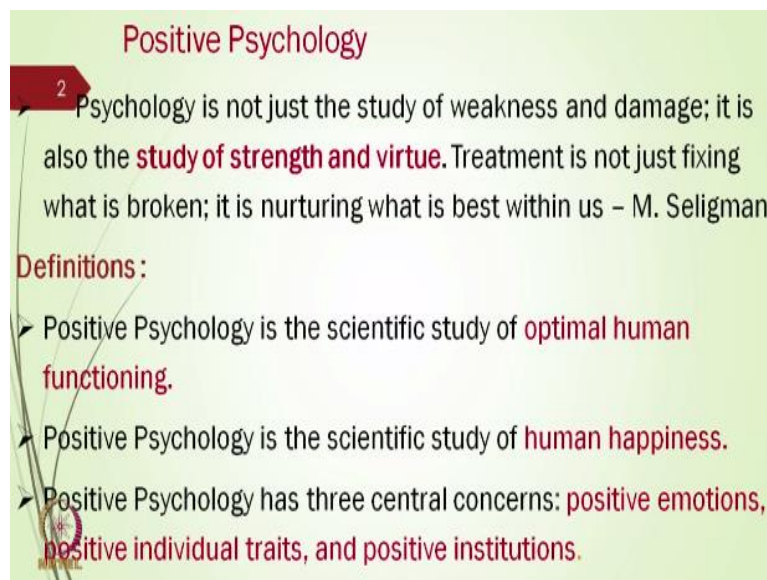


**Positive Psychology**  
**Prof. Kamlesh Singh**  
**Department of Humanities and Social Sciences**  
**Indian Institute of Technology – Delhi**

**Lecture - 2**  
**Introduction to Positive Psychology**

Namaskar. In today's class, we will discuss about positive psychology, its importance, relevance of the field and the main objectives of positive psychology and we will explore what is Indian psychology versus psychology in India, connections between Indian psychology and positive psychology also we will discuss in today's class.

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**Positive Psychology**

2 Psychology is not just the study of weakness and damage; it is also the **study of strength and virtue**. Treatment is not just fixing what is broken; it is nurturing what is best within us – M. Seligman

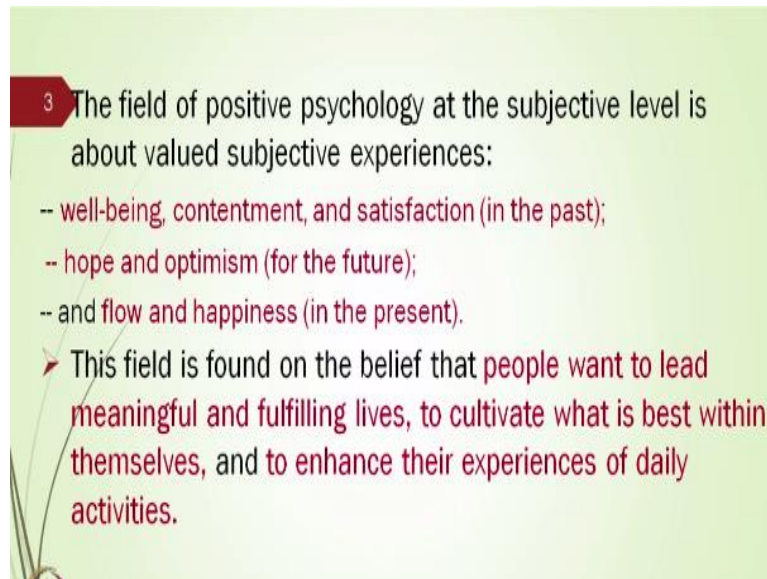
**Definitions:**

- Positive Psychology is the scientific study of **optimal human functioning**.
- Positive Psychology is the scientific study of **human happiness**.
- Positive Psychology has three central concerns: **positive emotions, positive individual traits, and positive institutions**.

There are various definitions of positive psychology. Seligman has mentioned that psychology is not just the study of weakness and damage, it is also the study of strengths and virtue. Treatment is not just fixing what is broken, it is nurturing what is best within us also. There are various definitions of psychology where psychologists have focused on certain positive aspects to define positive psychology. Let us take some of these definitions. Positive psychology is the scientific study of optimal human functioning.

Positive psychology is the scientific study of human happiness is another definition. Positive psychology has three central concerns; positive emotions, positive individual traits, and positive institutions.

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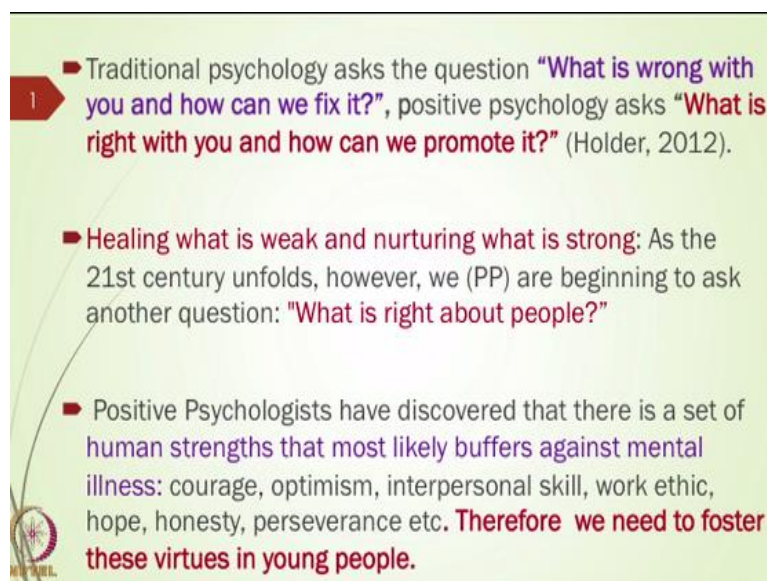
3 The field of positive psychology at the subjective level is about valued subjective experiences:

- well-being, contentment, and satisfaction (in the past);
- hope and optimism (for the future);
- and flow and happiness (in the present).

➤ This field is found on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of daily activities.

The field of positive psychology at the subjective level is about valued subjective experiences which are in the past, for the future, and in the present also. So, it explores various aspects. When we take into account the past - well-being, contentment, satisfaction, etc. For the future - hope and optimism, and for present - flow and happiness is being explored in positive psychology. This field is found on the belief that people want to lead meaningful and fulfilling lives to cultivate what is best within themselves and to enhance their experiences of daily activities.

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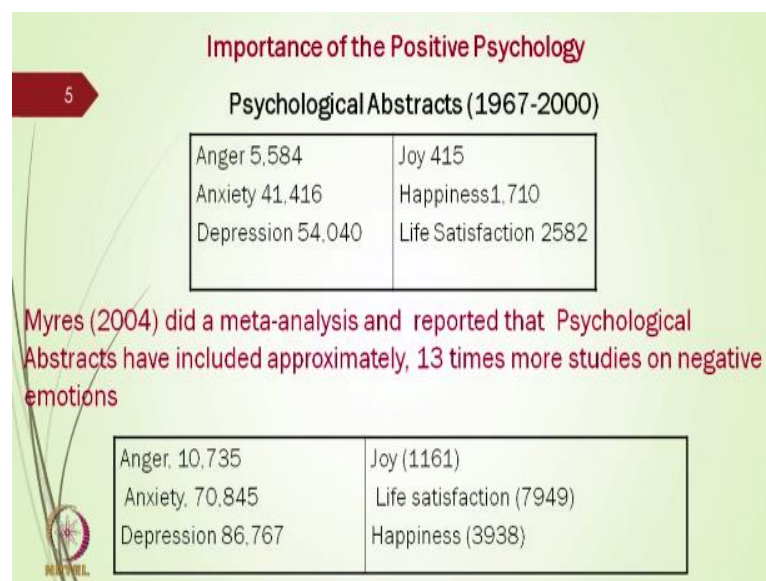
- Traditional psychology asks the question "What is wrong with you and how can we fix it?", positive psychology asks "What is right with you and how can we promote it?" (Holder, 2012).
- Healing what is weak and nurturing what is strong: As the 21st century unfolds, however, we (PP) are beginning to ask another question: "What is right about people?"
- Positive Psychologists have discovered that there is a set of human strengths that most likely buffers against mental illness: courage, optimism, interpersonal skill, work ethic, hope, honesty, perseverance etc. Therefore we need to foster these virtues in young people.

