

Positive Psychology - What, Why and How

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Abstract: Mental health is one of the most sensitive issues in today's complex world. This is because in this ever-changing world, the practice of living a beautiful and happy life while maintaining good mental health is truly a great challenge. As the world seems to be getting easier, human life is getting more and more complicated. In such a context it is necessary to try to develop a balanced personality by thoroughly considering the issues of mental health. In such a context, positive psychology is especially helpful in keeping people energetic, optimistic and dynamic. Based on all these possibilities of positive psychology, this study seeks to illustrate its meaning and necessity and strategies in today's world order. Here the writers of this paper endeavour to discuss the concept, importance and strategies of positive psychology.

Keywords - *Positive psychology, mental health, optimistic. happiness.*

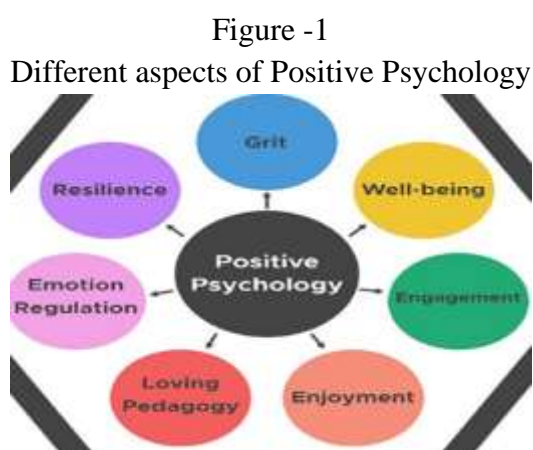
Introduction -

" The aim of Positive Psychology is to catalyse a change in psychology from a preoccupation only with repairing the worst things in life to also building the best qualities in life"- Martin Seligman.

One particular question that has always been on the minds of human beings is how can a person be truly happy? What is the secret to happiness? Is there a special way to be happy? This is because the pursuit of happiness is the main driving force behind human activity. The endless pursuit of happiness and the relentless desire to live a fulfilling life teaches one to keep the positive consciousness alive in one's mind and to be industrious. It is important to note that human personality is a combination of positive and negative aspects. But in

general, people seem to pay more attention to the negative aspects of human behaviour than to the positive ones. Negative events easily draw our attention to their severity. For example, we easily notice a person's anger and hatred but we ignore his potential and intellectual capacity. Therefore, it is very important to develop a balanced personality by encouraging the positive aspects of human beings and acquiring the art of living a happy life. In parallel, people need to focus on various positive aspects. With such a deep understanding of the need, the renowned psychologist Seligman incorporates positive psychology as a new concept in the field of psychology, helping to lead an optimistic life. Such addition can be considered a significant contribution to the individual and society. Positive psychology is a practical approach to the

scientific study of human well-being and optimal functioning. This is an important branch of psychology as a whole. It is defined as the study of the inherent strengths and qualities of human beings that enable individuals, communities and organizations to thrive. Positive psychology especially emphasizes creating happiness in the minds of every human being. This is a relatively new area of psychological study.



Ref. www.frontiersin.org

Literature Review-

Gable, SL. & Haidt, J. (2005) conducted a study on what (and why) is positive psychology. In this paper, the researcher gives examples of current work in positive psychology and tries to explain why the positive psychology movement has grown quickly in just 5 years. For the study, the researcher selected a sampling of research topics covered by the 60 scholars who have taken part in positive psychology and the researcher illustrate some of them. Many scholars studying areas are- attachment, optimism, love, emotional intelligence and intrinsic motivation. Some other studying areas are- gratitude, forgiveness, awe, inspiration, hope, curiosity and laughter. Some are studying well being or flourishing in unusual or understudied populations. The

study shows the reason for movement in positive psychology as compassion, psychology's focus on distress and diseases in the past 50 years is pragmatic and historical and the third one is focused on the negative in our own nature and theories about psychological processes.

Bentea, C. (2018) had conducted a study on positive psychology in school-a brief overview. The article aims to present the progress of the study and application of positive psychology in the school context. The researcher shows in the study that major health issues facing children and adolescents include emotional health, stress, anxiety and depression. The academic demands can produce higher levels of stress for certain students that can negatively influence their mental health. The results of the study found that positive schools enhance school satisfaction and well-being.

