

Positive psychology and the effect of colour on mood



Positive of Psychology and How Color Affects Our Mood

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Introduction

This report covers the significance of positive psychology and its impact on the nature of the human psychology. Moreover, the influence of colors on changing moods and psychological patterns of human are also discussed in detail.

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Positive Psychology

Positive Psychology is the branch of Psychology that uses experimental understanding and viable mediation to support in the accomplishment of an attractive life instead of only treating emotional instability. This field brings consideration regarding the likelihood that concentrating just on disorder could bring about a fractional, and restricted, intellectual capacity of an individual's condition. Therefore to expand the circle of optimism, positive psychology throws lights on several aspects of human behavior (Smit & Bohlmeijer, 2013).

Subjects of eagerness to specialists in the field are: conditions of joy or stream, values, qualities, ideals, gifts, and also the ways that these can be advanced by social frameworks and institutions. Positive analysts are concerned with four points in positive psychology:

1. positive encounters
2. persisting mental characteristics
3. positive connections
4. positive organizations

Rationale

In positive psychology, the objective is to help individuals in changing negative styles of speculation as an approach to change how they feel. This methodology has been extremely effective, and changes how people consider other individuals, their future, and themselves in a positive way. The reasoning procedures that affect psychological states fluctuate extensively from individual to individual. For instance, a change in our

initiative to time can drastically affect how we consider the way of satisfaction (Smit & Bohlmeijer, 2013). The other conceivable objectives of positive psychology are:

- to encourage families and schools that permit kids to develop
- to flourish working environments that go for fulfillment and high benefit
- to show others about positive psychology

Issues addressed

(Averill & Clements, 2007) Positive Psychology is concerned with three issues:

Positive feelings are concerned with being substance with one's past, being content in the present and having trust for what's to come.

Positive individual qualities concentrate on one's qualities and ethics.

Positive organizations are in view of qualities to better a group of people. "Bliss" envelops distinctive passionate and mental phenomena.

Understanding Positive Psychology

Positive intuition assists with anxiety administration and can even enhance wellbeing in the prevailing environment. Work on overcoming negative talk toward oneself with samples proof these effects. A few studies demonstrate that identity characteristics like idealism and negativity can influence numerous regions of your wellbeing and prosperity. In the event that have a tendency to be pessimistic, there is famous saying "don't give up" is followed which shows that people can learn positive inference abilities.

Positive thinking doesn't imply that people keep their head in the sand and <https://assignbuster.com/positive-psychology-and-the-effect-of-colour-on-mood/>

disregard life's less charming circumstances. Positive thinking just implies that they approach offensiveness in a more positive and beneficial way. People think the best is going to happen, not the most exceedingly bad (Costello, 2012).

Advantages of Positive Thinking

There is an assumption that having a positive viewpoint empowers you to adapt better to unpleasant circumstances, which decreases the unsafe wellbeing impacts of weight on your body. It's likewise believed that constructive and idealistic individuals have a tendency to live healthier ways of life (Blackburn & Wassenhove, 2012). Few advantages that positive intuition may give include:

- Expanded life compass
- Lower rates of misery
- Lower levels of pain
- More noteworthy imperviousness to the basic cool
- Better mental and physical prosperity
- Lessened danger of death from cardiovascular illness
- Better adapting aptitudes amid hardships and times of anxiety

Colors and Psychology

Colors highly relate to psychology and human moods are highly influenced by the shades of colors they experience in their life, surrounding and inner self. There are four mental essential hues - red, blue, yellow and green. They relate separately to the body, the psyche, the feelings and the crucial

harmony between these three (Teimouri, 2011). The mental properties of the eleven fundamental colors are as per the following:

RED

Nature	Positive Effects On Psychology	Negative Effects On Psychology
Physical	<ul style="list-style-type: none"> • Physical fearlessness • Quality & Warmth • Vitality • fundamental survival • Manliness & Energy 	<ul style="list-style-type: none"> • Defiance • Animosity • visual effect • strain

Characteristics

- Red has the property of seeming, by all accounts, to be closer than it is and thus it snatches our concentration first.
- Its impact is physical; it empowers us and raises the beat rate, giving the feeling that time is passing quicker than it is.
- It identifies with the manly rule and can initiate the “ battle or flight” intuition.
- Red is solid, and extremely fundamental. Perfect red is the least complex shade.

- It is fortifying, enthusiastic and inviting. In the meantime, it can be seen as requesting and forceful.

BLUE

Nature	Positive Effects On Psychology	Negative Effects On Psychology
	Intellectual	<ul style="list-style-type: none"> • Intelligence • Correspondence & trust • Proficiency & quietness • Obligation & rationale • Coolness & reflection

Characteristics

- Blue is the shade of the psyche and is basically relieving
- It influences us rationally, instead of the physical response we need to red.
- It reflects quiet and rationally smoothing nature.
- It is the shade of clear correspondence.
- Blue articles don't seem to be as near to us as red ones.
- Blue is the world's most loved shade. Nonetheless, it can be seen as frosty, unemotional and threatening (Teimouri, 2011).

