

## 8. Positive Psychology

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### Learning objectives:

1. To develop an understanding about positive psychology as an emerging branch of psychology.
2. To illustrate an understanding on the nature and importance of positive psychology.
3. To relate and understand positive emotions like Happiness, Optimism, Empathy, Mindfulness and Resilience and apply key elements in their day to day life.
4. To explain and demonstrate a clarity on the concept of Life above zero and Broaden and Build theory and apply it to their daily life.
5. To discuss and analyse the determinants of happiness and choose to adopt the same to enhance happiness in their life.
6. To develop an understanding and explain methods to promote empathy, mindfulness meditation and the 7 C's of Resilience and nurture it in day to day life.

## 8.1 Introduction:

In today's world people are facing social and personal challenges in the form of natural disasters, terrorism, recession, death of near and dear ones, failure, extreme competition. In face of such adversities and negativities, is there anything which helps in enhancement of happiness? To live a happier, healthier life, it is important to learn how to be positive.

This chapter will take you through the new science of Positive Psychology. This will help you to understand, measure and promote positive experiences such as optimism, happiness, growth etc.

You might have seen people doing things in spite of no personal and or materialistic gains like, selfless service to others, efforts to save lives of others at the cost of one's own life etc. Why is it so? This question was raised by many psychologists too. Some of them believed that it is due to the fact that such virtuous behaviours are the inherent qualities found among most humans. On the other hand you might have seen other people who despite being aware that certain behaviours are incorrect still indulge in it. We typically focus more on the negative rather than positive things. Hence traditional psychologists have always focused on the study of undesirable behaviors or disorders rather than on the positive aspects of human behavior. As a reaction to this, Positive psychology focuses on virtues, character strengths, happiness, leading to achieving a meaningful and enriching life.

## 8.2 Meaning of Positive Psychology

Positive Psychology is a newly emerging branch of Psychology. 'Positive psychology is the scientific study of what makes life worth living' - 'Peterson, 2008'. It is a scientific

approach to study human thoughts feelings and behaviour. It focuses building on the personal strengths and all the positive qualities and experiences in life.

**Martin Seligman** officially introduced Positive Psychology as a subfield when he chose it as a theme of the American Psychological Association Conference in 1998. So this branch of psychology gives importance to studying things like joy, courage, happiness rather than stress, anxiety, illness, disorders, conflicts, frustrations etc.

There is no common definition of Positive Psychology. Seligman defined positive psychology as "The scientific study of positive human functioning and flourishing on multiple levels that include the biological, personal, relational, institutional, cultural and global dimensions of life". In short, Positive Psychology is the science of happiness, human strength and growth .

## 8.3 Importance and Need of Positive Psychology

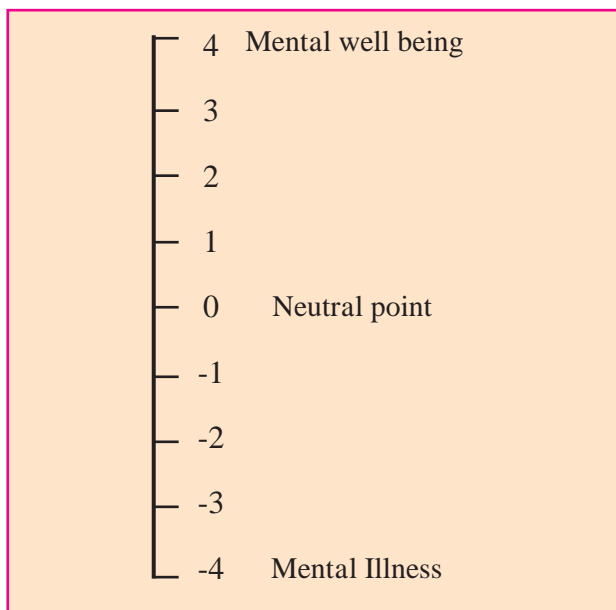
Ironically, research suggests that the greater weight and attention is given to the negatives in human behaviour compared to the positives. Negative events easily attract our attention because of their intensity. For example, we easily notice the anger of a person but his potentialities and intellectual abilities are ignored by us. Studies strongly suggest that one negative comment can undo many acts of kindness and one bad trait can undermine a person's reputation leading to a downfall. Positive psychology can help to increase awareness about it.

Positive psychology believes that a person can overcome many psychological problems by adopting a positive approach. Therefore positive

psychology is an important science in today's life.