Traditional psychologists ask the question what is wrong with you and how can we fix it, but positive psychology asks what is right with you and how can we promote it, as Mark Holder mentioned in his book. Healing what is weak and nurturing what is strong as the 21st century unfolds; however, we positive psychologists are beginning to ask another question, what is right about people?

So positive psychologists have discovered that there is a set of human strengths that most likely buffers against mental illness - courage, optimism, interpersonal skills, work ethics, hope, honesty perseverance, etc. and therefore we need to foster these virtues in young people. I think it is clear to us that positive psychology mainly focuses on positive aspects. It focused on positive personality traits, on character strengths, on virtues, and positive direction of human behaviour it has.

So where are your strengths, how you can improve those strengths is subject matter of positive psychology.

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Before talking more about positive psychology, let us know a little bit on importance of positive psychology. Why it was established as an independent field in the field of psychology? There are various studies - meta-analytic studies, which are showing importance of positive psychology. When it was initiated, then various meta-analytic researches showed that psychologists are focusing more on negative aspects of human behaviour as compared to positive aspects of human behaviour. So, this data was showing that we had multi-faceted research on negative aspects as compared to positive aspects.

For example, this psychological abstracts study between 1967 is showing us that positive aspects have been addressed comparatively quite low as compared to negative aspects. For example, this analysis showing that a number of studies happened on negative aspects of human behaviour as well as on positive aspects of human behavior; say for anger, there were 5584 studies, for anxiety 41,416 studies, and on depression studies were 54,040. On the other hand, on positive aspects like joy, studies were only 415, on happiness, studies were 1710 only, and life satisfaction - 2582.

Another study was by Myers. He did a meta-analysis and reported that psychological abstracts have included approximately 13 times more studies on negative emotions, and data showed that studies on anger were 10,735, on anxiety - 70,845, and on depression it was 86,767. On the other hand, on positive aspects like on joy - studies were 1161, on life satisfaction - 7949, and on happiness - 3938 only.

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- ▶ This is about 13:1 ratio between negative to positive aspects of human behaviour.
- ▶ But it reflects the reality and requirement of such studies. Because depression is 10 times higher than it was in 1960 and Mean age for depression is 14.5 years now and was 29.5 years in 1960.
- ▶ 80% of Harvard students were depressed at least once last year, 45% of college students are depressed nationwide; 94% are overwhelmed (Kadison, 2005)
- ▶ However, we have well-established fields for addressing disorders and negative affect - such as abnormal Psychology, Clinical Psychology, Psychiatry etc.
- ▶ On the other hand, we need to establish field to explore positive personality factors.

So, it means this is about 13:1 ratio between negative to positive aspects of human behaviour. However, it has been observed that there is even need to address negative aspects of human personality, or studying negative aspects of human behaviour. As Kadison has mentioned that we should focus on negative aspects also and he gave example of depression. He said depression is 10 times higher than it was in 1960 and mean age for depression is 14.5 years now and was 29.5 years in 1960.

So, this was study conducted in 2005, I think depression is gradually increasing only. He also mentioned that 80% of Harvard students were depressed at least once last year, 45% of college students are depression nationwide and 94% are overwhelmed. To some extent, this study showed importance of studying negative behaviours like depression. However, we have well-established fields for addressing disorders and negative affects such as we have abnormal psychology.

We have counseling psychology, clinical psychology, psychiatry and in these ways outrightly we can focus on negative aspects of human being as well as on different psychological disorders.

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**Relevance of Positive Psychology**

7

Seligman during his APA presidentship observed that “Before World War II”, psychology had three distinct missions:

- to cure mental illness,
- to make everyone's lives happier and more productive and fulfilling,
- The third was to identify and nurture high talent and genius.

➤ Shortly after the World War II, the primary focus of psychology shifted to the first priority, that was, **treating abnormal behavior and mental illness.**

Why we want to have positive psychology as an independent discipline? Seligman during his American Psychological Association presidentship observed that before world war II psychology had 3 distinct missions. Number one 1, to cure mental illness, number two to make everyone’s lives happier, and more productive and fulfilling, and the third was to identify and nurture human talent and genius.

Shortly after the world war II, the primary focus of psychology shifted to the first priority that was treating abnormal behaviour and mental illnesses and that is why we started to focus more on treatment, more on negative aspects of human behaviour rather on positive behavior.



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Disease Model	Health Model
Neurosis, anger, anxiety, depression, psychosis	Well-being, satisfaction, joy excitement, happiness
Focus on weaknesses	Focus on strengths
Avoiding pain	Seeking pleasure
Overcoming deficiencies	Building competencies
Running from unhappiness	Pursuing happiness
Tensionless as ideal	Creative tension as ideal
Neutral state (0) as ceiling	No ceiling

I think for having difference between abnormal mood and normal mood or positive mood, we should study some models to describe how we address abnormal behaviour, how we can address healthy behaviour. So, this is an example. I think this disease versus health model tells us what we focus when we are talking about negative aspects of human personality, what we address when we are talking about positive aspects of human nature.

So, let us compare this disease model to understand more how abnormal setting is taking place in this field and how positive settings could take place in this field. So, first of all what do we study in disease model is neurosis, anger, anxiety, depression, psychosis, etc. On the other hand, in health model we focus more on well-being, on satisfaction, on joy, on excitement, and on happiness, etc. Disease model focuses more on weaknesses and we try to avoid pain and our focus is on overcoming deficiency, and we are running from unhappiness and we want to get a little bit happiness or at least neutral level of happiness.

On the other hand, in health model we focus on strengths and our objective is to seek pleasure. Building competencies is subject matter this side and we are pursuing happiness during this model or this treatment we can say, or this process. Tensionless as ideal for disease model because we had tension which is negative and which is disturbing us that is why if we don't have tension that is an ideal for us. On the other hand, this side we are creating tension, don't be confused please because this tension is actually positive tension and

this tension helps to grow further, to get certain meaning in life, to have some purpose in life, so this tension is positive tension and for creativity or having something good in our life we create certain tensions. Having here neurosis, anger, anxieties, depression free is our neutral state and that is our ceiling. On the other hand, no ceiling in health model and every day we are going, we are getting betterment in our life, and progressing in our life in that direction.

So, I think that is clear to you now. Disease model focuses more on stress, anxiety, illness, problems and we want to be stress-free, anxiety-free, illness-free and that is our zero point or the neutral point we can say. On the other hand, this model also talking about health - on strengths, on meaning, engagement and in this direction every day we are growing and there is no ceiling. So, I hope it is clear to you what is disease model and what is health model and this health model is promoted in positive psychology.

