

The Effect of Positive Psychology on the Human Beings from the Viewpoint of Seligman

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Abstract

The purpose of this study was the effect of positive psychology and the being of human from the perspective of Martin Seligman. The research method is archive-based research. The sample of that include all of the human. The findings show that psychological phenomena such as happiness, optimism, hope, creativity and self-esteem are the result of positive experiences of the mind. Happiness and inner satisfaction are not the mainstream of psychology in the positive sense. All the clinical efforts of positive psychology focus on increasing psychological well-being and happiness. The result states: People, families, and communities need happy people to flourish.sustainable satisfaction of humans, that is, happiness, good mental state, positive emotions and a series of emotions (especially positive emotions), attitudes (life satisfaction), beliefs (such as the belief that everything is going well) and other mental states. In fact, positive psychology is a scientific study of positive emotions, positive personality traits, and the structures that make this growth. Positive approach claims the positive emotions, abilities and meaning in life.

Keywords: Positive Psychology, Sustained Internal Satisfaction, Seligman's View

Introduction

Positive Psychology is one of the newest branches of psychology. This special field of psychology focuses on success and manes. Positive psychology is a new approach to psychology that focuses on understanding and developing happiness and well-being, and the precise prediction of the factors that affect these categories (Bertolino, 2012). Positive psychology is a scientific study of positive emotions, positive personality traits, and the structures that cause this growth. (Seligman and Misally, 2000). The main objective of positive psychology is the prosperity of happiness capabilities, life expectancy, optimism style, psychological well-being and people's minds, and the search for compatibility and self-esteem and self-esteem characteristics. The importance of positive psychology is expressed by the fact that the confrontation with hardship reveals the abilities of the individual. Positive psychology is also more helpful in helping people to rejoice. (Seligman et al, 2006). These capabilities include courage, optimism, interpersonal communication skills, faith, compliance with work ethics, hope, integrity, adequacy, insight, and so on. Positive Psychology Literature: An approach from a positive perspective with the promotion of mental well-being and happiness to treat the defects of disorders.

The result of the effective of positive psychology on decrease depression, stress and anxiety is that changing individual attention and awareness about positive abilities and uplifting people's capacities against depressive factors can help to prevent depression and prevent it. The present study shows that there is a positive effect between positive and positive activities and positive depression and depression and an increase in well-being. Not having a positive view of life and cynical documents is one of the most important factors that contribute to the emergence of anxiety and the emergence of depression. The purpose of this study was to investigate the relationship be positivist psychology and the bring human. Given that in today's society, most people even at a young age are not happy and more than they pay attention to the resources of their lives, they think more about their shortcomings and failures, and this feeling deprives them of happiness and they cannot live of nostalgia. They never taste the pleasure of being in the present life and they are constantly involved in disturbing and thoughts so positive psychology tries to indicate the ways for people who live in the present life with this purpose to decrease the depression in our society. And all of the styles that we mentioned are ways of being positive psychology. Seligman notes that: They saw that research budgets focused on the treatment of the mentally ill, and that the other two tasks of psychology were to improve the lives of the population to the norm and to educate the elite. "Before World War II, it was emphasized that they should be forgotten, that psychology should become 'victimology', and that psychologists should consider human beings to be not dynamic and creative beings, but passive and possessed by external forces."

Methods

The method of this article is an archive-based research, along with its score analysis, has been used. Pessimists usually think that misery is their own fault. They believe that the cause of their particular misery, or the general problem (such as stupidity, lack of talent (or ugliness), is permanent and therefore they do not hurt themselves to change their situation. (Seligman, 2012). In the scientific of positive psychology reactions for past or future are not "normal. Seligman believes: "It does not have to be this, and that A Different Method Explaining the Barriers to Yourself an "Explaining Method" to Prevent Crises That Cause Your Depression, your success will reduce the amount of success in every aspect of life (work, relationships, health.