### 8.3.1. Life Above Zero -

Positive psychology emphasizes study of life above zero. Here zero is the line that divides illness from health and unhappiness from happiness. Traditional psychology has focused on life at and below zero, that is, illness, pain and frustration. Life below zero indicates life which contains stress, problems in life, physical and mental diseases, unhealthy social relations etc. These factors negatively influence human life. The concept of life above zero is explained through the following continuum



In above diagram, the upper section indicates positive characteristics, In the lower section there are negative characteristics which are called characteristics below zero. Thus, there are positive deviations in the upper section and negative deviations in the lower section of the continuum. It also shows that what is near zero. i.e. -1 to +1 indicates neutral characteristics. According to DSM classification as we go down below zero, we see disorders and dysfunction. But major objective of positive psychology is to take human life above zero.

Life above zero covers a large area of positive aspects of human behaviour like happiness, optimism, hope, trust, character strength, compassion, empathy, mindfulness, resilience etc. these are the areas that positive psychology focuses on. We will study few of them in this chapter.

Before we start with the study of these areas it is essential to understand how this can be achieved. Barbara Fredrickson explains this in detail in her “Broaden and Build theory”.

### 8.3.2 Positive emotions – Broaden and Build theory

Tushar was having a very good day at college. He was very happy since his teacher had praised him. He went to the canteen but did not see any of his friends there. Instead of eating alone, he decided to introduce himself to a classmate he had not spoken to earlier and asked if they could eat together.

Here, rather than eating alone in a corner, Tushar decided to make a new friend. His behavior reflects the broadening aspect of the theory.

According to Barbara Fredrickson's Broaden and Build theory of positive emotions, we can think of positive emotions as being a way to be open to positive things in our life. When we are happy or experience positive emotions, we tend to think more positive thoughts. This is reflected in our behaviours too. For example, being in a positive frame of mind, we want to be around people and socialise. Thus we have effectively increased or built our social and psychological resources. When we experience a positive emotion it leads to broadening (increasing) the number of actions we can think of performing. These actions help strengthen our psychological resources which improves our well being.

This is the way in which we can manage our emotions by trying to experience greater number of positive emotions, which will increase and strengthen our psychological and social resources. This enables us to lead a more fulfilling life.

We will study some of the positive emotions which may give us some insight to make our life enriching.

## 8.4 Happiness

We experience different types of emotions we prefer to experience some of them like happiness, love, respect etc, while we prefer to avoid some other like sadness, anger, hatred, fear, anxiety etc. These positive and negative types of emotions make our experiences meaningful and bring variety in the experiences. Without positive emotions our life will become very difficult.

- Amruta was extremely happy to know that she stood first in all divisions in annual examination.
- Milind became very happy when his father gave him the mobile which he always wanted to have.
- Students became very happy after a holiday was declared unexpectedly

In this way we experience happiness in different situations.

### Activity 1

Try to remember experiences which made you very happy. Can you give reasons that were responsible for your happiness?

### When do you feel happy?

From the above activity you may have realized that you become happy when you are successful, or when you feel secure or when you feel lucky.

### 8.4.1 Definition of happiness

Happiness is a positive emotional state that is subjective for each person. The definition makes it clear that there are subjective differences in experience of happiness e.g. some people are very happy when they get sweets and there are some who just hate sweets!

### 8.4.2 Theories of Happiness

Table 1 Showing the theories of happiness

Need/goal satisfaction theories	Process / activity theories	Genetic/ personality theories
<ul style="list-style-type: none"> <li>• We are happy because we have reached our goals eg. You are hungry and somebody offers you your favorite food.</li> </ul>	<ul style="list-style-type: none"> <li>• Engaging in particular activities generates happiness eg. Singer enjoys singing.</li> </ul>	<ul style="list-style-type: none"> <li>• Genes and personality characteristics are involved in the experience of happiness.</li> </ul>

### 8.4.3 Determinants of happiness

#### Activity 2

Based on your answers in Activity 1, what do you think which factors determine our happiness?

We might be tempted to believe that health, income, prestige (due to our job, place of residence, wealth etc.) are the most important factors for our happiness. But the research has shown that these factors add only a small portion of total happiness experienced by people in their entire lifetime.

