

# Influences, Criticism and Applications of Positive Psychology

Manju<sup>1</sup>, Amit Kumar<sup>2</sup>

<sup>1</sup>Research Scholar, Department of Psychology, MD University, Rohtak

<sup>2</sup>Student, Department of Psychology, MD University, Rohtak

---

## ABSTRACT

Positive psychology has proposed various manners by which individual satisfaction might be encouraged. Social ties with a companion, family, companions and more extensive systems through work, clubs or social associations are of specific significance, while physical exercise and the act of contemplation may likewise add to satisfaction. Bliss may ascend with expanding money related pay, however it might level or even fall when no further gains are made. It is a response against therapy and behaviorism, which have concentrated on "psychological sickness", then accentuating maladaptive conduct and negative reasoning. It manufactures further on the humanistic development, which supported an accentuation on bliss, prosperity, and inspiration, hence making the establishment for what is currently known as positive psychology. The paper concludes by considering what the future of positive psychology may hold and suggesting that the discipline has the potential to impact positively on people throughout the world.

**Keywords:** Positive Psychology, Influences, Criticism, Applications.

---

## INTRODUCTION

Positive psychology is a relatively new form of psychology. It accentuates the constructive impacts in an individual's life. These might incorporate character qualities, hopeful feelings, and useful foundations. This hypothesis depends on the conviction that joy is gotten from both enthusiastic and mental variables. Positive psychology means to assist individuals with distinguishing satisfaction from minute to minute. It underscores this over possibly acknowledging upbeat minutes when thinking back on them.

Individuals looking for treatment who want to encounter a more noteworthy feeling of satisfaction and freedom from their present conditions may discover this methodology supportive. Many think that its simpler to concentrate on positive feelings they involvement with the present after treatment has finished. Positive psychotherapy is the utilization of positive psychology standards in an expert remedial setting. It depends on the idea that joy might be separated into three progressively reasonable parts [1]:

- Positive feeling
- Commitment
- Meaning

The activities utilized in constructive psychotherapy are intended to improve at least one of these parts in an individual's life. A portion of the systems utilized right now treatment include looking at the exercises of the individual in treatment. In treatment, the positive ramifications of every movement are investigated. A typical practice is the utilization of beepers or pagers. Specialists may, with the assent of the individual accepting treatment, signal the person to remind them to record their encounters. These records are developed when an individual adds day by day sections to portray the subtleties of the previous day. They are then assessed with long haul examinations. These techniques are frequently alluded to as momentary testing [2].

Individuals in treatment are additionally regularly urged to keep an appreciation diary. This record is a token of the positive occasions and achievements of every day [3]. The training may help balance rumination on

things that didn't work out as expected. In the course of the most recent twenty years or somewhere in the vicinity, general enthusiasm for positive psychology has developed massively. Today, an ever increasing number of individuals are scanning for data on how they can turn out to be progressively satisfied and accomplish their maximum capacity. Enthusiasm for the point has additionally expanded on school grounds. In 2006, Harvard's seminar on positive psychology turned into the college's most mainstream class. So as to comprehend the field of positive psychology, it is fundamental to begin by becoming familiar with its history, significant speculations and applications [4].

### **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. In any case, it was not until 1998 that Martin Seligman carried new concentration to the idea of "positive psychology" as leader of the American Psychological Association. Seligman expounded on positive psychology in his book *Authentic Happiness*, distributed in 2002. He communicated his conviction that the field of psychology's decades-long select spotlight on psychological wellness concerns was not the most supportive methodology. He urged clinicians to rather concentrate on the advancement, support, and upgrade of positive human qualities and abilities [5].

Prior to World War II, psychology had three particular missions: restoring psychological maladjustment, making the lives surprisingly increasingly beneficial and satisfying, and recognizing and sustaining high ability," composed Seligman and Csikszentmihalyi in 2000 [6].

Not long after WWII, the essential focal point of psychology moved to the primary goal: treating irregular conduct and dysfunctional behavior. During the 1950s, humanist scholars, for example, Carl Rogers, Erich Fromm, and Abraham Maslow reestablished enthusiasm for the other two territories by creating speculations that concentrated on satisfaction and the positive parts of human instinct [7].

The principal positive psychology summit was facilitated in 1999. In 2002, the First International Conference on Positive Psychology was held. Positive psychology grabbed the eye of the overall population in 2006. Educator Tal Ben-Shahar's certain psychology class turned into Harvard's most famous course with an enlistment of 855 students. In 2009, the University of Pennsylvania facilitated the First World Congress on Positive Psychology [8].

