

AN INTRODUCTION TO POSITIVE PSYCHOLOGY

ORIENTATION WEEK FIB QUIZ

WELCOME TO POSITIVE PSYCHOLOGY

- Positive psychology is challenged to increase research on psychological _1_ and areas of human _2_.
- Positive psychology is concerned with the use of psychological theory, research and intervention techniques to understand the positive, adaptive, creative, and emotionally fulfilling aspects of human behavior.
- King states: “What is positive psychology? Nothing more than the _3_ study of _4_ human strengths and virtues.”
- Positive psychology focuses of 3 broad areas of human experience:
 - Positive subjective states or positive _5_
 - Positive individual traits or positive _6_ patterns
 - Positive _7_, which investigates how groups/societies can work better to support and nurture the citizens they impact

BASIC THEMES OF POSITIVE PSYCHOLOGY: GOOD LIFE

- Positive psychology is essentially concerned with the elements and predictors of the 8 life.
- The idea of the good life derives from speculation about what hold the greatest value in life--- that is, what is the nature of the highest or most important good.
- Martin Seligman (2002) defined the good life as “using your signature strengths every day to produce authentic 9 and abundant gratification.”
- The good life is seen as a combination of three elements: connection to others, positive individuals traits, and life regulation qualities.
- The good life must include 10 with other people and with society as a whole.

BASIC THEMES (CONT): POSITIVE EMOTIONS & FLOURISHING

- In the _11_ many psychological researchers assumed that psychology should focus on pressing social _12_ such as drug abuse, criminal behaviors and the treatment of psychological disorders.
- Recent research suggests that the study of positive emotions can actually help to _13_ these problems.
- Positive forms of therapy can be as useful as older therapies that focus on _14_ negative emotions.
- People who experience positive emotions tend to have greater _15_ in numerous areas of life, and are also more likely to be physically _16_.

BASIC THEMES (CONT): FLOURISHING

- Previous psychological theories have argued that human beings are determined by their past, their biology, cultural conditioning or their unconscious.
- A basic premise of positive psychology is that humans are more often drawn by their _17_ than driven by their past.
- Flourishing is a term to describe people high in well-being and low in mental illness.
- Keyes and Lopez (2002) further describe “_18_ mental health” as a combination of high emotional well-being, high psychological well-being, and high social well being.
 - _19_ well being: people are happy/satisfied with life
 - _20_ well-being: people feel competent, self accepting, purpose driven, and have positive relationship with others.
 - _21_ well-being: positive attitudes toward others, and feel a part of the the larger social community.

BASIC THEMES: CONTINUED

- Older psychologists (Frued, Watson) believe human were motivated primarily by 22 drives
- Newer research suggests than human socialization and the ability to live in groups is a highly adaptable trait. (Buss, 2000) Newer perspectives hold that the need to cooperate and the desire to 23 others may be biologically based and innate.
- 24 has been found to be associated with higher life satisfaction and more positive relationships.
- Positive psychology embraces ideas about positive social environments. As Peterson says “Other 25 (2 words)” (2006).
- Any discussion of the “good life” must touch on virtues, values and character development.

BASIC THEMES: POSITIVE AND NEGATIVE EMOTIONS

- It was assumed for a long time that if a person could eliminate negative emotions, then positive _26_ would automatically take their place. Many people who play the lottery believe this.
- Several studies have shown that positive and negative emotions are relatively _27_.
- For example, just because someone is free of anxiety doesn't mean that s/he is automatically inspiring courage, self-sacrifice, honesty and integrity.
- Positive psychology does not deny problems in the world that need attention. It obvious that negative emotions can be necessary for survival at times.
- Positive psychology is not “_28_”. It recognizes that the tragic elements in life can enrich our experience of being human.

BASIC THEMES: SCIENCE OF WELL-BEING

- One of the most distinguish features of positive psychology is an insistence that research must follow the standards of traditional 29 investigation.
- Researchers hope to build an experimental knowledge base in the psychological laboratory and then move those results out into 30 arenas such as schools, clinical settings, and the workplace.