

# [Positive psychology](https://assignbuster.com/positive-psychology-research-paper-samples/)

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Martin Seligman is one of the founding fathers of positivepsychology. Seligman created that Idea of " learned helplessness. " This idea Is related todepressionand overlaps Julian Rotters " external local of control. " Learned helplessness explains the factors In ones lte that they cannot escape. For example, If you are a young girl growing up in a house with your mother who is depressed, sad, abusive, etc then you are more likely to become depressed, sad, and feel helpless. These traits become ur surroundings which then become your life, you dldnt do it to yourself. ut it is almost as if you were taught to be miserable. Seligman also found the three pillars to positive psychology. pleasure. gratification and meaning. These are believed to be the three factors that makehappinesspossible. Pleasure can come about during good conversation3 sensual experience3 hobbies and so on. This route to happiness suffers from being somewhat superficial and not long-lasting. This is why repetition is important, Repetition often has the opposite impact and can be self-destructive, Gratification is all about being engaged with ones individual strengths or positive traits.

Gratification requires effort but provides a deeper level of satisfaction. Finally, meaning. this comes from using one's strengths to benefit something larger than itself. Mih? ly Csikszentmih? lyi, another psychologist important to positive psychology believes that almost everything you experience has flow. Flow iS a State Of complete engagement in an activity. Flow iS that feeling Of 'time flies when your're having fun," our Whole being iS involve and every action, movement and thought follows the previous one.

Csikszentmih? ly believes that now is experienced by everyone in different ways. some might experience flow while playing a sport, while others might experience it in activities such as drawing or painting. He says, " Flow also happens when a person's skills are fully involved in overcoming a challenge that is just about manageable, so it acts as a magnet for learning new skills and increasing challenges. If challenges are too ICY", one gets back to flow by increasing them.

If challenges are too great, one can return to the flow state by learning new skills. " (Flow-The Psychology, Csikszentmih¤lyl) Positive psychology Is a way of life that teaches you not how to ignore negative situations and experiences but how to cope and overcome those experiences. Positive psychology can have a range of real-world applications In areas includingeducation. therapy, self-help. stressmanagement and workplace issues. using strategies from positive psychology. teachers, coaches, therapists and employers can ngths.