

Free report on flourishers and non- flourishers

[Psychology](#), [Success](#)



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Introduction

Positive human functioning enables human beings especially adolescents counter and deal with difficult situations with ultimate ease in life. Positivity develops a high degree of self esteem which is critical towards determination of whether one flourishes or does not flourish in life. This report is going to analyze whether the elements that determine the well being on an individual as defined in the PERMA model by Seligman differ or compliment with categorically flourishing and none flourishing for adolescents.

Martin Seligman established the PERMA model which constitute of five important elements that determines a happy living in life (Armstrong, 2006). Challenges especially at the adolescent stage become increasingly bigger to the extent that some people fail to sustain and stay within the safety and end up leading a miserable and stressful life. The pressure can be dealt with by the following PERMA elements.

Positive emotions

Emotions play greater role in distinguishing the life one lives. At adolescent, people face full pressure from the environment they live. They always get to think about their little achievements and take it as a judgment for their future. Most of the time, they find to have done very little and see as if they have failed as per what they expect. This definitely means that it is unrealistic for them to achieve what they intend to and happily. Statistic shows that about sixty percent of individual's adolescents fall under this trap hence unable to manage self enjoyment and happy living. Seligman suggested that being positive as a result of positive emotion can effectively go far and beyond these pressures of life (Schulenberg et. al, 1997). Falling under positive emotion category is peace, satisfaction, inspiration, curiosity, pleasure, gratitude, and even love. All these bring a lot off smiles to our faces and feeling good make one their tasks better. It boosts physical and psychological health hence strengthens the relationships between each and every individual therefore taking the chance to look at the future with hope and optimism. It is contagious to feel good and sharing the good experiences of feelings creates a better society of appreciation and joy.

Engagement

Those who flourish get themselves in performing a task always. Those that do not engage in any thing often get bored and unless they take a participation in an activity, thriving is far from achieving to them (Keyes and Haidt, 2003). This is because engaging in an activity always sets the right mood and momentum remains focus into the activity and gain the status of being on one's own flow. This status enables an individual's not to question

anything about what they are doing therefore creating the determination to flourish. Idleness on the other hand leads to laziness and definitely leading to underachieving and stressful living.

Positive relationships

Human beings are social beings in nature. Building positive relationship is core to flourishing. At adolescent, individuals fail to secure this vital element hence living miserable (Seligman, 2011). Statistics show that positive relationships make people live happier because the love found from connections with friends and neighbors makes people strong (Kusnet et. al, 2008). Sharing of problem help people get rid of them since a problem shared is half solved. People around the society helps individuals maintain the needed balance of life hence flourishing. Adolescents who engage in negative relationships or no minimum relationships normally do not thrive in life since the see the world and life as a burden.

Meaning

People are better when they dedicate their time to doing something greater than themselves. As a result, it creates a significant sense of well-being. Doing charity, learning, community work or even taking time to engage in political or religious activities ignite the cause of happiness to many leading to the sense of feeling worthy to others which is a vital element to flourishing in life (Viṣṇuśarman and Olivelle, 2006). For instance, taking time helping disadvantaged children make an individual to get recognized therefore finding life meaning and personal value. Those people that thinks about taking time to serve themselves will help the end up very disappointed

confused as an end result in their living. Therefore the deeper mission for any adolescent should be participating in a meaningful activity with passion. That will guarantee them lifetime success (How to be happy, 2008).

Achievement/Accomplishment

After all, it is a goal of every individual to strive to better them. However achievement cannot be realized without the master skill and everybody has a skill to do something better than others (Myers, 2012). That accomplishment, whether it is winning a race, event or any other personal target as you live, it nurtures the ability to flourish in life. The first thing to consider is setting the target or an aim, and then strive to achieve it.

Individuals who take their time working very hard to accomplish various short se targets are more likely going to build hope for the future hence end up flourishing in their lives compared to those who live without any targets or life ambitions.

It is evident that as per the analysis and psychological research of Martin Seligman's' PERMA theory, adolescents with positive life ambitions do flourish while those lacking the cause of living end up living low and miserable.

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