YELLOW

Nature	Positive Effects On Psychology	Negative Effects On Psychology
Emotional	<ul style="list-style-type: none"> • Optimism & certainty • respect toward oneself • extraversion • passionate quality • Cordiality & inventiveness. 	<ul style="list-style-type: none"> • Irrationality • Dread • Discouragement • Tension • Suicide.

Characteristics

- The yellow wavelength is generally long and basically fortifying.
- Yellow is considered to be passionate physically and the strongest shade, mentally.
- The right yellow will lift our spirits and our respect toward oneself
- It is the shade of certainty and idealism.
- The wrong tone in connection to alternate tones in a shade pan can result in discomfort and uneasiness (Teimouri, 2011).

GREEN

Nature	Positive Effects On Psychology	Negative Effects On Psychology
Balance	<ul style="list-style-type: none"> • Harmony & parity • Refreshment & rest • general adorability • rebuilding & consolation • natural mindfulness • balance & peace 	<ul style="list-style-type: none"> • Boredom • Stagnation • Flatness • enervation

Characteristics

- Green strikes the eye as the most relaxing sight.
- Being in the core of the shades' range, Green is the shade of equalization.
- At the point when the world will contain a lot of green, it will reflect the availability of water and minimal risk of starvation, so green consoles our souls on a primitive level.
- Adversely, it can show stagnation and, inaccurately utilized, will be seen as being excessively tasteless (Teimouri, 2011).

VIOLET

Nature	Positive Effects On Psychology	Negative Effects On Psychology
Spiritual	<ul style="list-style-type: none"> • Spiritual mindfulness • Control & vision • Extravagance • Legitimacy • Truth & quality. 	<ul style="list-style-type: none"> • Introversion • Shamelessness • Concealment • Inadequacy

Characteristics

- The briefest wavelength is violet, regularly depicted as purple.
- It takes attention to a more elevated amount of thought, even into the domains of otherworldly values.
- It is profoundly introvert and supports profound thought, or reflection.
- It has relationship with sovereignty and imparts the finest conceivable quality.
- It has relationship with time and space and the universe.
- the wrong tone of it imparts something modest and terrible (Teimouri, 2011)

ORANGE

Nature Positive Effects Negative Effects On

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	On Psychology	Psychology
	<ul style="list-style-type: none"> • Physical comfort • Nourishment 	<ul style="list-style-type: none"> • Deprivation • Disappointment • Worthlessness • Immaturity
Brightness	<ul style="list-style-type: none"> • Warmth & security • exotic nature • energy & fun 	

Characteristics

- Since it is a mix of red and yellow, orange is animating and response to it is a mix of the physical and the passionate.
- It centers our psyches on issues of physical comfort, sustenance, warmth, cover and so forth.
- It is a “ fun” shade.
- Adversely, it may concentrate on the definite inverse - hardship. This is especially likely when warm orange is utilized with dark.
- Similarly, a lot of orange proposes pointlessness and an absence of genuine scholarly values (Teimouri, 2011).

PINK

Nature Positive Effects On Negative Effects On

	Psychology	Psychology
Softness	<ul style="list-style-type: none"> • Physical peacefulness 	<ul style="list-style-type: none"> • Embarrassment
	<ul style="list-style-type: none"> • Sustainability & warmth 	<ul style="list-style-type: none"> • Weakness
	<ul style="list-style-type: none"> • Womanliness 	<ul style="list-style-type: none"> • Physical shortcoming
	<ul style="list-style-type: none"> • Love & sensuality 	

Characteristics

- Being a tint of red, pink likewise influences us physically
- Pink is a capable color of influencing people mentally.
- It speaks to the female guideline, and survival of the species.
- It is supporting and physically qualifying.
- An excess of pink is physically depleting and can be to some degree purifying (Teimouri, 2011).

GREY

Nature	Positive Effects On Psychology	Negative Effects On Psychology
Indifference	<ul style="list-style-type: none"> • Psychological unbiased 	<ul style="list-style-type: none"> • Lack of certainty • Clamminess • Sadness

- Hibernation

Characteristics

- Perfect Grey is the main shade that has no direct mental properties. It is, nonetheless, very suppressive.
- A virtual nonappearance of shade is discouraging and when the world turns grey people are instinctually adapted to attract and get ready for hibernation.
- Overwhelming utilization of grey for the most part demonstrates an absence of certainty and fear of beginning (Teimouri, 2011).

BLACK

Nature	Positive Effects On Psychology	Negative Effects On Psychology
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Strong	<ul style="list-style-type: none"> • Sophistication • Security • enthusiastic wellbeing • proficiency & stuff 	<ul style="list-style-type: none"> • Oppression • Coldness • danger
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Characteristics

- The mental consequences of black are extensive. It makes defensive boundaries, as it retains all the vitality advancing towards you, and it conceals the identity.

- Black is basically absence of light, since no wavelengths are reflected and it can, consequently be threatening.
- Absolutely, it conveys supreme clarity, with no defects. It reflects advancement and uncompromising nature and it lives up to expectations
- Black makes an impression of sincerity (Teimouri, 2011).

