



POSITIVE PSYCHOLOGY: THE STUDY OF HAPPINESS

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Abstract

Positive Psychology is basically the wisdom of what makes us happy and well as opposed to what makes us ill and stressed. It's come an important and growing field of cerebral exploration and practice over the last 10 to 20 times, Stress is just a part of life, and the more we understand it and how we respond to it, the better our chances of negating it. Mental health professionals make a living dealing with cerebral ills that can cripple Depression and visions, phobias and prepossessions. In the history, they paid little attention to positive feelings and particular strengths similar as happiness and sanguinity, love and adaptability. When difficulty emerges we presumably do not indeed consider that positivity is applicable, but exploration is revealing that people do experience positive feelings during the stress response, and that it can be a precious function to manage with stress Positive psychology complements rather than replaces traditional remedy, in which pretensions include knowing yourself more, easing emotional pain and confusion, and developing better ways of coping. As far as stress for students are concerned, there are plenty of reasons which can cause stress in a student's life, some of these are; mismatch between the student and the teacher which can raise tension and cause stress. Lack of much family attention has also been a reason why it attacks to all students. Children generally do not take care of their eating habits as a result of which they are more prone towards to stress. People have a common mind-set that stress is only caused by sad happening, but the truth is that stress can occur through a good experience as well. With encouragement, even people who are clinically depressed can still form healthy relationships and feel a sense of accomplishment.

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Background

You may have had certain strengths that are so natural to you that you may not indeed consider them strengths. suppose about an occasion in your life when you were at your veritably stylish. What rates enabled you to perform like that? While there are multitudinous bents and strengths that humans can retain, Character Strengths and merits are bones that humanity Widely values. When Martin Seligman and Chris Peterson sought to discover and classify

generally held strengths and merits across societies, they created a bracket of core merits that humans innocently value anyhow of their artistic, ethnical, and religious differences. Current Exploration indicates that you're most likely to value a job, relationship, hobbyhorse or institution that aligns with your core hand strengths and allows you to regularly use them. In fact, exploration indicates that one of the stylish ways to boost your long- term happiness is to use your strengths in new ways and situations, rather



than fastening on your sins. For case, a 2010 study of council scholars set up that individualizes who used their hand strengths made further progress in reaching their pretensions and perfecting their well-being.

- (1) In addition, a seminal study in 2004 set up that certain character strengths, including stopgap, tang, gratefulness, love, and curiosity, show a stronger link to life satisfaction
- (2) The use of strengths and merits is thus well in keeping with the gospel of positive psychology to concentrate on the positive in your life, not the negative!

INTRODUCTION

Positive Psychology is a newer and decreasingly popular branch of psychology that seeks to concentrate not on pathology but it focuses on strengths, merits, and factors that help people thrive and achieve a sense of fulfilment, as well as more effectively manage stress. It uses cerebral proposition, scientific exploration and substantiation- grounded interventions to understand and ameliorate mortal well-being. Core motifs include happiness, resiliency, well-being, and countries of inflow and engagement. The term 'Positive Psychology' was proposed by Martin Seligman in his initial address as chairman of the American Psychological Association (Seligman, 1999). Positive psychology adopts a strengths perspective, examining what each existent does well. This approach still doesn't replace pre-existing paradigms; rather it offers a complement to help promote understanding of the determinants and consequences of living well. Remission, gratefulness, and modesty are three crucial strengths that have been the focus of sustained exploration programs within positive psychology. With the arrival of the wisdom of happiness or positive psychology, a significant shift in the focus of internal health exploration and practice has been noticed. Positive psychology has opened a new way of looking into problems. It recognizes happiness and well-being as an 'essential mortal skill'. positive wisdom helps in understanding how we can work on enhancing our internal capabilities and make the swish of our present. Rather than fastening on characteristic remedy and

treatment, positive psychology centres around emotional stability, expectation operation, and fruitful thinking, which is why it's appertained to as the 'study of ordinary strengths and graces.'

