

**RB 532 Positive Psychology and Conflict Management for Quality of Work Life
Behavioral Science Research Institute, Srinakharinwirot University
Semester 2, Academic Year 2021 (2564)**

Section 1: General Information

1. Course Code and Course Title

RB 532 Positive Psychology and Conflict Management for Quality of Work Life

วป 532 จิตวิทยาเชิงบวกและการจัดการความขัดแย้งเพื่อคุณภาพชีวิตการทำงาน

2. Number of credit

3 (3-0-6)

3. Program of study and Type of course

Program: Master Program in Applied Behavioral Science Research

Type of course: Elective course

4. Course Coordinator and Instructors

Course Coordinator: Dr. Korkiat Mahaveerachartkul

Course Instructors

1. Dr. Korkiat Mahaveerachartkul korkiat@g.swu.ac.th

2. Asst. Prof. Dr. Sudarat Tuntivivat juntuntivivat@gmail.com

3. Asst. Prof. Dr. Kanu Priya Mohan kanum@g.swu.ac.th

5. Semester/ Level of study: Semester 2, 2021

6. Pre-requisite: None

7. Co-requisite: None

8. Venue of study: Microsoft Teams / Thursday 17:00-20:00 Hrs

9. The most recent date on which the course syllabus was developed or adjusted: 10 January 2022

Section 2: Course Learning Objectives

1. Course Learning Outcomes (CLO) for Students and linkages to the Curriculum's Expected Learning Outcomes [ELOs]

CLO 1: Describe the concepts and theories of positive psychology, conflict management, and the philosophy of sufficiency economy [ELO1].

CLO 2: Analyze and synthesize the concepts, theories, and research about positive psychology, conflict management, and the philosophy of sufficiency economy for quality of work life to develop new knowledge [ELO2].

CLO 3: Apply the concepts, theories, and research about positive psychology, conflict management, and the philosophy of sufficiency economy to the development of the quality of work life of both students themselves and others [ELO4].

2. Purposes of course development/ revision

The revision is based on the changes in the learning system due to the Covid-19 pandemic. The University has taken measures to provide online graduate education during the COVID-19 pandemic situation. Consequently, the course will be provided online using Microsoft Teams.

Section 3: Aspect and Process

1. Course Descriptions

Theories, concepts, and research of positive psychology for development of desired characteristics and integration with conflict management processes for enhancing the quality of work life.

2. Teaching Hours per Semester (hours)

Lecture	Practice	Problem-based Learning	Self-study
45 hours (15 weeks x 3 hours)	-	-	90 hours (15 weeks x 6 hours)

3. Linkages of the course learning outcomes (CLOs) with the expected learning outcomes (ELOs) of the curriculum.

Expected Learning Outcomes (ELO)	CLO1	CLO2	CLO3
ELO1: Be able to describe quantitative and qualitative research methods, theories, and concepts related to behavioral science, especially socialization as well as other related subjects such as psychology, sociology, anthropology, and education.	●		
ELO2: Be able to analyze and synthesize concepts, theories, and research outputs to develop the knowledge of behavioral science.		●	
ELO3: Be able to evaluate quantitative and qualitative research with morals and ethics in conducting research.			
ELO4: Be able to apply and integrate behavioral sciences for problem-solving and personal and social development.			●
ELO5: Be able to transfer the knowledge and research results to various target groups at the appropriate level, including being able to communicate by using both Thai and English correctly and appropriately.			

4. Number of hours per week for academic advice and guidance to an individual student

Lecturer	Hour/Week	Consulting date/time
Dr.Korkiat Mahaveerachartkul	1 Hour	Available online by student appointment
Asst. Prof. Dr. Sudarat Tuntivivat	1 Hour	
Asst. Prof. Dr. Kanu Priya Mohan	1 Hour	

Section 4: Development of Students' Learning Outcomes

Course Learning Outcomes (CLO)	Online Learning Management	Evaluation Methods / Tools
CLO 1: Describe the concepts and theories of positive psychology, conflict management, and the philosophy of sufficiency economy.	<ul style="list-style-type: none"> - PowerPoint presentation - Supplementary teaching materials - Students' discussion 	<ul style="list-style-type: none"> - Group discussions - Midterm and final exams
CLO 2: Analyze and synthesize the concepts, theories, and research about positive psychology, conflict management, and the philosophy of sufficiency economy for quality of work life to develop new knowledge.	<ul style="list-style-type: none"> - Student project: writing an academic article related to the topic learned in class - Students' presentation and discussion 	<ul style="list-style-type: none"> - An academic article - Presentation
CLO 3: Apply the concepts, theories, and research about positive psychology, conflict management, and the philosophy of sufficiency economy to the development of the quality of work life of both students themselves and others.	<ul style="list-style-type: none"> - Online activities to develop positive attributes within themselves - Reflection notes 	<ul style="list-style-type: none"> - Group sharing about individual experiences from the activities - Reflection notes - Midterm and final exams

