

Emotional Intelligence
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Module No # 6
Lecture No # 30
Emotional Intelligence and Happiness Positive Psychology (Contd.)

Yeah so welcome back let again highlight the other need of positive psychology why there was a need of emergency of discipline. So how out of this pathological exploration are of some exploring or curing mental illness. So people started thinking that whatever those do not have mental illness still they are not able to develop as normal individuals. So positive events information's processes and interactions simply occur more frequently their negative ones.

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Why Do We Need Positive Psychology?

Psychology had three distinct missions: curing mental illness, making the lives of all people more productive and fulfilling, and identifying and nurturing high talent.

Psychologists as 'pathologists'.

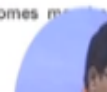
Failed to address the improvement of normal lives and the identification and nurturance of high talent.

Positive events, information, processes, and interactions simply occur more frequently than negative ones.

Negative interactions occurred an average of 5.9 times and the positive interactions occurred an average of 19.0 times. This yielded a ratio of 3.2 positive events for each negative event (Gable, 2000).

Negative information, events, and interactions become the figure to the positive ground.

Because positive processes occur more often, their impact on long-term outcomes may be even greater, despite the more subtle impact of any single positive process.

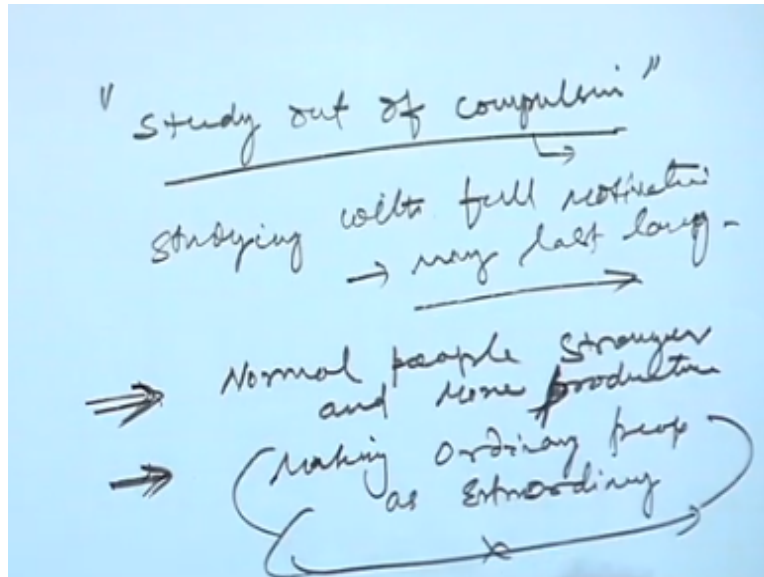


But nobody care about those things there are many positive thinking happening to us. We do not pay attention to that we do not catch hold of them hardly we have been able to do that we may be in a better position. In terms of our current status so that is why we often always whenever there is stress we always try to focus on how to manage it for the ways out sometimes we go to doctor, sometime you go to psychiatrist, sometime you go to psychologist.

But when you are happy you never go to any doctor, u never go to psychologist. So how long we hold this happy moment positive moments so that we can cherish more better moments of our

life. So that is why negative information or events and interaction become the figure to the positive grounds. If you establish a ground relationship s these negatives are figure but we put the positive on into the ground the back grounds. So that is why we never realize the importance of positivity in our life so that is what exactly Seligman try to highlight.

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Because of positive process that occur more often their impact on long term outcomes maybe even greater because you now that is why people often say that if you study out of compulsion what will happen? You are not interested you are not motivated do not have any zeal.

But if you study it because of tension because exam tension exam stress you will sort many things may not go into your mind. So that is why they are not remembered in a better way they will not last long but if you study something in a comfortable way studying with full motivation with full motivation may last long that is the power of positivity. That is what exactly Seligman try to say that positive impact has enduring in nature so we should try to practice and hold them make use in out of them in daily activities.

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What Is Positive Psychology?

A psychology that will re-orient back to its two neglected missions, making normal people stronger and more productive as well as making high human potential actual (Seligman & Csikzentmihalyi, 2000).