Scholars are subject to different types of stressors analogous as pressure from academics with the obligation to succeed, an uncertain future and difficulties integrating into the system. scholars also face social, emotional, physical and family problems that can affect their capability to learn and their academic performances. Too important stress can beget physical, internal health problems, low pupil's tone-regard and can also affect pupil's academic performances (Neimi & Vainiomaki 1999). For scholars presently attending university, still the process is constantly stressful and frustrating. The need to perform well, connections, career choices and multitudinous other aspects of the university terrain are sources of stress. Stress is dangerous only when it's devilish and at that moment you feel important stress. important of the stress we all know is helpful and stimulating.

Stressed Learner and Positive Psychology

The estimated 19 million college students are at risk for psychological and physical health due to academic stresses. College students are especially prone to stress, and there is a definite connection between sickness and stress among students (Houghton et al 2009). University students were reported to experience psychological distress at much higher rates than the overall population (Adlaf, Glissman, Demers & Newton-Taylor, 2001; Stallman 2010). Students in college deal with a variety of pressures, from the requirements of their academic education to difficulties managing interpersonal relationships. According to one study, students' primary sources of stress are exams and test results (Roddenberry & Renk, 2010). There is a lot of pressure on students to do well in school and graduate. Stress is brought on by too much homework, imprecise assignments, and uncomfortable classroom conditions. Others who think they can control their stress have a more favourable



psychological adaption than people who don't think they can. The student's awareness of the broad knowledge base needed and the perception that there is not enough time to develop it are two academic pressures. Students report feeling stressed about their academics occasionally throughout each semester, with exam taking and studying, competition, and having to learn a lot of material quickly being the main factors. Adaptability and Resilient Characteristics Yet many young adults experience psychological distress that frequently interferes with the completion of typical developmental and educational tasks. Academic stressors that may contribute to the development of problems range from concentration difficulty, fatigue, and anxiety to eating disorders and other illnesses. Some people exhibit "positive" qualities and skills including optimism, positive emotion, toughness, hope, and ego resilience, which are inversely correlated with signs of physical and mental illness (Seligman 1998; Tugada& Fredrickson) The most prevalent kind of stress that every person encounters is acute stress, which is brought on by current or upcoming stresses. It may be both favourable and unfavourable. Acute stress rarely results in significant health issues. For instance, a roller coaster ride can produce acute stress, as can the preconceived stress that students have right before writing tests or exams.

An individual's positive psychological state of development is characterized by

Having the self-efficacy to take on and make the necessary effort to succeed at difficult activities is a sign of someone's positive psychological growth. Making optimistic assumptions about one's ability to succeed now and in the near future; Pursuing goals with tenacity and, when necessary, rerouting one's course in order to succeed. When faced with difficulties and adversities, persevering through them and overcoming them to the point of going above and beyond resilience.

Adaptive capacities and flexible Personalities

Academic stressors that may contribute to the development of problems ranging from

attention difficulty, fatigue and anxiety to eating diseases and other illness and yet numerous youthful grown-ups encounter cerebral torture which frequently disrupts the completion of normal experimental and educational tasks. Some individuals have "positive" traits and capacities like sanguinity, positive emotionality, hardiness, stopgap, pride adaptability which relate negatively with physical and cerebral health symptoms(Seligman 1998; Tugada& Fredrickson).

Acute stress is the most common form that every person gets during the course of their life and is the result of recent or awaited stressors. It can be both positive and negative. Acute stress doesn't frequently lead to serious health problems. For illustration, the pre-conceived stress learners endured just before writing test or examinations; riding a comber coaster can beget acute stress.

An existent's positive cerebral state of development is characterized by

- Having confidence(tone-efficacy) to take on and put in the necessary trouble to succeed at gruelling tasks
- Making positive criterion(sanguinity) about succeeding now and in near future persisting towards pretensions and when necessary,turning paths to pretensions in order to succeed
- When beset by problems and adversity, sustaining and bouncing back and indeed beyond adaptability to attain success

For utmost people, stress is viewed as a negative conception. still, stress can goad us on to achieve our stylish. For illustration, athletes frequently break world records under the stress and pressure of the Olympics. A moderate quantum of stress helps to motivate us to write a term paper or prepare for a test, and in this case, is positive and necessary. Thus, a certain quantum of stress is desirable but too much is undesirable Every moment's demands and pressures guarantee that all mortal beings will witness stress and is the stylish way to manage with stressors.

