University of Gdańsk

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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