

Enhancing Students' Happiness, Resilience, and Grit through Positive Psychology Courses

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ABSTRACT

The study has revealed that teaching enables students to acquire the skills for achieving happiness. Furthermore, simple classroom activities can also enhance students' sense of well-being and bolster their resilience. Consequently, the attainability of both happiness and resilience becomes evident. In the swiftly evolving landscape of today's society, providing students with the capacity to bounce back from setbacks and uphold their mental well-being emerges as a crucial skill that must be cultivated within the educational domain. These essential abilities are not only imperative within the school setting but also carry enduring significance throughout their lives.

Keywords: Resilience, Grit, Well-Being