


# THE POWER OF POSITIVE PSYCHOLOGY.

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# OVERVIEW.

- ▶ Background
    - ▶ The “what and why” of this experiment.
  - ▶ Literature Review
    - ▶ An introduction and overview of the literature.
  - ▶ Research Design and Methodology
    - ▶ The “how” of this experiment.
  - ▶ References
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# BACKGROUND – POSITIVE PSYCHOLOGY.

- ▶ “The Power of Positive Psychology”
- ▶ Positive Psychology as a subfield of Psychology.
- ▶ Recently developed.
- ▶ Influences of the research:
  - ▶ Dr. Martin Seligman
  - ▶ Dr. Barbara Fredrickson

# BACKGROUND – WHAT PROMPTED THE EXPERIMENT.


- ▶ Could I use positive psychology to improve people's lives?
  - ▶ Would I be able to do that on a large scale?
  - ▶ Mass messages of positivity.
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# BACKGROUND – LIMITATIONS.

- ▶ Time constraints.
  - ▶ Size of my sample.
  - ▶ Diversity within the sample.
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# LITERATURE REVIEW – POSITIVE PSYCHOLOGY


## F.A.Q.s.

- ▶ Positive psychology is more than simply studying how happy the individual is, but more along the lines of the study of all of the positive traits of an individual, how meaningful, and how pleasant their lives are (Seligman et al, 2003, p. 161).
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# LITERATURE REVIEW – POSITIVE V. NEGATIVE.

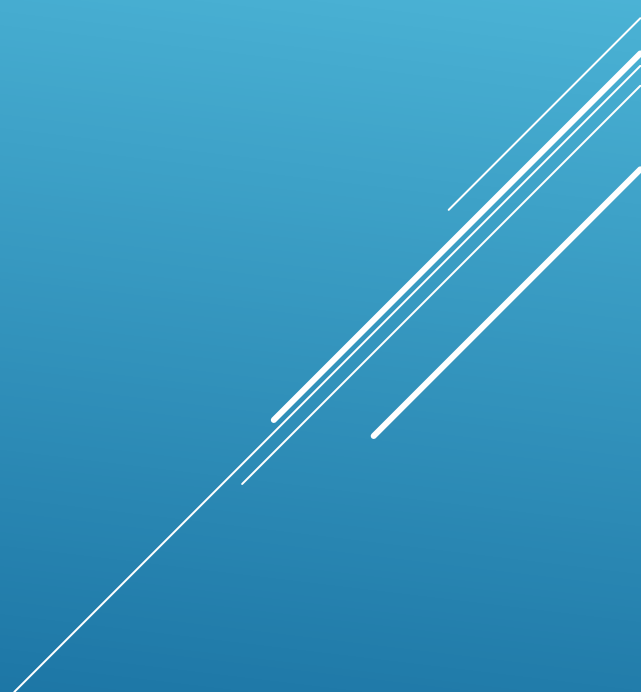
- ▶ They found that there were no strong relationships between having a pessimistic attitude, and emotional well-being (Augusto-Landa et al, 2011, p. 463-470)
- ▶ “Positive mood was conducive to self-control restoration when naturally or experimentally associate with mental restoration” (Egan et al, 2014, p. 96).

