

**C-SHAW III
MEASURES OF HAPPINESS AT WORK**

MAX.MARKS: 100
EXTERNAL: 70
INTERNAL: 30
PASS: 40%
Credits: 4

Section A

Measures of Happiness at Workplace: Job satisfaction, Organizational Commitment, Affective Engagement, Motivation.

Happiness Index: life satisfaction, Quality of life, Micro and Macro happiness measures. Paradox of happiness.

Section B

Surveys and Questionnaires: Happiness at work (HAW) scale, The Oxford Happiness Questionnaire, Work related quality of life (WRQOL) scale.

Role of organizations in employees' happiness: case studies.

Suggested Readings:

1. Burnett, B. (2020). Designing Your Work Life: How to Thrive and Change and Find Happiness at Work. Knopf; Illustrated edition
2. Gielan, M. (2015). Broadcasting Happiness: The Science of Igniting and Sustaining Positive. BenBella Books Inc.
3. Karpinski, E. (2020). Put Happiness to Work: 7 Strategies to Elevate Engagement for Optimal Performance. New York: McGraw Hill Ltd.
4. Moss, J. (2016). Unlocking Happiness at Work: How a Data-driven Happiness Strategy Fuels Purpose, Passion and Performance. United States. Kogan Page Ltd.
5. Robert Bismas-Diener. (2010). Positive Psychology Coaching: Assessment, Activities and Strategies for Success. New Jersey. John Wiley and sons. Inc.