

# EMBRACING LIFE WITH POSITIVE PSYCHOLOGICAL APPROACHES

## Abstract

It is incredible that happiness, joy, and those sunshine smile quotes are not merely limited to books and movies but are a scientifically proven way of life. A positive approach can heal situations, conversations, physical and mental conditions, and healthy insinuations. Unlike traditional psychology concepts that work on mental illnesses and ways to deal with them, positive psychology has broadened its horizon and spread its wings to encompass enhancing the way of life. They improve the well-being and performance of individuals and their daily practice can upskill their attitude towards their day-to-day life. Positive Psychology was adopted in the late 1950s. Positive Psychology revolves around the significant umbrella concepts of happiness, overall well-being, and quality of life.

**Keywords:** Mental wellness, optimum level of functioning, impact on lifestyle, positive experiences, increased productivity, coping with challenges, instilling mindfulness, positive traits, positive mindset, establishing kindness, real-world examples, revamping the approach, and building determination.

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## I. INTRODUCTION

Although Abraham Maslow coined the term positive psychology in the year 1954, its roots back to the humanistic approaches and theories. The vacuum is not about the 'glass being half empty or half full' but about creating a dynamic concept and changing an individual's perception. Problems or daily life obstacles often build a chain of negative thoughts and tend to exaggerate the situation. One lousy instance or episode in the morning leads to an overall loop of leading a bad day. The rapid growth in the field of positive psychology, intervention approach, and research majorly focuses on promoting a maximum level of functioning and individual well-being. They are bringing about a change in classrooms and school settings worldwide. (Ciarrochi, Atkins, Hayes, Sahdra, & Parker, 2016). For once, getting up late in the morning and being cranky about being unable to reach on time leads to traffic and then scolding at work or college. You might also need to remember your assignment and eventually have a completely ruined day. Hence, we can comprehend that negativity transforms or multiplies into a pessimistic attitude.

### Now the question arises Does it even matter to adopt a positive approach?

Moreover, what can be labeled as a positive approach? Living is not merely a matter of breathing and continuing with daily chores. It involves cognitive processes like thought systems, perception, attitude, mindset, and reasoning. There seems rapid growth of evidence in the approach and reach of positive psychology which has formed a concrete and convincing case for optimum health or well-being as a working objective for educational systems. It is believed that this objective is central to just how strategies are developed to tackle academic growth, retention rates of school, and engagement by students. (Piñeiro-Cossio, Fernández-Martínez, Nuviala, & Pérez-Ordás, 2021) Adopting a positive approach indeed has enormous benefits for an individual. They are used for

- 1. Rising Resilience:** We can understand resilience as coping with difficulties. While facing a challenging situation, ample factors tend to loosen the grip of hope for the particular individual. But with the help of a positive approach, people can fight back and how. This allows them to bounce over the problem with force and determination.
- 2. Promotion in Productivity:** Every Individual has a different set of productivity levels. Each of us has the same twenty-four hours to suffice all our tasks of the day. Certain people find it less and fall into the trap of lethargy; this can be due to nagging and negativity. As for others, those with a strong-headed mind and positive approach can achieve all their goals and go the extra mile to work on targets.
- 3. Strengthened Self-Confidence:** Self-esteem and Self-Confidence make up a person and contribute to their personality. When individuals believe in themselves, they can have contentment and easily hold the situation and make the most of it. They make a person feel ready to experience life's adventures. They can focus on the future and try to cross all the obstacles coming their way.
- 4. Ameliorating Mental Health:** A person's life expectancy increases with improved mental health. Satisfactory and acceptable mental health has multi-folded benefits ranging from increasing learning ability and creativity to even making the person adapt to changes

flawlessly. Change is the only constant for living beings. Adjusting to it and transforming into a better person becomes smooth in the case of excellent mental condition. The programs based on mindfulness of school promote the well-being of students and positive behavior along with the development of important life skills instilling self-regulation and stress management. Mental health involves a person's social, emotional, and psychological well-being (Kenwright, McLaughlin, & Hansen 2023).

