

Positive Psychology and Islam

[Master Psychology program Summer School](#)
Indonesia, Yogyakarta

Course leader
A.M. Diponegoro

Target group

Some background in Psychology and any other field studies. Knowledge on designing a research study is helpful but not mandatory.

online course

Positive psychology was introduced by Martin Seligman and other psychologists around 1998 and can be viewed as a supplementary approach to health, counselling, and clinical psychology. The positive psychological movement formulated aims:

- (1) to focus on well-being and happiness to make people happy instead of ill-being, with an abnormal behavior, and how to cultivate a happy life through virtues that build character strength
- (2) and to be concerned with building positive qualities and human strengths instead of repairing damage and
- (3) to move from curative pattern toward preventive.

Understanding positive psychology sources and materials especially that come from religion, mainly Islam.

Course aim

This programme is intended to enlighten students with the concepts and ideas of positive psychology and Islam; provide in depth knowledge on selected topics within the field; be able to judge and design a positive psychological research project; and to give students hands on experience with some important positive psychology intervention techniques.

Recommended reading

Students are strongly encouraged to search for their own literature at the university library where they have a large number of relevant articles and books at their disposal. If you are interested in buying a textbook, we recommend one of the following (please note that it is not mandatory to buy one of these books. The books below are suggested readings):

Toward a Positive Psychology of Islam and Muslims:
books.google.com Nausheen Pasha-Zaidi · 2021 ·

Toward a Positive Psychology of Religion:
Belief Science in ...Rocco Cottone · 2011

Faith from a Positive Psychology
[Perspectivebooks.google.com](https://perspectivebooks.google.com) › books
Cindy Miller-Perrin, Elizabeth Krumrei
Mancuso · 2014

online course

The course, POS2002 Positive Psychology, will start with a general introduction to the field of positive psychology. The role of religions especially Islam in building its theories and concepts. The Important concepts and theories will be introduced and clarified, and an overview of the results of happiness studies and what make people happy will be presented. Although there are many similarities between virtues in positive psychology and Islam, there are differences that will be discussed. The similarities including the usage of words in the positive psychology and Islam. For example forgiveness, gratitude and what are the differences. The critical psychology will offer broad explanation with these differences and the causes

In successive meetings, a number more explicit topics will be discussed by means of lectures and group discussions. There will be plenty room to gain hands on experience with positive psychological techniques and Islamic intervention to promote happiness, ranging from simple journaling exercises, developing forgiveness, and gratitude to improve the quality of life to mindfulness through prayer. A scientific evidence-based approach will be leading. We will provide participants with the tools to be able to evaluate and design research in the area of positive psychology and Islam, but also with the skills to apply some important intervention techniques.

The instructional approach will include lectures, interactive meetings, group discussions, practical workshops and student presentations. Final assessment will be by means of an individual paper on a topic of choice within the field of positive psychology and Islam. On the last day of the course a student conference is held where each student presents his paper (review or research proposal) either by poster or through an oral presentation. Halfway through the course an abstract has to be handed in on the basis of which a selection of candidates for oral presentations will be made.

Recommended reading

Positive Psychology:

Theory, Research And Applications by Kate Hefferon & Ilona Boniwell (2011) ISBN-10: 0335241956 | ISBN-13: 978-0335241958

Applied Positive Psychology:

Improving Everyday Life, Health, Schools, Work, and Society by Stewart I. Donaldson, Mihaly Csikszentmihalyi, Jeanne Nakamura (2011) ISBN-10: 0415877822 | ISBN-13: 978-0415877824

Positive Psychology in Practice by P. Alex

Linley, Stephen Joseph (2004) ISBN-10: 0471459062 | ISBN-13: 978-0471459064