

THE INTERNATIONAL JOURNAL OF HUMANITIES & SOCIAL STUDIES

How Research Findings from Positive Psychology Can Inform Other Areas of Applied Psychology

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Abstract:

The study looks into whether a happy individual performs better in other areas of applied psychology such as school, sports, forensic, health, developmental, and clinical. Critical review of some electronic databases such as Web of Science, ProQuest Central were extensively searched for to identify scholarly related journals. Positive psychology right the wrong, correct the imbalance by focusing on strengths as well as weaknesses, building the best things in life, revamping the worst. Two sub-categories of happiness are hedonism which mitigates unpleasant feelings and maximizes pleasant feelings while eudaimonism means a pursuit of virtue, excellence, and the best. Communities are comprised of mental & physical health. The well-being of any community requires to be cared for and influenced positively. Positive psychology complements rather than replaces traditional therapy, lessening emotional agony and confusion, developing better ways of coping and reducing unhealthy thoughts. Positive emotion and life satisfaction contribute to better physical health and immune function such as fewer visits to the general practitioners; faster healing; longer life; greater creativity; increased success at work like better decision making and performance; improved earnings etc. greater ability to cope with challenges.

Keywords: Research findings, positive psychology, and applied psychology

1. Introduction

Over the years, several studies have shown that positive psychology has numerous applications that span almost every area of applied psychology, ranging from Clinical psychology, counselling, and psychotherapy. Research have also confirmed that positive psychology is a scientific study that makes life worth living and more fulfilling to average people (Lambert, Passmore & Holder, 2015). As Biswas-Diener et al. proposed, "Positive psychology is a vehicle for positive social change, [in that it] presents a unique opportunity to address social ills with new tools." Salient questions, such as "What's right with you?" are being asked rather than treating such patients in such a way that health, clinical and medical psychology are addressed. This study will develop an argument on components of positive psychology which include well-being, happiness, life satisfaction, quality of life, etc. Positive psychology views in our everyday life will go a long way in building individuals' strengths and communities in our education, healthcare facilities, business, and government. According to Seligman and Peterson, positive psychology addresses three issues: positive emotions, positive individual traits, and positive institutions. It is of the view that meaningful and fulfilling lives intend to be led by individuals, improving their experience of love, work, and play. The field has positive subjective experiences: well-being and satisfaction (past): flow, joy, sensual pleasures, and happiness (present), and constructive cognitions about the future-optimism, hope, and faith. Positive psychology aims to identify and enhance human strengths and virtues that make life worth living. McMahon (2017) noted that happiness is more than amusement and requires virtue and moderation.

2. Aim

This study looks into whether a happy person performs better in other areas of applied psychology like school, sports, forensics, health, developmental, and clinical.

3. Discussion

Considering a situation whereby an employee goes to work daily, the serenity of the work environment is all right, salaries are being paid as at when due, and pieces of equipment are there to work. Such an individual will be spoiled to do more work. In addition, an individual who often shows gratitude has better physical health, optimism, progress toward goals, and well-being and helps other people. Stress, nervousness, despair, and chronic pain are reduced when one shows gratitude for something. Work that is exceptional in quality, socially responsible, and important to its practitioners when applied, views of positive psychology to government, education, and business, and inspiring individuals and communities to build on their virtual and strengths, focuses attention on the pillars of well-being and makes life worth living, most problems facing us could be eliminated. Goerling (2016) suggested that expressions of gratitude in any Facebook domain (public or private) did not result in increased subjective well-being. Scrantom (2017) argues that the increase in vertical

gratitude and spiritual well-being may have been assisted by regular spiritual practice at the shelter facility. A study (Wang, 2020) revealed that trait gratitude, fulfilment of basic psychological needs, and SWB were significantly related to each other. Hopper (2016) found that gratitude writing led to increased sociability, increased approach goals, and a marginally higher level of compassionate goals. In a study conducted by Greene (2015), gratitude demonstrated higher correlations with psychological well-being, posttraumatic growth, and depression than surviving caregivers and participation in mourning behaviours.

Positive psychology, right the wrong, correct the imbalance by focusing on strengths and weaknesses, building the best things in life, and revamping the worst. Psychologists should concern themselves with suffering and well-being, which are part of the human condition. Modern positive psychology has argued that what makes life worth living is to ensure the cross-fertilization of ideas through conferences, workshops, seminars, and research grants to develop broad notions of happiness. When people's income is above the poverty level, happiness is manifest as a result of the associated wealth. People derive joy through quality food bought and income accrued. A study by Alford (2017) advocates good quality of life while those who experience depression, fatigue, pain, loss of social support, and poor self-efficacy are being lived. It was also pointed out that young adults, who reported positive emotions, seem to have a longer lifespan.

