

Subject card

Subject name and code	Architecture of happiness, PG_00179118						
Field of study	History						
Date of commencement of studies	October 2025		Academic year of realisation of subject		2025/2026		
Education level	Bachelor's studies		Subject group				
Mode of study	full-time studies		Mode of delivery		e-learning		
Year of study	1		Language of instruction		Polish Polish		
Semester of study	2		ECTS credits		2.0		
Learning profile	academic		Assessment form		credit		
Conducting unit	Institute of Psychology -> Faculty of Social Sciences -> Rector						
Name and surname of lecturer (lecturers)	Subject supervisor		dr hab. Katarzyna Skrzypińska, prof. UG				
	Teachers		dr hab. Katarzyna Skrzypińska, prof. UG				
Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	30.0	0.0	0.0	0.0	0.0	30
	E-learning hours included: 30.0						
	eNauczanie source addresses: Moodle ID: 13338 ATC-INNY-MIX-(2025/2026) Architektura szczęścia https://mdl.ug.edu.pl/course/view.php?id=13338						
Learning activity and number of study hours	Learning activity	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	Number of study hours	30		0.0		20.0	50
Subject objectives	The aim of the lecture is to analyze the phenomenon of happiness and the sense of meaning in life as phenomena influencing the quality of existence.						
Learning outcomes	Course outcome		Subject outcome		Method of verification		
			The proposed course in the field of psychology of happiness and sense of meaning in life allows you to acquire the necessary knowledge, skills and social competences enabling in-depth exploration of the psychology of quality of life in the future. It prepares the ground for theoretical and practical exploration of the mechanisms of happiness, taking into account the latest knowledge in this field.		[SK1] oral statement/conversation/discussion [SK4] test/exam - oral or written [SK5] implementation of a problem task		
Subject contents	Celem wykładu jest analiza zjawiska szczęścia oraz podobnych jemu fenomenów z punktu widzenia wielu teorii i badań na całym świecie. Treść prezentacji nawiązuje do wielkich teorii szczęścia jak i praktycznych rozwiązań w obrębie podnoszenia jakości życia. Obejmuje także rozumienie, genezę oraz funkcję poczucia sensu życia jako jednego z najistotniejszych korelatów zadowolenia z życia. Ilustruje konkretne ich treści i przejawy w działaniu. Szczególny akcent położony jest na sferę sensu jako siły motywacyjnej osobowości, będącej istotnym elementem rozwoju człowieka i źródłem homeostazy zarówno dla jednostki jak i grupy społecznej. Zaproponowane ujęcie szczególnie nawiązuje do continuum zdrowie-choroba, w celu wskazania praktycznego znaczenia poczucia sensu np. dla aplikacji terapeutycznej. Materiał, w podstawowym zakresie, przygotowuje słuchaczy do projektowania zadań związanych z poprawianiem jakości życia (np. w przypadku planowania procesu psychoedukacji, terapii czy wsparcia). Formalny aspekt celu obejmuje naukę prezentacji osiągnięć badawczych w sposób syntetyczny, twórczy, krytyczny i sprawny.						
Prerequisites and co-requisites							

Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	Participation in discussion	10.0%	5.0%
	Knowledge test with once choice of four answers. 20 minutes to solve.	51.0%	95.0%
Recommended reading	Basic literature	As above	
	Supplementary literature	As above	
	eResources addresses		
Example issues/ example questions/ tasks being completed	1. The concept and relativism of happiness. Philosophical and psychological perspective.2. Neurophysiological basis of happiness.3. The mechanism of happiness - theories of happiness.4. Determinants of happiness.5. Methods of measuring happiness.6. Individual and social correlates of happiness.7. Happiness, functioning and health.8. Clinical techniques for improving the quality of life.9. Spirituality as a meaning-creating sphere.10. Who are we and where are we going? The role of the sense of meaning in human life.11. Overcoming powerlessness - the philosophy of Viktor Frankl and Aaron Antonovski as the basis for modern theories on meaning.12. The importance of the noogenic sphere in the life of modern man - values and meaning according to Kazimierz Popielski.13. The sense of meaning in life as an important element of the personality sphere (according to Roy Baumeister and Crystal Park).14. The role of spiritual transformation according to Paweł Socha in the sense of meaning in life. Faces of the existential situation.15. The latest trends: The Meaning Maintenance Model according to Heine, Vohs and Proloux and the theory of Tatjana Schnell.		
Work placement	Not applicable		

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