Results

Concepts Emphasized in Positive Psychology:

Concepts Emphasized in Positive Psychology from Seligman's point of view can be summarized in three principles:

1. Positive emotions enjoyable life,
2. engagement (active life),
3. meaning
4. (Purposeful and meaningful life).

A pleasurable life with positive past excitements includes feeling satisfied, convinced and relaxed. Optimism, hope, trust, faith, positive emotions are future-oriented. (Rashid, 2008). In sum, a life involves enjoying, getting busy and having meaning through doing separate activities or doing a single activity. In the opposite direction, an empty life is a life that these three dimensions do not particularly have dimensions of engagement and meaning, and this often leads to psychological problems. (Seligman, 2011).

The objective of positivist psychology from Seligmansthepoint of view

The objective of positivist psychology is to accelerate the development of psychology. The transformation that makes the main concerns of psychology turns from the restoration of bad things in life to create the best quality of life. (Baily and Snyder, 2007) The phrase, a life worth living, is a life worth living (Wang and koo, 2011).

Achievements of Positive Psychology from Seligman's View

Positive Psychological Achievements are in 5 categories. (Seligman, 2018)

1)Experience of positive emotions. 2) An experience of mental retardation and aggravated in the moment. 3) Meaning. 4) Successful relationship. 5) Success.

Positive Emotional Experience

Positive psychology tries to use all the achievements of psychology knowledge to stimulate emotions and positive emotions in people. Positive emotions are two categories: positive emotions associated with the present; positive emotions associated with the future. The first category of emotions includes: optimism, hope, trust, Reza Mandy, pleasure, realization, pride and passion for the great positive emotions associated with the

past. In conjunction with the second category, positive emotions can be said to include: pleasures of an instant and more stable ones. Pleasures include both physical pleasures and great pleasures, physical pleasures come from the senses, but great pleasures come from more complex activities, such as bliss, joy, comfort, euphoria and Happiness is included. The pleasurable inner pleasures of the Hellenes, which include enthusiasm or enchantment, and activities that require the use of unique strengths, are different from pleasure. (Seligman,2002). Any sense of being based can be placed in this group. For example, happiness and life are in this collection.

The Experience of Mental Retardation and Momentary Excitement

Positive psychology also takes another dimension, and how much of our activities can drown us so much that we do not realize the passage of time? A person who is close to self-actualization it can regulate its work plan and its activities in such a way that this kind of experience can make a big difference in its life.

Meaning: Seligman Megara defines what we mean: our life is serving something that is more valuable than ours.

Successful Relationship: Seligman considers the field of human relationships to be positive in the field of positive psychology. In other words, when the relationship is normal or positive, psychologists can still help us work toward a better relationship.

Success: Seligman emphasizes that psychology must recognize and help people in their efforts to succeed. His research shows that humans love and endeavor to succeed, even if they lead to positive emotions or meaning. In other words, positivist psychology accepts that success, for its own sake, can be attractive to humans for any other endpoint, and psychology must help them.

Method of Positive Explanation from the Viewpoint of Seligman

Pessimists usually think that misery is their own fault. They believe that the cause of their particular misery, or the general problem (such as stupidity, lack of talent (or ugliness), is permanent and therefore they do not hurt themselves to change their situation. (Seligman, 2012). Few of us quite we are pessimistic, but most of us will allow pessimism to take full control of the past events of our lives. In the scientific sense of psychology these reactions are considered "normal." But Seligman believes: "It does not have to be this, and that A Different Method Explaining the Barriers to Yourself an "Explaining Method" to Prevent Crises That Cause Your Depression Even if your pessimism is normal, your success will reduce the amount of success in every aspect of life (work, relationships, health)." Seligman made new discoveries using new methods for a life insurance company. Insurance sales Omar has been recognized as one of the hardest vendors that really undermines the spirits of people involved. Every year, the company spent millions on training its vendors, but most of them left the job and went elsewhere. He suggested that, instead of using the usual standard for recruiting staff (work experience, etc.), they would use them based on the grade that they were using in an apprenticeship test. As a result, vendors who were recruited on that basis were the best performing 20% in the first year and 57% better in the first year. It was clear that these people had a better way to deal with the "no" by the number of people who used to pay for life insurance, which made them unable to stop working. (Halehoob.ir).