On the contrary, other factors are better predictors of long lasting happiness. Some of them are as follows-

- a) **Strong and intimate social relationships** – Robust and intimate relationships within as well as outside the family help an individual to build better support system to rely on at the time of difficulties. It also produces greater positive contacts adding to overall happiness.
- b) **Optimism** – When a person is more hopeful about the future, he/she will experience more positive emotions thereby reducing negative emotions like stress and anxiety. We will learn about it in greater detail in the next section.
- c) **Self Esteem** – Having a positive evaluation of one's own self is positive self esteem. This enhances the confidence level of the individual and their ability to approach challenges more constructively. This results in greater incidences of being successful, thus adding to his happiness level.
- d) **Achieving challenging goals** – When a person adjusts the goal according to his capacities it becomes a challenging goal. Achieving such challenging goals leads to happiness. On the contrary if the goals are much higher than the capacity of the individual to reach, it leads to frustration and stress. Similarly if the goals are too easy to achieve it may lead to boredom. Thus the trick to maintain happiness level is to find out and achieve a goal which is neither too easy nor too difficult.
- e) **Perceiving meaning in life** – Research shows that an individual who does not experience meaning in life tends to experience more negative emotions like boredom, frustration, depression, loneliness etc. Therefore it is the responsibility of each individual to create a unique meaning and have a purpose in his own life to ensure happiness.
- f) **Perspective of looking at the world as an**

**opportunity rather than a threat** – Each individual can look at the challenges of life either as an opportunity to develop his potentials or as setbacks creating damage in his life. As we've seen earlier achieving challenging goals leads to happiness. That means our perspective of looking at the world matters for our level of happiness.

Thus it is important to remember that the way we look at and perceive the world is more important to determine our happiness than objective circumstances we experience.

### Activity 3

Based on what you have just learnt try to list the actions that you can adopt to enhance happiness in your life. Discuss with your classmates.

## 8.5 Optimism

### Activity 4

- a. Meera scored poor marks in the examination.
- b. Suresh's scholarship application got rejected
- c. Mahesh lost his job.

Imagine yourself in their position and answer the following questions –

- i. How does being in their situation make you feel?
- ii. What do you think about yourself and your future being in their position?

### A) You may feel

- 1) Hopeless and so you might think that your future is dark.
- 2) Helpless and so you might think that you cannot do anything to get out of the situation.
- 3) Worthless and so you might think that you are a failure.



### B) In contrast you may also feel

- 4) Hopeful and think that the current adverse situation can change in the future.
- 5) Challenged and think that you have the ability to overcome the adversity.
- 6) Confident and think that one failure does not define you.

Now compare the first three reactions (A- 1, 2, 3) with the last three (B- 4, 5, 6). What difference do you find? First three are indicators that the person is pessimistic while the last three are indicators of optimism.

### 8.5.1 Meaning of Optimism

Optimism is a mental attitude that includes feelings of hopefulness and a belief that the future will be positive, favourable and desirable and that negative events are temporary setbacks to be overcome.

The above definition reveals that there are two components of optimism – feeling and thinking. Optimism involves feelings like being hopeful, confident and positive about the future.

- It is seen that optimists tend to view the present adverse events as not stable (temporary). For example, Mahesh might think that, “I currently don’t have a job but I am confident that I will not be unemployed forever.”
- An optimist does not blame himself as solely being responsible for the negative outcome. For example, Mahesh does not think that he lost his job only because of his fault, he realizes that there can be multiple reasons for that.
- An optimist also does not generalize failure for the future events. For example, Meera does not think that failing in one exam indicates that she is going to be a total failure in her entire life.

The theory of optimism was given by Martin Seligman in his book called “Learned Optimism” and he is considered as the father of optimism. According to him optimism is all about the perspective that you may take about the glass which is half full. It may be considered as half full by an optimist or half empty by a pessimist.

### 8.5.2 Optimist versus Pessimist

Optimist	Pessimist
Choosing best options or result from the available conditions	Choosing the worst option or result from the available conditions
High self confidence	Lack of self confidence
Positive approach towards the challenges and difficulties	Negative approach towards the challenges and tries to flee from the challenges
Difficulties are seen as an opportunity for the person to become strong	Difficulties are seen as a curse to make the person weak
Hope about the future	Sees future as gloomy

### 8.6 Empathy

#### Activity 5

What would your feeling be in the following situations?

1. After a long struggle your friend got a job.
2. You see a person who just met with an accident and is bleeding profusely.
3. Your cousin is awarded a PhD. degree.

In all above situations perhaps you will experience the same feelings that the person in the examples are experiencing. If it is so, it is due to empathy.

