

Contemporary Human and Positive Psychology Services

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Abstract

Usually, when two people meet, and immediately after exchanging greetings, one of them asks the other a question: How's it going ? The answer is based on an estimate of how it expresses a certain degree of satisfaction, ranging from quality to poor. When they are separated, one of them recommends to the other to take care of himself . The question at the beginning and the commandment at the end are expressions of dangers that constantly threaten the conditions of oneself . These dangers are negative emotions such as depression, anxiety, fear... These emotions will undoubtedly take over if we do not take care of them not as a cure, but thanks to prevention and anticipation. Therefore, an approach has emerged within the field of psychology that has made the psychology of psychological well - being a self - based research at the core of positive psychology, as an orientation that greatly supports the engagement of the bright aspects-rather than the dark ones-in the personality of the individual and society . What is positive psychology and its historical context ? Did it come in the context of a process adopted by its pioneers according to the principle of continuity?

Keywords: positive psychology, well-being, contemporary human, Psychotherapy.

1. Introduction

There's a perception in epistemology that the history of science is a path of extension or rupture epistemological. Extension consists in the continuity of scientific work on a pre-existing subject, in contrast to the principle of discontinuity, which tends to abandon the previous subject.

1.1. Research problem

This perception is applicable to positive psychology in its relations with the branches of the field of psychology. So what is positive psychology? What is its historical context? Did it come about in the context of a process adopted by its pioneers according to the principles of extension and continuity? Or did it come about on the principle of antagonism and epistemological rupture with the rest of the current branches of psychology? What is its significance and prospects?

1.2. The importance of the study

- To give positive psychology its rightful place as a field of knowledge that seeks to achieve happiness, which is the dream of every person in the world.
- To contribute, through this science and all its levels and dimensions, to the well-being of psychological life, to alleviate the burden of mental disorders that have dominated the lives of individuals and society.

1.3. Objectives of the study

- Defining the meaning of positive psychology and its historical context.
- Understanding the cognitive status of this science within the field of psychology.
- Reveal the importance of this science in the life of the individual, society and its prospects.

2. The theoretical framework of the previous study

2.1. The concept of positive psychology and its historical context

The term "positive psychology" was first used publicly in newly-elected President Martin Seligman's address to the annual convention of the American Psychological Association (APA) in August 1999. He urged American psychology as a whole - and psychologists in particular - to change and open up the field of psychology - hitherto focused on the treatment of mental illness - to the promotion of a better life for all. This is a true vision of psychology for the 21st century. To ensure that psychology is no longer reduced to a mere extension of medicine, he called on the profession and scientists to return to the essence of their mission: to work for the well-being of everyone. In particular, he encouraged the work of researchers in the field of what he calls positive

psychology(Adler & Kessous, 2020). It can be defined as the scientific study of situations and ways of thinking and acting that influence our positive emotions (Pavani & Savu, 2020).

For Shelly L. Gable and Jonathan Haidt “ Positive psychology is the study of the conditions and processes that contribute to the flourishing or optimal functioning of people, groups, and institutions”(Gable & Haidt, 2005). This means that psychology has gone beyond working on the psychology of personal happiness to being based on three levels: the personal, the interpersonal, and the institutional.

2.2. Positive psychology and other fields of psychology?

Many definitions have been given of the term psychotherapy. One of the most general is that proposed by E. Giusti (1995): "Psychotherapy always constitutes a meeting between two or more people, in which one defines himself or herself as needing help and asks to be treated or to change, while the other possesses and is recognized for having determined personal qualities and a body of theoretical and technical knowledge, which he uses to help the other to produce a change"(Chambon & Marie-Cardine, 2014). we can talk about four types of psychotherapies: psychoanalytic therapies, humanistic therapies, cognitive behavioral therapies and systemic interactional therapies. Contrary to widespread belief, people who undertake psychotherapy are neither weak nor crazy. Most do it to better manage their stress, to reduce their distress or to get to know themselves better, without necessarily being struggling with a psychological disorder. Carrying out such an approach is a sign that the person is in contact with his needs and that he has the will to meet them. There are also other types of treatments more oriented towards psychobiology, including those specific to psychiatry, such as medications(Hill & Pavese, 2021).

3.2. The importance of Positive Psychology

There is a gap between psychology and the world of work, and the positive psychology practiced in the field of work falls into that gap. This science is aimed at developing well-being at work, by allowing the employee or management, to identify and develop their internal resources, in order to control stressful and destabilizing situations(Boniwell, 2012).

3. Methodology

The research plan is based on a methodology represented by the definition and history of positive psychology. Then, identify the research problem, the theoretical framework and previous studies that dealt with positive psychology and various psychological fields, through a comparative

analytical approach. In addition to presenting and discussing the results, a focused summary of the most important results with some recommendations will be developed at the end.

4. Results and discussion

In epistemological terms, the history of science is a history of extensions and rupture. Positive psychology is the scientific study of what is going well in life, and at each of its stages. The purpose of positive psychology is to describe and prove facts, something that will enrich psychological and social interventions. It would seem that the first areas of application of these works are classical psychopathological problems: anxiety, depression, personality disorders. But he largely goes beyond the traditional framework of Medicine and psychotherapy to apply it to personality development. The areas covered are grouped around three main (Cottraux, 2008) :

- Most important concepts off positive psychology: Conditions _ process _ Development _optimal functioning _ individuals- groups and institutions.

- The treatment for positive psychology is not only to fix what is broken, but also to educate what is better...

- Positive psychology goes beyond the psychology of the happiness of the individual.

- Positive Psychology is declined to 3 level: personal - interpersonal - societal.

Positive subjective experiences, in particular happiness, well-being, pleasure and fullness.

- Positive character traits, in particular optimism, the practice of altruistic values and empathy.

- Positive institutions, both those that manage education, and those that organize work or social life in general.

It can be further detailed through an example that prevails in the lives of individuals, such as depression, which is an important public health problem that is still difficult to treat today despite the existing therapeutic arsenal (antidepressants and cognitive behavioral therapies ...). Today's psychotherapeutic approaches based on the principles of positive psychology offer new and promising clinical prospects today. This article aims to raise awareness of positive psychology and present the main characteristics and positive effects of positive psychotherapy used in the treatment of depression. It should be noted that it proves to be particularly effective and complementary to cognitive-behavioral therapies for depression, the benefits of which are likely to stimulate. Also, the results of experimental studies are in support, we encourage the use by French doctors of therapeutic exercises recommended by Martin Seligman et al. To cultivate a sense of well-being will allow to cope optimally with depression (Csillik et al., 2012)

5. Conclusion

Positive psychology highlights qualities such as optimism, courage, work ethic, and well-being. There are some recommendations in this research, including seeking to promote the maximum development of individuals and organizations, thus improving the quality of life, developing happiness and promoting social change.

6. Recommendations

1. Adoption of positive psychology as a complementary approach for others studies in psychology.
2. Investment of positive psychology as science talked very old and innovative topics.
3. Giving life value because besides psychological problems, there is a real life, rich in meaning and potential.

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