

# Positive Psychology

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## EXERCISE [PAGES 107 - 108]

### Exercise | Q Q.1. (1) | Page 107

Choose the correct option and complete the following statement.

\_\_\_\_\_ is the father of positive psychology.

1. Carver
2. Masten
3. **Seligman**

**Solution:** Seligman is the father of positive psychology.

### Exercise | Q Q.1. (2) | Page 107

Choose the correct option and complete the following statement.

Barbara Fredrickson introduced the Broaden and \_\_\_\_\_ theory.

1. **Build**
2. Emotion
3. Learning

**Solution:** Barbara Fredrickson introduced the Broaden and Build theory.

### Exercise | Q Q.1. (3) | Page 107

Choose the correct option and complete the following statement.

The belief that good things will happen is called as \_\_\_\_\_.

1. pessimism
2. resilience
3. **optimism**

**Solution:** The belief that good things will happen is called as optimism.

### Exercise | Q Q.1. (4) | Page 107

Choose the correct option and complete the following statement.

The capacity to understand what the other person is experiencing is \_\_\_\_\_.

1. sympathy
2. **empathy**

### 3. emotion

**Solution:** The capacity to understand what the other person is experiencing is **empathy**

#### Exercise | Q Q.2. | Page 107

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

**Solution:**

Group 'A'	Group 'B'
(a) Resilience	(4) overcome hurdles
(b) Mindfulness	(3) state of awareness
(c) Positive psychology	(1) positive aspects of life
(d) Happiness	(2) increase optimism

#### Exercise | Q Q.3. (1) | Page 107

**Answer the following questions in 35 - 40 words.**

Explain the theories of happiness

**Solution:** Happiness is a positive emotional state that is subjective to each person, for e.g., people feel happy when they are successful or surprised or loved, etc.

**The main theories of happiness are -**

(i) **Need/ goal satisfaction theories** - Happiness is experienced when some need or goal is satisfied, e.g., Rohit feels happiness when he clears IIT-JEE exams.

(ii) **Process/ activity theories** - Happiness is experienced when one engages in a particular activity, e.g., Sumit enjoys trekking.

(iii) **Genetic/ personality theories** - Genetic and personality characteristics are involved in the experience of happiness.

**Exercise | Q Q.3. (2) | Page 107**

**Answer the following questions in 35 - 40 words.**

What is mindfulness?

**Solution:** Mindfulness is the basic human ability to be fully aware of where we are and what we are doing. It means that we should not be overly reactive or overwhelmed by what's going on around us. Mindfulness refers to mental awareness that helps to focus on the 'Here and Now'. It helps to increase self-regulation, which results in growth and happiness. Mindfulness is maintaining a moment by moment awareness of our bodily sensations, environment, thoughts, and feelings.

**Exercise | Q Q.3. (3) | Page 107**

**Answer the following questions in 35 - 40 words.**

What is resilience?

**Solution:** 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 relationships, health, work, and finances, etc. It is the act of 'bouncing back' in spite of barriers or setbacks.

**Resilience helps the person to recover from setbacks with the least negative consequences. Individuals high on resilience exhibit the following characteristics**

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(i) they regain their confidence after a period of emotional disturbance (ii) they are able to maintain their psychological well-being. The types of resilience are physical, psychological, emotional, and community resilience.

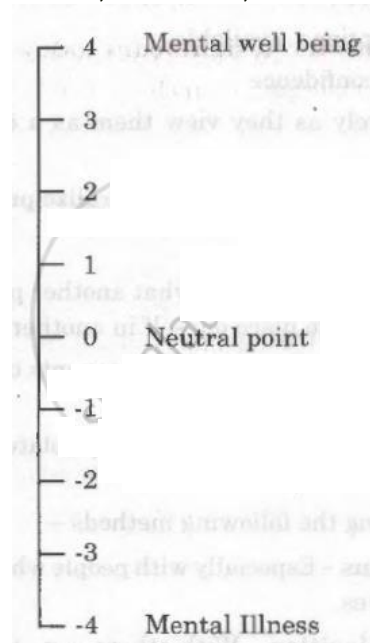
**Exercise | Q Q.4. (1) | Page 107**

**Write short notes on the following in 50 - 60 words.**

Life above zero

**Solution:** Traditional psychology focused on life at and below zero. Zero is the line that divides illness from health. Hence, life below zero indicates a life that is full of problems

stress, diseases, etc. Positive psychology emphasizes the study of life above zero.



