

POSITIVE PSYCHOLOGIE: THE SEARCH FOR WELL BEING

ZÜRICH

Martin E.P. Seligman

marty@apa.org

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Central Europe & PP

- ▣ 100 years of LH and Oppression
- ▣ Intellectual Dogma Background

Darwin, Marx, Freud

Driven by the Past

- ▣ Entrenched Pessimistic Premises

Negative Emotion & Negative Events

Illness and Depression

Childhood and History

Hard Determinism

The Goal: Remediation & removal of disabling conditions

New Premises

- ▣ *Positive Emotion & Positive Events*

Well Being

Drawn into the Future

Will and Choice

The Goal: To Build Enabling Conditions and to Flourish

Happiness Theory

- ▣ Life Satisfaction (Intervening Variable)

Positive Emotion

Engagement (Flow)

Meaning

- ▣ Aim: Increase Life Satisfaction

- ▣ Problems

Subjective Variables

Not Exhaustive

Mood 70% of Life Satisfaction

Overcounts Extraverts

Well Being Theory

- ▣ Well Being (Hypothetical Construct) PERMA

Positive Emotion (Life Satisfaction,)

Engagement

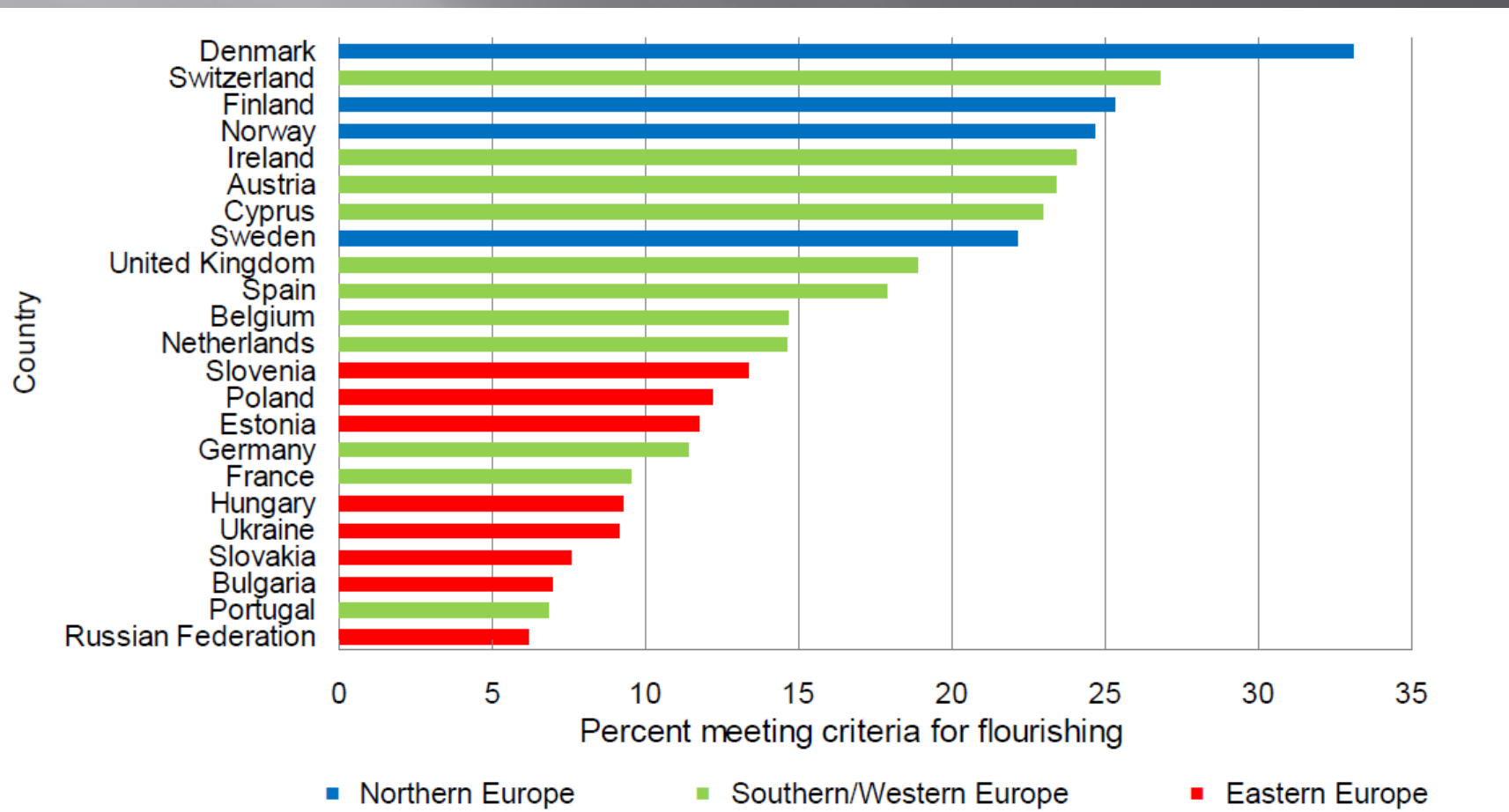
Meaning

Positive Relationships

Accomplishment

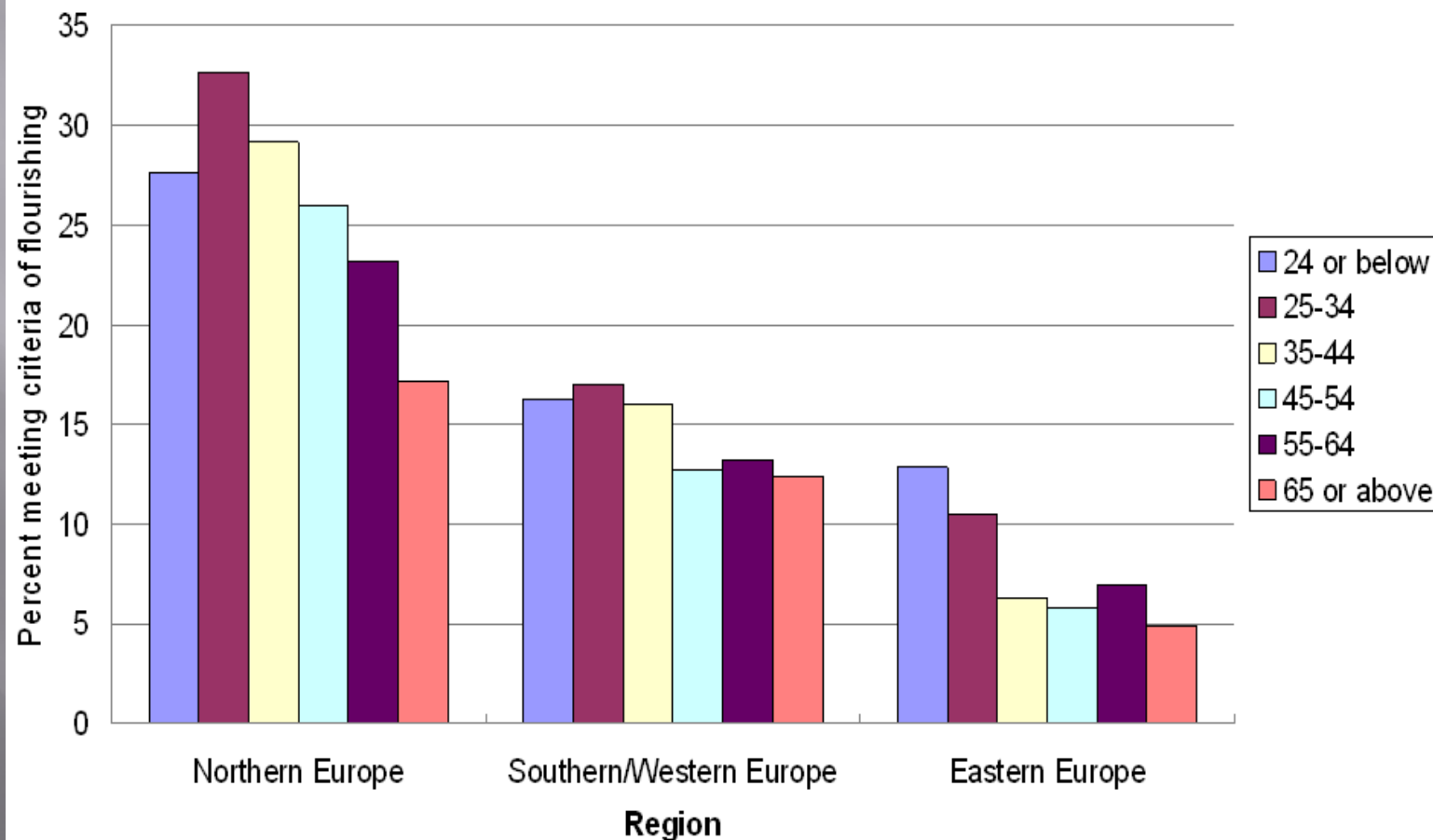
- ▣ Aim: Increase Well Being
- ▣ Dashboard of PERMA

