

Subject card

Subject name and code	Architecture of happiness, PG_00179118						
Field of study	Biology						
Date of commencement of studies	October 2024		Academic year of realisation of subject				
Education level	Bachelor's studies		Subject group		Obligatory subject group in the field of study Optional subject group		
Mode of study	full-time studies		Mode of delivery		e-learning		
Year of study	3		Language of instruction		Polish polish		
Semester of study	6		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						
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		
			-		[SW4] test/exam - oral or written [SU4] test/exam - oral or written [SK1] oral statement/conversation/discussion [SK4] test/exam - oral or written		
Subject contents	The aim of this lecture is to analyze the phenomenon of happiness and similar phenomena from the perspective of numerous theories and studies worldwide. The presentation draws on major theories of happiness and practical solutions for improving quality of life. It also covers the understanding, origins, and function of the sense of meaning in life as one of the most important correlates of life satisfaction. It illustrates its specific content and manifestations in action. Particular emphasis is placed on the sphere of meaning as a motivating force of personality, a crucial element of human development and a source of homeostasis for both the individual and the social group. The proposed approach particularly draws on the health-illness continuum to demonstrate the practical importance of meaning, for example, for therapeutic applications. The material, at its basic level, prepares students for designing tasks related to improving quality of life (e.g., when planning psychoeducation, therapy, or support processes). The formal aspect of the objective involves learning to present research findings in a synthetic, creative, critical, and efficient manner.						
Prerequisites and co-requisites							
Assessment methods and criteria	Subject passing criteria		Passing threshold		Percentage of the final grade		
	Knowledge test with once choice of four answers. 20 minutes to solve.		51.0%		95.0%		
	Participation in discussion		10.0%		5.0%		
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 Proulx and the theory of Tatjana Schnell.	
Work placement	Not applicable	

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