One should maintain a regular gratitude practice and reflect 'wins'. Many believe that anger is silly and is not generative to feel negative about things you cannot change. It was revealed that unpleasant, high-energy emotions like anger, irritation, frustration, stress, and anxiousness set in. Unpleasant, low-energy emotions like sadness, disappointment, and boredom occur. According to Chow, Berenbaum & Flores (2013), people with higher self-discipline had a harder time whether they were suppressing appreciation than if they were suppressing anger at other persons, while individuals higher in freedom had a harder time if they were overpowering anger at others than if they were overwhelming appreciation. Some researchers also argue that depressive states may allow us to better analyze difficulties and gain awareness of complex social predicaments. Fredrickson's broaden and build theory says positive emotion broadens awareness, and over time enables the development of resources. Liu (2008) revealed two pain-related emotions rated with the highest intensity frustration and anger. Tinubos, Schnell, and Rohrmann (2013) found that an anger situation evoked not only typical subjective and cardiovascular anger reactions but also a sense of strength, which is a positive effect. Two sub-categories of happiness are hedonism which mitigates unpleasant feelings and maximizes pleasant feelings, while eudaimonism means a pursuit of virtue, excellence, and the best within us. Gorin (2019) identifies clinical and non-clinical implications of the diverse approaches to conceptualizing happiness in positive psychology, and psychoanalysis proposes further areas of exploration. When one is having challenges, more satisfaction, contentment, and pleasure are required, not just less despondency and uneasiness. Additionally, in 'fixing what's wrong,' we can also 'construct what's strong.' With robust inspiration, individuals who are clinically disheartened can form healthy relationships and have a sense of accomplishment.

The science of positive aspects of human lives, such as happiness, well-being, and flourishing, fills the gap between who we are now and who we are likely to be one day and highlights individual strengths. The study conducted by Diener, Lukas, and Dishi (2002) proposes the most common understanding of happiness, which implies that to be happy is to like one life. Happiness comprises mental health, intelligence, a well-integrated personality, self-management skills, and numerous mental virtues. Robert Waldinger argues that good relationships keep people happier and healthier. Understanding happiness roots, lack of basic resources, and material resources contribute to unhappiness, but an increase in material resources does not increase happiness. Chinese feel unhappy despite the huge successes recorded and rapid advances in their living standards. Studies have shown that technologies and training could be used by individuals to enhance their positive emotions and feelings of living meaningfully. Peterson (1986) supports descriptive qualities such as soft for gratitude or hard and sharp for anger refer to functional properties of the emotion. Motivation is also a function of these emotions, and their expression may influence the social setting. Political leaders, people in authority, and policymakers can improve public happiness. Psychological learning and positive experiences like art or science make individuals joyful. For instance, building public space in the city centre, instead of high rises or a city square where movies are being shown daily, creates a sense of community. When life is going on well, one is happy based on the standard set for oneself. Ben-Shahar brought the idea 'happiness boosters,' like spending time with one family, boosting your spirit, expressing gratitude, and taking time to exercise. 30 minutes of exercise a day can work, as well as antidepressants, according to some researchers. Keeping (2003) states that emotions are best understood as organizational structures that inform our movement, perception, and thought. Delhom, Gutierrez, Mayordomo, and Melendez (2018) support that emotional intelligence can be seen as an indicator of psychological adjustment and as a precursor of feelings linked with good mental health.

Well-being can be achieved through five key pathways: Positive emotion, Engagement, Relationships, Meaning, and Accomplishment (PERMA), which individuals pursue *for their own sake* (Forgeard et al., 2011). A study conducted by Mitsel, Intan, and Geografia (2020) revealed that participants named themselves highly tolerant and agreed that individuals should be permitted to run through their culture. A high level of well-being across aspects of positive emotions, engagement, relationship, meaning, and accomplishment was reported by the participants using the PERMA model of well-being as the basis of analysis. The concepts of happiness, well-being, life satisfaction, and quality of life explain the overall assessment of one's life. Involvement of positive aspects of mental functioning like competence, emotional stability, engagement, meaning, optimism, positive emotion, positive relationship, resilience, self-esteem, and vitality includes hedonic and eudaimonic components; that is, both positive feeling and positive functioning (Huppert & So, 2013). A study by Williams (2019) shows that an individual's ability to thrive in their work environment greatly affects psychological well-being, and positive interpersonal relationships contribute to an individual's ability to experience both psychological

