



CASE STUDY

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Positive Psychology & Optimism

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POSITIVE PSYCHOLOGY AND OPTIMISM

Subject: Psychology of Happiness

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Abstract

Positive psychology and optimism are positive motivational states, both of which involve the expectation of desired outcomes in the future. Hope allows us to approach problems with a proactive, positive mindset, and increase our chances of success. optimism and hope have been linked to better physical and mental health outcomes.

ABOUT

POSITIVE PSYCHOLOGY:

- **Positive psychology** is the scientific study of what makes life most worth living, focusing on both individual and societal well-being.
- It studies "positive subjective experience, positive individual traits, and positive institutions...it aims to improve quality of life"
- It is a field of study that has been growing steadily throughout the years as individuals and researchers look for common ground on better well-being.
- Positive psychology is concerned with epidaimonia, a Greek word meaning "good spirit".
- Positive psychology complements, without intending to replace the traditional fields of psychology.
- Emphasizing the study of positive human development, could enhance our application and understanding in other fields. More specifically, those which are more clinical and scientific-based. Since they may produce a limited perspective and understanding.
- There are three pillars in positive
- The Three Pillars of Positive Psychology are: **positive experiences, positive individual traits, and positive institutions.**

- There are 4 key concepts in positive psychology
- While positive psychology covers many disciplines and areas, many scholars and practitioners have focused on maximising the benefits of five factors essential to happiness and wellbeing: **positive emotions, engagement, meaning, relationships and accomplishment**
- **Character strengths and virtues**, is regarded as the backbone of the science of positive psychology and remains one of the most substantive efforts generated by the field.
- The basic premise of positive psychology is that human beings are often driven by the future more than the past. It also suggests that any combination of positive experiences/emotions, past or present, lead to a pleasant, happy life.
- Another aspect of this may come from our views outside of our own lives. Author of *Grit*, Angela Duckworth, might view this as having a prosocial purpose, which could have a positive psychological effect on our lives.
- Goals are the targets of mental action sequences, and they provide the cognitive component that anchors positive theory.
- Seligman identified other possible goals: families and schools that allow children to grow, workplaces that aim for satisfaction and high productivity, and teaching others about positive psychology.
- Those who practice positive psychology attempt psychological inventions that foster positive attitudes toward one's subjective experiences, individual traits, and life events.
- Barrier block the attainment of our goals and in the event of a barrier we can either give up or we can use our pathways thoughts to create new thoughts.

OPTIMISM:

- Optimism is a character trait or strength that is Event independent does not depend on external situation and it is a state in which individual expects desire outcomes to happen in future.
- Optimistic believes adversity can be handled successfully, Pessimists expect disaster.
- Optimists are also able to recover from disappointments more quickly by attending to positive outcomes to a greater extent than negative ones.
- Optimistic is about hopeful and confident about future.
- Optimism is a mental attitude characterized by hope and confidence in success and a positive future.

- Optimists are those who expect good things to happen, where pessimists instead predict unfavorable outcomes.
- Three ways tend to underpin the way we understand our experience
- Personalization, Pervasiveness and Permanence by taking these distortions. We can learn to be more optimistic.
- Personalization can be thought of as an internal vs external attribution style. If something bad happens, a pessimist will attribute it to internal factors.
- They will see that failure or setback as something that's their fault.
- Pervasiveness describe the global or specific elements of adversity or a negative event.
- Optimists see positive events as Pervasive, it can be argued rather than negative one.
- Permanence is about whether we view a negative situation as feeling or lasting and unchangeable.
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LEARNING OUTCOMES

- Demonstrate an understanding of theory and practice of positive psychology, including the study of positive emotion, positive character traits, and positive institutions, with special focus on the research methodologies utilized to study and apply these..
- Optimism is an event independent, it is a belief and related to traits. Optimism is about inner capability.

CONCLUSION:

- Positive psychology helps the reader to learn happiness matters. Happiness is not simply a nice consequence of a successful life. Indeed, happiness itself is consequential.

- Optimism is the faith that leads to achievement

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