Positive psychology is nothing else but psychology, adopting the same scientific method. It is interested in simply 'what works?' rather than 'what doesn't?' or 'what is right with this person?' rather than 'what is wrong?' (Boniwell, 2006).

Then positive psychology defines that a psychology that will re orient back to its too neglected mission making normal people stringer and more productive as well as making high human potential. That was the focus of the positive psychology making even normal people stronger and more productive. If you critically examine the recent American political campaign this was this was the exact slogan of the Trump.

So what was the slogan of Trump Donald Trump make America great again, America is already is already great. So let's make it great again so he did not highlight any negativity of American rather he said America is great country let us make it great again. Because on the umbrella of democratic leadership. They feel that it is going down so let's stop it and make it great again.

So we can make any normal individual great again by positive psychology so that is the making ordinary people extra ordinary. Probably this is the biggest slogan that we could make out of positive psychology slogans.

However there are other psychologists who say that psychology is nothing else but psychology adopting the same scientific method it is interested in simply that works rather that what does not. So this is the beautiful you know the interpretation of whole applications of psychology. So it helps us to work or does not to work in the right time to the right person.

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3 Pillars Of Positive Psychology

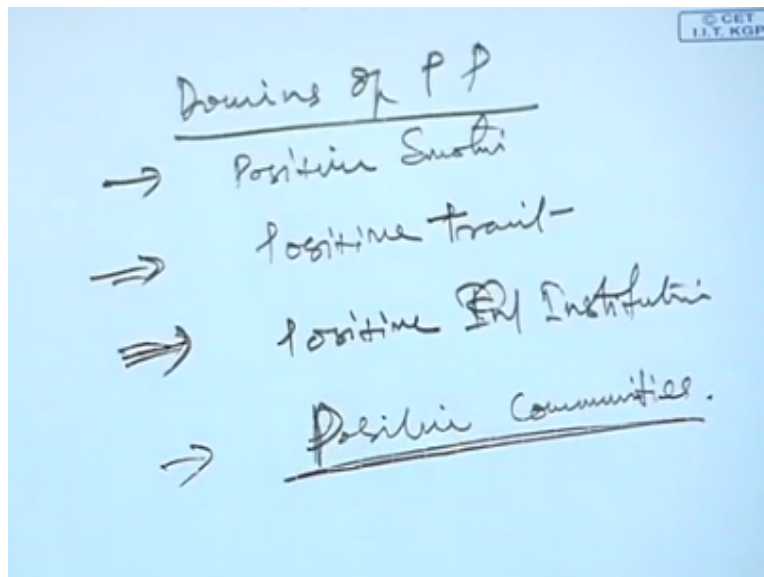
STUDY OF POSITIVE EMOTION

STUDY OF POSITIVE TRAITS - strengths, virtues, abilities
(intelligence, athleticism)

STUDY OF POSITIVE INSTITUTIONS

So basically people started talking about the three pillars of positive psychology is positive emotions, positive traits and positive institutions. So these are three important domain of positive psychology.

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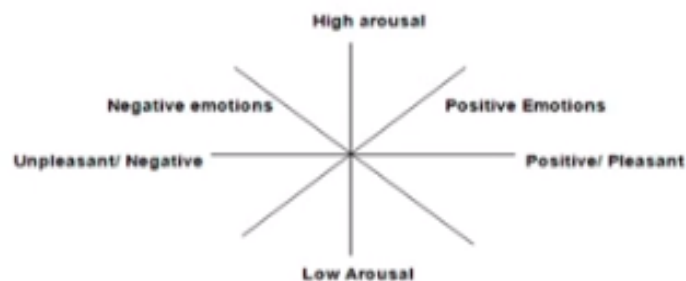
One is positive emotion then positive trait how we can nurture positive trait or character within a person. So that we can build up positive institution positive institution is essential in creating platform for nurturing positive talents positive people and positive organization.

In the process will be also discussion about how is positive emotions traits and institution are instruments in creating positive communities. Because this is very essential in today's time when

you look at the today' scenario right now everywhere is cause, confusion and conflict. So there is no international peace it is highly disturbed. So it is very essential to explore the positivity within people. So let us begin with what is this positive emotions so psychologists have put emotional intelligence under the domain of positive emotions, how we can nurture positive emotions among people.