There has been an expanding partition between defenders of positive psychology and humanistic psychology. This separation has existed since the development of positive psychology in 1998. Supporters of positive psychology hold that positive psychology speculations depend on strong logical proof. They guarantee these are better than humanistic hypotheses, which need steady observational proof. Then again, some humanistic therapists have censured Seligman. They propose he is endeavoring to guarantee credit for quite a long time of research directed by his antecedents in humanistic psychology [9].

Martin Seligman has been the significant main thrust behind the development. Yet, others have made critical commitments to the improvement of positive psychology. These incorporate Mihaly Csikszentmihalyi, Don Clifton, Ed Diener, C.R. Snyder, Christopher Peterson, Shelley Taylor, Barbara Fredrickson, Michael Argyle, and Daniel Gilbert [10].

In 1998, Seligman was chosen President of the American Psychological Association and positive psychology turned into the topic of his term. Today, Seligman is generally seen as the dad of contemporary positive psychology [11].

In 2002, the primary International Conference on Positive Psychology was held. In 2009, the principal World Congress on Positive Psychology occurred in Philadelphia and included talks by Martin Seligman and Philip Zimbardo [12].

### **INFLUENCES OF POSITIVE PSYCHOLOGY**

Several humanistic psychologists, most notably Abraham Maslow, Carl Rogers, and Erich Fromm, developed theories and practices pertaining to human happiness and flourishing. All the more as of late, positive analysts have discovered exact help for the humanistic hypotheses of thriving. Also, positive psychology has pushed forward in an assortment of new bearings [13].

In 1984, Diener distributed his tripartite model of emotional prosperity, setting "three unmistakable however regularly related parts of prosperity: visit beneficial outcome, rare adverse impact, and psychological assessments, for example, life satisfaction".[14] In this model, intellectual, full of feeling and logical variables add to abstract well-being. According to Diener and Suh, emotional prosperity is "based on the possibility that how every individual considers their life is important".

Song Ryff's Six-factor Model of Psychological Well-being was at first distributed in 1989, and extra testing of its variables was distributed in 1995. It hypothesizes six variables which are key for prosperity, to be specific self-acknowledgment, self-improvement, reason throughout everyday life, natural dominance, self-rule, and positive relations with others.[15]

As per Corey Keyes, who worked together with Carol Ryff and utilizations the term thriving as a focal idea, mental prosperity has three parts, to be specific libertine (c.q. abstract or emotional, mental, and social well-being).[16] Hedonic prosperity concerns passionate parts of prosperity, while mental and social prosperity, c.q. eudaimonic prosperity, concerns aptitudes, capacities, and ideal functioning. This tripartite model of mental prosperity has gotten broad experimental help across cultures.[17]

While the conventional title "positive psychology" has just been around for as far back as two decades the ideas that structure the premise of this field have been available in strict and philosophical talk for a large number of years. The field of psychology originating before the utilization of the term positive psychology has seen scientists who concentrated fundamentally on points that would now be incorporated under the umbrella of positive psychology. [18] Some view positive psychology as a gathering of Eastern idea, for example, Buddhism, and Western psychodynamic approaches. Other instances of the rich authentic foundations of positive psychology are available in the lessons of Aristotle, who underscored the significance of joy and prosperity, which he alluded to as eudaimonia [19].

### **CRITICISM OF POSITIVE PSYCHOLOGY**

Kirk Schneider, editor of the Journal of Humanistic Psychology, says positive psychology neglects to clarify past horrifying practices, for example, those executed by the Nazi party, Stalinist walks and Klan social occasions, to recognize however a couple. He additionally highlighted an assortment of research indicating high energy relates with positive hallucination, which viably contorts reality. The degree of the destruction of high inspiration (otherwise called thriving) is one could get unequipped for mental development, unfit to self-reflect, and will in general hold racial predispositions. Conversely, antagonism, some of the time prove in mellow to direct misery, is corresponded with less mutilation of the real world. In this way, pessimism may assume a significant job inside the elements of human thriving [17].

To represent, strife commitment and affirmation of fitting cynicism, including certain negative feelings like blame, may better advance flourishing. Overall, Schneider gave viewpoint: "maybe veritable satisfaction isn't something you focus on, yet is a result of a real existence all around lived – and an actual existence very much lived doesn't choose the customized or conveniently calibrated." Seligman has recognized in his work the point about positive illusion,[12] and is additionally a pundit of simply liking oneself separated from the real world and perceives the significance of antagonism/dysphoria.