Optimism and Success

Usually people think that success is optimistic, but the picture is correct. That means optimism can be successful. Optimism, if repeated, leads to success, as the experience of life insurance salespeople has shown, just in the moment the pessimist person bends down and gets tired, the optimistic person passes through an invisible barrier and succeeds. Gets Failure to pass through this barrier is usually interpreted as laziness or lack of talent. Martin Seligman says: "Those who surrender will never question the definition of defeat or humiliation," those who usually pass "obstacles" to their inner conversation and with limited thoughts They are confronted with their own, and there are always reasons to go away from the barrier.

Sustainable inner optimism and satisfaction

According to Seligman, and the research that has been done, it has become clear that gaining and sustaining satisfaction with pleasure without expanding personal capabilities is not possible. Happiness, as a goal of positive-oriented psychology, is not just about acquiring momentary mental states, but happiness is considered to be the notion of a perception of personal life. Research shows that if, during the day and in our interactions with others, there are many positive or neutral neutralities, and there is only one negative interaction, when we enter the bed, most of us, instead of focusing on the pleasant things that are for us We only think of it as a negative experience, even if a lot of positive experiences are much more than negative experiences. This is an intrinsic psychological phenomenon of human being, called a "negative tendency to weaving". We always pay more for negative things in our lives, and spend more on our negative energy, rather than on trying to find positive things. (Mousavi, 1396). You might think that you are having a rumination of 1 memoir, insight, while what you are doing is just to recapture the negative feelings and stress. (Christine, 2015). If you do not hesitate to rumble yourself, it will surely lead to your inner satisfaction.

The common ground between most of the research on sustained inner satisfaction with regard to its meaning is that inner pleasure is the inner happiness, as well as the inner satisfaction of humans and the censorship of their money, but they are wisely linked, according to a study, the standard limit of money is \$ 75,000. More than this amount, there is no difference in the amount of joy in individuals. Have you ever noticed that when you feel good about yourself, are others even better than ever? Is this not a strange change in others? The world is a reflection of us. When we hate ourselves, we hate everyone and love ourselves when we are; the world looks fantastic and well-meaning. The image that humans have in their minds determines what kind of behaviors they will dance with, who they will love, what they will try to get what they will avoid and what they will avoid. How do we see all our thoughts and movements? Experiences, situations, failures, the thoughts we have about ourselves and the reactions of others towards us are all shaping the image we have in our possession. Believing in the truth of this image is that we can live our lives right in its chalk. So, our mental image determines how much we love the world and how much we want to live in it. (Mitoos, 2015).

The Secret of Sustained Diligence

The secret of the endearing inner happiness of humans is the work of the Prophet. The

effect of the word means that we have a goal and, with steadfastness and stability, move small steps to it, and do not let it go. (Darren, 2016). The beginning of every new day tells you that it's worthwhile to smile because it's a beauty that is good for you, a beauty inside, and this beautiful beauty with the presence of the world itself. Happy, life is all about. Life is yours! Life is an opportunity for you so that it is what you want. (Nameless, 1384). This is a fact that is part of the importance of memories related to our pleasures and the pleasures of our inner lives for the experience. (Daniel, 1394). That is why the best part of a vacation, the planning section for that vacation, and the reminder of it in the future. So, for your inner satisfaction, try to remember all the good old memories. An article published by the American Psychological Association, published in the Journal of Social and Personality Psychology, shows that there is a close relationship between sharing others with good things and the enduring inner happiness of humans. The tables below are just show the Seligman's questionnaire and the method of scoring them.

Table 1. Martin Seligman Optimism Questionnaire

Rows of questions	Questions	Range
1	The project you are running is successful.	PsG
	A) I consider close-ups of all people during work. B) All people have spent a lot of time and energy.	1 0
2	You reconcile your wife (friend) after a fight.	PmG
	A) I'll give it away. B) I'm usually forgiving.	1 0
3	You lose your friend while driving home.	PsB
	A) I forgot to turn around. B) My friend made the address bad.	1 0
4	Your wife (your friend) surprises with a gift.	PsG
	A) He has done a great job. B) I also had a guest at the same place last night for dinner.	1 0
5	You have forgotten the date of birth of your spouse (your friend)	PmB
	A) I'm not good at remembering birthdays. B) My mind has been infected with other things.	1 0
6	You have received an unannounced flower.	PvG
	A) I was attractive to him. B) I am a famous person.	1 0
7	You are responsible for running the department or you are successful in your work.	PvG
	A) I spent a lot of time and energy. B) I'm hard at work.	1 0
8	You lose an important appointment.	PvB
	A) Sometimes I do not have a good memory. B) Sometimes I remember to look at my calendar.	1 0
9	You are responsible for a work situation and you are failing.	PsB
	A) I have not tried enough. B) Other people who were successful were more familiar.	1 0
10	You were a good host for a dinner party.	PmG
	A) I did my best at that night.	1