Techniques to Help with Academic Well-Being

- Realize your limits and plan around them. Do not take on further than you can



handle. If you have a number of must-have- do tasks, attack them one at a time, in the order of their urgency. It's presumably better to turn down tasks than to leave work untreated. Untreated business is a major source of stress.

- Make the utmost of your time. Try to work as efficiently as you can in blocks of time by exercising a realistic time schedule. Counselling Services' staff can help you develop more effective time operation skills.
- Streamline your assignments. Break complex assignments down into manageable factors.
- Develop effective study skills. Go to class prepared with your readings and schoolwork completed. Ask the professor questions either in class or after class when you don't understand commodity. Get in the habit of reviewing lecture notes incontinently after the lecture to help support the literacy which just took place. Also review notes and readings daily. By following these suggestions, you'll presumably be more set to study for examinations.
- Take time out for yourself away from your liabilities for at least a short period each day to sort out your studies and passions. The time you need will depend on a number of factors. still, indeed 15 minutes devoted to only yourself can help. Also use this time to relax and do what u feel like.
- Have fun. Plan to do something that you enjoy on a regular basis

Ways to Help with Psychological Well- Being

- Be apprehensive of negative tone-talk and negative attitudes.
- Engage in **good talk** as well thoughts. Encourage yourself with expressions that are positive rather than negative. circumscribe fussing.
- Do not fight the ineluctable. Accept what you can-not change.
- Humour. horselaugh is a great stress-reducer.
- **Stress Diary.** Keeping a stress journal allows us to cover stress responses and

the events that antecedent them. This will help to identify the stressors that spark stress responses. For illustration, you may find that you witness a headache whenever you find yourself running late. barring the stressor(i.e., running late) may allow you to exclude the stress response(i.e., a headache).

- **Stop negative thoughts.** Cover your negative thinking and when it starts say audibly to yourself," STOP!" Your gloomy thoughts can come back, and presumably will, but when they do, you can use the same fashion to stop them again. it will take time and practice to break the habit of negative thinking. still, do not use the wrong tactics to stop reasonable worries and applicable thinking about what you need to do.
- **Make a change plan.** Some changes are predictable, and by doing so, you can lessen the shock of being caught off guard. If you're thinking about enrolling, speak to current students to find out what changes they saw. This knowledge could inspire you to get ready in advance for the changes that are coming. For instance, before you have to type an assignment for class, master a word processing application.

Does stress benefit students?