In 2003, Ian Sample, composing for The Guardian, noticed that, "Constructive therapists additionally stand blamed for covering their heads in the sand and overlooking that discouraged, even only miserable individuals, have genuine issues that need managing." He likewise cited Steven Wolin, a clinical specialist at George Washington University, as saying that the investigation of positive psychology is only an emphasis of more established perspectives, and that there isn't a lot of logical research to help the viability of this method. Gable reacts to analysis on their pollyanna see on the world by saying that they are simply carrying an equalization to a side of psychology that is extremely understudied. To protect his point, Gable focuses to the uneven characters preferring examination into negative mental prosperity in psychological psychology, wellbeing psychology, and social psychology.[18,19]

Barbara S. Held, a teacher at Bowdoin College, contended that while positive psychology makes commitments to the field of psychology, it has its issues. She offered knowledge into points including the negative symptoms of positive psychology, antagonism inside the positive psychology development, and the momentum division in the field of psychology brought about by contrasting assessments of analysts on positive psychology. Furthermore, she noticed the development's absence of consistency in regards to the job of antagonism. She additionally raised issues with the oversimplified approach taken by certain analysts in the use of positive psychology. A "one size fits all" approach is ostensibly not valuable to the

progression of the field of positive psychology; she recommended a requirement for singular contrasts to be joined into its application.[20]

Martin Jack has additionally kept up that positive psychology isn't remarkable in its idealistic way to deal with taking a gander at ideal enthusiastic prosperity, expressing that different types of psychology, for example, directing and instructive psychology, are likewise keen on positive human satisfaction [21]. He proceeds to make reference to that, while positive psychology has pushed for schools to be more student focused and ready to encourage positive mental self views in kids, he stresses that an absence of spotlight on poise may keep kids from making full commitments to society.

## **POSITIVE PSYCHOLOGY - USES AND APPLICATIONS**

### **Teaching Happiness**

It is said that truth is good but happiness is always better. Be that as it may, without truth there is no joy. Positive psychology arranged educator won't bargain on desires and student execution. He will enable them to become what he needs them to be. Conveying desires is a craftsmanship without anyone else. On the off chance that the students were to realize what is anticipated from them they will endeavor and appreciate endeavoring. Numerous an instructor isn't too secure with what's in store of their students [8]. They don't verbalize the desire regardless of whether they have one. The desires ought to be truly elevated and testing. Better standards additionally work out as expected gave they are very much conveyed to the entertainers. Joy is additionally learnt propensity. As Aristotle said " We are our main event over and over. Greatness at that point isn't a demonstration yet a propensity". Positive Psychology centers around this part of 'doing over and again'. We grin not on the grounds that we are upbeat, we are cheerful on the grounds that we grin. An instructor who takes a shot at what works gets the outcomes that he searches out from his students. Positive Psychology empowers an instructor to stream with the progression of his students. In that space of compatibility, the material differentiation between the instructor and the educated loses its meticulousness and convention [11].

### **Savouring**

Savouring Students of the board are relied upon to 'convey' results on account of their future businesses. As the platitude goes, managers are not intrigued by our 'work torment', they simply need to see the infants. There are numerous MNCs who require their workers to meet the managers consistently and brief them with respect to what's going on. We judge ourselves by what we are able to do, others judge us by what we have just done. It is basic that administration instructors do set aside some effort to prepare themselves in adapting systems and give the figuring out how to students. Positive psychology makes a differentiation among adapting and what is known as enjoying. In adapting we experience the weight and powerlessness. Adapting is basically an endurance methodology or one of emergency the board. Each time there is an issue, somebody just battles to come out of it. Enjoying then again is a decision wherein future outcomes. Such inspirational desire keeps the entertainer in a condition of status for the present and future too. On the off chance that a post graduate students chooses to give his best during two years, he will undoubtedly harvest forty years of future vocation. This is only one model. There are such a large number of issues about which we can appreciate. A decent educator is one who makes a mediation in his student's needs and aides him on the need [22].

### **Capability Vs Competence**

The point of instruction is frequently misconstrued because of which students are misinformed. Learning is discovering what you definitely know. Doing is showing that you know. Instructing is reminding others that they know similarly just as you. We are for the most part students, practitioners, and instructors". Positive Psychology shows us life-science as in it encourages us recognize obviously comparative ideas and see the differentiation. For example, let us take the instance of two articulations: Competence and Capability. Fitness is the thing that people know or can do as far as information, ability and disposition. Capacity is the degree to which people can adjust to change, create new information, and keep on improving their presentation. Positive Psychology works more on building ability in students as opposed to simply improving the skill. The executives instruction must try to change over students into multi faceted and multi-gifted business administrators in addition to other things. At the end of the day, the board training must concentrate on supporting the accompanying responsibilities with respect to students [6].