### 8.6.1 Meaning of Empathy

Empathy is the capacity to understand and feel what another person is experiencing from within their frame of reference, that is the capacity to place oneself in another's position. Simon Baron- Cohen (2004) believes that empathy consists of three components:

- (1) **Cognitive empathy** : It means knowing how the other person feels and what they might be thinking. It is sometimes called perspective-taking. In the same way that a doctor can look at a sick patient and try to understand the parts of the illness rather than dive into the patient's emotions—cognitive empathy responds to a problem with brainpower.
- (2) **Emotional reactivity** : It means directly feeling the emotions that another person is feeling. It's a deep-seated, gut reaction that often feels like a visceral human response. Connecting with another human in this way is intimate and can form a strong bond.
- (3) **Social skills** : With this kind of empathy we not only understand a person's predicament and feel with them, but are spontaneously moved to help, if needed i.e. how easily individuals engage with others. It involves the other two components too as feeling the emotion becomes the driving force behind the action and understanding gives it the right direction. It involves using your emotional intelligence to correctly respond to the situation without either becoming overwhelmed by sadness or trying to fix things with logical or irrational motives.

In the above examples you will observe that you could demonstrate all these three factors in lesser or greater degrees.

Most research on empathy has revealed that practice of empathy builds trust and increases feeling of safety. It is also a key to successful relationships. It supports the social connections required for communication and shared activities. A world with empathy is nurturing and supportive – it creates an environment where people can be creative and take risks. These are some of the reasons why the study of empathy has gained momentum recently.

#### Do you know?

##### Neural foundations of empathy

The research on neurological foundations of empathy is relatively new. There are evidences of involvement of mirror neurons responsible for identical emotional reactions experienced by the observer or empathizer. Research also indicates that the broad range of brain areas spanning the sensory motor area, insula, and cingulate cortex may together form a neural network for empathy processing. Research has revealed that the people whose right somato-sensory cortices have been damaged no longer can judge other's emotions. These areas in brain play a major role in ability of person to empathize.

### 8.6.2 How can empathy be nurtured?

There are some methods which can help us to promote the empathy.

- 1) **Increase social interactions:** Simple method is to have a person interact more frequently with people who need help. With such frequent contacts the individual truly begins to understand the perspectives and motives of the people who are being helped.

- 2) **Connecting through similarities:** point out similarities with another person e.g same type of work, having same type of problem or goals, growing up in the same part of country, etc. This may lead to realize that we all are the part of the same world. For example, many well settled American Indians help newly arrived Indians in America.
- 3) **Ask yourself what you are feeling:** The first step towards understanding others is understanding yourself. Research shows that people who are more accurate in judging their own motives and emotions are able to empathize better.
- 4) **Challenge yourself:** When you undertake something which is quite challenging and you have to struggle hard to achieve goal, you are more likely to be humble and humility is a key enabler of empathy.
- 5) **Cultivate your sense of curiosity:** Try replacing the habit of judging by the new habit of curiosity. You tend to ask more frequently when curious, leading you to open up and develop stronger understanding of people around you.
- 6) **Widen your circle:** Empathy, especially for strangers, starts with exposure to people who are different than us. Research has found that contact with people of different races increases our empathy toward them at a neurological level.

#### Activity 6

Spend time with visually impaired people and try to see the world through their eyes.

## 8.7 Mindfulness :

### Activity 7

Imagine that-

1. You are attending a lecture but at the end of it you can't really remember what was taught.
2. You are performing a familiar or repetitive task, for example traveling to college you've reached your destination but can't recall the route you took or the things you saw along the way.

If you have experienced this, have you wondered why this happens? You might have noticed that there were a number of thoughts going through your mind. Maybe you were worrying about some upcoming event, daydreaming or thinking about many other things. Whatever may be the reason for not paying attention, it may be said that you were performing the task in a 'mindless' manner. Not paying attention while performing a task can get you in trouble.

On the other hand, imagine in the examples from the above activity you were fully present and paying attention while performing the task. Do you think your behavior, thoughts and feelings might have been different?

### 8.7.1 Meaning of mindfulness

This highlights the significance of an important positive aspect of human behaviour known as Mindfulness. Mindfulness refers to a state of awareness. It is a type of mental alertness and plays an important role in increasing the accuracy of performing any task. It is a significant concept related to the attention process.

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.



Mindfulness helps to focus on the 'Here and Now'. It means living in the present and being fully engaged in the task that you are performing rather than ruminating about the past, or entertaining anxieties and wishful thinking about the future. Mindfulness is maintaining moment by moment awareness of our thoughts, feelings, bodily sensation and surrounding environment. Self-regulation and self control of our behaviour increases due to mindfulness. This results in growth and happiness.

Mindlessness is the opposite of mindfulness mentioned earlier. Mindlessness means performing a task with less concentration and little awareness of what is going on in the present moment. All of us are familiar with mindless states. For example many times we read a book or talk with another person but our mind is absorbed in our own thoughts, emotions, worries, etc. Then we realize that we can't remember what we read in the book or what was said by the other person.

