

**Subject card**

Subject name and code	, PG_00129044						
Field of study	Archaeology						
Date of commencement of studies	October 2024	Academic year of realisation of subject			2024/2025		
Education level	undergraduate studies	Subject group					
Mode of study	full-time studies	Mode of delivery			at the university		
Year of study	1	Language of instruction			Polish		
Semester of study	2	ECTS credits			2.0		
Learning profile	academic	Assessment form					
Conducting unit	Zakład Badań nad Rodziną i Jakością Życia -> Instytut Psychologii -> Faculty of Social Sciences -> Rektor						
Name and surname of lecturer (lecturers)	Subject supervisor	dr hab. Katarzyna Skrzypińska					
	Teachers						
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: 0.0						
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		2.0		18.0	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	The aim of the lecture is to analyze the phenomenon of happiness and similar phenomena from the point of view of many theories and research around the world. The content of the presentation refers to great theories of happiness as well as practical solutions to improve the quality of life. It also covers the understanding, genesis and function of the sense of meaning in life as one of the most important correlates of life satisfaction. It illustrates their specific content and manifestations in action. Particular emphasis is placed on the sphere of meaning as a motivational force of personality, which is an important element of human development and a source of homeostasis for both the individual and the social group. The proposed approach particularly refers to the health-illness continuum in order to indicate the practical importance of the sense of meaning, e.g. for therapeutic applications. The material, at a basic level, prepares students to design tasks related to improving the quality of life (e.g. in the case of planning the process of psychoeducation, therapy or support). The formal aspect of the goal includes learning to present research achievements in a synthetic, creative, critical and efficient way.						
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	Adresy na platformie eNauczanie:	
Example issues/ example questions/ tasks being completed	<p>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.</p>		
Work placement	Not applicable		

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