	B) I'm always a good host.	0
11	You have prevented from criminality by contacting the police. A) strange voice drew my attention. B) That day I was totally aware and well-informed.	PsG 0
12	You have been healthy and healthy throughout the year. A) As few people get sick, I was not very ill. B) I had enough rest and my nutrition was good.	PsG 1 0
13	dollars due to delays in making the book available to the library, \$ 10 fine. A) When I really read the book, I often forget the date of return. B) I was so busy writing my report that I forgot to return the book.	PmB 1 0
14	Your 14 stocks are expensive. A) This was my decision. B) I have a high-class worker.	PmG 1 0
15	You have been champion in a sports match. A) I'm invincible. B) I was practicing hard.	PmG 1 0
16	You have failed in one important test. A) I'm not smart enough for this test. B) I was not prepared enough.	PvB 1 0
17	You prepare a special meal for your friend, and he will not do it at all. A) I'm not a good cook. B) I made food in a hurry.	PvB 1 0
18	You lost a sporting event that you have long practiced for you. A) I am not a good athlete. B) I'm not good at that.	PvB 1 0
19	Your car runs out on a dark street at the gas station. A) I did not check the gas tank. B) Gasoline was damaged.	PsB 1 0
20	You went to the grill in front of your friend. A) He always eats my nerves. B) He was in a hostile situation at that time.	PmB 1 0
21	Fine due to failure to pay on time. A) Always delay this task. B) I'm lazy this year.	PmB 1 0
22	You invite a person to a meeting and he does not accept. A) That day, I became very busted. B) I stuttered the language when invited.	PvB 1 0
23	In an audience view, you are selected to help the moderator. A) I was sitting in a suitable place. B) I looked so eager.	PsG 1 0
24	You always wanted dancing at the party. A) I'm comfortable at parties. B) I was very good that night.	PsB 1 0
25	You do not like your wife (friend), and she does not like her. A) I do not think so well for such purchases.	PsB

	B) is hardcore and violent.	1 0
26	You will appear well in a job interview. A) The confidence of that day was good. B) I always make a good interview.	PmG 1 0
27	jokes say you laugh all. A) Joke was a tune. B) I said the right time to joke.	PsG 1 0
28	bosses have given you a little time to do the project, but you'll do it all the way. A) I am good at work. B) I am an effective person.	PvG 1 0
29	You have recently felt exhausted A) I have no time to rest B) I was very busy this week.	PmB 1 0
30	. You ask a dancer or not A) I'm not good enough to dance. B) Othello did not dance.	PsB 1 0
31	Save a person from the dead by force. A) I know how to prevent it. B) I know what to do in times of crisis.	PvG 1 0
32	Your emotional partner wants to relax somewhat. A) Very self-centered. B) I do not have enough time for him.	PvB 1 0
33	Your friends say something that breaks your heart. A) He always comes out of it without words. B) My friend was not good at that day.	PmB 1 0
34	Your employer wants your opinion. A) I am an expert in my field of work. B) I give helpful comments.	PvG 1 0
35	friends thank you for helping you in a bad situation. A) I enjoy helping him at any time. B) I am a kind of friend.	PvG 1 0
36	In your heart, it is very pleasing to you. A) It was all friendly. B) I am friendly.	PsG 1 0
37	Your doctor tells you that you have physical health. A) Because I'm good at exercising. B) I am interested in my wellbeing.	PvG 1 0
38	Your spouse (your friend) takes a romantic place for the weekend. A) He needs a relaxing break. B) He likes to discover new places.	PmG 1 0
39	Doctor says that you eat a lot of sugar. A) I do not care about my diet. B) Is it possible to give up sugar?	PsB 1 0
40	of you want to become a project supervisor. A) Recently, I have completed a similar project	PmG 1

