, K. (2007). A Sociology for Happiness: Beyond Western versus Non-Western Perspectives. *Sociological Bulletin*, 56(3), 369-382.

Lyubomirsky, S. (2011). Psychology: Holding on to Happiness. *Nature*, 471, 302-303.

McMahon, D. M. (2008). The pursuit of happiness in history. In M. Eid & R. J. Larsen (Eds.), *The Science of Subjective Well-being* (pp. 80-93). New York: Guilford Press.

Mogilner, C. (2010). The Pursuit of Happiness: Time, Money and Social Connection. *Psychological Science*, 21(9), 1348-1354

Myers, D. G. (2000). The Funds, Fiends, and Faith of Happy People. *American Psychologist*, 55, 56-67.

Oishi, S., Kesebir, S., & Diener, E. (2011). Income Inequality and Happiness. *Psychological Science*, 22(9), 1095-1100.

Reichhardt, T. (2006). A Measure of Happiness. *Nature*, 444, 418-419.

Rothbard, N. P., & Wilk, S. L. (2011). "Waking up on the Right or Wrong Side of the Bed: Start-of-Workday Mood, Work Events, Employee Affect, and Performance," *Academy of Management Journal*, 54(5), 959-980.

Stone, A. A. (2006). Would you be Happier if you were Richer? A focusing illusion. *Science*, 312, 1908-1910.

Tamir, M., Schwartz, S. H., Oishi, S., & Kim, M. Y. (2017). The Secret of Happiness: Feeling Good or Feeling Right? *Journal of Experimental Psychology: General*, 146 (10), 1448-1459.

Urry, H. L., Nitschke, J. B., Dolski, I., Jackson, D. C., Dalton, K. M., Mueller, C. J. et al. (2004). Making a Life worth Living: Neural Correlates of Well-being. *Psychological Science*, 15, 367-372.

Whillans, A. V., Dunn, E. W., Smeets, P., Bakkers, R., & Norton, M. I. (2017). Buying Time Promotes Happiness. *Proceedings from the National Academy of Sciences*, 114. 8523-8527.

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Modulnummer |

Studium | Bachelor

Semester | Sommer Semester

Veranstaltungsart | Vorlesung/Tutorium (nur virtuelles Format)

Kursart | Studium Pro Kurs oder ein Wahlfach

Teilnahmebeschränkungen | Keine

Empfohlene Voraussetzungen für die Teilnahme | Die Teilnehmer müssen mindestens 3 Semester Bachelor-Studium absolviert haben

Veranstaltungszeit | 4 SWS

Anzahl der Credits | 5 ECTS

Sprache | Englisch

Lehrstuhl | Innovation and Creativity

Dozierende | Prof. Dr. Shashi Matta, und internationale Gastprofessoren aus China, Dänemark, Indien, Singapur und den USA

Lernergebnisse/Kompetenzen

Dieser Kurs über die Wissenschaft des Glücks richtet sich an Bachelor-Studenten, die einen multidisziplinären (Psychologie, Wirtschaft, Soziologie) und einen multikulturellen (Philosophie, Theologie) Ansatz für Glück und Wohlbefinden kennenlernen möchten.

Die Hauptziele des Kurses sind:

- Lernen Sie Theorien über Glück und Wohlbefinden durch aktuelle Forschung und Wissenschaft aus verschiedenen Bereichen.
- Identifizieren Sie Faktoren, die das Glück und das Wohlbefinden in verschiedenen Umgebungen beeinflussen (berufliches / berufliches Leben, persönliches und soziales Leben, Konsumbereich).
- Verstehe die verschiedenen Dimensionen von Glück und subjektivem Wohlbefinden und wie sie zusammenhängen.
- Lernen Sie Theorien und Rahmenbedingungen zu Glück und Wohlbefinden aus verschiedenen Kulturen (Grundlagen aus Philosophie und Theologie zwischen den Kulturen).
- Fördern Sie kritisches Denken, emotionale Intelligenz und Kreativität als Fähigkeiten, die für persönliches und berufliches Glück und Wohlbefinden erforderlich sind.