Huppert & So 2010



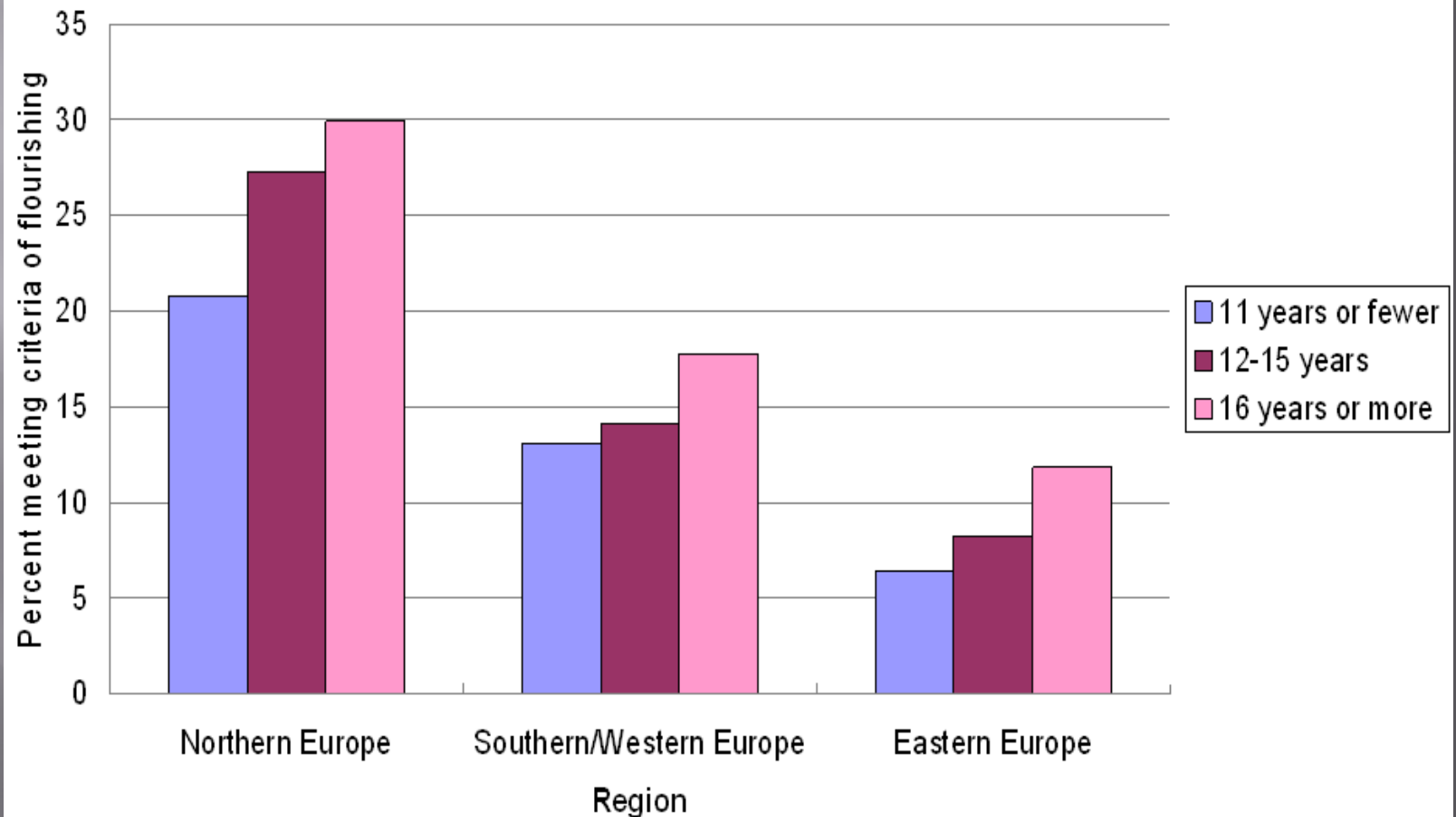
Prevalence of flourishing in Europe by age group

ESS data 2006/7, n=43,000



Prevalence of flourishing in Europe by years of education

ESS data 2006/7, n=43,000



INDIVIDUALS

PERMA

Positive Emotion

Losada Ratio (Fredrickson & Losada, 2006)