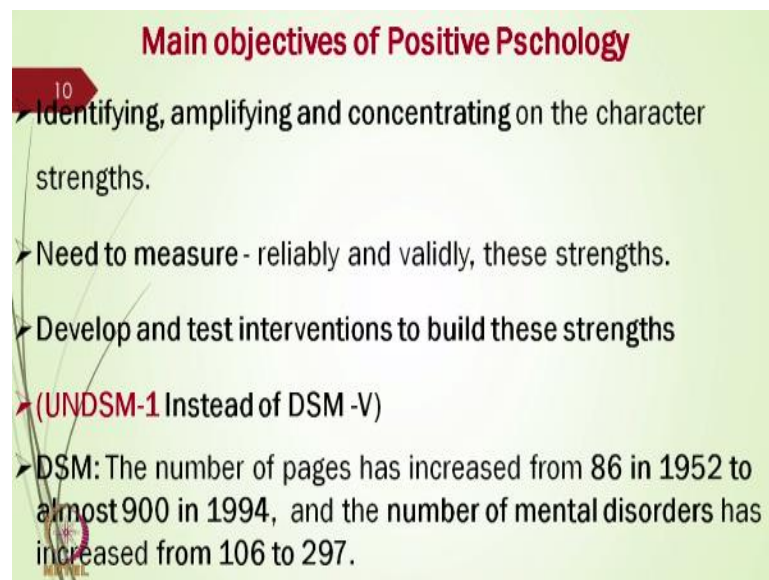
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We have various programs. In some, we focus on preventions and sometimes we have some enhancement kind of plans. So, for preventing the bad and promoting the good we may have 4 types of programs, primary prevention, secondary prevention, primary enhancement, and secondary enhancement. Primary prevention stops the bad before something happens to psychological and physical health. On the other hand, in secondary prevention, we fix the problem and we use various psychotherapies and counseling for this.

Primary enhancement makes life good, psychological and physical health we have. On the other hand, for secondary enhancement, 'make life the best possible' - that is our objective. So, for prevention, for enhancement we have various programs. Some of them are found in neutral mood and others help to grow further.

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**Main objectives of Positive Psychology**

- Identifying, amplifying and concentrating on the character strengths.
- Need to measure - reliably and validly, these strengths.
- Develop and test interventions to build these strengths
- (UNDSM-1 Instead of DSM -V)
- DSM: The number of pages has increased from 86 in 1952 to almost 900 in 1994, and the number of mental disorders has increased from 106 to 297.

Main objective of positive psychology is another point here and I think we should know what are the main objectives of positive psychology because it will help us to understand next chapters and why we have selected some of these chapters. First objective of positive psychology is identifying, amplifying and concentrating on the character strengths. So broadly we want to identify all those character strengths, virtues, positive personality traits which are helping us to have better life or helping us to have well-being, happiness, satisfaction in our life.

After knowing all those character strengths, second point is need to measure, need to assess individuals on the basis of these character strengths. For example, I think simplest example here could be psychological testing. We have various psychological tests and by using these tests, we can say who has high level of, who has lower level of, on these constructs. For example, happiness level, for example forgiveness level, for example greed level, for example, character strengths level.



So, on the basis of this, we could have individual differences and can say how many of us are flourishing, how many of us are languishing, how many of us have moderate level of mental health. So, through assessment, we are able to say or to give response on what is the level of positive personality traits of different people. Third objective is to develop and test interventions to build these strengths and this case we want to build up through some intervention programs better level of character strength, happiness, mental health, etc.

So that is mainly area of applied positive psychology, but even in this course in certain situations, I will discuss about some of these intervention programs which are helping us to have high level of well being. Petersen and Seligman argued that we don't have any manual for character strengths, for virtues and I will discuss this point once again in next slides, but just to connect, you know, about it they are saying that we have various additions or various revisions or the Diagnostic Statistical Manual for mental disorders and latest one is the fifth edition.

On the other hand, we don't have any manual which is talking about character strengths, which is talking about virtues, which is having list of positive personality traits and they have proposed first study called UNDSM-1. UNDSM-1 which has list of character strengths, instead of DSM which is talking about diagnostic statistical manual for mental disorders because we worked more on negative aspects of human personality, more work on abnormal behaviour that is why every year we have revisions, and we have more understanding on mental disorders.

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11 EVT-empirically validated therapies & interventions:

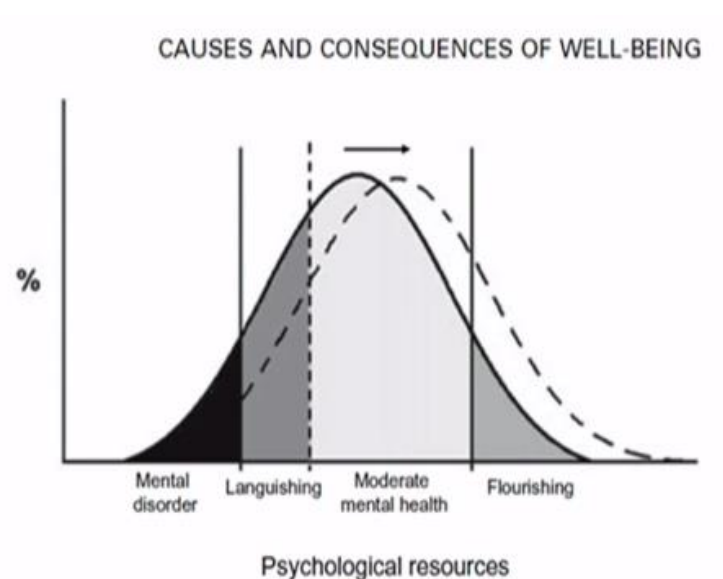
- Positive psychologists are strengthening the strengths rather than repairing their patients' weaknesses.
- We need psychologists who work with families, schools, religious communities, and corporations to emphasize their primary role of fostering strength.
- Applied approach (APP) to uncovering people's strengths and promoting their positive functioning.

So, this study is saying that the number of pages (of DSM) has increased from 86 in 1952 and in 1994 it was almost 900. As this study is showing, the number of pages has increased from 86 in 1952 to almost 900 nine hundred in 1994 and the number of mental disorders has also increased from 106 to 297, because we focused more on negative aspects of human personality on mental disorder. So, every year we are getting higher level of understanding on mental disorders as well as increasing number of pages in our manual. On the other hand, we are not talking about character strengths, virtues, positive personality traits, that is why that this information is scattered here and there.

Empirically validated therapies and interventions are also promoted in this field. Positive psychologists are strengthening the strengths rather than repairing their patient's weaknesses. So that is why there are various intervention programs and in these intervention programs we have been highlighting on positive personality traits. We need psychologists who work with families, schools, religious, communities, and corporates, to emphasize their primary role of fostering strengths.

So, we can identify some growths and then how we can foster character strengths and virtues in these groups, and for this we have number of intervention programs that are well-established in positive psychology now. Applied psychology or applied approach to uncovering people's strength and promoting their positive functioning is required and it is mainly focused in applied positive psychology.

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So main area here when we are talking about intervention programs, I think our main agenda is to improve our normal level to higher level and through certain intervention programs, we can easily improve mental health of an individual and moderate mental health as well as flourishing level can be changed, can be improved through certain intervention programs.

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- A slide with a light green background and a decorative floral element on the left. It contains four bullet points in red and black text. The first bullet point mentions Fordyce's work from 1977 and 1983. The second mentions rapid growth in research in positive mental health over the last 15 years. The third compares positive psychology's academic output to general psychological research, citing Rusk & Waters (2013). The fourth states that positive psychology-related documents account for 10% to 36% of research in counseling, education, organizational science, behavioural medicine, and health psychology, also citing Rusk & Waters (2013).
- Fordyce's pioneering work showed it was possible to significantly boost happiness levels among non-clinical populations using a package of interventions (Fordyce, 1977, 1983).
  - It has seen rapid growth in interest and research in positive mental health in past 15 years and considerable positive outcomes associated with happiness.
  - Positive psychology's academic output is growing proportionately faster than psychological research as a whole (Rusk & Waters, 2013).
  - Positive psychology related documents account for between 10% and 36% of research in the fields of counselling, education, organizational science, behavioural medicine, and health psychology (Rusk & Waters, 2013).