### Do you know?

Mindlessness plays a role in making us victims of our own unconscious habits. For example, you might find yourself checking social media or playing on your phone multiple times in a day without realizing it or eating even when you are not hungry. These could be undesirable habits that are automatically triggered by some internal or external cues such as boredom, stress etc., and are difficult to break. Mindfulness can help break such unhelpful behaviours. When you are mindful, you are aware of when and why you are performing behaviours. Awareness of our actions make it easier to control the habit. This will in turn help increase our mental and psychological well being.

Mindfulness becomes particularly important in situations where mindlessness can become dangerous for example while driving the car.

### 8.7.2 Mindfulness Meditation:

Mindfulness meditation is a significant concept related to mindfulness. In Buddhist philosophy, mindfulness practice is a form of meditation which has a long tradition. Life's problem can be seen more clearly through a clear mind. Meditation is one of the ways in which mindfulness can be increased.

The basic idea of mindfulness meditation begins with awareness that most of our working consciousness is dominated by a steady stream of unexamined thoughts and feelings. The constant mental chatter of one's thoughts consumes our mental energy. It may distract us from what is actually taking place in the moment. Hence even though we live in the present, our mind frequently drifts off into the past or is anxious about the future.

Mindfulness meditation involves opening up or becoming more alert to the continuous passing stream of thoughts, images, emotions and sensations without identifying oneself with them. Such practice helps in developing a non-reactive state of mind, which is the foundation of a calm and peaceful state of mind. Here the person becomes alert to the entire field of consciousness.

In mindfulness meditation you sit in a comfortable position with eyes closed. Maintain your focus on your breath. If the thoughts try to pull your attention, simply notice them without passing any judgment about it. Do not get obsessed over the content of the thoughts or do not go along with it. Do not even struggle to stop them. Rather gently return your focus on the breath again. Practising such mindfulness meditation daily helps to reduce anxiety, stress, and frustration and enhances mental well being and happiness.

## 8.8 Resilience

### Activity 8

Think of someone you know who has faced a challenging situation in their life and were successfully able to deal with it. This situation may have been emotionally difficult to deal with like death of a loved one, loss of a job, dealing with chronic illness, failure etc. Answer the following questions and discuss the answers in class

- a. How did they handle the adverse situation?
- b. Which obstacles did they have to overcome?
- c. In your opinion which specific attitudes and skills helped them cope with the situation?
- d. Do you think they received help and support from others?

Based on the activity you might have realized that there are people around you who have been able to successfully overcome hardships to lead a fulfilling and productive life.

### 8.8.1 Meaning of Resilience

The ability to recover from adversity is not a superhuman or rare ability. It is something that many people are capable of doing. Resilience is the act of “bouncing back” or resisting cracking under pressure. According to the American Psychological Association, resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems or workplace and financial stressors. (<https://www.apa.org/helpcenter/road-resilience>)

When people are faced with an adverse condition, there are three ways in which they may approach the situation.

- 1) They may react with anger and consider themselves as victims.

- 2) They may collapse and get overwhelmed by negative emotions like fear, anxiety, distress etc. This may weaken their resilience and also increases their vulnerability to physical and psychological diseases.
- 3) They may simply become upset about the disruptive change. Rather than just waiting for things to happen, they actively try to make their goals a reality. Instead of falling into despair or hiding from problems with unhealthy coping strategies, they face life's difficulties head-on. This does not mean that they see life through rose-colored lenses and experience less distress, grief, or anxiety than other people do. It means that they handle such difficulties in ways that foster strength and growth. They understand that setbacks happen and that sometimes life is hard and painful. They still experience the emotional pain, grief, and sense of loss that comes after a tragedy, but their mental outlook allows them to work through such feelings and recover. In many cases, they may emerge even stronger than they were before. They are Resilient individuals.

### 8.8.2 Importance of Resilience

Resilience helps us recover from setbacks and move ahead with our life. Some people who are low on resilience tend to get overwhelmed by the challenges and experience emotional distress. It is seen that in such times they do not feel confident about their abilities and might feel bitter, angry or anxious with life. On the other hand individuals high in resilience after a period of disturbance are able to recover and regain their confidence to move forward in life. It is also linked to maintaining psychological well being and positive emotions.

What makes some more resilient than the others? Let us try to understand this.

