

# Positive psychology essay sample

[Psychology](#)



**ASSIGN  
BUSTER**

How does the new paradigm of Positive Psychology differ from Traditional Psychology?

Traditional psychology appeared to explain the development of mental disorders and provided a framework for the treatment of these disorders or emotional difficulties. This started in the earlier 1900's with Sigmund Freud, but holes began to appear in this first global theory. The theory explained behavior in terms of conditioning and reinforcement. Psychoanalytic theory used to explain emotional problems and psychoanalysis was the treatment preferred, which often failed. There were so many experiences influencing their observations that we had a variety of different paradigms. As we know, the paradigm governing psychology continues to shift and expand. Now we have what is called Positive Psychology. G

Instead of focusing primarily on understanding and fixing psychological problems, Positive Psychology is concerned with the study of optimal human functioning, to find out how a human being can be more effective and successful in their personal life, relationships and in their career. The concept of Positive Psychology was built upon three main pillars. 1-The study of positive emotions and how to develop them more fully. 2- The study of character, of positive traits which include strengths, virtues, talents, and interests. 3- The study of positive institutions which facilitate character building.

The primary topic of Positive Psychology is well-being and the goal is to increase flourishing in your own life and in society. The new paradigm of Positive Psychology differs from traditional psychology because Positive

Psychology offers a way to find our strengths, focusing on those three main pillars in order to become a better human being and be able to prosper in our society, not like the traditional psychology which it was focused on people illness or issues.