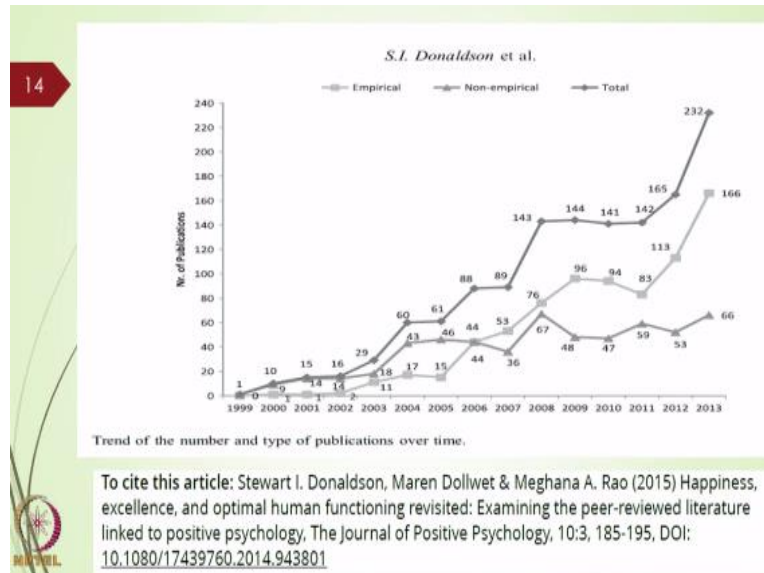
Even in history as well as in recent research, it has been observed that there are various intervention programs which are really helping to have better well-being. If we just go with the history as I discussed in previous class also Fordyce's pioneer work showed it was possible to significantly boost happiness levels among non-clinical population using a package of interventions.

So that is even well-established as having positive results in normal population and increasing level of happiness in non-clinical population as these studies happened between 1977 and 1983. However, in recent research, Rusk and Waters in 2013, they mentioned that there has been rapid growth in interest and research in positive mental health in past 15 years and considerable positive outcomes associated with happiness.

They also mentioned that positive psychology's academic output is growing proportionally faster than psychological research as a whole and they said positive psychology related document accounts for between 10% and 36% of research in the field of counseling, education, organization sector, behavioural medicines, and health psychology. So, there are

various areas in which they have adopted positive psychological approaches and now they are flourishing and doing number of research studies.

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So, a 2013 study showing the progress in positive psychology. So, if you could see - empirical studies, non-empirical studies, and total number of studies. So, every all kind of studies are gradually increasing and latest data say of 2011, 12, and 13, these studies are showing gradual increasing, so it shows progress in positive psychology.

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**BASIC THEMES OF POSITIVE PSYCHOLOGY**

15 **The Good Life:** Positive psychology is concerned essentially with the elements of and predictors of 'the good life'.

2. Aspects of our behavior that **contribute to building positive connections to others** include the ability to love, the presence of altruistic concerns, the ability to forgive, and the presence of spiritual connections, to help create a sense of deeper meaning and purpose in life.
3. **Positive individual traits:** sense of integrity, the ability to play and be creative, and the presence of virtues like courage and humility.
4. Finally, **life regulation qualities** allow us to regulate our day-to-day behavior so that **we can accomplish our goals while helping to enrich the people and institutions** we encounter along the way. These qualities include a sense of individuality or autonomy; a high degree of healthy self-control; and the presence of wisdom as a guide to behavior.

Basic themes of positive psychology could be the 'good life', contributing to building positive connections to others, positive individual traits, and life regulation qualities. So, these 4 basic themes could be explored in positive psychology. Let us understand them one by one. The 'good life' - positive psychology is concerned essentially with the elements of and predictors of the good life. So, we are programmed to grow and we want to have good life and that is why we want to have all kind of activities which promote our good life and that is subject matter of positive psychology. Second theme could be aspects of our behaviour that contributes to building positive connections to others and it includes the ability to love, the presence of altruistic concerns, the ability to forgive, and the presence of spiritual connections to help creating sense of deeper meaning and purpose in life. So broadly when we connect with others, then how do we develop positivity in relationship. Third is positive individual traits and these positive individual traits contribute to our personality positively.

Sense of integrity, the ability to play and be creative and the presence of virtues like courage and humility is important in this field. Then final one is life regulation qualities that allow us to regulate our day-to-day behaviour so that we can accomplish our goals while helping to enrich the people and institutions that we encounter along the way. These qualities include a sense of individuality or autonomy, a high degree of healthy self-control and the presence of wisdom as a guide to behaviour.

So, these are basic themes of positive psychology and we can have longer list, so basically the good life, activities which regulate our life as well as individual traits or the traits when we are dealing with others, broadly can be described as inter and intrapersonal character strengths. In detail, this topic will be discussed in character strengths chapter.



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16

### Character Strengths and Virtues

➤ The development of the Character Strengths and Virtues (CSV) handbook represents the first attempt on the part of the research community to identify and classify the positive psychological traits of human beings, Peterson and Seligman (2004).

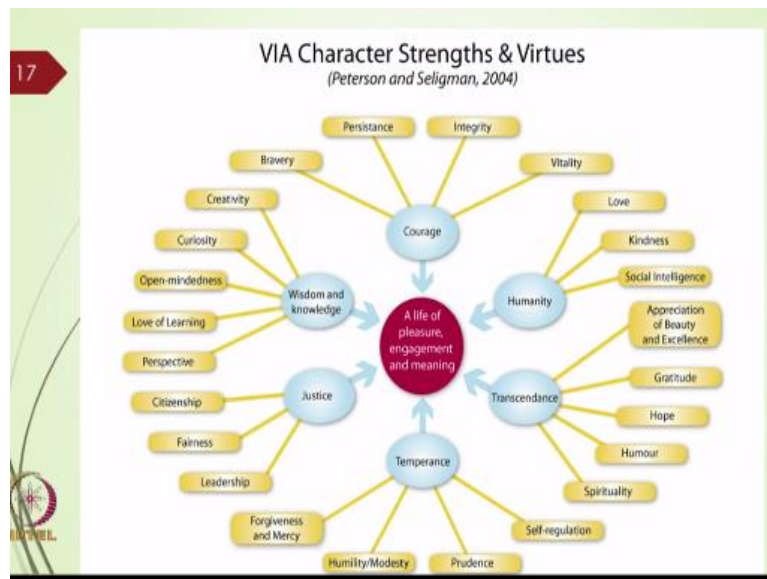
➤ (UNDSM-1)

➤ Positive Psychology is the scientific study of the strengths and virtues that enable individuals and communities to thrive.

Character strengths and virtues, I think initial work we must know. However, as I mentioned that is our separate topic and we will discover various positive personality traits or character strengths, virtues and various scholars work in this line, but at least initial work we should know, that is, first book written on character strength and virtues was written by Peterson and Seligman and they argue to have UNDSM-1 based on this book.

In this book they have identified and classified the positive psychological traits of human beings and broadly they are talking about 24-character strengths under 6 virtues and there are some definitions. Definitions which outrightly focused on positive personality traits or on character strengths and virtues. So, this definition is in that direction only. This definition says positive psychology is the scientific study of the strengths and virtues that enable individuals and communities to thrive. So, what are those character strengths?

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This is I think is well-known model in psychology. So as per this model, there are 6 virtues, again I am repeating we will do these all virtues as well as character strengths in detail in one of the chapters, but here I think list we should know. So, wisdom and knowledge is the first virtue and under this virtue, the character strengths are creativity, curiosity, open mindedness, love of learning, and perspective. Another virtue is justice. It covers citizenship, fairness, leadership.