5. **Coping with Challenges:** Coping with obstacles and barriers enhances and strengthens the caliber of the person leading to a positive outcome for all the difficult times one might face. Difficulties distresses, and disappointments are a part and parcel of life. After a person can cope with challenges, they become powerful enough to tackle all obstacles and strengthen their path to success.
6. **Influencing Individuals:** People are attracted to positivity, and with the help of an optimistic mindset and approach, they can influence others around them. Positivity is as contagious as the flu. Like the latter, an individual always remembers the cause or reason behind catching it. If one positively impacts others, they create a strong impression on their heart and mighty footprints on their life. Behavior and attitude towards others can make or break the situation or air between people.
7. **Relishing Relations:** Having a positive approach in relationships can make the person's bond strong and healthy with others. Positive Psychology makes the connections everlasting and develops a sense of respect and mutual understanding of others. Strong social support can eliminate loneliness and prevent the person from being deprived of depressive thoughts. Simply by adapting to a positive approach, a drastic effect can be experienced in the life of people.

## II. THE THREE PILLARS OF POSITIVE PSYCHOLOGY

1. **Positive Experiences:** A human being is an amalgamation of their past experiences and personality. Any good or bad event leaves a lifelong impression on the person. Positive experiences lead to positive reinforcement leading the person to repeat they are good behavior and transform into a meaningful and socially appealing life. Positive experiences can be getting married, giving birth to your child, falling in love, getting a promotion, or more such cases, that stay with us throughout life. The approval or validation of others matters to us, transforming the praises into a repetition of acts.
2. **Positive Traits:** A person's attributes or qualities make them likable. Kindness, generosity, honesty, loyalty, and creativity are among an individual's positive traits that lead to healthy and optimistic outcomes. Performing these skills and attributes attracts others towards them and makes positivity contagious. Being warm and friendly makes a comfortable atmosphere and allows people to be open to you and share a good bond. Open-minded people are more inclined towards positive psychology.
3. **Positive Institutions:** Positive Institutions work on assessing the process and study of strength that transforms into better communities. They are leading a person to become more responsible and loyal, instilling the qualities of justice, leadership, and team players, and nurturing work ethics. *Positive Institutions* are structures or systems that mold a person's life. They can be anything from school, family, workplaces, and communities.

### III. IMPLEMENTATION OF POSITIVE APPROACH IN REAL LIFE

There are tremendous Implications of Positive Psychology in Real Life that enhance the quality of life of an individual. People can always strive to be better versions of themselves and create the optimum output level for their performance input. Happiness can be accelerated, and the quality of living can be increased and improved. There are specific ways or practices through which we can implement positive approaches or bring the essence of positivity into our day-to-day lives. Those ways can be

- 1. Melding Meditation and Mindfulness:** Practicing Mindfulness can connect you with the present and simultaneously build a combination of deep thoughts melding with reality. It makes a person feel alive and develops a more profound sense of truth and pragmatism. Meditation is the most advised practice by mental health experts. It makes you aware of yourself and as well as your surroundings. This helps the person gather their attention and helps develop concentration. It is even religiously proven and practiced in enormous different cultures. It also reduces stress and anxiety and helps you positively approach life and difficult situations.
- 2. Positive Parenting:** The growth and development of the child require many factors, out of which parenting holds the most crucial role. Parents function as the nurturing light in the life of their children. Care, support, love, understanding, and an optimistic attitude are vital in helping the child grow. Humanistic Psychologist Carl Rogers focused on the concept of Unconditional Positive Regard. It deals with accepting a person, involving care and understanding irrespective of what the person says or behaves like. Although it is a famous psychological therapy technique named 'client-centered therapy'. It enables us to respect the person and, moreover, accept them.
- 3. Kindling Kindness:** Kindness comes with being human. It is the act that makes you stay alive. It would help if you were kind to people irrespective of their acts and behavior because that is right. Kindness is a moral virtue. To survive in the world, one has to practice generosity, compassion, and courage.
- 4. Affiliation of Affirmation:** Affirmation refers to positive statements that can help instill positive behavior in a person. The sentence reminds the unconscious and conscious mind to motivate the person and bring out their best constantly. Journaling can be a method of pursuing or practicing positive affirmations. The unconscious mind plays a significant role in molding an individual's thoughts and actions. They determine how an individual deals with situations, problems, and life.
- 5. Practice Physical Exercise:** Being physically active can regulate the blood and oxygen flow in the body. It regulates happy hormones and makes the person all the way more productive. An individual gets better sleep and can calm themselves in challenging situations. They also increase the confidence, concentration, and connection of the person. They tend to be more confident about themselves and learn ways to enhance their conduct in social settings. Being focused on a particular task increases a person's concentration and makes their mind work with optimum force. People are also able to connect better with themselves and their surroundings. Hence, practicing physical exercises and being active with your motor skills can have multi-folded benefits in increasing the positivity and productivity of a person.

