

IMPACT OF POSITIVE EMOTIONS ON ANXIETY AND PERSONALITY: A WAY TOWARDS WELL BEING

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ABSTRACT

The concept of emotion was an early topic within psychology. Yet emotional phenomena were not studied because the proponents of behaviorism considered them as irrelevant and misleading phenomena. It was only in 1984 with the formation of the International Society for Research on Emotions (ISRE), the first multi-disciplinary professional association for scholars specializing in this area, that emotions science emerged as an organized subspecialty. Since then, research on emotions has expanded. Yet even decades after emotions became an accepted topic of scientific inquiry, psychologists focused only on negative emotions, namely fear, anger, sadness, and the like. Likewise, Applied Psychology and Psychiatry focused on human weakness rather than strengths. But the emergence of Positive Psychology movement has seen a redirection towards the scientific exploration of human strengths and virtues. It offers a balanced perspective of studying psychological assets and deficits. Like all emotions, positive emotions are brief, multi-system responses to some change in the way people interpret or appraise their current circumstances. They are also short-lived experiences that produce changes in physiology, thoughts, and behaviors. Positive emotions are more than the absence of negative emotions. For example, feeling happy or excited is more than not feeling sad or bored. While negative emotions often lead to withdrawal and behavior restriction, experiencing positive emotions are believed to lead to an individual engaging with their environment in an adaptive manner. Evidence suggests that people who experience frequent positive emotions are successful and proficient across many spheres of life. Positive emotions lead people to think, feel, and act in ways that promote both resource building and involvement with approach goals. This paper has majorly tried to focus the impact of positive emotions on anxiety and personality, which further leads to wellbeing.

Keywords: Emotions, Positive emotions, Anxiety, Personality, Well-being