Then, temperance has forgiveness and mercy, humility or modesty, prudence, self regulation. Transcendence has other character strengths like appreciation of beauty and excellence, gratitude, hope, humour, spirituality. Humanity covers love, kindness, and social intelligence. Courage, bravery, persistence, integrity, and vitality. As I mentioned, we will discuss all these traits in detail in the next classes.



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# Indian Psychology VS. Psychology in India

In this course, we have borrowed various Indian constructs help to explain human behaviour. So that is why we should know our roots and here topic is what is difference between 'Indian Psychology' and 'Psychology in India'. What these two are, so topic is Indian psychology versus Psychology in India

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**What is Indian Psychology?**

- Indian psychology is an approach to psychology based on the Indian ethos - **the characteristic spirit of the Indian civilization.**
- One could also say that it is a psychology rooted in **the consciousness-based Indian worldview, yoga and a life-affirming spirituality.**
- It is not a psychology specifically or exclusively suitable for people living in the Indian sub-continent or of Indian origin but the Indian tradition can make valuable contributions to the **psychological understanding of all human beings, irrespective of their cultural background.**
- Yoga is nothing but practical psychology -Sri Aurobindo

Source: <http://www.ipi.org.in/second/whatisip.php>

First of all, let us know what is Indian psychology and that is totally different from mainstream of psychology which is broadly from the west and from European countries and we are doing here in India also. So Indian psychology is unique field of psychology through

which we can understand human behaviour, but it is not connected with our mainstream of psychology. So that is why we should know what is the difference between Indian psychology and psychology which is being studied here in India.

So first let us know what Indian psychology is. Indian psychology is an approach to psychology based on the Indian ethos, the characteristic spirit of the Indian civilization. One could also say that it is a psychology rooted in the consciousness based Indian worldview, yoga and life-affirming spirituality. It is not a psychology specifically or exclusively suitable for people living in the India subcontinent or of Indian origin, but the Indian tradition can make valuable contribution to the psychological understanding of all human beings, irrespective of their cultural background.

It means the models, the constructs, the theories, and understanding of human behaviour which we have, can be applied in any other culture. We can test human personality in terms of sattva, rajas, tamas, here in India but it can be tested in European or in Western countries or on USA data also. One of the studies we will discuss later on is how we have done cross-cultural research. So here author is saying that these models or these explanations of human behaviour it is not only for Indian people. These explanations can be used in any given culture. We all can have positivity by doing yoga and meditation.

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**Indian Psychology--**

21 Indian Psychology (IP) has its roots in the diverse traditions of knowledge deliberated upon in various texts (*Shastra*), as well as the practices and meanings embodied in various forms, shared by the people (*Loka*) in the zone of Indian civilisation, (Dalal & Mishra 2010)

- Indian psychology primarily deals with **the inner state of a person, taking consciousness** as the primary subject matter of study.
- **Indian Psychology: Hallmark of Spirituality & Inner directedness**
- Since the time of the Upanishads, the *jiva* (living organism) has been characterized as a *jnata*, *bhokta*, and *karta*, i.e., as one who **knows, feels pleasure and pain, and acts**.
- Following the Indian conception of **the *jiva* as *jnata*, *bhokta*, *karta***, three main forms of yoga are suggested: **the *Jnana* (Knowledge), *Bhakti* (Devotion), and *Karma* (Action) yoga**.



So Indian psychology - a little bit more information about it. Indian psychology has its roots in the diverse traditions of knowledge deliberated upon in various texts called Shastras as well as the practices and meaning embodied in various forms, shared by the people or loka in the zone of Indian civilization. Another definition says that it primarily deals with the inner state of a person, taking consciousness as the primary subject matter of study. So, I think this point should be very very clear to us.

It focuses mainly on consciousness, somewhere I will discuss about even methodology because mainly its focus is on first-person and second-person approach rather on third-person approach. So, Indian psychology is hallmark of spirituality and inner directedness. Some scholars have given even definition and how these definitions are connected with yoga. Since the time of the *Upanishads*, the *jiva - jiva* means living organism, has been characterized as *jnata, bhokta, and karta*, as one who knows, feels pleasure and pain, and does action or acts.

So, following the Indian concepts of the *jiva* as *jnata, bhokta, karta*, converted in three yogas and these yogas help us to have positive direction of behaviour in terms of *gyan yog*, in terms of *bhakti yog*, in terms of *karma yog*. So broadly we are saying that the activities which we are doing in terms of knowing, in terms of feeling pleasure and pain, or in action or if I just say the exact literature from our religious literature then *jnata, bhokta, and karta* - we all are, and that is subject matter of psychology.

Then in positive direction if we use yogic path for doing such activities and these yogic paths could be certain yogas like *gyan yog, bhakti yog, or karma yog* or knowledge, devotion, and action in form of yogas.

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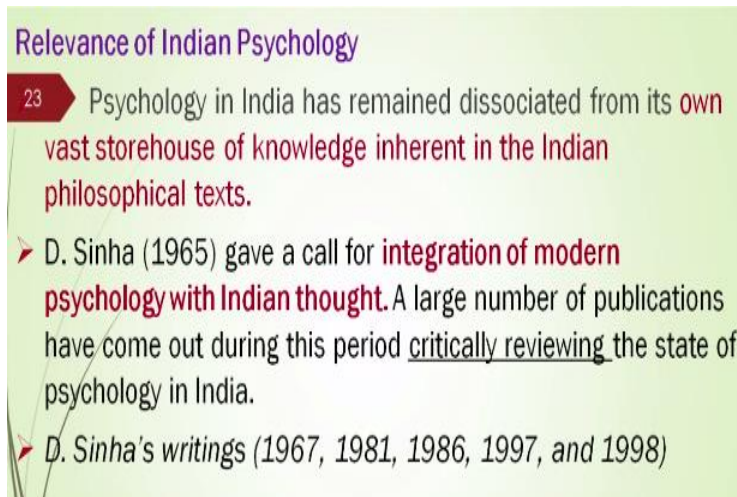
Historical Background of 'Psychology in India'		
Indian Psychologists	Area of research	Training
Prof. N. Sengupta, Head, Dept. of Psychology Calcutta University (1916)	depth perception, psychophysics, and attention	Hugo Munsterberg a student of William Wundt.
Prof. G. S. Bose (medical doctor and a psychiatrist)	Psychoanalysis: concept of repression. <b>Indian Psychoanalytic Society (1922)</b> (affiliated with the International Psychoanalytic Soc.)	Sigmund Freud
Applied Psychology Wing in 1938	Jung, Meyers, and Spearman were invited to the Silver Jubilee Session of the Indian Science Congress	
Prof. M.V. Gopalswami Dept. of Psycho. at Mysore	Indian adaptations of Western intelligence tests and applied psychological principles in the field of education	trained at London University with Spearman in the mental testing tradition

After knowing Indian psychology, let us know Psychology in India. For that, we should revisit historical background of psychology. If we just take certain examples, for example Professor N. N. Sengupta who was head and initiated department in Calcutta University in 1916. He was William Wundt's student - Hugo's student, and they worked on depth perception, psychophysics and attention. Next successor G. S. Bose, he was medical doctor and a psychiatrist and his main work was on repression. He was Sigmund Freud's student and he initiated Indian Psychoanalytic Society which was affiliated to International Psychoanalytic Society. In 1938, they had Indian Science Congress and these scholars invited scholars from abroad - Carl Jung, Myers, Spearman and they knew about psychology which was being used in different countries. Similarly, Professor M. V. Gopalswami, at Department of Psychology at Mysore, he initiated it and he worked with Spearman on mental testing. Indian adaptation of Western intelligence tests he initiated and applied psychological principles, in the field of education.

So I think it is very clear here that the scholars or our forefathers of psychology who initiated different departments in Indian Universities, they were well trained and worked with European and Western scholars and that is why they initiated psychology which was happening all over the world in different countries and somehow we skipped Indian concepts when we started to study psychology in Indian setting.