### 8.8.3 The 7 C's of Resilience:

Resilience is not a trait that people either have or do not have. Ann Masten calls it 'Ordinary Magic' indicating that it is quiet common across the life span. It involves behaviors and thoughts that can be learned and developed by anyone. There are 7 essential building blocks for resilience they are as follows -

CRUCIAL C'S	DEFINITION
Competence	Competence is the ability or know-how to handle situations effectively. Competence is acquired through actual experience.
Confidence	True confidence is a strong belief in one's own abilities. Confidence is gained by demonstrating competence in real life situations.
Connection	Family is the central force in an individual's life. Connections with other people, schools and communities gives the individual a sense of security that allows him to be independent and develop creative solutions.
Character	Clear sense of right and wrong and a commitment to integrity. An individual with character has a strong sense of self-worth and confidence.
Contribution	An individuals who understands the importance of personal contribution develops a sense of purpose that can motivate him / her, further leading to his / her psychological well-being.

Coping	A person who learns to cope effectively with stress is better prepared to overcome life's challenges
Control	When an individual realizes that he can control the outcomes of his decisions and actions, he is more likely to know that he has the ability to bounce back.

#### Activity 9

Read about the life of Indian boxer Mary Kom. Discuss in class the struggles she faced and how she overcame them to win multiple medals for the country.

### 8.8.4 Types of Resilience:

There are Four types of resilience, they are, Psychological, Emotional, Physical, and Community.

- 1. Psychological Resilience:** Psychological resilience refers to the ability to mentally withstand or adapt to uncertainty, challenges, and adversity. People who show psychological resilience develop coping strategies and capabilities that enable them to remain calm and focused during stressful situations and move on without prolonged negative consequences.
- 2. Emotional Resilience:** Emotional resilience refers to the ability to cope emotionally with stress and adversity. It is a person's ability to understand what he / she is feeling and why? Managing their emotions by using internal and external resources rationally.

**3. Physical Resilience:** It is the body's ability to adapt to challenges, maintain the stamina and strength, and recover quickly and efficiently. It's a person's ability to function and recover when faced with illness, accidents, or other physical demands.

**4. Community Resilience:** Community resilience refers to the ability of groups of people to respond to and recover from adverse situations, such as natural disasters, acts of violence, economic hardship, and other challenges to their community.

### Summary

- Positive psychology is a newly emerging branch of psychology.
- It pays more attention to positive aspects rather than negative aspects of human behaviour.
- Positive emotions strengthen our psychological resources which increases our well being.
- Factors such as income, prestige have a small influence in our level of happiness. Factors such as social support, optimism, finding meaning in life, self esteem and achieving goals are more

influential.

- Optimism helps to reduce our tensions and increases our confidence.
- Empathy is the capacity to understand or feel what another is experiencing, which improves inter personal relationship.
- To increase accuracy of any task mindfulness is very essential.
- Dealing with trauma and setbacks becomes easy because of resilience.

### Important Concepts

- Positive psychology
- Life above zero
- Broaden & Build theory
- Happiness

- Optimism and pessimism
- Empathy
- Mindfulness
- Resilience

## Important Psychologists

- **Martin Seligman:** American psychologist, officially introduced Positive Psychology as a subfield. He is considered to be the father of

optimism.

- **Barbara Fredrickson:** American psychologist, developed the

## Exercises

Broaden and Build theory.

**Q. 1) Complete the following statements by selecting the appropriate words given in the bracket:**

- 1) ..... is the father of positive psychology.  
a. Carver                      b. Masten  
c. Seligman
- 2) Barbara Fredrickson introduced the Broaden and ..... theory.  
a. build                      b. emotion  
c. learning
- 3) The belief that good things will happen is called as .....  
a. pessimism              b. resilience  
c. optimism
- 4) The capacity to understand what the other person is experiencing is .....  
a. sympathy              b. empathy  
c. emotion

**Q. 2) Match the pairs.**

Group A

Group B

- |                        |                             |
|------------------------|-----------------------------|
| a) Resilience          | 1) Positive aspects of life |
| b) Mindfulness         | 2) increase optimism        |
| c) Positive psychology | 3) state of awareness       |

- d) Happiness              4) Overcome hurdles

**Q. 3) Answer the following questions in 35 to 40 words:**

- 1) Explain the theories of happiness?
- 2) What is mindfulness?
- 3) What is resilience?

**Q.4) Write short notes on the following topic in 50 to 60 words :**

- 1) Life above zero
- 2) Determinants of happiness
- 3) Characteristics of an optimist
- 4) Methods to promote empathy

**Q. 5) Explain the following concepts:**

- 1) Positive psychology
- 2) Half glass full and half glass empty
- 3) Empathy
- 4) Mindfulness
- 5) Social resilience

**Q. 6) Answer the following question in 150 to 200 words:**

- 1) What are the essential building blocks of resilience?
- 2) Recollect the most challenging



situation you faced in your life till now and the way you dealt with it. With reference to the 7 C's of Resilience, which qualities helped you to overcome the challenge? For each of the C's write the process you adopted to deal with the situation.

