



Techniques and Levels of Positive Psychology: A Review

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Abstract

Positive psychology focuses on the promotion of well-being, happiness, and flourishing, as opposed to solely focusing on the treatment of mental illness and psychological problems. Positive psychology techniques are designed to help individuals cultivate positive emotions, build positive relationships, develop their character strengths, and engage in activities that contribute to their overall well-being. Positive psychology is often implemented on several levels, including individual, interpersonal, and societal levels. “At the individual level, positive psychology interventions may include exercises such as gratitude journaling, meditation, or visualization, which have been shown to increase positive emotions, decrease negative emotions, and improve overall well-being. Positive psychology coaching is another approach that focuses on identifying and utilizing an individuals character strengths, values, and goals to promote personal growth and development. At the interpersonal level, positive psychology interventions may involve building positive relationships, developing communication skills, and fostering positive social connections. This can be achieved through interventions such as mindfulness-based stress reduction, positive psychotherapy, or social skills training.

Key words: Psychology, orientation, transform, individuals etc.

Introduction

At the societal level, positive psychology interventions may involve the promotion of positive social norms, the development of community-based programs, and the implementation of policies that support well-being and flourishing. Examples of these interventions may include workplace wellness programs, social impact initiatives, and public health campaigns. positive psychology techniques and interventions aim to promote well-being, happiness, and flourishing at different levels of analysis. By focusing on positive emotions, character strengths, positive experiences, and healthy relationships, positive psychology offers a unique and valuable approach to improving quality of life, and has the potential to benefit individuals, communities, and society as a whole.



Definition

Scientific inquiry of, and advocacy for, the conditions under which human beings and their societies flourish..

Three Levels of Positive Psychology

The science of positive psychology operates on three different levels – the subjective level, the individual level and the group level.

- 1 Joy, well-being, satisfaction, contentment, happiness, optimism, and flow are all pleasant sensations that may be studied at the subjective level. At this stage, what matters more than what you accomplish or who you are as a person is how you feel.
- 2 Studying human strengths and virtues, future-mindedness, capacity for love, courage, perseverance, forgiveness, originality, wisdom, interpersonal skills, and giftedness is the next step toward identifying the components of the good life and the personal qualities that are necessary for being a good person.
- 3 Finally, at the level of the group or community, we place a focus on civic virtues, social obligations, nurturing, altruism, politeness, tolerance, work ethics, constructive institutions, and other aspects that contribute to the growth of citizenship and communities.

Techniques used in positive psychology

An example of positive psychology used in a clinical environment is positive psychotherapy. Its predicated on the idea that there are really just three things you need to be happy:

- Positive emotion
- Engagement
- Meaning

The exercises used in positive psychotherapy are designed to enhance one or more of these components in a persons life”.

Examining the therapists clients daily routine is one of the methods used in this kind of treatment. The therapeutic process involves a focus on the benefits of each action. The usage of electronic devices such as pagers and beepers is widespread. With the patients permission, their therapist may beep them to remind them to keep a diary of their sessions. Adding additions every day to elaborate on the days events is a great way to fill



up these logs. “Long-term assessments are then used to evaluate their performance. Short-term sampling describes the procedures used here.

Its common practise for therapists to recommend gratitude journals to their patients. This log serves as a daily reminder of all the good things that happened and tasks that were completed. This technique has the potential to counteract the detrimental effects of dwelling on things that did not go as planned..

How can positive psychology help?

Negative events naturally pique our interest more than positive ones do. Therefore, it is common for individuals in treatment to lack insight into the factors that contribute to their state of pleasure from session to session. Some experts in mental health say that the discrepancy might be because to erroneous assumptions. Sometimes, people have trouble putting a name to the range of feelings theyre experiencing. However, when looking back on the event, they may be able to identify these feelings with great clarity. The goal of positive psychology is to refocus an individuals outlook, memory, and anticipation away from the negative. In an effort to maintain objectivity, it emphasises the good.