What is the relevance of Indian psychology? If Psychology in India is universal one, then what is the use of and what is the relevance of Indian psychology, why we are talking about Indian psychology, why we are giving more importance to Indian psychology? In recent years, in 1965, 67, 80, 81, 86, 97, 98, studies by Dr. Sinha and other scholars realized that we are skipping something, we are not able to cover each and everything when we are studying human behaviour in Indian setting.

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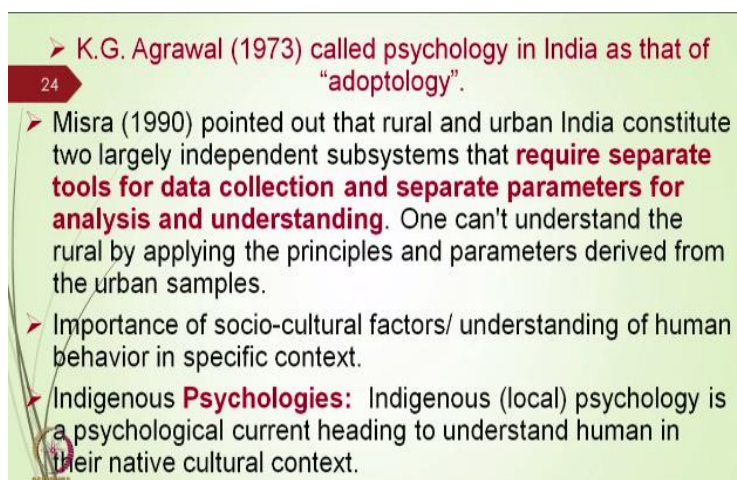
**Relevance of Indian Psychology**

23 Psychology in India has remained dissociated from its own vast storehouse of knowledge inherent in the Indian philosophical texts.

- D. Sinha (1965) gave a call for **integration of modern psychology with Indian thought**. A large number of publications have come out during this period critically reviewing the state of psychology in India.
- D. Sinha's writings (1967, 1981, 1986, 1997, and 1998)

Psychology in India has remained dissociated from its own vast storehouse of knowledge inherent in the Indian philosophical texts and Dr. Sinha gave a call for integration of modern psychology with Indian thought. A large number of publications have become out during this period critically reviewing the state of psychology in India and he wrote various research papers writings in 67, 81, 86, 97, and 98.

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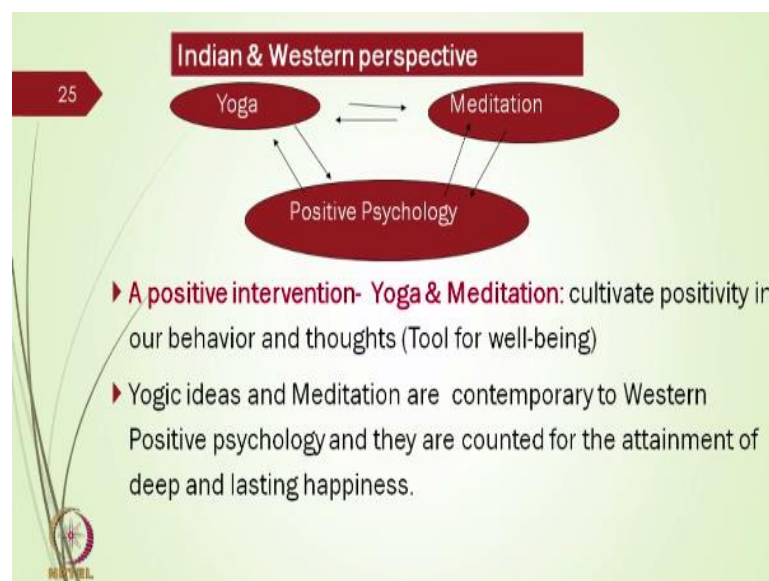
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- K.G. Agrawal (1973) called psychology in India as that of "adoptology".
- Misra (1990) pointed out that rural and urban India constitute two largely independent subsystems that **require separate tools for data collection and separate parameters for analysis and understanding**. One can't understand the rural by applying the principles and parameters derived from the urban samples.
- Importance of socio-cultural factors/ understanding of human behavior in specific context.
- Indigenous **Psychologies**: Indigenous (local) psychology is a psychological current heading to understand human in their native cultural context.

Another scholar, you know, K. G. Agarwal, he said actually we are doing adoptology. We are not addressing our core roots of socio-cultural issues when we are studying human behaviour in Indian setting. As Misra in 1990 also pointed out that rural and urban India constitute largely independent subsystems that require separate tools for data collection and separate parameters for analysis and understanding. One can't understand the rural by applying the principles and parameters derived from the urban samples.

So, it means these scholars gave importance to socio-cultural factors for understating of human behaviour in specific context. So, they have highlighted indigenous psychologies. Indigenous or local psychology is a psychological current helping to understand human behavior in their native cultural context. So as per criticism of these scholars about studying human behaviour in Indian setting, we should give importance to socio-cultural factors, cultural factors as well as we should try to understand human behaviour with Indian philosophical and Indian religious spiritual literature messages.

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Now, about positive psychology and how Indian psychology is connected with it. If we just take 2 topmost work - yoga and meditation and how these 2 are interacting with positive psychology, then broadly we can say positive psychology and Indian psychology are connected and to some extent we should have middle path when we are doing psychology in India. So, first yoga and meditation which have been taken from Indian as well as from

Western cultures, and now these two practices are counted as intervention programs -as positive intervention programs.

And yoga and meditation - it cultivates positivity in our behaviour and thoughts and sometimes we are using even in intervention programs as tool for well-being. Yogic ideas and meditation are contemporary to Western positive psychology and they are counted for the attainment of deep and lasting happiness, so that is why not only we have western perspective, but we have to have some Indian perspectives to understand positive aspects of human personality. It has been highlighted by other scholars also.

Positive psychology and Indian psychology are like birds of a feather flock together as Kiran Kumar in 2006 mentioned because focus of both is on achieving well-being. However, this achieving well-being is quite different in Indian perspective and quite different in Western perspective, even way of studying this well-being is totally different with the Indian perspective and Western perspective. There are several books coming on the psychological relevance of Bhagwat Gita.

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- 2 ■ Positive psychology and Indian psychology are like 'birds of a feather flock together' (Kiran Kumar 2006), because focus of both is on achieving well-being.
- There are several books on the psychological relevance of Bhagwat Gita. Maslow's theory of Meta-motivation is very similar to the concept of *Nishkama karma* outlined in the Gita.
- "Deep respect for eastern historical and cultural context of yoga and use the practice to support us in more fully embracing our own lives here", Debbie Cohen, 2008.

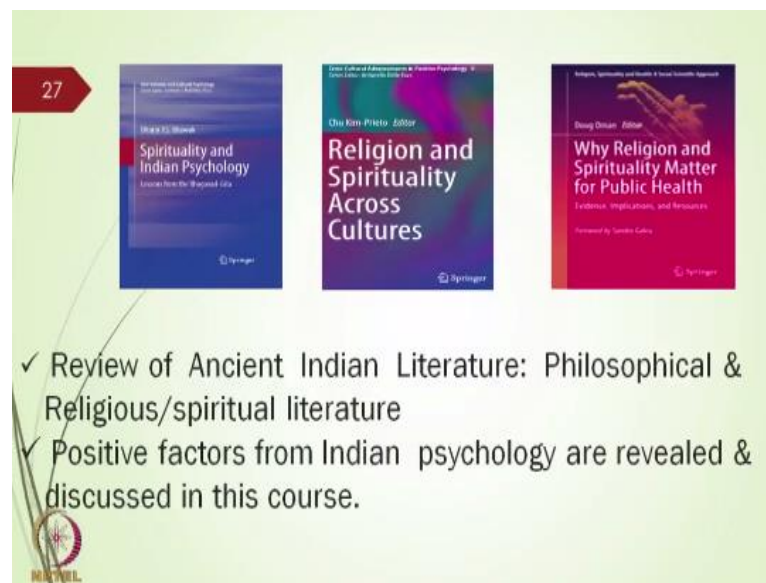
Maslow's theory of motivation is very similar to the concept of *Nishkama karma* outlined in the Gita. Similarly, there are some concepts which have been borrowed from Indian religious literature or Indian religious spiritual literature and then even western scholars have tried to define human behaviour by using such kind of terms. So that is why we should know a little



bit more about Indian constructs which could help us to understand positive aspects of human personality.

