



Positive Psychology and Quality of Life

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Abstract

Psychology is no longer the same as before, when people talk among themselves about it and where the only link to this science was with the world and the psychiatrist "Freud". It is no longer a science for diagnosing mental illness only where psychologists focus in studying the shortcomings of human performance and ignores the aspects of positive growth in performance. Although the problems of incompatibility were among the most common topics in psychological studies compared to the topics of positive development, the search for positive aspects of psychological and behavioural development has become more extensive. This paved the way for the spread of positive psychology that started with the American scientist Martin Seligman (1998). Since then a rapid growth in area and level of studies, research and application of positive psychology and the concept of quality of life and which utilized the earlier literature of since the beginning of the second half of the twentieth century. Actually, this new psychology school has focused with great interest in the natural sciences, humans and social life and influenced various psychological disciplines, theoretical and applied.

In this paper we explore how psychology was the first to understand and determine the variables affecting the quality of human life, primarily because the quality of life in the end is an expression of cognitive perception. It is now a discipline for understanding and improving the quality of the self and realizing the depth of the life for the human-beings which they are not aware about. Therefore, the focus is to explore the relationship between positive psychology and quality of life and to clarify this relationship according to the modern trends in psychology. The author concludes with confirmation of how the quality of life as we know it today is part of positive psychology.

Keywords: Positive Psychology, Quality of Life, Human Life, Cognitive Perception.



1.0 Introduction

The movement of positive psychology, in general, is a kind of thinking that addresses the various psychological and social issues that psychologists are interested in. Scientists have devoted a large part of their studies to examining various aspects of unhappiness in human life, but they have refrained from their contributions, analyzes and theoretical perspectives in dealing with that bright aspect of their lives. Besides, ignored the positive aspects of growth in this performance. Although the problems of incompatibility were among the most common subjects in psychological studies compared to the subjects of positive development, the search for positive manifestations of psychological and behavioural growth became more common, The path to the spread of positive psychology, which is a branch of psychology emphasizes the study of each leads to improve the psychological performance of the individual to beyond the mental health in the traditional sense, where psychologists in their studies focus on the determinants of human happiness and factors that lead the individual to A satisfying life in which he achieves his ambitions using his abilities to the maximum extent possible in order to reach the satisfaction of himself and others, leading to the achievement of quality of life, which is a modern concept that has received great interest from researchers in many sciences, including natural and human ones.

2.0 Literature Review

Positive psychology has a long and old age and maybe old, but it has a very short history. It started in 1998 after the luxury of Martin Selgman's inauguration as president of the American Psychological Association. 17). It is a scientific discipline that aims to achieve a general goal of understanding and to define the factors that enable individuals, institutions, societies to thrive by employing the best in scientific methods in studying human problems and relieving them of mental suffering, not focusing on these sick or sick images, The positive psychology advocates believe that the discovery of these reservoirs and virtues and their commitment to care and development, in turn, leads to an understanding of the human being and urges him to change his negative ways of thinking in himself and in the world and in others, thus eliminating the most important sources of disturbance to the elite life, that is negative thinking. (Seligman & Csikszentmihalyi; 2000; 5-14)

Since the beginning of the second half of the 20th century, researchers have been interested in understanding the quality of life as a concept associated with positive psychology, as the number of researches in this field has included the subjective experiences, the positive habits and personality traits and everything that leads to improving the quality of life. For that quality, life for man is what he knows from it. (Raghda Ali Naissa: 2000)

As a result, Yahya Al-Najjar and Abdul Raouf Al-Tala (20015) conducted a study entitled: "Positive Thinking and its Relationship to the Quality of Life of Civil Society Workers" in Gaza Governorate, which aimed to identify the levels of thinking and its relation to the quality of life among civil society employees. (100) individuals from the governorates of Gaza and the results have reached a correlation relationship statistically significant between positive thinking and quality of life.

And the study of "Manal (2007)" entitled: "Feeling happy and its relation to both satisfaction with life and optimism and the direction of control in married and unmarried in the light of some demographic variables," which aimed to reveal the relationship between feeling happy and satisfied with life and optimism and the direction of control, The effect of demographic variables (marital status, age, level of education and number of children) on the study variables. A sample of 204 was applied working Saudi women between the ages of 25-60 and those with a high school and above. The results showed a positive correlation between the feeling of happiness and satisfaction with life and optimism. There was no significant correlation between feeling Happy and the setting destination.