**Q. 7) Find out the positive aspects of behaviour from the example given below and answer in one word.**

- i) Mahesh studies so attentively that he never gets distracted.
- ii) Sujata lost her hands in an accident. Now she has learned to write with her leg.
- iii) Vasanta's daughter died by cancer. He has opened a rehabilitation center for cancer patients.

**Q 8) Case Study**

Anurag was a software engineer working in one of the leading company's

in the USA for almost 5 years. He was in a stable relationship and he had plans to start a family and to settle there. Unfortunately due to the poor economy in USA he lost his job and had to return back to India. He felt distressed as he realized that he had lost everything he had worked so hard to build. This made him feel like a failure.

- i) How do you think Anurag can apply the 7 C's of resilience to overcome the difficult situation he is in?
- ii) As Anurag's friend how will you empathise with him and help him deal with this challenge?
- iii) Anurag has developed a very pessimistic approach after these setbacks, how will you guide him to stay happy and optimistic?



## Glossary

- **Anger** – A basic emotion expressing dislike or displeasure.
- **Anxiety** - A state in which an individual experiences feelings of uneasiness and worry and tends to anticipate that there will be danger or failure in the future.
- **Artificial Intelligence** – A subfield of computer science enabling software programs to run machines just like human intelligence.
- **Attention** – Sustained concentration on specific stimulus
- **Cardinal traits** - In Allport's theory of personality it refers to a trait that is so powerful and pervasive that almost every act of the individual is influenced by and can be traced back to it.
- **Central traits** - In Allport's theory of personality it refers to relatively general characteristics of an individual that apply to most circumstances.
- **Concept** – A mental representation or idea that represents a category.
- **Conscientiousness** – One of the personality factors in the Big Five Factor Model characterised by the tendency to be responsible, organised, and hardworking.
- **Correlation Coefficient** – A number which denotes the magnitude and direction of the relationship between two variables, it ranges between -1.00 to + 1.00.
- **Delusion** - A false belief that is strongly held by an individual even in the presence of contradictory evidence.
- **Dependent Variable** – The variable being studied in an experiment it may change due to manipulations of the independent variable.
- **Depression** - A state of experiencing sadness, pessimism, loss of interest in activities that previously were enjoyable along with physical, cognitive and behavioural changes.
- **Distress** - A negative emotional state indicating worry.
- **DSM-5** - The fifth edition of the Diagnostic and Statistical Manual of Mental Disorders-5 was published by the American Psychiatric Association in 2013; it is a widely used manual on the definition and classification of mental disorders.
- **Dysfunction** - Any impairment or disturbance leading to abnormality in behaviours or functioning.
- **Emotional abuse** - It is a non physical form of abuse in which an individual purposely subjects another to behaviours such as intimidation, isolation, humiliation, rejection and verbal abuse.
- **Emotional Intelligence** - An individual's ability to perceive, assess, evaluate and regulate one's own and other's emotions accurately.
- **Emotional well being** - It is an overall positive state of one's emotions.
- **Emotions** - A complex response pattern which involves physiological arousal, expression of behaviours and conscious experience.
- **Empathy** - it is the ability to understand and share the similar feelings of another.
- **Extrovert** – An individual who is social, outgoing and openly expressive prefers social interactions.

- **Hallucination** - It is a false perception that occurs in the absence of a stimuli.
- **Happiness** - An emotional state showing feelings of joy, gladness, satisfaction and well being.
- **Heredity** - It is the genetic material that partially determines individual characteristics and is transmitted from one's parents to their children (offspring).
- **Hypothesis** - A tentative explanation that can be tested to determine if it is true.
- **ICD- 11** – The International Classification of Diseases and Related Health Problems issued by the World Health Organisation (WHO) consisting of a manual on the definition and classification of mental disorders.
- **Independent Variable** – In an experiment the variable that is systematically changed or manipulated by the experimenter in order to study its effect on the dependent variable.
- **Intelligence Quotient** – The standard score of an individual's intelligence based on an intelligence test. It is also known as IQ.
- **Interview** – An assessment tool for data collection involving face to face communication that can be used for diagnosis and in research.
- **Introvert** – An individual who is reserved, quiet and prefers working independently.
- **Learning** - The ability to acquire knowledge or skills, or any relatively permanent changes in one's behaviour as a result of experience or practice.
- **Life above zero** - It is an element of positive psychology that involves adopting mindful responses to various experiences in life to raise our mental well-being and make life enriching and meaningful.
- **Mental age** – Is a measure of a child's performance on an intelligence test and relative to the performance of other children of the same age on the same test.
- **Mental Health** – It is a state of mind that is characterised by emotional well-being, good adjustment and ability to cope with the demands and stresses of daily living.
- **Mental Representation** - An internal representation of information.
- **Mental wellbeing** - It is a feeling of wellness in which an individual realises his or her own potential ,can cope with stressful situations and can make productive contributions to the society to live a meaningful life.
- **Mindfulness** - It is a state of being conscious and fully aware of the present moment.
- **Neuroticism** - One of the personality factors in the Big Five Factor Model characterised by the tendency to experience negative emotions such as nervousness, tension and worry.
- **Optimism** - It is a positive mental attitude that is characterised by hopefulness and a belief that good things will happen in the future.
- **Participant** - In a research study the individual who voluntarily participates and whose behaviour is being studied. Also called a subject or experimental participant.