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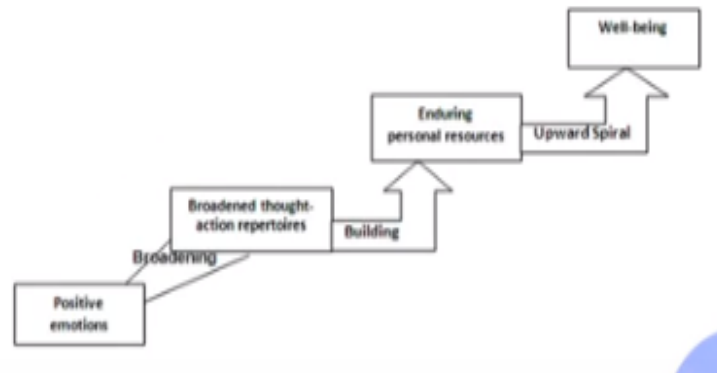
Positive Emotion



So that their feeling aspects goes up they feel balanced they feel happy and their wellbeing goes up. So this is what we call the classification of emotions if you look into one side is positive and another is set of unpleasant or negative emotions. One occurs due to high arousal high arousal emotions can affect the performance but high arousal positive emotion can enhance the performance. And on the low arousal you know performance goes down.

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Broaden and Build Model of Positive Emotions



So this is another method that is given by Barbara Fredrickson this is otherwise known as broaden and build model of positive emotions in one of my students (()) (08:12) as worked on this model.

And we found to be that how positive emotion facilitates cognitive flexibility and we have published a couple of paper on this. One paper is published in psychological studies so once a positive emotions are facilitated you know that expands the arousal of thinking that facilitates the diversion thinking process that is where we call broadened thought action repertoires which builds up enduring resources. When you are in a positive state frame or mind frame or emotional state you try to hold the resources for longer period.

So that creates enduring base for your personal resources which can facilitates achievement of you know optimum levels. Where you feel that you have achieved estate of content ant where you feel that leads to what we call state of wellbeing. So that is why we call it the awkward spiral of the positive emotion

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Broaden and Build Model Of Positive Emotions

Broadens Thought-action Re-repertoire

Undoing Of Harmful Effects Of Negative Emotions

Positive Meaning Finding

Builds Resources- Cognitive, Physical, & Psychological
Long Term Well Being



The Broaden and Build model of emotions highlights that it broadens the thought action repertoire. However thinking and actions are inter connected on doing of harmful effects of negative emotion. Say for examples like the moment you start on doing the impact of negative emotions you will be likely to enhance your cognitive profile. Second third is positive meaning finding we have seen that people we try to conduct experiment on creating sad movies and bringing negative emotion inducing negative emotion on students.

Then after giving them a break the subject then we again introduce a positive movies say for examples a laughter movie they laugh a lot then we also try to give them the cognitive stuff task and we ask them can you write a story now based on what is coming to our life. We have seen that more meaningful stories have come up when they are in positive state than negative one. So this this clearly indicates that the impact of positive emotions always enhances cognitive flexibility or cognitive thinking or any cognitive related task.

The next is building resources say for example like cognitive physical, psychological long term people those who are positive they are in a good state which facilitates you know neurological interactions which enhances the neuro immune systems. So that is physical as well as psychological wellbeing that creates a state of physical and psychological wellbeing and as we seen that the cognitive flexibility expands during positive moment.

So it also builds up the cognitive resources or what we call intellectual abilities of person now talking about positive individual traits.