Section 5: Teaching and Evaluation Plans

1. Teaching Plan

Week	Topics	CLOs	Teaching methods & Learning activities	Source/ Materials	Classroom In-charge
1 (13/01/22)	Orientation/ Introduction to Positive Psychology	1	Discussion Lecture	Course syllabus Survey Handouts	Dr.Korkiat
2 (20/01/22)	Quality of Work life	1 & 3	Lecture Discussion	Handouts Assignment sheets	Dr.Korkiat
3 (27/01/22)	Psychological Capital 1	1 & 3	Lecture Discussion PP activities	Handouts Assignment sheets	Dr.Korkiat
4 (03/02/22)	Psychological Capital 2	1 & 3	Lecture Discussion PP activities	Handouts Assignment sheets	Dr.Korkiat
5 (10/02/22)	PERMA	1 & 3	Lecture Discussion PP activities	Handouts Assignment sheets	Dr.Korkiat
6 (17/02/22)	Grit	1 & 3	Lecture Discussion PP activities	Handouts Assignment sheets	Dr.Korkiat
7 (24/02/22)	Self-Compassion	1 & 3	Lecture Discussion PP activities	Handouts Assignment sheets	Dr.Korkiat
8 (03/03/22)	Mid-Term Examination	1 & 3	-	-	Dr.Korkiat
9 (10/03/22)	The Sufficiency Economy Philosophy	1 & 3	Lecture Discussion	Handouts Academic papers	Dr.Kanu
10 (17/03/22)	Introduction to Conflict Management	1 & 3	Lecture Discussion	Handouts Academic papers	Dr.Sudarat
11 (24/03/22)	Conflict Sensitivity and Do NO Harm	1 & 3	Lecture Discussion Case study	Handouts Academic papers	Dr.Sudarat
12 (31/03/22)	Student's presentation	2	Lecturer and peer feedback	Students' papers	Lecturers' team
13 (07/04/22)	Strategies for managing conflicts in an organization 1	1 & 3	Lecture Discussion Roleplay	Handouts Academic papers	Guest: Jenn Weidman
14 (21/04/22)	Strategies for managing conflict in organizations 2	1 & 3	Lecture Discussion Roleplay	Handouts Academic papers	Guest: Jenn Weidman
15 (28/04/22)	Conflict Transformation and Resilient Innovation	1 & 3		Handouts	Guest: Jenn Weidman

				Academic papers	
16 (12/05/22)	Final Examination	1 & 3	-	-	Dr.Korkiat

2. Student Evaluation

Activities	CLO	Evaluation Details	Marks
1. Class attendance/ the students' participation in in-class activities	1	Class attendance The observations of students' participation Reflection notes	20%
2. Academic article	2	Academic article	40%
3. Mid-term Examination	1 & 3	Answer sheets	20%
4. Final Examination	1 & 3	Answer sheets	20%

Guidelines for assignments

Type	Assignments	Guidelines
Group	Academic article	Write an academic article on topics related to positive psychology, conflict management, or the sufficiency economy philosophy and present it on week 12
Individual	Reflection notes related to positive psychology, conflict management, and the sufficiency economy philosophy	After each class, students have to write a one-page summary to reflect the application of knowledge to the development of their quality of work life.

Section 6: Teaching Materials & Resources

Books

- Hart, R. (2020). *Positive Psychology: The basics*. Routledge.
- Duckworth, A. (2016). *Grit: The power of passion and perseverance*. Scribner New York, NY.
- Luthans, F., Youssef, C. M., & Avolio, B. J. (2015). *Psychological capital and beyond*. Oxford University Press, USA.
- Neff, K., & Sands, X. (2011). *Self-compassion: Stop beating yourself up and leave insecurity behind*. William Morrow New York, NY.
- Seligman, M. E. (2012). *Flourish: A visionary new understanding of happiness and well-being*. Simon and Schuster.
- Seligman, M. E. P. (2002). *Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment*. Free Press.
- Seligman, M. E. P. (2006). *Learned optimism: How to change your mind and your life*. New York: Vintage Books.
- Seligman, M. E. P. (2018). *The hope circuit: A psychologist's journey from helplessness to optimism*. New York: Public Affairs.
- Seligman, M. E., & Hager, J. L. (1972). *Biological boundaries of learning*. Appleton-Century-Crofts
- McCorkle, S., & Reese, M. J. (2017). *Personal conflict management: Theory and practice*. Routledge.
- Marszałek, J. and Ochwat, M. (2021). *Problems, threats and challenges for peace and conflict resolution*. Adam Marszatek.

Journals

- Journal of Positive Psychology
- European Journal of Applied Positive Psychology
- Journal of Happiness Studies
- International Journal of Wellbeing

Section 7: Evaluation and Improvement of Course Management

1. Strategies for effective course evaluation by students.

Instructors evaluate the effectiveness of the course by using an evaluation form including the areas of the course contents, course material, class activities, and preferred learning styles.

2. Evaluation strategies in teaching methods.

Students use the formal evaluation form of the university (มศว ปค.003) to assess the effectiveness of and satisfaction towards the course.

3. Improvement of teaching methods.

Instructors use formative evaluation, for instance, observation, questioning, and feedback to improve teaching methods.

4. Evaluation of students' learning outcomes.

Instructors use class participation, assignments, and midterm and final exams to evaluate students' learning outcomes.

5. Review and plan to improve the effectiveness of the course.

Instructors seek feedback from the BSRI committee at the end of the semester to review and plan for the improvement of the course.