Die Studierenden werden mehreren internationalen Gastprofessoren aus verschiedenen Bereichen ausgesetzt sein, die Themen im Zusammenhang mit Glück und Wohlbefinden erforschen / lehren. Der Kurs richtet sich an Studierende aus verschiedenen Programmen und beinhaltet und fördert daher die intellektuelle und funktionale Vielfalt. Die Schüler erwerben Soft Skills wie Teamwork und Kommunikation. Da die Vorlesungen und Tutorials auf Englisch gehalten werden, haben die Schüler die Möglichkeit, ihre Sprachkenntnisse in einem professionellen Umfeld zu verbessern.

Inhalte des Moduls

Teil I: Einführung zu Glück und subjektives Wohlbefinden

- Das Konstrukt des Glücks: Definitionen aus mehreren Disziplinen
- Komponenten, die subjektives Wohlbefinden umfassen

Teil II: Glück und Wohlbefinden: Perspektiven aus der Psychologie

- Forschung über Glück und Wohlbefinden aus der Sicht der Kognitions- und Sozialpsychologie
- Glück und die Psychologie von Achtsamkeit, Dankbarkeit, Prosozialität und Zielen

Teil III: Fröhlichkeit und Wohlbefinden: Perspektiven aus Wirtschaft und Soziologie

- Was beeinflusst (und motiviert) das Glück als Arbeitnehmer und als Verbraucher?
- Die Beziehung zwischen Glück und Einkommen / Reichtum

Teil IV: Kulturelle Annäherungen an das Glück: Perspektiven aus Philosophie und Theologie

- Eine historische Perspektive über das Streben nach Glück weltweit
- Übereinstimmende und abweichende Ansichten über Glück und Wohlergehen im Ost und West

Teil V: Messen von Glück

- Mehrere Ansätze zur Messung des Glücks
- UPenn Verzeichnis des authentischen Glücks, Messung des subjektiven Wohlbefindens, Index des Bruttonationalglücks

Teil VI: Gelebtes Glück

- Gestaltung von Interventionen für Glück und Wohlbefinden im persönlichen und beruflichen Umfeld
- Kultivierung von kritischem Denken, emotionale Intelligenz und Kreativität zum Glücklich sein

Lehrmethoden

- Vorlesung (virtuell, via Zoom)
- Tutorium (virtuell, via Zoom)

Prüfungsleistung

Portfolio 100%

Bewertungskriterien

Portfolio 100%
Die Schüler müssen ein E-Portfolio einreichen, das Reflections and Habit Journal mit 10 Einträgen in einem vorgefertigten E-Formular von jeweils 1 Seite enthält.

Arbeitsaufwand

28 h = Anwesenheit: Vorlesungen
28 h = Anwesenheit: Tutorien
28 h = Vor- und Nachbereitung der Vorlesungen
28 h = Vor- und Nachbereitung der Tutorien
38 h = Vorbereitung des Portfolios
150 h = Arbeitspensum insgesamt

Vorkenntnisse und Voraussetzungen gemäß Prüfungsordnung

- Keine

Lektüre

Spezifische Leseaufträge (aus ausgewählten Buchkapiteln und Artikeln aus hochrangigen Zeitschriften) zur Vorbereitung auf die einzelnen Kurse werden vor Kursbeginn im Lehrplan bekannt gegeben. Im Folgenden finden Sie eine Liste ausgewählter Leseaufträge für diesen Kurs.

Ausgewählte Kapitel aus folgenden Büchern:

Lyubomirsky, S. (2007). *The How of Happiness: A Scientific Approach to Getting the Life you Want*. Penguin Press.

Raghunathan, R. (2016). *If You're So Smart, Why Aren't You Happy?* Portfolio Press.

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