WHITE

Nature	Positive Effects On Psychology	Negative Effects On Psychology
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Peace	<ul style="list-style-type: none"> • Hygiene & sterility • clarity & cleanness • Virtue & productivity • Smoothness & refinement 	<ul style="list-style-type: none"> • Unfruitfulness • Coldness • Boundaries • Restrictions
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Characteristics

- It makes boundaries, however in contrast to dark, and it is regularly a strain to take a glimpse at.
- It conveys, " Touch me not!"
- White is virtue and, in the same way as dark, uncompromising.

- It is clean, hygienic, and sterile. The idea of sterility can likewise be negative.
- Externally, white gives an uplifted impression of space. Another of white on warm colors is to make them look and feel flashy (Teimouri, 2011).

Effect on human minds

RED

The shade Red is the most dynamic of all colors. It fortifies the mind, body and soul. This shade is perfect to wear for a walk or practice as it is an empowering shade. The shade red can also result in anxiety; it might likewise cause dissatisfaction as well. The shade red symbolizes love; it animates pulse and relaxing (Dabanloo, 2011).

YELLOW

Yellow serves to discharge a compound in the mind called Serotonin, which is vital for bringing about a content temperament. Yellowshade upgrades focus and gives the cerebrum and sensory system a “ wake-up call”.

Excessive yellow shade can result in exhaustion. It is the most troublesome shade on the eye and individuals may lose temper all the more frequently in yellow rooms. It is additionally helpful for accelerating digestion system and is a typical sustenance shade (Dabanloo, 2011)

BLUE

It is accepted to have a mitigating impact on human personality as it serves to deliver some calming chemicals in the mind. Be that as it may, an excessive amount of this shade may cause sadness. Blue is utilized a ton as

a part of chip in segment as it signifies dedication. It is additionally demonstrated that materials in blue shade seem to be light in weight; this is one of the reasons why weightlifters discover it simpler to handle substantial weights in exercise centers painted blue. The shade blue is a non-sustenance shade as it gives a poisonous impact to edibles; in addition exploration has demonstrated that when individuals are presented with nourishment colored in blue they have a tendency to lose hunger. For weight watchers blue kitchen can be exceptionally useful, studies uncover that coffee shops eating in a blue room eat 3 times less calories than in rooms painted yellow and red (Dabanloo, 2011).

Black

Black implies force and power; it speaks to learning and judgment. It is the most conventional shade in the business design on account of its relationship with style and it makes individuals wearing it look delicate. A nourishment item stuffed in dark shade may get more benefits in light of the fact that it is seen to be higher in quality. Black is the most forceful shade, studies found that hockey groups wearing dark shirts were punished more for fouls (Costello, 2012).

WHITE

White is thought to be the most impartial shade. Child items come normally in white to symbolize honesty and cleanliness. White is utilized by specialists and medical attendants to show sterility. In garments, white is connected with refinement. Studies demonstrated that individuals having hand shivers didn't shake much in white rooms representing that the shade has a cooling impact (Blackburn & Wassenhove, 2012).

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GREEN

Green speaks to nature and presently it is the most prominent shade that is being utilized as a part of inside beautification. The reason is its calming impact on the eyes. Green gives a peace to the body and relieves stress. Analysts have demonstrated that the shade enhances vision. This could be the motivation behind why classroom sheets are in green shade. Moderately aged ladies wear green to mean fruitfulness. Green has a mending and hygienic impact and hence it is utilized a great deal as a part of doctor's facilities. Individuals working in green workplaces have ended up being more fulfilled by their employments. Different reviews have likewise discovered that customers invest additional time shopping in shops painted green (Bradley, Pallas, Bashyal, Berman, & Curry, 2010).

PINK

Pink shade is thought to be more sentimental of every shade in color palate. It is the softest shade and is connected with gentility. Regularly games groups' utilization pink shade to paint the locker spaces for the restricting group. It has been discovered gainful in decreasing resentment and uneasiness (Costello, 2012).

PURPLE

Purple shade symbolizes sovereignty, extravagance and complexity. Individuals wearing purple shade are seen to be affluent. It creates deep sense of being and profound musings. Purple shade has likewise been discovered useful to strengthen intimacy (Costello, 2012)

ORANGE

It is determined by the mix of red and yellow shade hence it has consolidating impacts of the two. It invigorates mental capacities and is a perfect shade to wear for exams. It is additionally suspected for expanding greediness (Dabanloo, 2011).

Conclusion

The assessment of positive psychology and how to impacts the thoughts and nature of individuals has helped in concluding that positive thinking results in decreased pessimism and negativity which will help reducing the rate of crime, deaths and unethical and unlawful acts because positive psychology flourishes contentment. On the other side, the impact of colors studied in details concludes that every color plays a vital role in shaping the thoughts of human. For any kind of business in any sector regarding any target market, the colors are chosen accordingly which helps increasing the positive affect of that on individuals. Similarly, the impact of colors affects the thoughts of individuals significantly in dealing with their stress level, health concerns and for dealing with relationships.

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