	B) I am a good supervisor.	0
41	You have a lot of fights with your spouse.	PsB
	A) Recently, I've been crazy and created.	1
	B) He has recently been hostile.	0
42	When you ski, you eat the ground.	PmB
	A) Skiing is hard.	1
	B) The ice-skating track was frozen.	0
43	You get a great reward.	PvG
	A) I have solved a big problem.	1
	B) I am the best employee of the company.	0
44	The value of your stock is coming down.	PvB
	A) I do not know much about stocks and trading.	1
	B) I have not selected good stocks.	0
45	Tests win.	PsG
	A) It was quite a chance.	1
	B) I chose good numbers.	0
46	You have found overweight in the holiday and you cannot downgrade it now.	PmB
	A long-term diet is never effective.	1
	B) My diet has not been effective.	0
47	At a hospital, you have a little promise to come to your visit.	PsB
	A) I get sick early when I get sick.	1
	B) My friends are silly about these issues.	0
48	in your credit card store is not valid.	PvB
	A) I sometimes buy more than the amount I have.	1
	B) I sometimes remember to pay the credit card charge.	0

Table 2. The method of calculating points based on Martin Seligman's Optimism Questionnaire

Index	Score	Variables
PmG(permanence Good)	Optimistic=0 PmG (permanence Good)=8	Permanent optimism
PmB(Permanence Bad)	Pussy = 0 PmB (Permanence Bad)=6	Sustained Pessimism Optimistic
PVG(Pervasiveness Good)	pessimistic = 0 PVG (Pervasiveness Good)=8	Optimistic optimism
PVB(Pervasiveness Bad)	Pessimistic=0 PVB (Pervasiveness Bad)=8	Optimistic pessimism
PSG(Personalization Good)	Pessimism = 0 PSG (Personalization Good)=8	Optimistic Optimistic Optimistic
PSB(personalization Bad)	Pussy = 0 PSB (personalization Bad)=8	Optimistic pessimist

Note. The score for each of the variables, shows that these scores are based on Martin Seligman's optimism questionnaire and it suggests that positivist psychology and inner satisfaction have a meaningful relationship.

Table 3. Ratio of Optimism and Indicators

Total Bad	Total B Total Bad	10-11 Good / 6-9 Relatively optimistic / 3-6 Medium optimism / 14 Very good.
Total Good	Total G Total Good	14-16 Very optimistic / 17-19 Optimistic / 19 Average optimism / 11-13 Very pessimistic / 10 and less than perfect.
Good-Bad	Good-Bad	0-2 Very pessimistic / 3-5 Relative / 6-8 Objectivist / most awesome.

Discussion

The results are consistent which found that sustained human satisfaction, positive emotions, and a series of emotions, especially positive emotions, attitudes (life satisfaction), beliefs (such as beliefs That everything is going well) and other mental states, which are consistent with the findings of Martin and colleagues (2007). There is also a contradiction between the research by Christine Caltech who was opposed to rumination and Seligman's study of nostalgia (looking backwards) that my research results are in line with the results of Christine Carter, as well as the result of his research on it I have come to the point that self-

Martin Seligman and Chic St. Mihai (2007) are the main founders of this fledgling movement, which claims: "Positive psychology is the scientific study of the ideal function of man and aims to discover and promote the factors that enable the growth and prosperity of individuals and societies." Christopher Patterson (2010) said that "Positive psychology is the scientific study of things that make life more valuable for living," says one of the most famous scientists in the field of defining positive psychology. He, then, highlights the components of this definition as follows: "psychology" and "psychology is science and science are based on" empirical evidence", so positive psychology is neither a program of selfishness "nor a" moral advice "nor a" thought "Positive. It warns us that the field of psychology is deformed. Psychology is not only the study of disease, weakness and injury, but also the study of virtues and abilities. Treatment not only focuses on the inaccuracies, but also builds on and reinforces the inaccuracies. Psychology is not just about illness and obsession, it is also about work, education, insight, love, growth and play. Positive psychology does not rely on impossible aspirations, self-deception or baseless arguments for what is best in this quest. Rather, it seeks to adapt scientific methods to specific problems that arise in human behavior in all its complexity. "The goals of positive psychology are:" Mental level: positive psychology, positive mental states, or positive emotions. Like happiness, it studies the satisfaction of life and love. Mental states also include constructive thoughts about oneself and the future, such as optimism and hope. Focuses. At this level, positive psychology involves the study of positive behaviors and traits that were previously included in a person's virtues and strengths. Group or social level: Positive psychology focuses on creating and maintaining