#### IV. THE JOURNEY OF TRANSITION FROM PAST TO PRESENT

- 1. Indian Legal System on Criminal Punishments:** Our society has transformed a lot since the olden times. Everything is changing at a rapid pace. Places, people, and perceptions are all evolving and turning into something new, bizarre, wonderful, and like never before. For instance, the punishments for theft had extreme repercussions like chopping off hands or even being sentenced to death. Former India focused on capital punishment; for now, positive psychology has marked its footsteps in the legal and political world, leading to positive reinforcements. Criminals are not treated with intense violence but rather made to do productive jobs during their tenure in jail. They include gardening, making handmade goods, and furniture, maintaining libraries, and learning new skills. A positive angle can transform the situation into something meaningful rather than leaving it to rot. Public humiliation was a common way to tackle situations in young India. Stoning, Immurement, and Crushing by Elephant were the most common examples and techniques to deal with criminals back in the day.
- 2. Japan's Move from Disaster to Development:** Dealing with natural disasters can be challenging and traumatizing for communities, nations, age groups, and living beings. When you cannot control the situation, you can aim at preventing it. Japan as a nation is the best example of dealing with natural disasters and calamities positively. They have designed high-end prevention technological systems to detect and deal with a problem. They shape their country into a sustainable unit of growth and development with the help of an upgraded mindset and hard work. Instead of losing control and grip, the Japanese government is among the few driving forces working on the disaster management program and delivering healthy and functional outcomes to the world. Instead of cribbing about the situation and grabbing sympathy from all possible sources, they curate the early warning systems and deliver them to the world (World Economic Forum). Japan, while dealing with life-threatening and traumatic disasters, has become a leading nation in transforming practical and successful outcomes to deal with natural disasters with its positive approach.

#### V. CONCLUSION

*Positive Psychology* is a scientific measure used to apply interventions and techniques in real-life settings to enhance the quality of life and upgrade the everyday satisfaction level of a person. Practicing gratitude, journaling, staying with kindness, and focusing on strengths rather than weaknesses are the few tactics a person can observe to stay in touch with reality and mold the direction and approach to an optimistic path. Student management's modern research is solely focused on enhancing mechanisms for developing life satisfaction, removing emotional anxiety, and increasing self-confidence. (Yadav, Naveen, Tiwari & Singh, 2017; Xu & Choi, 2023). It is rightly said that 'negative approaches do not lay out positive outcomes.' Positive Psychology does not focus on ignoring a person's harmful elements, denying acceptance towards defeat or heartbreak, but facing everything with courage, positivity, and practicality. Human life is often compared to a roller coaster because life, like the roller coaster ride, has its share of ups and downs. Not all days are the same, and not all events can become a happy gala occasion. Incorporating and instilling the sense of reality that not all days are the same and not all days are dark can motivate the person to

move ahead in life. We must learn from the happy events, take our positive feedback, and accelerate toward the future like a moving bicycle.

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