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Positive Individual Traits

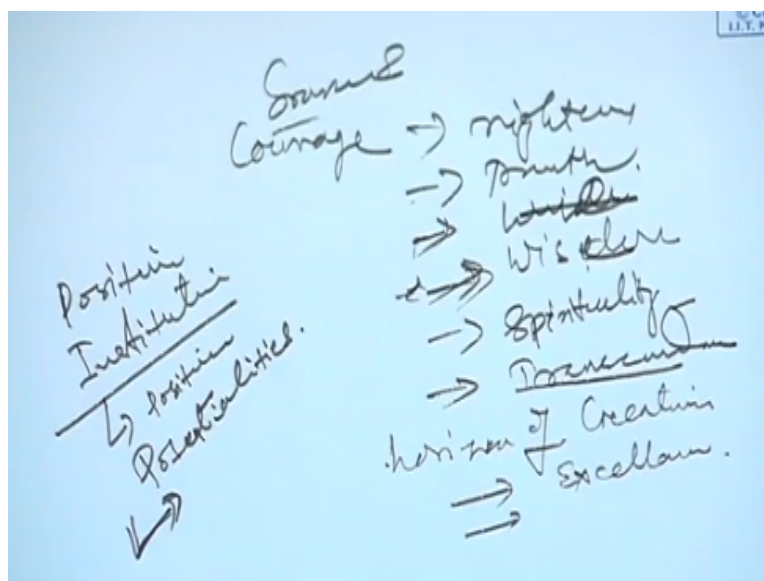
Character Strengths and Virtues: Wisdom, Courage, Humanity, Justice, Temperance and Transcendence.

Creativity and Excellence.

Flow By Mihalyi Csikszentmihalyi

When we talk about positive traits we talk about character strengths and virtues these are otherwise known as what we call as wisdom, courage, humanity, justice, temperance, transcendence etc., As we all have already discussed about intelligence wisdom creativity I do not want to repeat it again but however there are certain other virtues characteristics like courage

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A person a virtues or righteous truthful so these are called sources of courage if you are confident you are righteous person if you are truthful person you are a wise person you are likely to

develop courage and confident. And yes we often say that you know peace and tranquility we call at temperance and transcendence.

These are two trans related to once peace and tranquility and that could be established by practicing spirituality in general or work place spirituality at work place. So these are some of the positive qualities spirituality enhances temperance, you know spirituality enhances transcendence. In fact these are certain areas like you know when you enhance the domain, enhance the domain of your wisdom, spirituality, transcendence you are likely to expand the horizon of creativity that will lead towards augment of excellence.

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Positive Institutions

Develop and sustain institutions that enrich human potential.

Healthy families

Work environments.

Schools.

Whole communities.

Reduce high risk behavior by punishing or supporting alternatives.



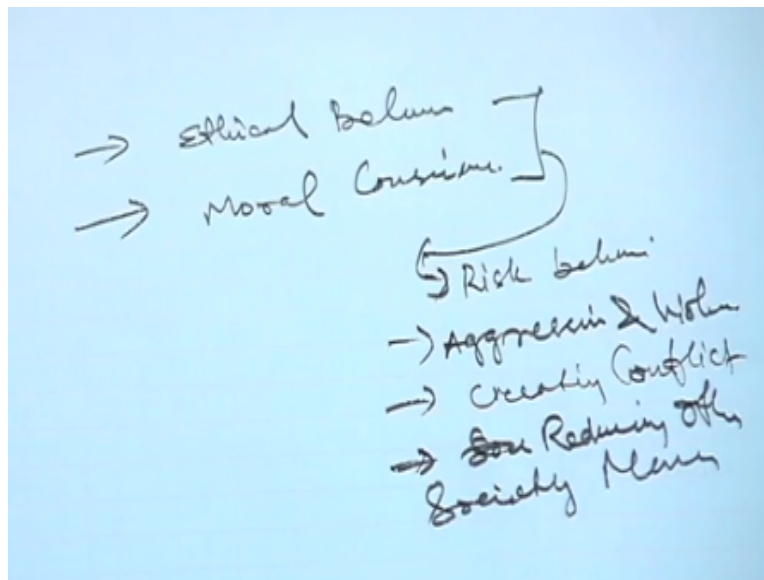
Yes positive psychologist they also emphasizes upon the importance of the development of positive institution. So why we should look into creative positive insistance because once we are able to develop positive institution that will impart or nurture positive qualities in its people, so a positive intuition always creates positive climate that creates and develop in states are enrich potential.

