



## **Positive psychology: A Review**

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### **Abstract**

Positive psychology is often dismissed as a happy chat. Yet practitioners say their approaches offer a much-needed balance to psychiatry's conventional emphasis on psychic pain and pathology. The term "positive psychology" is broad, encompassing a range of strategies that enable people to recognise and further cultivate their own positive emotions, experiences and traits of character. Positive psychology builds on key principles of humanistic psychology in many ways. Carl Rogers' client-centered counselling, for example, was based on the idea that people could better their lives by sharing their true selves. And Abraham Maslow identified characteristics in self-realized individuals that are close to the qualities of character identified and used in certain constructive psychological interventions.

**Key words:** Positive, psychology, identified,

### **Introduction**

Psychology has more often than not stressed the vulnerabilities of people in comparison to their ability. This particular approach focuses on the potential. It is not meant to solve problems, but instead focuses on researching things that make life worth living. In short, positive thinking is not about how to transform -8 to -2, for example, but about how to add +2 to +8. This orientation in the field of psychology was developed about ten years ago and is a rapidly growing field. Its goal is to bring sound empiric research into areas such as well-being, flow, personal strengths, intelligence, imagination, psychological wellbeing and the characteristics of positive groups and institutions.

Positive Psychology is a branch of psychology that focuses on the qualities and behaviours of character that allow individuals to develop a life of meaning and purpose—to move beyond survival to prosperity. Theorists and field researchers have tried to define the components of a good life. They have also suggested and validated practises to enhance life satisfaction and well-being. Positive psychology stresses significance and profound satisfaction, not just transient happiness. Martin Seligman,



also seen as the father of positive psychology, identified a variety of visions of what it means to live happily, including Fun Life, Good Life (focused on personal strength and commitment) and Meaningful Life. Positive psychologists have studied a variety of interactions and behaviours involved in various versions of positive life, including basic positive feelings, "flow" states, and sense of meaning or intent. Proponents of positive thinking have also attempted to document the qualities and values of character.

Description of Positive psychology has been defined in many forms and with many terms, but the generally accepted description of the field is as follows: "Positive psychology is a scientific study of what makes life worth the most" (Peterson, 2008)

### **Three Stages in Positive Psychology**

The science of positive psychology works at three different levels – the subjective level, the individual level and the group level.

1 The subjective level involves the study of positive feelings such as pleasure, well-being, accomplishment, satisfaction, happiness, confidence and flow. This degree is about feeling good, not doing good, or being a good person.

2 At the next step, the goal is to recognise the constituents of 'good life' and the personal attributes required to be a good individual' through the study of human strengths and virtues, future-mindedness, capacity for love, bravery, perseverance, forgiveness, originality, intelligence, interpersonal skills and talent.

3 At the group or collective level, the focus is on civic virtues, social responsibilities, nurturing, altruism, civility, tolerance, work ethic, positive institutions and other factors that lead to the growth of citizenship and societies.

### **Objectives in Positive Psychology**

To have a positive effect on the client's life—this goal is above all others and all others feed indirectly on this goal. The main purpose of coaching is to change the life of the client. Positive psychic coaching is no different;

- To improve the client's experience of positive emotions;
- Help clients recognise and grow their specific strengths and talents;



- Improve the goal-setting and goal-setting skills of the client;
- Create a sense of hope in the perspective of the client;
- Foster the sense of pleasure and well-being of the client;
- Feed a sense of appreciation to the client;
- Encourage the client to establish and maintain safe, supportive relationships with others;
- Advise the consumer to keep a positive outlook;
- Help the client learn to appreciate every meaningful moment.

### **Techniques used by constructive psychology**

Positive psychotherapy is the implementation of the concepts of positive psychology in a clinical therapeutic environment. It is based on the idea that happiness can be broken down into three more manageable components:

- Optimistic feelings
- Commitment
- Definition of

**Exercises used in positive psychotherapy are intended to improve one or more of these aspects of a person's life.**

Some of the methods used in this type of therapy include the review of a person's actions in therapy. The beneficial effects of each behaviour are discussed in therapy. The use of beepers or pagers is a common practise. Therapists can with the consent of the person receiving the therapy, encourage the client to remind them to document their experiences. These records are extended when a person adds regular entries to explain the specifics of the past day. They are then assessed on a long-term basis. Such techniques are sometimes referred to as short-term sampling.



People in counselling are most frequently advised to maintain a journal of appreciation. This record is a reminder of the positive activities and milestones of every day. Practice may help to compensate for rumination about things that did not go according to plan.

### **Concluding**

Positive psychology is one of the newest fields of psychology that has arisen. This particular field of psychology focuses on how to make human beings survive and lead good happy lives. Although several other fields of psychology tend to concentrate on disorder and abnormal behaviour, positive psychology focuses on encouraging people to become happy. Positive psychology is a relatively new type of psychology. It stresses the positive influences of a person's life. These could include qualities of character, positive feelings, and constructive institutions. This hypothesis is based on the assumption that happiness stems from both emotional and mental causes. Positive psychology seeks to help people recognise satisfaction from time to time. It reinforces this only by appreciating good memories as you look back at them. People seeking therapy who want to feel a greater sense of joy and freedom from their current circumstances may find this approach helpful.

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