Several key ideas have emerged as a result of research into positive psychology. People suffering from despair and anxiety have found them to be quite helpful. A number of studies have linked an inability to maintain a positive outlook to feelings of sadness or depression. However, this deficit is not the only factor in the onset of depression. The purpose of positive psychology is not limited to alleviating distress. Positive traits and feelings are also emphasised. Those with aspirations of growth in these fields may profit from this.

Effective treatments for depression include positive psychology and cognitive behavioural therapy. One comparison research found that positive psychotherapy may be more successful than cognitive behavioural therapy in increasing individuals levels of happiness. Studies have showed that it makes depressed persons happier in general.

The branch of psychology known as positive psychology is young but rapidly expanding. Its core focus is on increasing peoples opportunities for satisfaction and fulfilment in life. Positive psychology seeks to investigate and encourage the variables that lead to human thriving and flourishing, as opposed to the diagnosis and treatment of mental disease and psychological difficulties. As a reaction to the disease model of psychology, which placed a premium on pathology and pathological human behaviour, positive psychology



developed in the late 1990s and early 2000s. The goal of positive psychology is to widen the field of psychology to include consideration of a persons emotional and character qualities as well as their positive experiences. To research and advance human wellbeing, the field of positive psychology integrates insights from many academic fields. Scientists in the field of positive psychology conduct surveys, conduct studies, and even implement treatments all in an effort to better understand the positive elements of the human experience. Focusing on strengths, developing gratitude, building happy connections, encouraging optimism, supporting self-care, pursuing meaningful objectives, and practising mindfulness are all concepts recognised by positive psychology that lead to human flourishing. Gratitude exercises, mindfulness practises, and strengths-based methods are just a few examples of the positive psychology therapies that have been shown to be helpful in fostering feelings of contentment, resiliency, and enhanced productivity. By focusing on the good things in life and each persons inherent capacity for growth and development, positive psychology brings a fresh perspective to the study of psychology and well-being”.

History and development

Influential psychologists such as Carl Rogers, Abraham Maslow, “Erich Fromm, and Albert Bandura helped develop ideas and theories about human happiness and productivity. But it was not until 1998 that Martin Seligman brought new focus to the concept of positive psychology as president of the American Psychological Association. Seligman wrote about positive psychology In his book *Authentic Happiness*, published in 2002. He expressed his belief that the field of psychologys decades-long exclusive focus on mental health concerns was not the most helpful approach. He encouraged psychologists to instead focus on the promotion, nurture, and enhancement of positive human attributes and talents.

The first positive psychology summit was hosted in 1999. In 2002, the First International Conference on Positive Psychology was held. Positive psychology caught the attention of the general public in 2006. Professor Tal Ben-Shahars positive psychology class became Harvards most popular course with an enrollment of 855 students. In 2009, the University of Pennsylvania hosted the First World Congress on Positive Psychology. There has been an increasing divide between proponents of positive psychology and humanistic psychology. This divide has existed since the emergence of positive



psychology in 1998. Supporters of positive psychology hold that positive psychology theories are based on solid scientific evidence. They claim these are superior to humanistic theories, which lack supportive empirical evidence. On the other hand, some humanistic psychologists have criticized Seligman. They propose he is attempting to claim credit for decades of research conducted by his predecessors in humanistic psychology. Martin Seligman has been the major driving force behind the movement. But other individuals have made significant contributions to the development of positive psychology.

Conclusion

Positive psychology is a rapidly growing and exciting field of psychology that focuses on the promotion of well-being, happiness, and flourishing. It has emerged as a response to the traditional focus of psychology on mental illness and psychological problems, and seeks to broaden the focus of psychology to include positive emotions, character strengths, and other factors that contribute to well-being and thriving. Positive psychology offers several principles that contribute to human flourishing, and interventions that have been found to be effective in promoting well-being, resilience, and improved performance". These principles and interventions can be applied on individual, interpersonal, and societal levels, and have numerous practical applications in various areas, including education, business, health, and sports. Overall, positive psychology offers a unique and valuable perspective on human behavior and the potential for growth, development, and thriving in all individuals. By emphasizing positivity and well-being, positive psychology has the potential to benefit individuals, communities, and society as a whole.

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