# LITERATURE REVIEW – REDUCING NEGATIVITY


- ▶ Positive emotions can lead to more stable emotional well-being (Fredrickson et al, 2002, p. 175).
  - ▶ Moments of positivity can have lasting, long-term effects (Johnson et al, 2010, p.317)
  - ▶ Positive thinking can be useful both in the short term and the long term.
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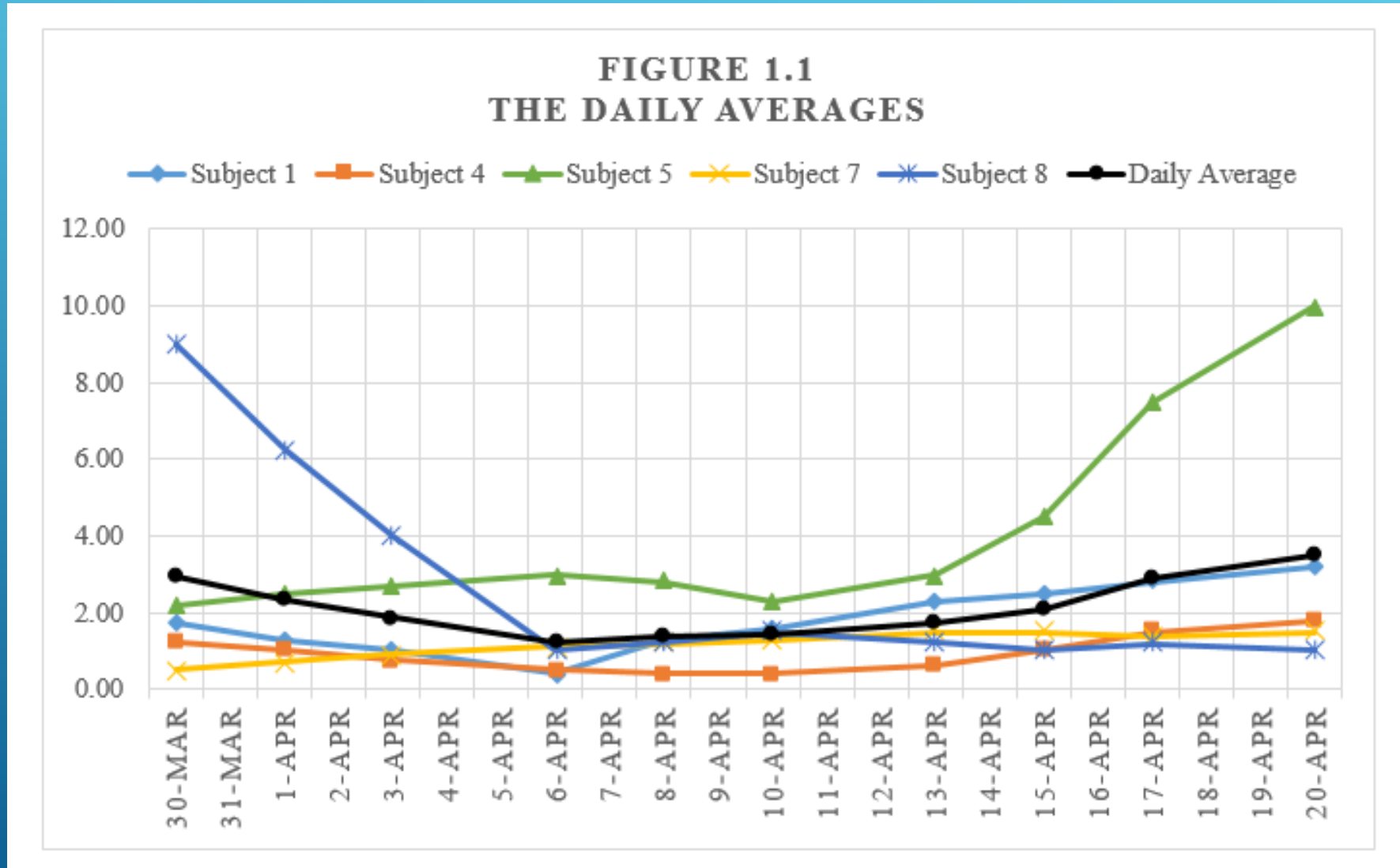
# RESEARCH DESIGN AND METHODOLOGY.

- ▶ A four week long comparative analysis of emotional well being within the group.
  - ▶ Reversal Time-Series experimental design.
    - ▶ Tx > Obs > – > Tx > Obs > – > Tx > Obs...
  - ▶ Took a look at some of the literature in the field of positive psychology.
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# RESEARCH DESIGN AND METHODOLOGY – INSTRUMENTATION.

- ▶ The observations were collected through Dr. Barbara Fredrickson's Positivity Ratio Self-Test
  - ▶ Dr. Fredrickson set up the Positivity Self-Test on her website as a tool for individuals to use to track their emotional well-being over time.
  - ▶
  - ▶ The Positivity Self-Test was set up like a twenty question test with possible answers in the form of a Likert Scale where subjects could choose from five different levels to indicate to what degree they felt a certain way.
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# RESULTS:



# CONCLUSIONS.

- ▶ The hypothesis for this experiment was entirely supported by the related literature in the field but the experiment's results were inconclusive.
  - ▶ There was a trend in the data but not as predicted.
  - ▶ These results are not representative of the larger population.
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