Dra. Sugiarti, M.Kes, Psikolog

Textbook of Positive Psychology

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Author:
Dra. Sugiarti, M.Kes., Psikolog

Editor:
Georgius Andrew Wijaya

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TEXTBOOK OF POSITIVE PSYCHOLOGY

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PREFACE

The Textbook of Positive Psychology is designed to help students, especially at the undergraduate level, to have a better understanding of positive psychology, including its urgency and key figures. Students will also be encouraged to reflect on the concepts learned in their daily lives through worksheets. Additionally, students are facilitated to discover ways to apply these concepts in creating intervention programs in the form of simple psychoeducational videos.

After understanding positive psychology, students are expected to develop a deeper comprehension of the core topics discussed within positive psychology. They are also expected to be able to simply analyze psychological phenomena and problems at the individual, group, organizational, and community levels through the lens of positive psychology. Furthermore, students should be able to design intervention programs based on positive psychology concepts. The Positive Psychology course applies active learning methods, particularly focus group discussions, flipped classrooms, and interactive lectures.

April 2025,

Dra. Sugiarti, M.Kes., Psikolog

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LEARNING OUTCOMES

Graduate Learning Outcomes (GLO) of the Study Program

Attitude GLO

1. Contribute to improving the quality of life in society, the nation, the state, and the advancement of civilization based on Pancasila values.
2. Appreciate cultural diversity, perspectives, religions, beliefs, as well as the opinions or original findings of others.
3. Collaborate with various groups and demonstrate social sensitivity and concern for the community and the environment.
4. Uphold values, norms, and academic ethics, while maintaining academic humility.
5. Demonstrate enthusiasm in carrying out assigned duties with a strong sense of responsibility.

Skills GLO

1. Able to design non-clinical interventions in a critical, innovative, and ethical manner based on psychological research principles and theory (C6, A3, P3).
2. Able to communicate ideas and concepts both orally and in writing clearly, logically, and systematically (C6, A3, P3).

Knowledge GLO

1. Able to master various types of psychological problems that may occur at the individual, group, organizational, and community levels.

2. Able to master the fundamentals of designing and implementing non-clinical intervention approaches in the field of psychology.

Course Learning Outcomes (CLO)

Able to design intervention programs to address psychological problems at the individual, group, organizational, and community levels based on positive psychology concepts. (C6)

Sub-CLO 1
Students are able to explain the theories of positive psychology. (C1)

Sub-CLO 2
Students are able to explain the scope of positive psychology. (C1)

Sub-CLO 3
Students are able to understand the patterns of relationships between positive psychology concepts. (C2)

Sub-CLO 4
Students are able to understand the basic concepts and history of positive psychology. (C2)

Sub-CLO 5
Students are able to associate positive psychology concepts with societal problems. (C4)

Sub-CLO 6
Students are able to associate positive psychology concepts with their personal experiences. (C4)

Sub-CLO 7
Students are able to distinguish between various approaches used in positive psychology. (C5)

Sub-CLO 8
Students are able to conduct a simple assessment to design an intervention. (C5)

Sub-CLO 9
Students are able to create an intervention in the form of a simple psychoeducational video. (C6)

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AUTHOR'S BIOGRAPHY

Sugiarti completed her undergraduate studies at the Faculty of Psychology, Padjadjaran University, Bandung. After graduating, she joined the teaching staff at the Faculty of Psychology, University of Indonesia in 1993, and earned her master's degree in Public Health Sciences from the Faculty of Public Health, University of Indonesia, in 2000.