



An Examination of Positive Psychology

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Abstract

The field of positive psychology is sometimes derided as little more than happy talk. However, practitioners of these treatments assert that they provide psychiatry's conventional emphasis on psychological suffering and disease a much-required counterbalance to that focus. The word positive psychology refers to an expansive field that incorporates a wide range of approaches that inspire individuals to recognise and cultivate the positive aspects of their lives, including positive emotions, experiences, and personality qualities. Humanistic psychology serves as a foundation for many aspects of positive psychology, including its central beliefs. "The client-centered therapy developed by Carl Rogers, for instance, was predicated on the idea that individuals might make positive changes in their life by just being themselves and communicating those changes. And Abraham Maslow recognised characteristics of persons who have achieved self-actualization that are comparable to the character qualities found and used in various positive psychology programmes.

Key words: Positive, psychology, identified,

Introduction

The field of psychology has, historically speaking, placed a greater focus on an individual's deficiencies in relation to their potentials. This specific strategy places an emphasis on the possibilities. It is not geared at finding solutions to problems; rather, the emphasis is placed on investigating the aspects of life that make it worthwhile to be alive. In a nutshell, positive psychology is concerned not with how to change something like -8 to -2 but rather with how to change something like +2 to +8. This subfield of psychology has only been around for around 10 years, yet it is expanding very quickly as a subject of study. Its goal is to do rigorous empirical study in areas such as happiness, flow, personal strengths, wisdom, creativity, psychological health, and features of good groups and organisations. This will be accomplished by bringing together leading academics from across the world.

The study of character characteristics and behaviours that enable people to develop a life with meaning and purpose—to progress beyond just surviving to flourishing—is the primary emphasis of the field of positive psychology, which is a subfield of psychology. Researchers and theorists in this discipline have tried to determine the characteristics of a happy and fulfilling existence. In addition to this, they have recommended and evaluated strategies for bettering one's overall well-being and pleasure with life. Instead of focusing just on transient pleasure, positive psychology places a premium on having a purpose in life and experiencing profound fulfilment. Martin Seligman, who is widely recognised as the founder of the field of positive psychology, has provided various descriptions of what it means to



live a happy life. These include the Pleasant Life, the Good Life (which is centred on personal strengths and involvement), and the Meaningful Life. Positive psychologists have investigated a wide variety of experiences and actions that are associated with various kinds of good living. These experiences and activities include distinct positive emotions, states of flow, and a feeling of meaning or purpose. Advocates of positive psychology have also attempted to compile a list of the many character traits and virtues.

Definition

Positive psychology has been described in many ways and with many words, but the commonly accepted definition of the field is this:

Positive psychology is the scientific study of what makes life most worth living (Peterson, 2008)

Three Levels of Positive Psychology

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

- 1 The study of pleasant emotions and states of mind, such as joy, well-being, satisfaction, contentment, happiness, optimism, and flow, is part of the subjective level. At this point, it's not so much about being a decent person or performing good deeds as it is about feeling good.
- 2 Through the study of human strengths and virtues, future-mindedness, capacity for love, courage, perseverance, forgiveness, originality, wisdom, interpersonal skills, and giftedness, the next level of the project seeks to identify the components that make up the good life as well as the personal qualities that are required in order to be considered a good person. This will be accomplished with the goal of determining the personal qualities that are required in order to be considered a good person.
- 3 At the level of the group or the community, the focus is placed on civic virtues, social obligations, nurturing, altruism, politeness, tolerance, work ethics, constructive institutions, and other aspects that contribute to the development of citizenship and communities.

Goals of Positive Psychology

To have a direct and beneficial effect on the life of the client is the overarching aim, and all of the subgoals should be directed toward achieving this one. The life of the client is supposed to be improved as the primary objective of coaching. Coaching based on positive psychology is not an exception;

- Increase the client's experience of positive emotions;
- Help clients identify and develop their strengths and unique talents;
- Enhance the client's goal-setting and goal-striving abilities;
- Build a sense of hope into the client's perspective;
- Cultivate the client's sense of happiness and well-being;
- Nurture a sense of gratitude in the client;



- Help the client build and maintain healthy, positive relationships with others;
- Encourage the client to maintain an optimistic outlook;
- Help the client learn to savour every positive moment

Techniques used in positive psychology

Positive psychotherapy is the application of positive psychology principles in a professional therapeutic setting. It is based on the concept that happiness may be broken down into three more manageable components:

- Positive emotion
- Engagement
- Meaning

A person's capacity to thrive in one or more of these areas of their life may be improved via the use of specific activities that are included into positive psychotherapy.

Examining the activities that the individual participating in treatment engages in is one of the strategies that are used in this sort of therapy. The therapeutic process involves investigating and discussing the benefits associated with each activity. The use of pagers and/or beepers is a typical practise. Beeping the individual getting treatment as a gentle reminder to keep a journal of their sessions may be done by therapists if the patient gives their permission. When a person writes daily notes to explain the specifics of the previous day, these records are built upon and made more detailed. They are subsequently subjected to evaluations that focus on the long term. The phrase short-term sampling is often used to refer to these procedures.

In addition, therapists often suggest that their patients maintain a gratitude notebook. This log serves as a daily reminder of the good things that happened and the things that were accomplished. It's possible that the exercise will help counteract the effects of dwelling on things that didn't go as planned.

Conclusion

One of the most recent subfields to arise within the field of psychology is known as positive psychology. This subfield of psychology focuses on the ways in which people might be assisted to flourish and to live lives that are both healthy and pleasant. Positive psychology is a subfield of psychology that focuses on how to make people happy, as opposed to the dysfunction and aberrant behaviour that is the primary emphasis of many other subfields of psychology. The field of psychology known as positive psychology is one of the more recent subfields. It places an emphasis on the good influences that have been present in a person's life. These may include positive traits of character, feelings of upbeat optimism, and organisations that foster positive change. The idea behind this hypothesis is that one's level of happiness may be affected by both their mental and emotional state at the same time". The goal of positive psychology is to educate individuals on how to recognise and pursue moments of pleasure. This places



an emphasis on this rather than just savouring joyful occasions while reflecting on them in the past. People who are interested in pursuing therapy and have a wish to have a better feeling of pleasure and freedom from their present circumstances may discover that this technique is useful.

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