There are no differences in the degree of happiness, satisfaction with life and optimism between married and unmarried women. Revealed statistically significant differences in the direction of control according to marital status in favour of married women, where they were more oriented towards the internal destination.

There are differences between the study sample in the degree of happiness, satisfaction with life, and optimism due to age. In this sense, the problem of the study came as follows:

Is there a relationship between positive psychology and quality of life?

3.0 Objective of the Study

The main objective of this study is to clarify the relationship between positive psychology as a modern knowledge stream in psychology and quality of life.

4.0 Synthesis of Literature

4.1 Definition of Positive Psychology:

Positive psychologists describe: "Studying all human strengths and studying what can prevent people from falling into the clutches of mental and behavioural disorders, as well as studying all the individual, social, and societal factors that make human life worth living," He said.

As defined by Crystal Park (2003): A science that deals with the study and analysis of personal experiences, such as personal well-being, quality of self-existence, satisfaction and satisfaction (in the past) . (Crystal L. Park, 2003, P: 3).

At the individual level, positive psychology involves studying and analyzing the positive traits of the individual, the ability to love and work, the courage, the skills of social relations with others, the sensibility and aesthetic taste, perseverance, tolerance, originality, mental openness and aspiration for the future, spiritual passion, high talent and wisdom.

At the community level, positive psychology revolves around virtues and social institutions that move individuals toward patriotism, responsibility, communion with others, attention to altruism, literature and morals, moderation, endurance, and work creation. (Seligman & Csikszentmihalyi; 2000; 5)

4.2 Areas of Positive Psychology

Seligman & Csikszentmihalyi (2000: 5-9) presented an attempt to categorize areas of research in positive psychology into three areas:

4.2.1 Positive Experience

It means everything that makes an individual live happy at a moment's best moments, so researchers can do their research in the field of what is known as "the life is fun, pleasant or joyful or the life of pleasure and pleasure" The pleasant Life, and is based on this study and examine how they enjoy (Such as quality of life, optimism, happiness, relationships, hobbies, interests). These topics can be dealt with as a case. They are concerned with studying the causes of moments of happiness or optimism. What distinguishes the Individuals who are happy or optimistic have qualities and personality traits compared to those of unhappy, pessimistic individuals.

4.2.2 Positive Personality

Studies are interested in positive personal aspects such as love and courage, and all studies are involved here in that they consider the individual as characterized by self-organizing and self-directed orientation and self-directed and adaptation.

Positive psychology focuses on the study of the positive aspects of personality and positive personality traits that contribute to improving the quality of life and the sense of happiness and life expectancy of the individual, which in turn contributes significantly to achieve a high level of psychological compatibility, and who has been positive psychology works To discover the principles and positive aspects, abilities and positive features in the personality of the individual in the sense of the search for areas of strength and excellence in the individual's personality and development and emphasis and empowerment and prepare for its growth and care so as to protect against the individual may be the threats and problems and frustrations in The context of his daily life. (Littile & Littile; 2004: 155-162)

4.2.3 Social Context

One of the importance of positive psychology is to study positive groups and institutions. The development of feelings of contentment, satisfaction, optimism and hope in the future contributes to the individual's sense of happiness, and the development of the social context and social relations in the achievement of happiness and comfort for the individual and good citizenship, so that individuals and experiences are important elements in the social context. Positive personality traits in the individual such as love, courage, tolerance, originality, perseverance, responsibility and the pursuit of a better level of honest citizenship based on the ideals, ethics, values and principles that society has assumed for itself will contribute to the attainment of happiness and social and psychological compatibility.

4.3 Enjoy Life

The enjoyment of life is one of the positive personality variables that have recently begun to concern itself within the framework of positive psychology. Therefore, the enjoyment of life due to its modernity is evident in the set of definitions that dealt with this concept from the distant Oqrib when it coincided and coincided with another positive concept, It is the concept of happiness, both of which are part of another broader concept and the concept of "quality of life" (Tahia Abdel-Al, Mustafa Mazloum: 2013,82).