positive organizations. Topics such as the formation of virtuous Civics, creating healthy families and studying healthy work environments are at this level. Positive psychologists focus on happiness and mental health, while clinical psychology strives to reduce anxiety and mental disorders. For decades, psychology has studied, identified, and treated diseases, injuries, and defects until Martin Seligman introduced positivist psychology. Martin Seligman argued that instead of focusing on injuries and diseases. To focus on healthy and vibrant people who are looking for growth and success and self-fulfillment. By focusing on these strengths and positive personality traits (such as hope, optimism, efficiency, flexibility, resilience, etc.) can enhance their growth and prosperity. Increased life in these people. The most fundamental principle of positivist psychology is living in the sense that we can get the most out of life in the moment, regardless of past experiences and future expectations. The characteristics of positive human beings are: "Having healthy behavior, feeling beautiful, not worrying about the future, having knowledge and science, having spirituality. One of the principles that Seligman puts forward in positivism is optimism." "If a person can learn helplessness and depression, then he can also learn optimism." He believes that prevention is more important than cure. To do this, you can find people who have your worrying negative traits. Then try to adjust those traits from your own point of view, it is easier for a person to accept and change the negative traits of others. It became the famous theory of psychology, "learned helplessness." This theory, backed by decades of research, explains that humans and animals learn to be helpless and feel they have lost control of what happened, Seligman points out, noting that many people with depression feel helpless. He attributed this phenomenon to depression. His efforts on this issue provided the motivation, votes, and evidence needed to support Russians in treating depressive symptoms and ways to prevent it. Although this in itself is admirable, Seligman knew there was more to offer to society. Of psychology and in a broader sense has the outside world. It deals with more works on psychology, motivation and motivation. After becoming famous for his theory of "learned helplessness", he turned his attention to other features, characteristics, and perspectives that could be learned in advance and internalized

Conclusion

The results of this study showed that there is a significant relationship between positive psychology and enduring internal happiness. These results are consistent with the findings of Rask et al. (2013), which found that sustained human satisfaction, positive emotions, and a series of emotions, especially positive emotions, attitudes (life satisfaction), beliefs (such as beliefs That everything is going well) and other mental states, which are consistent with the findings of Martin and colleagues (2007). There is also a contradiction between the research by Christine Caltech who was opposed to rumination and Seligman's study of nostalgia (looking backwards) that my research results are in line with the results of Christine Carter, as well as the result of his research on it I have come to the point that

self-awareness is an important factor in the sustained inner happiness of humans, because self-awareness leads to the goal in life, and efforts to achieve the goal lead to a sustained inner satisfaction in humans, and consciousness is a kind of faith, and the neighbor's place of happiness and inner happiness Stable people. Also in line with Christine's (2015) research, which has been opposed to rumination, the study also concludes that positive-oriented psychology creates charismatic personality, a person who is sad but does not tell it, and has a positive attitude They are a great help. It is suggested that great attention should be paid to the mental health of individuals and the quality of life of individuals in order to create a lasting inner satisfaction. It should help people develop their abilities and competencies so that they can achieve lasting inner satisfaction. Another suggestion of this can be that people have the ability to hope, optimism, skill, perseverance, inner motivation and psychological self-esteem to create a sustainable inner happiness in people and prevent illness. Another way to make people happy with inner self-esteem has been to strengthen people's self-esteem and provide them with an internal control capability. In the endeavor of enduring inner satisfaction, individuals can be motivated to become outsourced, and the extraversion of people in the sustained inner satisfaction of humans is very effective. Positive emotional enhancement, including being (goodness, chewiness, cheerfulness, and cheerfulness, can also have a significant contribution to sustaining inner satisfaction. Reinforcing self-esteem (such as being secure, strong, and focused, and focused, and masturbating) is included. Can be remarkable in enhancing the sustained inner happiness of humans.

Disclosure Statements

The author of this study declared no conflicts of interest.

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