As Cohen in 2008 also gave respect to eastern historical background and he had deep respect for eastern historical and cultural context of yoga and said using these practices could support us in more fully embracing our own lives.

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When we say Indian psychology is based on philosophical and religious spiritual literature, then we are connecting actually human behaviour with this dimension. However, in recent literature, even western scholars have highlighted religious and spiritual domain. For example, if we just talk about these 3 books, first book is by Professor Bhawuk. He is talking about Spirituality and Indian psychology and in this book, he has borrowed various modules to define human behaviour from Bhagwat Gita.

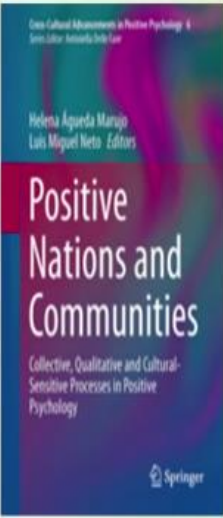
On the other hand, another example is Religion and Spirituality Across Cultures book. In this book, authors have highlighted various religions like Islam, like Hinduism, Buddhism, Sikhism, etc. and they have identified certain practices which help us to have positivity in our life. Similarly, another book which was published in 2018 only - Why Religion and Spirituality Matter for Public Health. So, such kind of literature or books showed importance of religion and spirituality domain to have better well-being.

That is why now not only Indian psychology but Western scholars also give importance to religion and spirituality in their studies and review of ancient Indian literature. So philosophical, religious spiritual literature will be addressed in some of the topics on positive psychology. Positive factors from Indian psychology are revealed and discussed in this course and that is why very important to address religion and spiritual domain to understand well-being and other positive personality traits.

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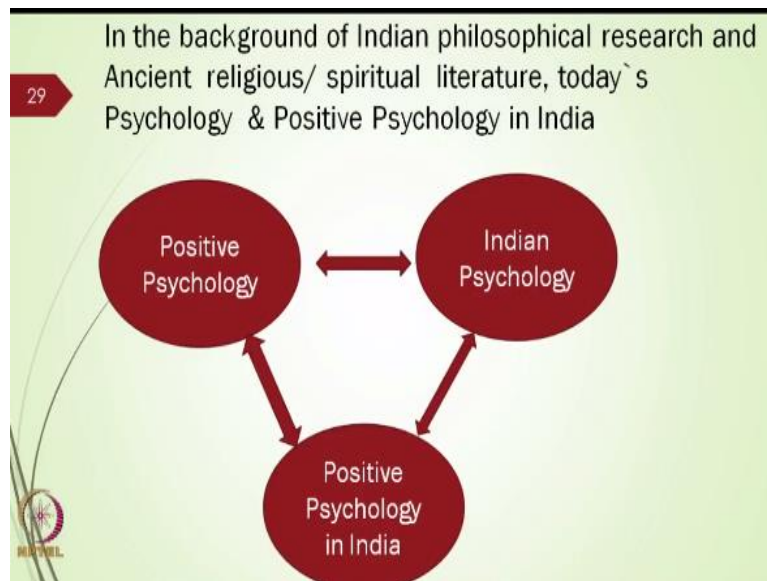
Singh Kamlesh, Jain Anjali & Singh Dalbir (2014) *Satsang: A culture specific effective practice for well-being*. In Positive Nations and Communities - Collective, Qualitative and Cultural-Sensitive Processes in Positive Psychology (Edited by Helena Agueda Marujo & Luis Miguel Neto), pp. 79-100, Springer Pub., Netherlands.



We also wrote one chapter and which is culture specific and it has been published in Positive Nations and Communities. In this Positive Nations and Communities book there are various practices which have been borrowed from different nations as well as from different communities and then they are saying how these practices are helping us to have better well-being. So, in this book, we wrote a chapter, ‘Satsang, culture specific effective practice for well-being’.

So that is why in this course, you will find some studies based on universal ideas and some studies which are really based on particular socio-cultural settings and that is very important for us in this course to understand uniqueness of certain things.

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So, in the background of Indian philosophical research and ancient religious spiritual literature, today psychology and positive psychology in India should be both positive psychology and Indian psychology's interaction. And then finally we are saying 'Positive Psychology in India'. So, it means if we find some factors are really important to add to Positive Psychology from Indian psychology to understand positive aspects of human behaviour, then we should not hesitate to borrow. Or at least positive psychology in India should be contributed by both mainstream of psychology, that is positive psychology and our local or our Indian psychology and its explanations and we can have some of these theories, models to understand human behaviour further in positive direction.

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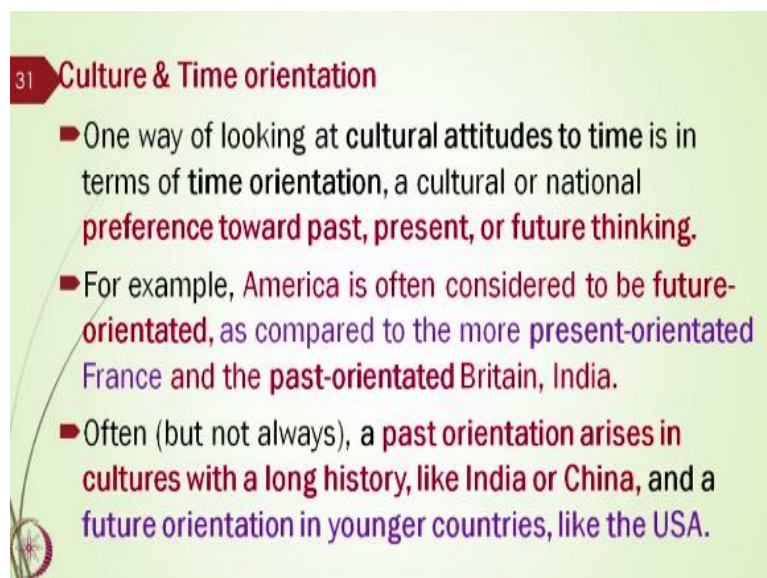
**Eastern & Western perspectives on Positive psychology**

- Individualistic vs. Collectivistic culture
- Individualism (The Psychology of ME) ; Collectivism (The Psychology of WE).
- People from *individualistic* cultures are more likely to have an *independent* view of themselves (they see themselves as separate from others, define themselves based on their personal traits, and see their characteristics as relatively stable and unchanging).
- People from *collectivistic* cultures are more likely to have an *interdependent* view of themselves (they see themselves as connected to others, define themselves in terms of relationships with others, and see their characteristics as more likely to change across different contexts).

I think before completing this chapter, we should know 2 more concepts because these concepts will be taken into account again and again in next chapters, so we should know about them, which are focused on culture. First one is individualistic versus collectivistic culture. On the basis of this parameter, we can divide cultures in two, individualistic versus collectivistic culture. Individualism or individualistic culture is psychology of Me or I, on the other hand collectivism is study of We. What are the differences between individualistic and collectivistic cultures? People from individualistic cultures are more likely to have an independent view of themselves. They see themselves as separate from others or as individually. In fact, they define themselves based on their personal traits and see their characteristics as relatively stable and unchanging. On the other hand, people from collectivistic cultures are more likely to have an interdependent view of themselves.