So this positive institution are essential, positive institutions are essential for nurturing positive potentialities positive potentialities that will build positive persons and positive families, positive work environments. In the process also once you create positive schools positive schooling like

you know teaching students to come in time to do their job in time to respect others to honor others to compliment how to express gratitude towards the parents.

Why should be thankful to their parents their seniors so these are certain qualities that needs to be nurture in the growing population to create a better environment for positive creating a positive nation. So that is why the positive this creating our enrich human potential in families in environment in school in community is very potential because it reduces high risk behavior you know say for examples nurturing what is right? What is wrong?

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So that is what we call ethical behavior moral conscience so these are certain attributed or virtues that will reduce the risk behavior like faulty behavior likely to be. Say for examples like creating violence aggression and violence in society aggression and violence if they know what is right what is wrong they will be also reference from creating conflict you know creating intergroup conflict in society will be reduced.

Then you know other social menace like reducing other societal menace you now social violence as rape, murder, kidnapping etc., So this are very essential qualities that needs to be nurture within the earth you know adult populations.

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Three Routes To Happiness

Seligman (2002)

The Pleasant Life

- Having many pleasures in life and the skills to amplify them

The Good Life

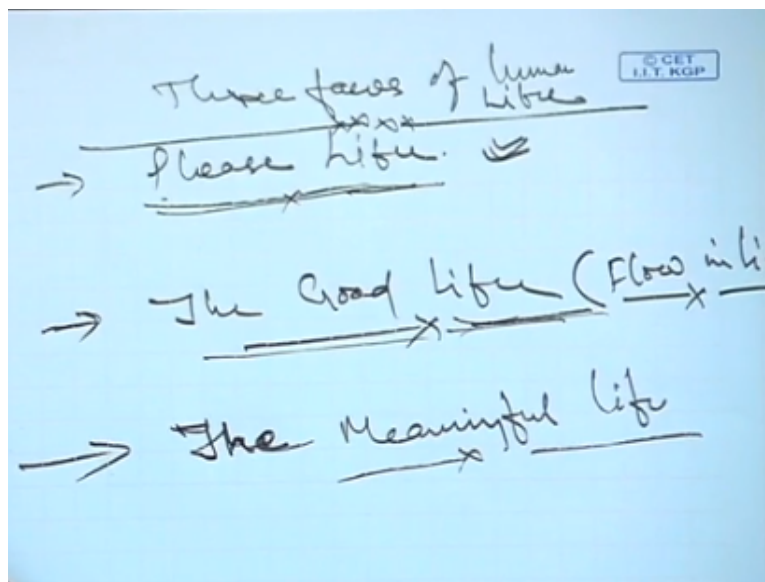
- Knowing your signature strengths, and recreating your life (work, love, friendship, leisure, parenting) to use those strengths to have more 'flow' in life

The Meaningful Life

- Using your signature strengths to serve something that you believe is larger than you are

Well Seligman talks about three important routes to happiness this is very interesting I use to quote in the class.

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There are basically three types of life we enjoy in general one is called the pleasant life you know we are very happy we had a good breakfast in the morning you know then is it good enough or (()) (17:02) for us then we look for the good life and there is another one is called meaningful life. So having many pleasures in life and the skills to amplify them that concentrate upon the pleasant life. So these are called the three phases of human life.

Human life to achieve happiness but just having pleasurable gain make sure life worth living no not at all then is it good enough? That yes I have got good dress good house good car to drive then I had a good meal in the morning is it worth for my day? Then we look into what is the impact of all this what is the use of all this what is the value of all this then you try to know about as a person as a really good person.

Do other people appreciate you? Do people follow you? Do people imitate you? Knowing your strength your signature strengths what influence others do you really impact others? Recreating your life you know work love friendship leisure parenting as a leader say for you are working on us do your people follow you? Do your people obey you? That matters as a parents do your children's obey you do your children's appreciate you acknowledge you as a good parent.

To use those strengths you have more flow in life so that is why what is the flow where the concept of the flow in life. Is it essential to make your life good? So what is that flow? The flow is that what is your positive impact on others your kids your surroundings your neighborhoods they even clean India why MODI says you clean your surroundings as well as ask others to make the meaningful life is says that using your signature strength to solve something that believe is larger than you are.