AS Rajalakshmi (2021) conducted a study on the effectiveness of positive psychology interventions in enhancing the psychological well being among the college students of single-parent families. The result of the study indicated that there is a significant change in the levels of psychological well being, grit, resilience and mindfulness among college students from single-parent families. There is a significant enhancement in resilience. The findings of the study clear the difference in psychological well-being, grit, resilience and mindfulness after the positive psychological interventions.

Benoit, V. & Gabola, P. (2021) conducted a study on the effects of positive psychology interventions on the well-being

of young children: a systematic literature review. In the paper, the researcher tries to examine the effects of positive psychology interventions on the well-being of early childhood children (<6 years old), in preschool education context with educators or teachers and in the family context with parents through the use of PERMAH Model. The result shows a significant increase in the intervention group in children's positive emotions, empathy and life satisfaction. No changes were found in negative emotions or self-regulation. Also, the result shows that Pro-social behaviour increases and no significant changes in total mental health difficulties and also positive learning behaviour increase among children.

Objectives of the paper-The main objective of this paper is basically to find out the answers to three key questions to develop an insight into the topic undertaken for the study. These three

questions are-----

- (a) What is Positive Psychology?
- (b) Why is Positive Psychology important?
- (c) How can positive psychology be utilised?

Significance of the Study -

The stress of human life has become a serious problem in the world due to unbalanced working life, unhealthy competition and an unhealthy environment. Positive psychology is to be considered one of the most important areas of psychology for maintaining the balance of physical and mental health. Balancing all aspects of human personality is a very useful art for practising a beautiful and peaceful life. Otherwise, the process of enjoying human life can become stagnant and

unmanageable. Strategic preparation is essential for the successful realization of the unfulfilled desire to lead a happy and beautiful life. It is important to note that in the current complex life process, human beings need to be able to cope with the pressures of different natures in order to make life enjoyable and efficient. Positive psychology helps people to introspect the positive energy of life and thereby to explore. Here in this study, the investigators attempted to explore the importance of positive psychology and strategies accordingly.

Methodology:

The present study is descriptive and analytical. The present study is based on secondary sources. To fulfil the objectives of the present paper the data were collected from secondary sources like- official reports and documents, books on the concerned topic, articles, journals, PhD thesis, journals, the internet etc.

Discussion -

What is Positive psychology?

Positive psychology is a new and increasingly popular branch of psychology that seeks to focus on the physical and mental health of a person. It emphasizes the inherent strengths, qualities and factors that help a person to develop and achieve a sense of fulfilment. Also, positive psychology can help you to manage stress more effectively.

Positive psychology is a relatively new discipline of psychology. This branch of psychology emphasizes ways to help people flourish and live healthy, happy lives. While many other fields of psychology are concerned with dysfunction and abnormal behaviour, positive

psychology is concerned with assisting people in becoming happier. (<https://www.verywellmind.com/what-is-positive-psychology-2794902>). Positive psychology is a popular branch of psychology that not only focuses on pathology but also contributes to the happiness and emotional health of the human being. It focuses on strengths, virtues and factors that help people in achieving the sense of fulfilment as well as effectively maintain stress. Positive psychology is basically a science that is needed for a good life (Rajeshwar and Ramchandram, 2019). “Positive psychology is the study of the conditions and processes that contribute to the flourishing or optimal functioning of people, groups and institutions” (Gable & Haidt, 2005). “Positive psychology is a deliberate correction to the focus of psychology on problems. Positive psychology does not deny the difficulties that people may experience but does suggest that sole attention to disorder leads to an incomplete view of the human condition” (Peterson,2009).

Why Positive Psychology?

Positive psychology is especially important in the study of human activity. The following are some of the key aspects of Positive Psychology:

1. The various aspects of positive psychology teach people to appreciate their loved ones, to keep their energy alive, and to use their daily diary.
2. Positive psychology emphasizes the importance of understanding the limitations of an individual and applying the possibilities creatively.
3. Positive psychology encourages the strengthening of human connection to make

human life truly enjoyable. This is because the strong human connection between human beings can strengthen the foundation for a positive change in society.

4. Positive psychology is based on the premise that everyone wants to live a peaceful and meaningful life as well as a fulfilling one. Such a term provides a profound implication for the need for positive psychology.

5. Positive psychology helps to realize some of the best ways to deal with depression and failure. Failure and success are natural consequences of human endeavour. Therefore, positive psychology helps to plan for the future with caution by taking this natural consequence as normal.