Veenhoven, R., et al., 1996) defines it as: "The degree to which an individual evaluates the quality of his personal life in particular from a positive and enjoyable perspective, which depends on the extent to which the individual accepts himself and the life he lives, and how he focuses on the positive aspects of his life More than the negatives. "Diner and others (Diener, E, et al., 2000, 162), in his definition of life, refer to "the rule of an individual who is aware of his life." This term coincides with another broader and more comprehensive concept of " The methods of assessing people are called themselves or themselves, and this term includes some variables that include such as (enjoy life, emotions, or positive feelings, and lack of negative emotions).

Diner and others (Diener, et al., 2000) also point out that self-well-being includes two main components:

1) *Emotional component*: which indicates the availability of positive feelings and the negative effects are lost. Veenhoven, R. (1996) has a sense of being and a sense of satisfaction and achievement in life.

2) *Cognitive component*: It is the assessment that the individual produces over the quality of life that he lives by dissolving and passing by its splendor, cruelty, gravity and fertilization and that "self-well-being" as a concept described by some researchers as: "The cognitive assessment of the individual about the life he lives and in a comprehensive manner (job, social relations, trends, trends in life, marital life, psychological and physical health as a whole). Reedy, R., 2005, 720) defined it as: "A situation in which the individual is in a good state of physical, psychological and emotional health is expressed by the individual with feelings of delight and enjoyment of

various life activities." Reddy also said that the enjoyment of life is only a series of social processes, including the development of awareness of the reality of the pension and try to overcome the stage of remorse for what has passed and accept the current status quo as it is, and deal with it realistically and effectively with the problems of the status quo.

That is why Timothy (A., 2005, 264) has determined that life is a "positive assessment of self and potential in general." Thus the researchers see that it is clear through the previous set of definitions that:

- 1) *Enjoying life is a kind of general and subjective assessment of an individual's life that reflects a positive outlook on both life and self.*
- 2) *The individual can live life in a positive and positive manner in such a way that the individual is able to interact positively, more satisfactorily, and more capable of bearing the consequences.*
- 3) *The enjoyment of life is a condition and not a feature, and it is a form of self-enjoyment of life in the individual, which is within the concept of more general and comprehensive self-welfare.*

4.4 Quality of Life Definitions

Al Ansari (2006) believes that the concept of quality of life (QoL) is closely related to two basic concepts: welfare and well-being, as well as other concepts such as development, progress, improvement, satisfaction and needs. (Feeling satisfied and satisfied, and security when satisfying the needs and motives). QoL was defined by the World Health Organization (WHO) as: "the individual's awareness of his or her own way of life in the context of the systems of culture and values in the society in which he lives, and the relationship of this awareness to his goals, expectations and level of interest" (who; 1994)

(Bonomi, Patrick & Bushnel, 2000) emphasized that quality of life is a broad concept that is influenced by interrelated aspects of subjective and objectivity, related to the state of health, the individual's psychological state, the degree of autonomy he enjoys, the social relations he has and his relation to the environment where he lives.

Mansi and Kazem's definition: the individual's sense of satisfaction, happiness and ability to satisfy his needs through the richness of the environment and the quality of services provided to him in the health, social, educational and psychological fields with good management of time and benefit from it. (Mansi and Kazim, 2006).

4.5 Dimensions where QoL and Positive Psychology Integrates

According to Carol Raeff 1995, the quality of psychological life includes the following dimensions:

4.5.1 Self-Acceptance

Refers to the capacity to the maximum extent allowed by the capabilities and possibilities, personal maturity, and the positive direction towards the self.

4.5.2 Positive Relationships with others positive relation with others

This refers to the ability to establish positive social relationships with others based on trust and solidarity, the ability to be in solidarity with others, and the ability to take and give with others.

4.5.3 Autonomy

Refers to the ability to self-determination, self-reliance, and the ability to control and regulate personal behaviour.

4.5.4 Environmental efficiency and Environmental mastery

And refers to the ability to select and visualize appropriate environments, and personal resilience while in environmental contexts.