- ▣ *2.9:1 Business*
- ▣ *5:1 Marriage*
- ▣ *Teenage?*

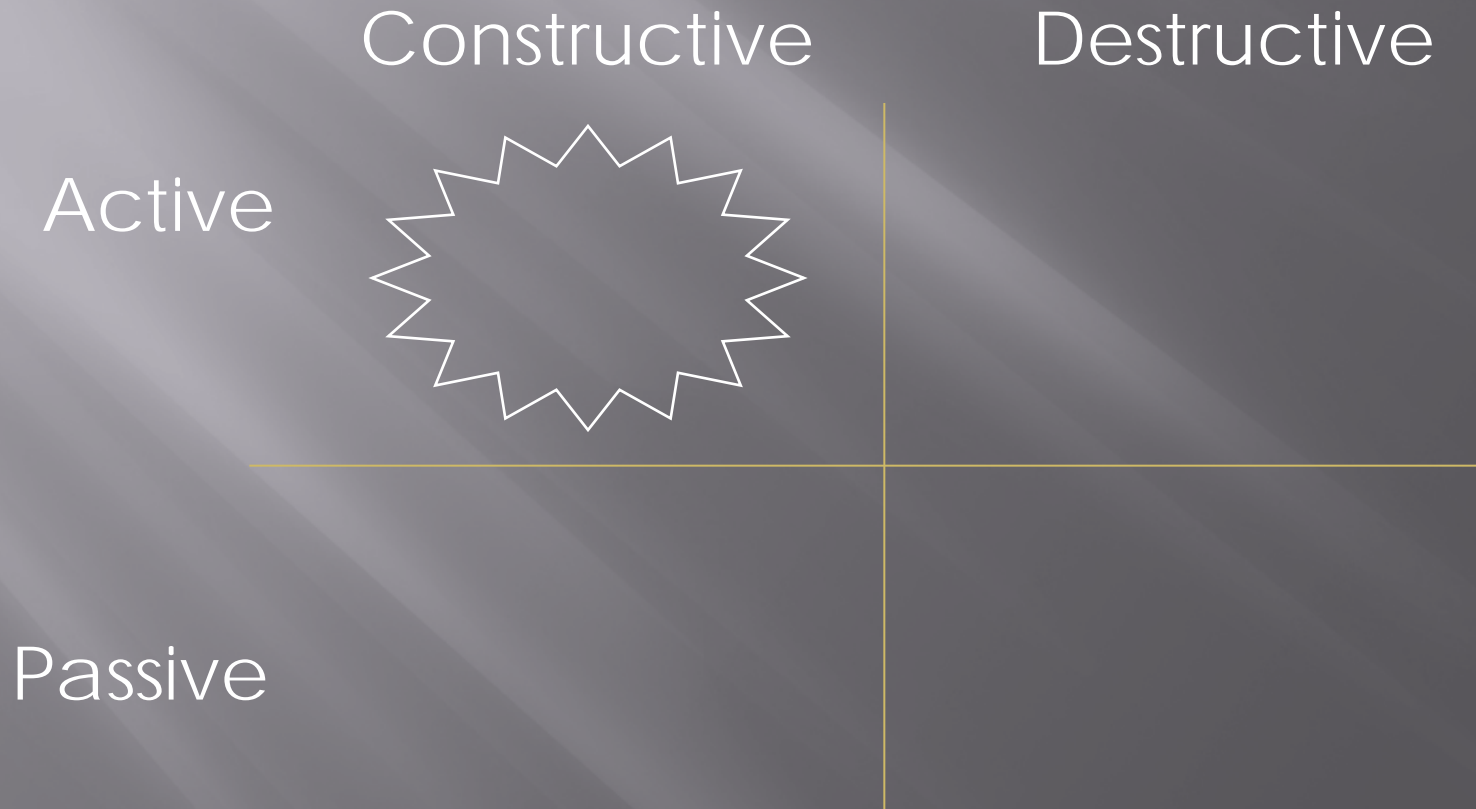
PERMA Engagement

Using Signature Strengths

www.authentichappiness.org

PERMA Relationships

Active Constructive Responding



PERMA Meaning

*Belonging To and Serving
Something Bigger than Self*

Altruism versus Pleasure

•PERMA Accomplishment

GRIT

Who Never Gives Up?