6. Positive psychology teaches people how to deal with adversity, how to be productive, and how to build positive relationships with others.

7. Positive psychology strives to overcome the obstacles that stand in the way of success. Awareness and optimism toward the goal greatly enhance the morale of the people.

How can Positive psychology be utilized?

Positive psychology is that branch of psychology that promotes the personal growth and well-being of people. There are certain strategies that people can implement to help themselves to cope with various difficulties that they have faced and enjoy their life with positivity. These strategies are as follows-

- **Build social support:** Social support is an essential factor in sustainably dealing with depression and promoting well-being
- **Build positive emotions:** Positive emotions help in diminishing depressive symptoms. Therefore,

Increasing positive emotions is a way to cope with the diverse situations of life courageously. Building positive emotions means enhancing positive energies.

- **Build positive strengths:** Utilizing the positive strengths of human beings in creative work can help to ease the shift from an unhappy life to a life filled with self-satisfaction and happiness. Setting a mindset as well as belief in one's own personal qualities and traits is the main endurance that can be put to use in various aspects of life. Understanding Positive strength is a valuable way to enhance self-awareness and help to prevent the damage of diseases, stress and disorder.
- **Practising gratitude:** Gratitude is a kind of emotion through which a person expresses appreciation for getting what they want and what they have. Steve Maraboli said, "If you want to find happiness, find gratitude". As a strategy of positive psychology practising gratitude helps a person increase satisfaction in every area of life and makes the person happier. It is a great defence against negative emotions, hostility and irritation. It makes a person energetic, hopeful and positive in expressing emotion and this can lead to perfect mental health. It is helpful in self-enhancement.
- **Engage in random acts of kindness:** Keeping oneself engaged with activities such as volunteering, assisting and caring for friends, family, colleagues, strangers, and those in need through difficult times. Involvement in random acts of kindness in daily life results in a measurable increase in personal well-being.
- **Understanding empathy:** Empathy leads to a healthy relationship with others. It increases the peace of mind of a person. Empathy can bridge the gap between self and others and help to learn effective communication.
- **Build quality relationships:** A strong quality relationship impacts people's experiences and their happiness. Prioritising time and care of friends and family will support a person when they need it. And it helps to build a positive attitude towards every aspect.
- **Yoga and meditation:** The practice of yoga and meditation gives people a feeling of peace and balance from the perspective both physical and mental. Yoga and Meditation is the greatest path to directing attention, and control of emotions, feelings, thoughts and sensations. Mindfulness meditation is the most powerful and effective tool to promote psychological well-being. The benefits of meditation are reduced stress, increased ability to focus, enhance cognitive flexibility and most importantly it helps in relationship satisfaction.
- **Positive affirmations:** Positive affirmation brings an immediate sense of pleasure and pride to people. As a strategy of positive psychology, affirmations direct the mind to focus on the positive sides of people and push them to act positively. This makes me happy and joyful.
- **Accept feedback:** Feedback is a great source of self-improvement. People who can accept criticism and use it to build their personal, as well as professional skills, are happier and more satisfied with their lives and work than others.

- **Learning from experiences:** All good and bad experiences of a past life can teach a life lesson. Research in this regard shows that past experiences make a person more resilient to stress and once a person overcomes the adversity then they become more appreciative of the life that they have.
- **Set Goals -** Having a defined goal in life assists us in eradicating all mental weeds that jeopardize our happiness.

Conclusion:

In the light of this discussion, it is easy to assume that in the automated, complex and busy world of modern life, there is a growing trend of frustration, despair, etc. among human beings. The so-called intense competition for happiness, which is named after the consumerist mentality, has alienated man from the natural path of basic happiness. As a result, human beings have become depressed, pessimistic, emotionally unstable, inactive, and lifeless. The importance and necessity of positive psychology towards making life enjoyable and productive. From the introductory part, it has been clear that positive psychology is very helpful for the development of a sense of well-being among people. The strategies of positive psychology have been demonstrated as very effective in moderating anxiety, depression, and stress among the students as well as people. It is essential to integrate the strategies of positive psychology in the existing programme of school at every level of education so that children can acquire knowledge of social relations, well control of emotions and coping skills which will help them in the later period of their life to prevent any kind of mental issues and challenges and help them to succeed in their

future life. The family, school and psychologist and all concerned members should be aware that there is much to be done in this regard so that people will learn to develop good qualities that help them to endure and flourish.

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