-1 to + 1 indicates neutral characteristics while below 0 indicates disorders, dysfunction or illness. Life above zero covers a large area of positive aspects of behaviour such as mindfulness, resilience, happiness, hope, trust, and empathy. It acknowledges elements of living that enrich and meaningfully sustain what is referred to as "the good life" in positive psychology.

### Exercise | Q Q.4. (2) | Page 107

**Write short notes on the following in 50 - 60 words.**

Determinants of Happiness.

**Solution:** Happiness is a positive emotional state. Factors like health, prestige, income, success, etc., contribute to only a small portion of our total happiness. Some factors are predictors of long-lasting happiness -

- i. (Strong, intimate social relationships, positive contacts, and good support system.
- ii. Optimism leads to less of negative emotions like stress.
- iii. Self-esteem enhances our confidence level and ability to approach challenges in a constructive manner.
- iv. Achieving challenging goals- If the goals are too easy, it leads to boredom and if they are too difficult, it leads to frustration. Moderately challenging goals, increase the chance of success, leading to happiness.
- v. Perceiving meaning and purpose in life, without which we will experience frustration, boredom, etc.
- vi. Looking at life's challenges as an opportunity rather than a threat helps to develop our potential.

### Exercise | Q Q.4. (3) | Page 107

**Write short notes on the following in 50 - 60 words.**

Characteristics of an optimist

**Solution:** Optimism is a mental attitude that includes feelings of hopefulness and a belief that the future will be positive and favourable. It is the belief that negative events are merely setbacks that are temporary and can be overcome. The characteristics of optimists are : (i) they try to choose the best options available (ii) they tend to be high on self confidence (iii) they face difficulties positively as they view them as a challenge for a person to become strong (iv) they are hopeful about the future and do not generalize present failure to future events.

### Exercise | Q Q.4. (4) | Page 107

**Write short notes on the following in 50 - 60 words.**

Methods to promote empathy.

**Solution:** Empathy is the capacity to understand and feel what another person is experiencing from within their frame of reference i.e. capacity to place oneself in another's position. According to Simon Baron-Cohen, there are three components of empathy viz. cognitive empathy emotional reactivity, and social skills. Empathy builds a sense of security and trust. It is closely related to emotional intelligence and is a key to successful relationships. **Empathy can be promoted by using the following methods**

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1. **Increase social interactions** - Especially with people who need help in order to understand their perspectives and motives.
2. **Connecting through similarities** - With others, e.g., those having the same hobbies/ work/ goals, etc.
3. **Understanding what you are feeling** - Those who are able to accurately judge their own motives, can empathize better.
4. **Challenge yourself** - Tasks that are challenging lead to the person struggling to achieve a goal. This leads to humility which enables empathy.
5. **Cultivate a sense of curiosity**-This leads to open-mindedness and a better understanding of those around us.
6. **Widen our social circle** - Contact with people of different races, cultures, viewpoints helps to increase empathy towards them at a neurological level.

### Exercise | Q Q.5. (1) | Page 107

**Explain the concept.**

Positive Psychology

**Solution:** Positive Psychology is a newly emerging branch of psychology. Martin Seligman officially introduced Positive Psychology as a subfield of psychology. It is the science of happiness, human strength, and growth. Positive Psychology focuses on the building of character strengths like courage, happiness, perseverance, etc., rather than on anxiety, conflict, avoidance, etc. According to Seligman, positive psychology is "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."

### Exercise | Q Q.5. (2) | Page 107

#### **Explain the concept.**

Half glass full and half glass empty.

**Solution:** Optimism is a mental attitude that includes feelings of hopefulness. It is a belief that the future will be positive and favourable and that negative events are merely setbacks that are temporary and can be overcome. Seligman explained about optimism in the book 'Learned Optimism'. Our perspective determines whether or not we will show optimism. A glass which has water up to its mid-level may be perceived as half full (optimism) or as half empty (pessimism). This is described as 'Half glass full and half glass empty'.

### Exercise | Q Q.5. (3) | Page 107

#### **Explain the concept.**

Empathy

**Solution:** Empathy is the capacity to understand and feel what another person is experiencing from within their frame of reference, i.e., the capacity to place oneself in another's position. According to Simon Baron-Cohen, there are three components of empathy viz. cognitive empathy i.e., perspective-taking, emotional reactivity (connecting in an intimate bond with another person), and social skills (moved to help the other). Empathy builds a sense of security and trust. It is closely related to emotional intelligence and is a key to successful relationships.