- **Perception** - The process by which we recognise, organise and interpret of sensory information.
- **Performance tests** – Any test that requires the individual to perform or do something such as completing a task or manipulating objects rather than respond using language.
- **Pessimism** - It is a negative mental attitude that is characterised by hopelessness and an anticipation that negative events are more likely to happen.
- **Positive psychology** - This is a branch of psychology that focuses on strengths and virtues that enable individuals, communities and organisations to thrive.
- **Procrastination** - Is the avoidance of completing a task that needs to be completed.
- **Projective methods** – They are techniques which use vague or ambiguous stimuli which allow the individual to reveal their personality through their unique responses.
- **Questionnaire** – An instrument typically used in a research study that consists of a series of questions that is used to collect information from the participants.
- **Rating Scale** – An instrument in which a respondent gives a numeric value (i.e. rates) to an object or stimulus.
- **Replicability** – It is the possibility to replicate a research or its findings in order to test its validity.
- **Resilience** - This is the process of successfully adapting to challenges and difficulties in life.
- **Schema** - An organised framework of knowledge based on past experiences and memory and helps in perception and interpretation of new information in terms of existing knowledge.
- **Sleep hygiene** - Techniques and routines that can be followed to improve sleep patterns.
- **Social Intelligence** – An individual's ability to effectively relate to others.
- **Social phobia** - An anxiety disorder in which the individual experiences high levels of distress in social situations preventing them or causing them to avoid participating in social situations.
- **Stigma** - A negative social attitude which is associated with individuals diagnosed with a mental disorder and often leads to social disapproval, discrimination and exclusion of that individual in society.
- **Syndrome** - A set of symptoms that tend to occur together and can be associated with a particular physical or mental disorder.
- **Thinking** – It is a cognitive process which involves mental representation and manipulation of information.
- **Trait approach** – According to this perspective every individual possess specific characteristics and patterns of behaviour that shape personality.
- **Trigger** - An event or stimuli that causes a reaction.
- **Type approach** - According to this perspective individuals are classified into groups based on certain characteristics which shape personality.

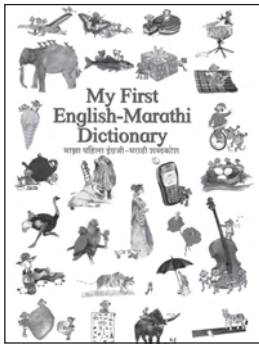
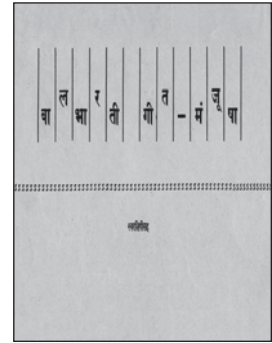
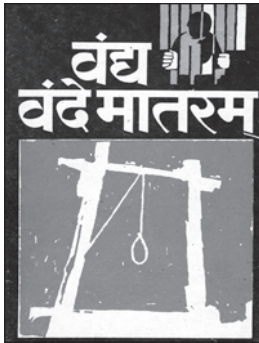
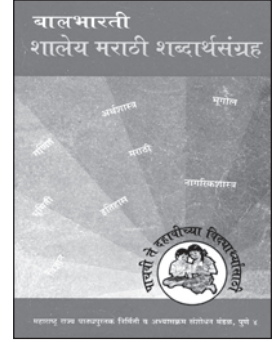
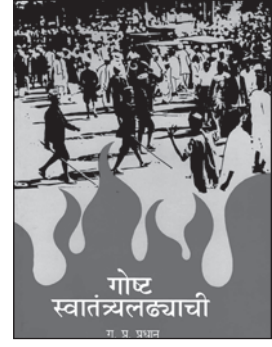


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