well-being and occupational thriving. The premise of positive psychology is that well-being can be defined, measured, and taught. Communities are comprised of mental and physical health. The well-being of any community requires it to be cared for and influenced positively. If a community experiences a tragedy, all its members are directly affected. It is important to know what makes communities flourish and become resilient. Hall-Simmonds (2021) overused signature strengths that were perceived to have an impact on one's ability to cope with depression despite limited statistical evidence. Participants were likely to view their signature strengths as either helpful or harmful based on their ability to use social support systems effectively, act by their values and identity, or achieve the desired outcome. Shaw (2017) suggested that cognitive and perceived hope may lead to well-being through an improved sense of the presence of meaning in life (PMIL). Hosie and Sevastos (2009) developed managers' affective well-being model, intrinsic job satisfaction, and performance which contribute to specific indicators of affective well-being and intrinsic job satisfaction that predict certain dimensions of managers' performance.

Positive psychology complements rather than replaces traditional therapy, lessening emotional agony and confusion, developing better ways of coping, and reducing unhealthy thoughts. Taylor (2021) emphasized that adequate pain management, resilience, and positive relationships in participants' lives appeared as the overarching sustainers of well-being, while the loss of control that chronic pain brings to an individual's life was the most challenging issue regarding each participant's flourishing. Perturbed individuals want more satisfaction, contentment, and delight. With inspiration, clinically depressed persons can still form healthy relationships and feel a sense of achievement. A list of 'character strengths and virtues' was put together by positive psychologists, which include compassion, equality, genuineness, appreciation, and open-mindedness to the famous Diagnostic and Statistical Manual of Mental Disorders, a broad listing of mental illnesses. Consequences of certain severe impediments individual face in their lives was addressed by positive psychology, like individuals who reside in war zones and conflict-ridden areas or undergo political persecution or extreme poverty. Ben-Shahar, a psychologist, says it is impossible for some, but most individuals in utmost situations benefit from positive psychology as they learn how to be happy. It was pointed out that one capacity for happiness is set by genetics (biology and heredity), circumstances (sex, ethnicity, income, education, philosophy, etc.), and Intentional activity (behavioural choices, thinking patterns, etc.). If an individual is aimed at improving his happiness, intentional activity is where one exerts the most control. Individuals can learn skills and strategies to increase happiness and life satisfaction. The study conducted by Morrish, Rickard, Chin, and Vella-Brodrick (2018) proposed that positive education programs (PEPs) combine academic training with positive psychology interventions (PPIs) to increase well-being and reduce mental ill-health.

It is also argued that positive emotion and life satisfaction contribute to better physical health and immune function, such as fewer visits to the general practitioners, faster healing; longer life; greater creativity; increased success at work like better decision-making and performance, improved earnings; higher-quality relationships like more friends, stronger partnerships, etc., increase prosocial behaviour like more volunteering, connection to community, etc., greater ability to cope with challenges. Balzell, Akhtar, McCarthy, Hurley, and Martin (2014) considered both the life happiness model (Seligman, 2002) and the PERMA Well-Being model (Seligman, 2011). The study supports three of the five PERMA model components and found that positive relationships and meaning were not significant predictors of satisfaction in the function of an athletic coach, while positive emotion, engagement, and accomplishment were significant. Bowenschulte (2017) found positive psychotherapy effective in increasing positive emotion, which is influential in family relationships and functioning.

4. Conclusion

In conclusion, explanations have been provided for positive psychology components such as well-being, happiness, satisfaction, and quality of a good life. It was argued that individuals' performance cannot be overlooked in other areas of applied psychology. Physical exercise, mental health, positive emotions, gratitude, psychological learning, and experience make useful contributions to the field of positive psychology, which hitherto affect other areas of applied psychology. It's quite thoughtful to note that individuals' well-being could be achieved through PERMA. It is also noted that in enhancing one well-being and happiness in life, an individual should be resilient and optimistic in the face of adversity and focus on solving-problem, taking time to build quality relationships with supportive people, taking time to engage in a random act of kindness, respond actively and constructively, and celebrating when others share their experiences.

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