### **Testing the process**

The present students are tomorrow's pioneers. The capacity to scrutinize the things intensely is generally significant of all. They ought to be gutsy and ingenious enough to look out provoking chances to change, develop, enhance and improve. Eagerness to face challenge and gain from going with dangers causes them place in an advantageous position in troublesome occasions [8-10].

### **Life Time Value**

As a part of regular curriculum, students can be exposed to lessons that will help them sustain and practice the values for a life time. Exercises on positive mental perspectives, sound physical wellbeing, concordance with nature, opportunity from dread, any desire for accomplishment, confidence, eagerness to share, love of work, liberality, self-control and so forth should be offered in any event two hours per week routinely. Instructors who have tendency for getting the hang of, sharing and aiding could be prepared uncommonly. Students could be urged to experience a large group of books on life-exercises over some stretch of time and offer the considerations in normal gatherings. Correspondingly students could be prepared on the specialty of precise reasoning. Through utilization of self-restraint, students will figure out how their considerations can be impacted and controlled [13].

### **Inspiring a shared vision**

Students must be prepared on adapting procedures as well as past that. Enjoying is the thing that Positive Psychology discusses right now. It is the capacity to imagine an elevating and recognizing future and withstand the current difficulties and contentions. The way to progress lies in taking others along. To get along, one must come. Enrolling others in like manner vision by speaking to their qualities, interests, expectations and dreams matters a ton [14].

### **Empowering the heart**

Ability to perceive singular donors and praising group achievements has a suffering an incentive in relationship. Connections are a mirror wherein we can see ourselves. The board teachers need to take a gander at the moral measurements in their students' character and mentor them every now and then. Instructors should drive the estimations of character, responsibility, conviction, kindness and boldness where it counts the students' mind [16].

### **Creation of 'Positive Institutions'**

Positive psychology lays weight on building mindful individuals, associations and net work in and around the establishments. In that sense, the conveyance of instruction is task of obligations. Students can be urged to go out into open settings and broaden administrations. For example, students could be urged to participate in the gathering conversations and in the long run help structure gatherings. They can be presented to the component of creating frugality and loaning to gather individuals. PM has just given a clarion call for tidiness drive on a war balance. Students can be urged to pick a given territory and dispatch the tidiness program on a practical premise. Students ought to be urged to run huge numbers of the student related activities without anyone else. Participation and timeliness is by and by instructor driven impulses. Students can be urged to take this upon themselves and take forward. This will decrease nearby reconnaissance with respect to instructors and directors and increment student cooperations. Thoughts can be actualized at the instructive establishments with student authority and activities [17].

### **Managing Future through Positive Emotions**

One of the most evident increases from exercises of Positive Psychology is that we can deal with the weights, dangers, vulnerabilities however positive feelings. As the maxim goes, there is not something to fear, everything is to be comprehended. In such understanding, there is confidence and no dread. Positive feelings alert us to threats. Students who linger behind in considers need not sulk; they simply need to stir their way up. It is significant that, more than the students the instructors should be presented to this thought constantly. The territories of concern are confirmations missing the mark regarding desires, student indiscipline, situation not occurring, scarcity of industry-uncovered educators, etc. Every one of these issues should be taken care of by individuals with positive feelings. At the point when instructors are furnished with devices of Positive Psychology, so can be students over some undefined time frame. Positive Psychology can change our very way to deal with issue territories and

upgrade the nature of choices and supervision on an everyday premise. Obviously that the nature of encouraging will proceed onward a higher winding in an environment of this sort [18].

### Faculty Development Programs

It is conceivable to run the board instruction keeping the heart, psyche and soul in center. This doesn't imply that we should give a pass by to the current modules. It is said that heart of training ought to be instruction of heart. Instructors should be presented to thoughts of Positive Psychology in a major manner [22].

### Research Approach

Positive Psychologists see a decent character as a blend of different positive demeanors and qualities. These temperances continue changing as time changes. Individuals who were presented to this rundown of excellencies confessed to having atleast three to four of them as their own. The teachers may attempt research and inventories the ethics that cause individuals to flourish and succeed ought to be imparted to students and associates. Students additionally ought to be presented to such overviews. A portion of these qualities are widespread. It encourages us comprehend why a few people by and large succeed while others for the most part come up short. Since Positive Psychology envelops institutional structure additionally, studies can be stretched out to foundations which run the executives instruction. It would be valuable if the investigation comes out with regular institutional ethos and morals which cause them to succeed or something else [23].