### Exercise | Q Q.5. (4) | Page 107

**Explain the concept.**

## Mindfulness

**Solution:** Mindfulness is the basic human ability to be fully aware of where we are and what we are doing. It means that we should not be overly reactive or overwhelmed by what's going on around us. Mindfulness refers to mental awareness that helps to focus on the 'Here and Now'. It helps to increase self-regulation, which results in growth and happiness. Mindfulness is maintaining moment by moment awareness of our bodily sensations, environment, thoughts, and feelings.

**Exercise | Q Q.5. (5) | Page 107****Explain the concept.**

## Social resilience

**Solution:** 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, health, etc. It is the act of 'bouncing back' in spite of barriers or setbacks. Social resilience is also called community resilience. It is the ability of groups of people to respond to and recover from adverse situations such as natural disasters, epidemics, war, and socioeconomic challenges to their community. This is mainly due to strong connections or bonds that the community members have with each other.

**Exercise | Q Q.6. (1) | Page 107****Answer the following question in 150 - 200 words.**

What are the essential building blocks of resilience?

**Solution:** 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, health, etc. It is the act of 'bouncing back' in spite of barriers or setbacks. Resilience helps the person to recover from setbacks with the least negative consequences. Individuals who are resilient tend to -

- i. regain their confidence after a period of the emotional disturbance
- ii. they are able to maintain their psychological well-being. The types of resilience are physical, psychological, emotional, and community resilience.

According to Ann Masten, building blocks is 'ordinary magic', which involves behaviour that can be easily learnt. The 7 C's of resilience are -

1. Competence - Competence is the ability or know-how to handle situations effectively. Competence is acquired through actual experience.
2. Confidence - True confidence is a strong belief in one's own abilities. Confidence is gained by demonstrating competence in real-life situations.
3. 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/her to be independent and develop creative solutions.
4. Character - It refers to a clear sense of right and wrong and a commitment to integrity. An individual with a character has a strong sense of self-worth and confidence.
5. Contribution - An individual who understands the importance of personal contribution develops a sense of purpose that can motivate him/her, further leading to him/her psychological well-being.
6. Coping - A person who learns to cope effectively with stress is better prepared to overcome life's challenges.
7. 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.

#### **Exercise | Q Q.6. (2) | Page 107**

**Answer the following question in 150 - 200 words.**

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.

**Solution:** Do it yourself.

#### **Exercise | Q Q.7. (1) | Page 108**

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

Mahesh studies so attentively that he never gets Distracted.

**Solution:** Mindfulness

#### **Exercise | Q Q.7. (2) | Page 108**

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

Sujata lost her hands in an accident. Now she has learned to Write with her leg.

**Solution:** Resilience

### Exercise | Q Q.7. (3) | Page 108

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

Vasanta's daughter died by cancer. He has opened a rehabilitation center for cancer patients.

**Solution:** Empathy

### Exercise | Q Q.8. | Page 108

#### 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?

**Solution:** 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, health, etc. It is the act of 'bouncing back' inspite of barriers or setbacks. Resilience helps the person to recover form setbacks. Individuals who are resilient tend to-

- (i) regain their confidence after a period of emotional disturbance
- (ii) maintain their psychological well-being.

**Anurag can apply the 7 C's of resilience as follows -**

- i. He has already worked in a reputed firm successfully. Hence he has the Competence and Confidence in his own abilities. Although he is feeling a sense of hopelessness and failure, he must live in the 'Here and Now' by taking stock of the situation. Character will provide Anurag self-worth and provide a sense of purpose and motivation, i.e., Contribution. When he realizes that he can still succeed in life by applying for a similar job here and accepting the situation, i.e.,

Control he can use effective Coping mechanisms. Besides, he should not forget the social support of family and friends, i.e., Connection.

- ii. As Anurag's friend, I can understand and feel what he is going through, from his frame of reference. Since he is feeling distressed and like a failure due to the loss of a job, I will empathize with him by being encouraging and supportive. I will try to make him understand that with his own competence and experience, he can easily find a well-paying job in India. I will also encourage him to improve his professional skills and seek social support from family and friends.
- iii. It seems natural for a person who was in a good job, stable relationship, and successful position to feel pessimistic and like a failure when all of these no longer exist in his life. I will help Anurag to have a positive approach towards the challenges and difficulties in his life, i.e., view all setbacks i.e. loss of a job, being sent back from the USA, etc., as opportunities not as obstacles. This will help him to gain a better perspective.