What is the most meaningful in your life so it is starts your know people often say that charity starts charity begins at home. So you started the pleasurable life which is not holding your longer because when you interpret in terms of contribution in lacks. Then you search for good life where you try to apply what is the flow in life whose direction I am going? But the most meaningful is that have you done something for the service benefit of others that is enough.

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The Roots of Happiness: An Empirical Analysis

What makes people happy?

- What is *not* very important:
 1. Money – the correlation between income and happiness is very weak (.13) in U.S.
 2. Age – age accounts for less than 1% of variation in reported happiness.
 3. Gender – gender also accounts for less than 1% of variation in reported happiness.

That is where we realize or cherish you know meaningful life you know cherishing something in one's life well the roots happiness has been carried out and people have tried to validate through empirical analysis. Then they tried to ask questions what makes people happy because happiness for me is different from happiness for you. Happiness for a village person is different from happiness for a person living in metro.

So that is why what is not very important? Is it money the correlation between income and happiness is very weak even in US. We often say that western people are materialistic people but still money does not bring happiness or joy to their life. People often say does age has any correlation with happiness, age accounts for less than one percent of variation in a reported happiness.

So even child has its own way of happiness, young adult people have their own older people also. People often say that more you grow older you do not require any happiness because you feel that you have no self-content you have seen the world. But gender you know gender also accounts for less than one percent of variation in reported happiness. It does not play any significant role because everybody needs it.

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The Roots of Happiness: An Empirical Analysis

- What is *not* very important: (cont.)
 4. Parenthood – good and bad aspects of parenthood offset each other.
 5. Intelligence – there is no association between IQ and happiness.
 6. Physical attractiveness – attractive people enjoy many advantages in society, but the relationship with happiness is very weak.

What is not very important parenthood? Good and bad aspects of parenthood upset each other you know if you if you if you see that there is a child. Why some children become very disturbed? It is because of fault parenting so that is why if you find that is child is from a disturbed family is likely to develop faulty personality pattern.

So parent would ask great influence on once happiness intelligence there is no association between IQ and happiness. Do you all know that even rickshaw wala who earns two hundred rupees a day expense by evening. He is so heavy next morning he is running rickshaw for next evening.

So that is why so intelligence does not have much influence on once happiness then psychical attractiveness attractive people enjoyment many advantages in society the relationship with happiness is very weak. Because you know more you get more you want so that creates restlessness rather than happiness.

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The Roots of Happiness: An Empirical Analysis

– What is somewhat important:

1. Health – health and happiness have a positive correlation of .32.
2. Social activity – people who are satisfied with their friendships report above-average levels of happiness.
3. Religion – people with sincere religious convictions are more likely to be happy.



Well there are many others like health and happiness yes very positive correlations. So one needs to take care of his health and psychological or psychological then social activity yes people who are satisfied with the friendship reports above average level of happiness so people holding good interpersonal lessons are likely to be more happy then those do not have. Then religion people with sincere religious convictions are more likely to be happy. Any religions if you are able to connect sincerely hundred percent truthfulness then yes you can be.

Then say for examples like you know if you are you know religious teacher you should focus on always other side of the religion not saying that your region is better than other religion. So that will create restlessness and disturbs one state of wellbeing.

But as a sincere religious with full conviction may be we will derive full satisfaction if even we have seen that recently there was new that even muslim teachers are teaching Bhagavat Gita lesson to their students. That is how they derive maximum satisfaction every religion as its own lessons. So it depends on the moral conviction of teachers.

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The Roots of Happiness: An Empirical Analysis

– What is **very** important:

1. Love and marriage – across cultures, for men and women, married people are happier than people who are single or divorced.
2. Work – job satisfaction is strongly related to happiness.
3. Personality – *extraversion* (or positive emotionality) is a strong predictor of happiness.



Then yes there are many other areas what we say love and marriage across culture it is seen that for men and women. Married people are happier than people who are single or diverse.