### CONCLUSIONS

Positive Psychology which is a study of what goes right in life can be the best fit in structuring and conveying the future projects. It works at abstract level, singular level and cultural level. It emphasizes on character quality which lends itself for several examinations in any of the areas that go to make it as character strength. Positive Psychology makes certain to take a shot at the heart, brain and soul of people who study and the associations for which they work for at a later stage. It helps construct people, qualities and organizations.

### REFERENCES

- [1]. Asgharipoor, N., Farid, A. A., Arshadi, H., & Sahebi, A. (2012). A comparative study on the effectiveness of positive psychotherapy and group cognitive-behavioral therapy for the patients suffering from major depressive disorder.
- [2]. Azar, B. (2011). Positive psychology advances, with growing pains. *Monitor on Psychology*, 42(4),32.
- [3]. Cloninger, C. Robert (2005). "Character Strengths and Virtues: A Handbook and Classification". *American Journal of Psychiatry*. American Psychiatric Association. 162 (4): 820–821. doi:10.1176/appi.ajp.162.4.820-a.
- [4]. Della Porta, M. D., Lyubomirsky, S., & Sin, N. L. (2010). Tailoring positive psychology interventions to treat depressed individuals Diener, Ed (2009-07-30), "Positive Psychology: Past, Present, and Future", in Lopez, Shane J; Snyder, C.R (eds.), *The Oxford Handbook of Positive Psychology*, Oxford University Press, pp. 6–12
- [5]. Fredrickson, B. L.; Losada, M. F. (2005). "Positive Affect and the Complex Dynamics of Human Flourishing". *American Psychologist*. 60 (7): 678–686.
- [6]. Gable, S. L.; Haidt, J. (2005). "What (and why) is positive psychology?". *Review of General Psychology*. 9 (2): 103.
- [7]. Graham, Michael C. (2014). *Facts of Life: ten issues of contentment*. Outskirts Press. pp. 6–10. ISBN 978-1-4787-2259-5. Peterson 2006.
- [8]. *Iranian Journal of Psychiatry and Behavioral Sciences*, 6(2), 33-41.
- [9]. Jessica Shryack, Michael F. Steger, Robert F. Krueger, Christopher S. Kallie. 2010. The structure of virtue: An empirical investigation of the dimensionality of the virtues in action inventory of strengths. Elsevier.
- [10]. *Positive Psychology in a Nutshell*, Ilona Boniwell, Open University Press, 2012, p.44
- [11]. *Positive Psychology The Science of Happiness*, William C. Compton and Edward Hoffman, Wadsworth, 2005, p.55-p.62, Mills & Kreutzer 2016.
- [12]. Peterson, Christopher; Seligman, Martin E. P. (2004). *Character strengths and virtues: A handbook and classification*. Oxford: Oxford University Press. p. 106. ISBN 0-19-516701-5.
- [13]. Rashid, T. (n.d.). *Positive psychotherapy*. Retrieved from <http://tayyabrashid.com/pdf/ppt.pdf>



- [14]. Seligman, M. E. P., Rashid, T. & Parks, A. C. (2006). Positive psychotherapy. *American Psychology*, 61(8). 774-788.
- [15]. Schneider, K. (2011). "Toward a Humanistic Positive Psychology". *Existential Analysis: Journal of the Society for Existential Analysis*. 22 (1): 32–38.
- [16]. Schneider, Kirk J. (29 November 2010). "Toward a Humanistic Positive Psychology: Why Can't We Just Get Along?". *Psychology Today*. Retrieved 11 July 2018.
- [17]. Sample, I. (19 November 2003). "How to be happy". *The Guardian*.
- [18]. Synder C. R. & Lopej S. J., *Handbook of Positive Psychology*. New York: Oxford University Press, 2002.
- [19]. Peterson C., *A primer in Positive Psychology*. USA: Oxford University Press, 2006.
- [20]. Seligman, M. E., & Csikszentmihalyi, M. (2014). *Positive psychology: An introduction* (pp. 279-298). Springer Netherlands.
- [21]. Shesthra, Arjun (December 2016). "Positive psychology: Evolution, philosophical foundations, and present growth". *Indian Journal of Positive Psychology*. 7 (4): 460–465. ProQuest 1862867466.
- [22]. Shesthra, Arjun (December 2016). "Positive psychology: Evolution, Philosophical Foundations, and Present Growth". *Indian Journal of Positive Psychology*. 7 (4): 460–465.
- [23]. *The How of Happiness*, Sonja Lyubomirsky, 2007, Piatkus, p.270-p.294