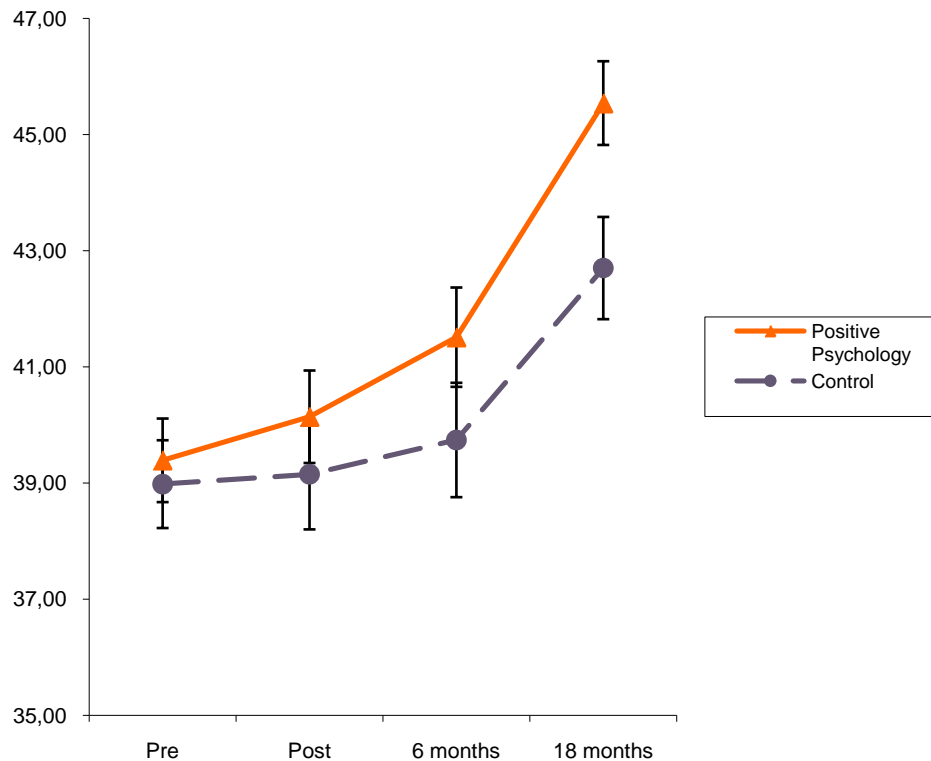
West Point
Grades
Spelling Bee

SCHOOLS

•Penn Resilience Training (PRP)

- ▣ 21 replications worldwide (3000 children)
- ▣ Whitehall
- ▣ Controlled Experiments
- ▣ Diverse Samples
- ▣ Led by Teachers
- ▣ Children learn to
 - handle day to day stressors
 - realistic optimism
 - assertiveness
 - decision-making

Social Skills (Teacher SSRS)

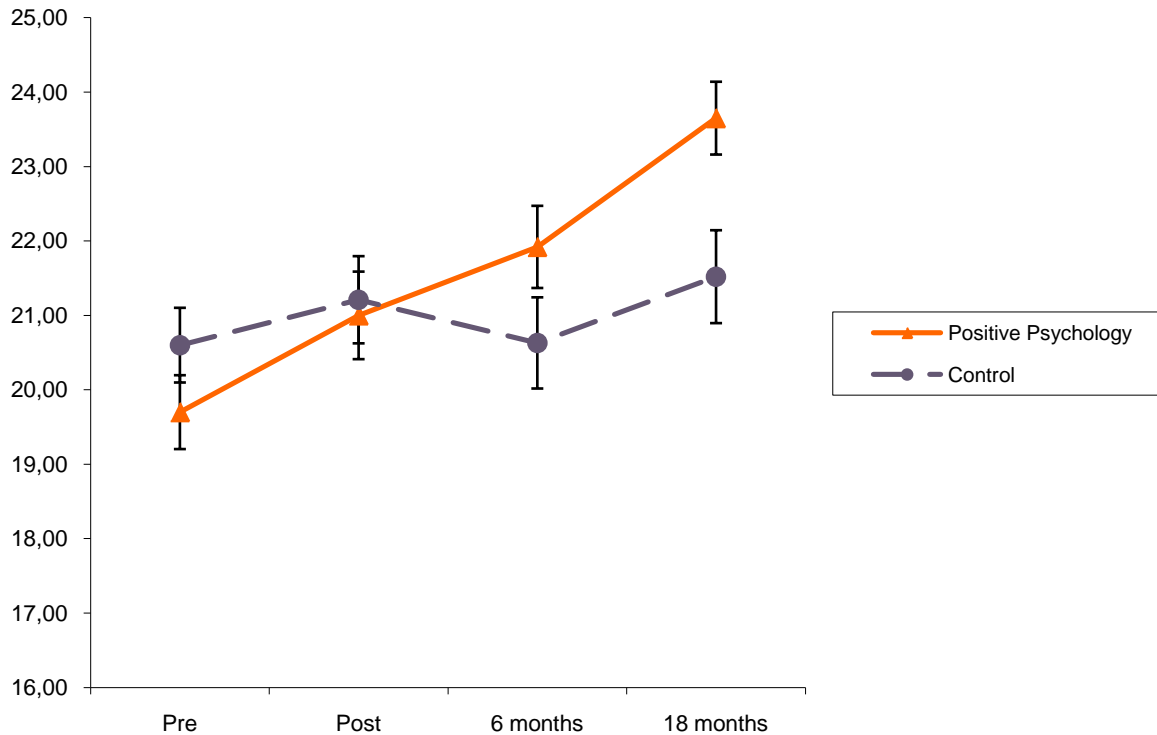


Social Skills Rating Scale

Measures: Teacher's report of students behaviors related to social skills, including cooperation, assertiveness, and self-control.