So this indicates that family life is a source of better happiness than work. Job satisfaction is related to happiness, if you are not happy with the job then you express lot of stress frustration even work place aggressions you know work place billing as come up now a days general pressure of work life. Then personality yes extra version characteristic happen to be positively you know a strong predictor of happiness. People those who are outgoing interacting and having a positive state of emotions are likely to be happier.

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The Roots of Happiness: An Empirical Analysis

Conclusions regarding roots of happiness:

1. Subjective feelings of happiness are more important than objective measures.
2. Happiness is *relative*.
 - We evaluate our happiness relative to what others around us have, and
 - We evaluate our happiness relative to our own expectations.

So in conclusion you can say that subjective feelings of happiness are more important than an objective measure. Objective measure since you know materialistic who are possessing how much then happiness is very relative yes this is the true fact of life. What is something important for me to make me happy may not be same for others so it is called relative we evaluate in terms of own requirements.

So we evaluate our happiness relating to what other or (()) (26:06) and yes many times in society happiness is compared in terms of what other have been what i have I have seen in Delhi I was working in Delhi. People always look at others what other people have work he is having a motorcycle oh my god I just have a bicycle oh he has having a four wheeler oh I am still at two wheeler put a full stop to your demands.

So one must learn how to cut its cloth so there is a popular phrase you must cut or cloth according to your coat. So that evaluation is very much important for the realization of once happiness. We evaluate our happiness they relative to our own expectation that is why happiness is affected by hedonic adaptations because you know it exist at the level of our life satisfaction.

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The Roots of Happiness: An Empirical Analysis

3. Happiness is affected by **hedonic adaptation**.
 - This occurs when "the mental scale that people use to judge the pleasantness-unpleasantness of their experiences shifts so that their neutral point, or baseline for comparison, is changed".
 - (e.g. when circumstances improve, such as income, our baseline for happiness increases as well, so we don't feel happier.)

These occurs when mental scale that people use to judge the pleasantness and unpleasant of experiences shifts. So that their neutral point or baseline for comparison is changed. So that is how when you are engaged in continue comparison so you are a poor person when you compare

yourself with a crorepathy. So what will happen so baseline will be suddenly jumps so much you can never imagine you can never fulfill in your life. So for example one circumstance improves such as income our baseline for happiness increases as well so we do not feel happy.

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The Sustainable Happiness Model

(Sheldon & Lyubomirsky, 2004; Lyubomirsky, Sheldon & Schkade, 2005)

- **The Set Point**- The point or range at which one's happiness level is generally "set" or fixed.
 - Research suggests it is genetically determined (Lykken & Tellegen, 1996)
- **Intentional Activity**- Actions or exercises that a person chooses to engage in.
 - Can be cognitive experiences (e.g., counting one's blessings) or behaviors (e.g., random acts of kindness) that alter one's perspective about one's self, one's life, or the world in general.
- **Circumstances**- Factors constituting "the background of one's life"
 - Demographics (e.g., gender, ethnicity)
 - Personal Experiences (e.g., traumas and triumphs)
 - Life Status Variables (e.g., marital status, education level, health, and income)
 - Physical Attractiveness

Say for like you know I was a young professor my income was less than what I am today but if I increase yes now I am earning more. If I enjoy more it will enhance my happiness no that will only create more expectation. Then yes the sustainable happiness model given by Sheldon and Lyubomirsky the set point the point or range at which one's happiness level is generally set or fixed. Research suggest it is generally determined based on a person's expectations.

There is nothing like a fixed points it is set by a person's expectations the intentional activity you know actions or exercises that a person choose to engage in. So this can be cognitive in

experience like counting one's blessings or it can be simple behavior for examples like random act of kindness how much you are displaying kindness towards others. That is also a source you know deriving satisfaction, happiness how much I am giving to a beggar every day.

There are people you know why you know you look at Mahabharat Surya Puthkaaran you know that serial was coming few days before now it just over. You know why Karan was known as the most what we call Dharmpurish because every morning you will take a dip in the river and anybody goes to ask him anything else. He is ready to give that with you know so that comes as Dhaanveer the capacity to give others to fulfill others expectations.

Also his source of one's satisfaction no that is what we call the intentional activity ok we will take a break here and when we come back we will examine the other concepts that are related to sustainable happiness thank you.