A look into Positive Psychology

By Jason Baldizon
“Happiness is not the result of good genes or luck. Real, Lasting happiness comes from focusing on one’s personal strengths rather than weakness and working with them to improve all aspects of one’s life”

-Martin Seligman
What is Positive Psychology?

Positive Psychology is a field of psychology that focuses on the positive aspects of human experience and well-being, emphasizing strengths, virtues, and factors that contribute to an overall fulfilling human existence.
“The Role of Gratitude and Self-Esteem in Predicting Psychological Well-being”

Academic Journal that is study on gratitude and self-esteem

Study found positive connection between one’s psychological well-being and gratitude and self-esteem

“A strong self-esteem works as preventive measure against anxiety, social exclusion depression and other psychological measures. On the other hand, low self-esteem is negatively related to depression, anxiety as well as antisocial behaviors”

Supports effectiveness of positive psychology, bc it talks about negative effects of low self-esteem
"Body Appreciation: Through the Lens of Positive Psychology"

- Academic Journal that focuses on relationship between Resilience and body appreciation.
- Conducts study on young adult females which found that as BMI increased, body satisfaction had decreased.
- Also found significant relationship between body appreciation and resilience.
- "Four elements that imply positive body acceptance of the body despite weight shape and flaws: respect for the body by listening to its needs and engaging in healthy activities; and protection of the body by rejection unrealistic media representations."
- Can still have a positive body image even if one feels overweight.
“Optimistic Promises of Positive Psychology: Well-being and its Possible Applications”

- Academic journal about promises of positive psychology and real-life applications
- Positive Parenting one of the applications brought up
- “Positive paternity is the eternal relationship of a parent to a child or children in which constant and unconditional care is taken about the child’s needs, learning, etc. including guiding, leading, teaching, caring, empowering, nurturing”
- Method focuses more on improving mental well-being on another rather while also improving your own
• Source talks about lack of positive education being applied in schools
• Talks about school in Australia implementing positive education
• School staff must participate in training programs to better understand and apply positive education
• Positive education integrated into curriculum
• Students examine how thriving communities can “be enabled through the physical environment of towns and cities”
• Positive education important, because school is where students spend most of their day
• “Adolescence is often viewed as a critical stage in the emergence and trajectory of mental illness”

“An applied framework for Positive Education”
“Waking Up Happy: The Dream Big, Win Big Guide to Transforming Your Life”

- Motivational advice on how to stay motivated so that you can attain your life goals
- Shares personal stories and rules that he lives by that could apply to your life
- “You can’t change other people, but you can change how you are around them and sometimes, a lot of times, that’s more than enough”
- Had problems with a very strict coach and eventually blew up on him
- Realized he couldn’t change how his coach would act so he decided to be more patient.
- Eventually helped him respect his coach
How does Positive Psychology relate to Communication:

- Positive Relationships
- Mindful Communication
- Emotional Intelligence
- Gratitude
Citations

- Baratali, Maryam, and Ali Zare Zardeini. *Identification of Curriculum Objectives of Brain-Based Education and Positive Education.*, 2022.