Sample items: "Volunteers to help peers on classroom tasks." "Politely refuses unreasonable requests from others."

Learning Strengths (OSS)



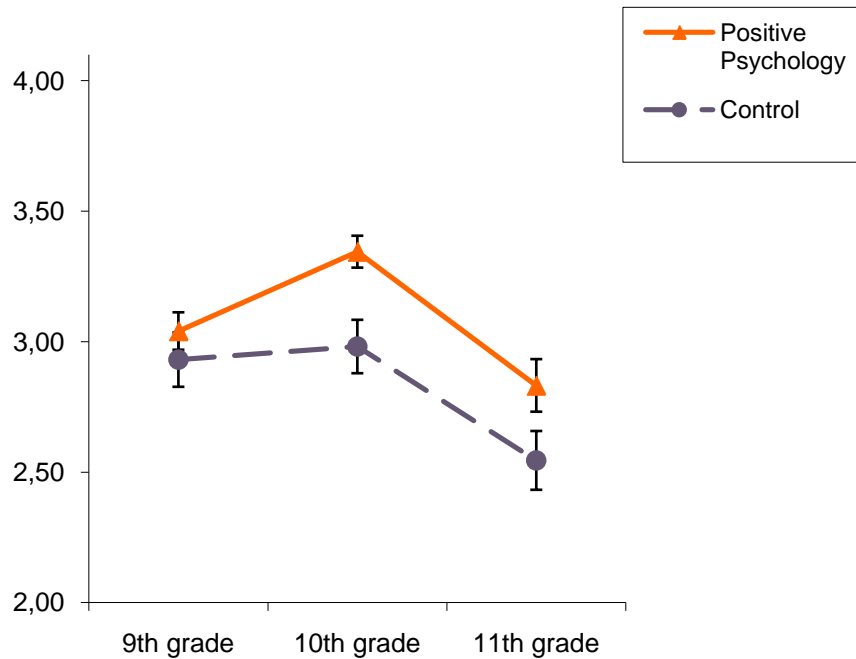
Teacher Observation of Strengths Scale : Learning strengths factor

Measures: Teacher's report of student's behaviors related to engagement in learning (e.g., curiosity, love of learning, creativity, zest)

Sample items: Think of actual situations in which this young person experienced failure or a setback. How frequently did he/she show CURIOSITY?

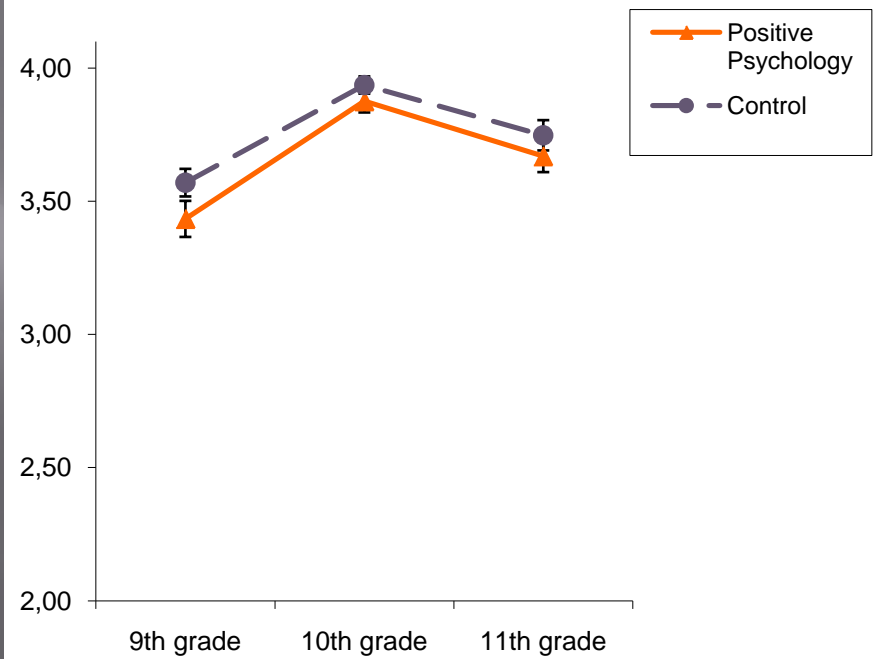
Language Arts (English) Grades by 9th grade Language Arts Level