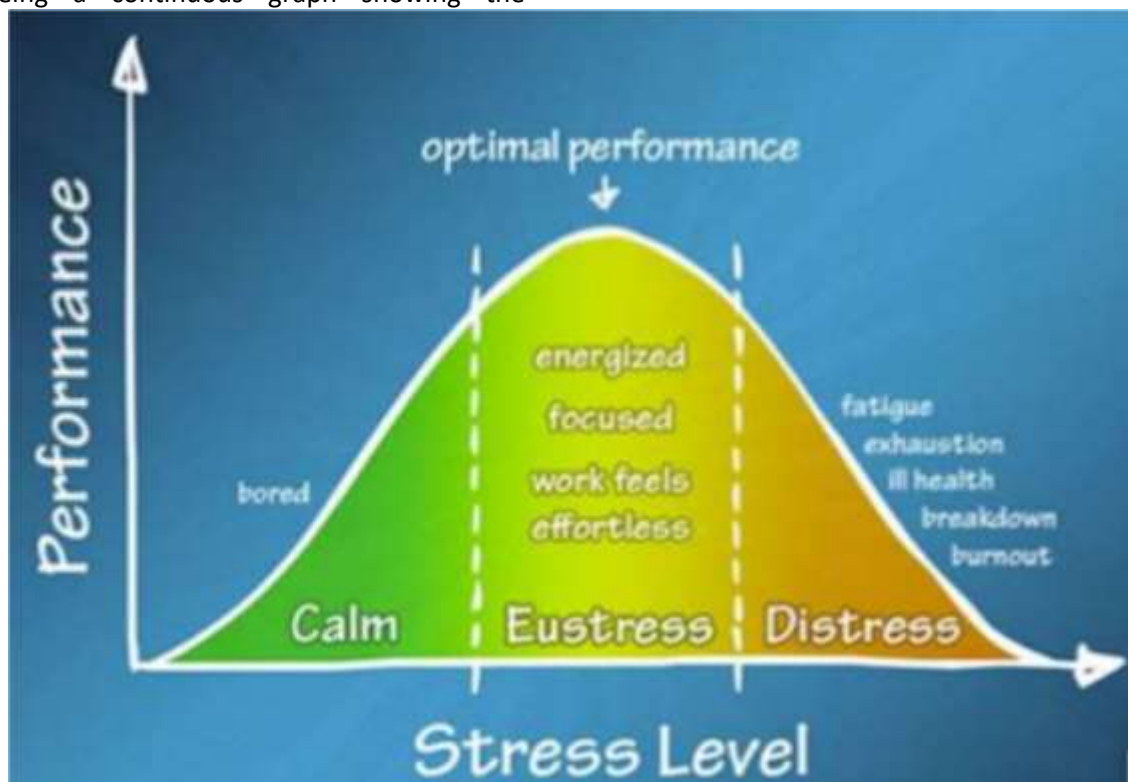
Although stress in college is unavoidable, it doesn't have to rule your life. Make every effort to comprehend the type of stress you're experiencing, the reasons behind it, and effective ways to handle it. You are doing everything in your power to maximise the value of your college degree by finding a healthy approach to deal with your stress. You may control your stress in a variety of ways as a student.It is of utmost importance to understand what kind of stress you're feeling, what's causing it, and how you can respond to it productively. We all have our favourite ways of dealing with stress, just as everyone feels stress in their own unique way.

Positive and negative stress, often known as eustress and distress, are the two basic forms of stress. Eustress can increase energy, motivation, attention, and excitement while also enhancing performance and decision-



making skills. Distress (often known as "stress") can induce anxiety or concern, is frequently beyond our capacity to cope, can impair performance and result in mental and physical health issues, and can be either short-term or long-term in nature. Students may better understand the concept after seeing a continuous graph showing the

various sorts of stress. Students of all ages like learning that stress is a natural part of life. A certain degree of tension can aid us in gathering the resources required to accomplish a task. Studies even demonstrate that as stress increases, so too can performance.



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POSITIVE PSYCHOLOGY IN EDUCATION

The goal of positive education is to provide scientifically verified positive psychology programmes that support staff and student wellbeing in educational environments. Positive education places a high premium on ensuring students' welfare since it is thought that wellbeing is essential for enhancing academic performance, student engagement, and school retention. With a focus on character development and proactive initiatives to improve mental health, positive education interventions attempt to promote skills that assist students reach a high degree of life satisfaction and overall wellbeing. As a more upbeat attitude increases students' attention and motivation, it has been demonstrated that improvements in student welfare increase both the quality and quantity of student learning (Seligman, 2011). The combination of good feelings, involvement,

relationships, meaning, and accomplishment, according to Seligman (2011) (PERMA), which lays the groundwork for people to lead the most fulfilling lives possible.

One instance of the PERMA model being implemented in a learning environment is in Hong Kong, where senior and primary schools have adopted a positive education paradigm (Kwok, 2021). Students are urged to consider and cultivate their character strengths as part of the program's strengths-based approach, which is led by a six-level implementation process.

The steps involved in implementation are summarised as follows (Kwok)

1. Master it

Refers to educational opportunities given to members of the school community (such as teachers, parents, and students) so they can learn about the science of wellbeing.