They see themselves as connected to others, define themselves in terms of relationships with others and see their characteristics as more likely to change across different contexts. So, in some studies, you will find when we are talking about happiness, when we are talking about mindfulness, resilience, etc., sometimes I will give example of individualistic versus collectivistic culture. So, you should know what does it mean. Indian culture is counted, almost all Asian cultures probably are counted as collectivistic culture and sometimes culture will be highlighted in the studies of flow or happiness in the next chapters.

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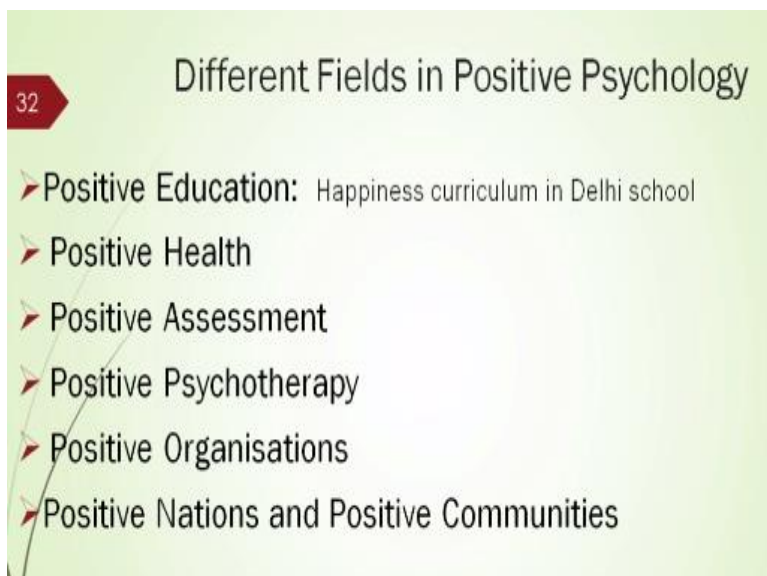
31 **Culture & Time orientation**

- One way of looking at cultural attitudes to time is in terms of **time orientation**, a cultural or national **preference toward past, present, or future thinking**.
- For example, America is often considered to be **future-orientated**, as compared to the more **present-orientated** France and the **past-orientated** Britain, India.
- Often (but not always), a **past orientation arises in cultures with a long history, like India or China**, and a **future orientation in younger countries, like the USA**.

So, then another point is culture and time orientation. It is also observed that sometimes we focus differently in different cultures when we take into account time orientation. One way of looking at cultural attitudes to time is in terms of time orientation, a cultural or national preference towards past, present, or future thinking. For example, America is often considered to be a future-orientated country, on the other hand France present-oriented, and past-oriented are Britain and India. Some scholars realize that, often but not always, a past orientation arises in cultures with a long history like India or China and a future orientation in young countries like USA and that is why time orientation would be important for us in certain studies.

So, I think various aspects you have learned in this course, but we must know there are different fields in positive psychology in modern times, say we have positive education - in school setting various programs are going on, even in India, happiness curriculum in Delhi schools we have. Some scholars are focusing outrightly on positive health, on positive assessment, positive assessment means when we have testing based on positive personality traits, positive psychotherapies are going on. Positive organisations, means they change setting to have positive personality traits or having higher level of well-being and lot of literature available even in terms of nations, in terms of communities in which we are highlighting practices provided over there in positive direction. So, in all these cases, we want to have some settings change or socio-cultural changes in the environment to have higher level of well-being, higher level of happiness, etc.

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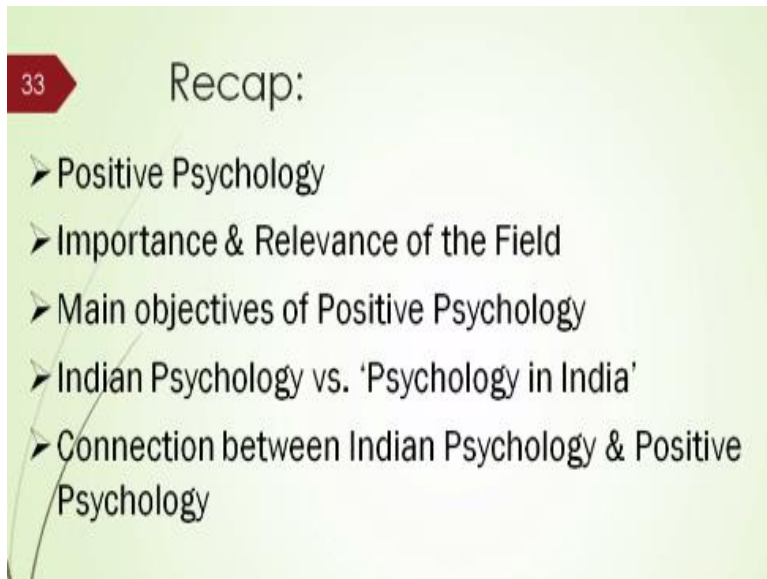
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## Different Fields in Positive Psychology

- Positive Education: Happiness curriculum in Delhi school
- Positive Health
- Positive Assessment
- Positive Psychotherapy
- Positive Organisations
- Positive Nations and Positive Communities



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So, I think in this class all concepts are clear to you. You must know positive psychology's definitions and should be able to discuss at least an overall view of positive psychology. Then you should know about the importance which we discussed here with the help of various, you know, meta-analytic researches, what is relevance of this field and the main objectives of positive psychology, what are our different areas which we want to cover in positive psychology, then difference between Indian psychology and psychology in India also you should know and to some extent you should be able to connect Indian psychology and positive psychology. However, this concept will be discussed further in next chapters.

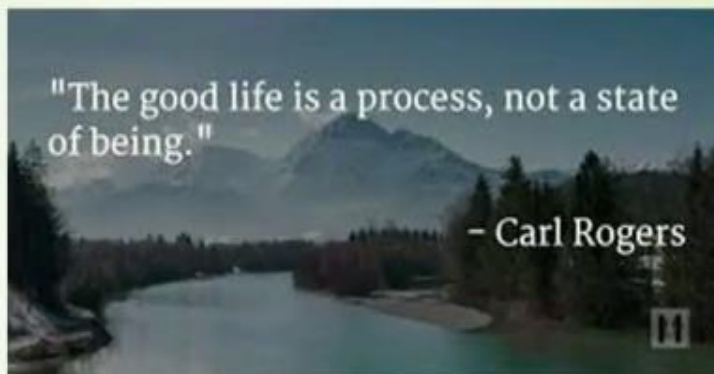
There are some books, you could purchase or you could read these books if you want to know more about positive psychology (check the 'about the course section' for the list).

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## Books:

- ✓ Snyder, C.R. & Lopez, S. J. (Eds.) (2002) *Handbook of Positive Psychology*, New York: Oxford University Press
- ✓ Snyder, C.R., Lopez, S.J., Edwards, L.M., & Marques, S.C. (Eds.) (2017) *Oxford Handbook of Positive Psychology (3<sup>rd</sup> Edition)*, New York: Oxford University Press
- ✓ Lopez, S. J., Pedrotti, J. T., & Snyder, C. R. (2010) *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*, California: Sage Publications
- ✓ Lopez, S. J., Pedrotti, J. T., & Snyder, C. R. (2014) *Positive Psychology: The Scientific and Practical Explorations of Human Strengths*, California: Sage Publications
- ✓ Compton, W.C. & Hoffman, E. (2012) *Positive Psychology: The Science of Happiness and Flourishing*, Belmont: Wadsworth, Cengage Learning

Thank you very much.



**Thank You**