CP: English GPA



Non-Honors

Honors: English GPA

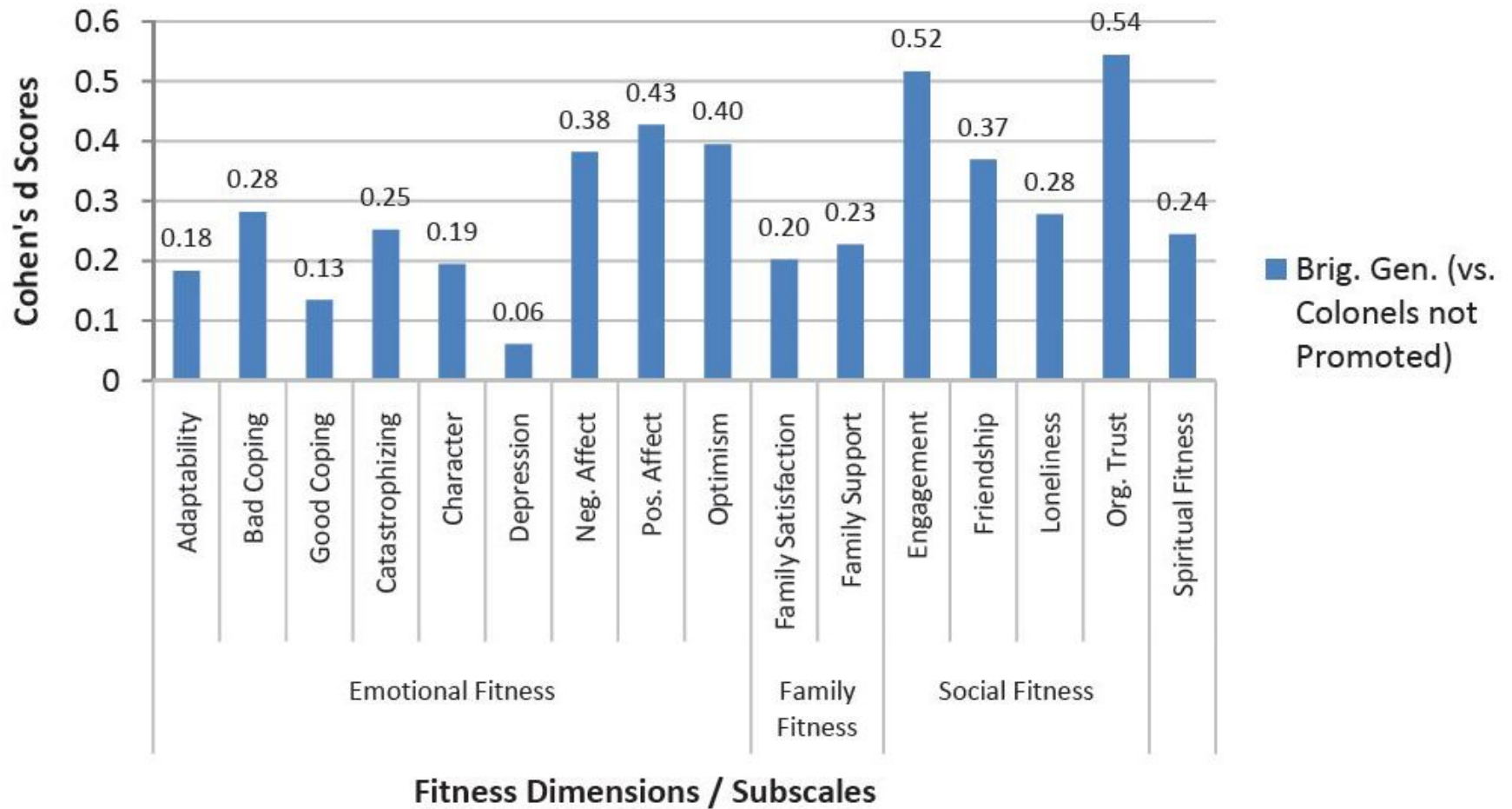


Honors

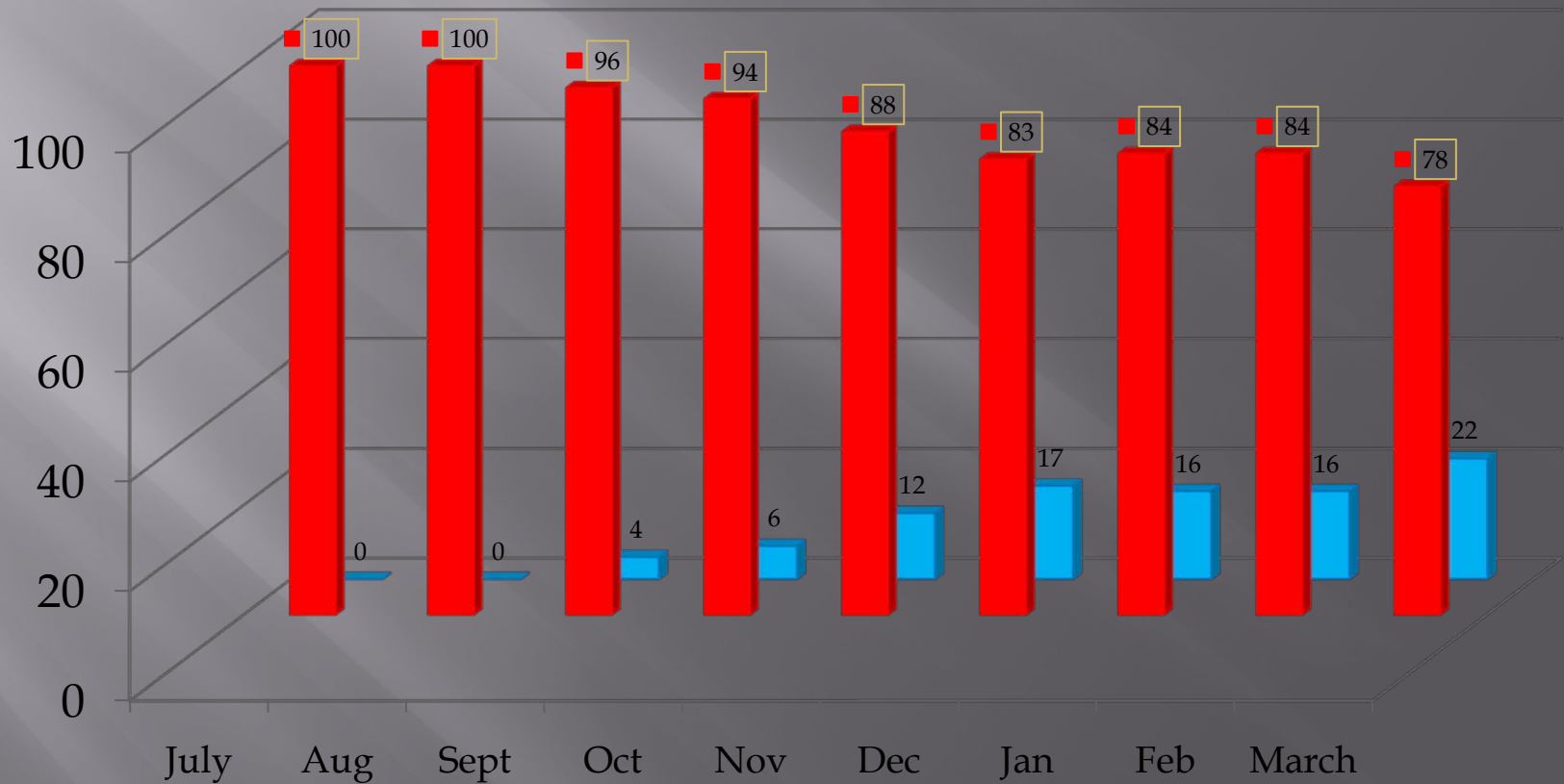
Huge Organizations

- ▣ Comprehensive Soldier Fitness

Figure 1. Relationship between Promotion to Brigadier General and GAT Fitness Subscales



% Suicide: Gestures, Attempts, Ideas



Measuring PERMA

- ▣ Subjective and Objective
- ▣ Robert Wood Johnson: Positive Health
- ▣ Dashboard vs Single Measure
- ▣ The Lexicon & PERMA Games

Politics of Well Being

- ▣ Military & Economic Centuries
- ▣ What is Wealth For? GDP vs GWB
- ▣ The Safety Net and Florence
- ▣ The Camel, The Rebel, & The Child Reborn
- ▣ What can every human being say “Yes” to?
 - More Positive Emotion
 - More Engagement
 - More Noble Purpose
 - More Positive Relationships
 - More Positive Accomplishment

Sources & Resources

- ▣ www.positivepsychology.org
(Literature)
- ▣ www.psych.upenn.edu/seligman
(Literature & Manuals)
- ▣ www.authentichappiness.org
(Questionnaires)
- ▣ seligman@psych.upenn.edu
- ▣ [Flourish](#), 2011: N.Y.: Free Press
(My New Book)