2. Live it



Emphasises the significance of people implementing wellness strategies that are supported by research at school.

3. Consider it

Allowing everyone the chance to think back on their experiences.

4. Think about it

The capacity to comprehend positive education's ideas and tenets more deeply

5. Use it

Creating and carrying out programmes for good education in schools.

6. Include it

Advocates creating regulations that apply to the entire school as well as a supportive atmosphere there. The implementation procedure serves as a model for upcoming positive psychology school-based treatments.

How to Integrate Positive Psychology in the Classroom

Facilitating hope is essential to incorporating positive psychology in educational settings. Positive psychology techniques that emphasise setting and attaining goals incorporate hope throughout. Students with higher levels of hope had higher reported scholastic and social competence, whereas students with lower levels of hope feel higher levels of anxiety, particularly in assessment settings. Applying positive psychology enables students to identify, prioritise, and define distinct goals for themselves. When students complete their goals, they may feel more successful and have positive feelings, like satisfaction. The basis of positive psychology is that when people express their good feelings, they are better able to concentrate on the things that will make them happier in their daily lives and at school.

WHY POSITIVE PSYCHOLOGY MUST BE PART OF CURRICULUM

The goal of education is to help students grow intellectually and morally. The most important construction of all can be helped by ethical and psychological principles: the development of strong, independent character. This can only be insured by understanding the relationship between and the order of phases of psychological growth.

- (a) Age and aptitude of the learners have an impact on their openness to learning. Teachers should adapt their curricula to the level of the students' cognitive development. The curriculum materials should only be introduced once the student the student has reached the degree of mental proficiency required to understand them. This is so that new experiences can be integrated with previous ones during the learning process.
- (b) Recognize that everyone goes through different stages of growth. Teachers should be patient with the kids because they are at different developmental phases.
- (c) Respect individual differences based on developmental stages. They also respect each student's unique characteristics based on their developmental stge. In their many developmental stages, different people develop in different ways. Thus, it is inappropriate to compare students.
- (d) Be aware of the advantages and disadvantages of students at various developmental stages. The teachers will then be able to advise the students on how to handle any identified developmental concerns.

Students should be given the knowledge, abilities, values, and character that they will need both inside and outside of the classroom. Choosing educational activities that kids find engaging is one method to do this because it encourages student involvement in the learning process and increases their enthusiasm for school. Match your lesson to the learner's stage of growth. The curriculum's subject matter ought to correspond to the learner's stage of development. This is due to the influence of learners' age and ability on learning. Developmentalists place a strong focus on tailoring the curriculum to the needs and interests of pupils as they grow. The curriculum should have an emphasis on personal growth; the interests and progress of the students should serve as indicators of the kinds of knowledge that a curriculum might provide. The curriculum ought to be organised



according to several age groups, which correspond to various age-grade levels. This is due to the fact that different age groups experience different challenges, necessitating the planning of the curriculum to take into account both the general issues facing youth as well as the particular issues that arise in each student's life.

Conclusion

The main causes of stress for students are academic-related, so it is necessary to take particular, targeted actions to significantly reduce this load. The demands of the students should be taken into account when modifying teaching methods and college surroundings. Teachers, parents, and even students themselves should be aware that stress can be brought on by having excessive expectations for academic success. Last but not the least, good study habits and planning can reduce stress, improve concentration and enhance better learning for students. The more people are aware of academic stress, how it is changing, and how it affects our children, the better. All children' academic stress can be reduced with the help of school boards and administrations, teachers, and parents. Start by starting the dialogue in order to begin assisting your loved ones in managing their mental health and stress, particularly with regard to education. Making positive plans to support your children's success starts with showing them that you care and want to assist them. Practices in positive psychology encourage the formation of positive attitudes, and people who exhibit positivity may be more likely to have better levels of life satisfaction. The goal of positive psychology is to increase people's attention to happiness and positivity. Additionally, positive psychology techniques seek to enhance all facets of one's life, addressing people's ideas, deeds, and behaviours to increase productivity, happiness, and fulfilment in all areas of their lives.

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