4.5.5 Purpose of Life Purpose of Life

And this indicates that the individuals have a goal in life, and see the direction of his actions and actions towards achieving this goal, with perseverance and determination.

5.0 Discussion

Clearly, there are many dimensions that integrate the QoL and positive psychology. Schallok (2004; 203-216) for example, developed eight dimensions of quality of life:

1- Quality of emotional life: include a sense of security, spiritual aspects, happiness, self-concept and contentment or satisfaction.

2- Interpersonal Relationships: include intimate friendship, emotional aspects, family relationships, family interaction and support.

3- Quality of Living Material: include the physical situation, social security factors, working conditions.

4- Personal Improvement: includes the level of education, personal skills, and level of achievement.

5- Physical Quality of Life: includes health status, nutrition, motor activity, health care, leisure time, health insurance.

Self-determinants include independence, self-selection, self-direction, goals and values.

7- Social Interaction: includes social acceptance, social status and characteristics of the work environment, and volunteer activity.

8- Rights: Includes privacy, the right to vote and vote, the performance of duties, and the right to property.

6- Quality of life components:

There are also many factors that determine the determinants of quality of life:

1- Ability to think and take decisions.

2- Ability to control.

3- Physical and mental health.

4- Life conditions and social relations.

5- Religious beliefs, cultural values and civilization.

6- Financial and economic conditions, which determine each person what is the most important thing for him and that brings happiness in the life he lives.

The quality components of the World Health Organization are represented in several elements:

- a) Physical health: An individual's ability to perform dynamic body functions and fitness is essential.
- b) Mental health: the ability to recognize and express feelings, and the individual's sense of happiness and psychological comfort without disruption or hesitation.
- c) Spiritual health: everything related to religious practices.
- d) Mental health: It involves the ability to think clearly, sense of responsibility, and the ability to make decisions.
- e) Social health: the ability to establish relationships with others, and to communicate and respect others.
- f) Quality of Life Constraints:

The construction of the psychological system of each of us has strengths and weaknesses, on the one hand, and the social context in which the individual lives on the other. It should also be noted that the majority of care and education situations are overly focused on resolving individual problems. This is both positive and positive. To improve the quality of personal life We must focus on problems with weaknesses, but we must focus on all dimensions of quality of life and the use of strengths and all the possibilities available to improve the quality of life.

Thus, when we speak of strengths and weaknesses in ourselves, we must internalize the internal conditions, which are the physical, psychological and social characteristics of the individual. External conditions are those factors associated with the effects of others or the surrounding environment, as mentioned by Abdelmuti (2005, 25). The relation between possibilities and obstacles in the self is reflected in Table (1).

Table (1) shows the obstacles and possibilities of achieving quality of life

Possibilities	Obstacles	Type of Conditions
- Skills - Positive life experiences. -Positive mental mood, humour and fun. -	- The disease - Disabilities - Negative life experiences	Internal conditions
- Availability of various sources of social and emotional support and multi-donor.	- Lack of social and emotional support. - Conditions of life or bad living.	External conditions



- Availability of good care models		
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g) Enjoy life and quality of life: Enjoying Life & Quality of Life

Vinhoven (2001) stated that the concept of quality of life is a comprehensive concept that encompasses three sub-concepts:

- 1) Quality Living Environment.
- 2) Quality Performance.
- 3) Self-enjoy Life.

This means that the concept of enjoying life is one of the basic sub-dimensions of the concept of quality of life and that the enjoyment of life came under the name of self-indulgence in life, because the enjoyment of life reflects a special assessment of the individual to judge the quality of life that lives and enjoy it from the perspective of self and private.

Thus, Carroll Raiff & al. (1995, 85-95) argued that the quality of life is: "The positive sense of well-being is also monitored by behavioural indicators that indicate high levels of self-satisfaction and life In general, as well as his continuous quest to achieve personal goals estimated, and the value and meaning for him to achieve independence in determining the direction and path of his life, and its course and stay and continue in the social relations positive with each other, and the quality of psychological life is related to the general sense of happiness and enjoy life and tranquillity and psychological tranquillity. The quality of life reflects "the individual's awareness of the balance between physical, psychological and social aspects to achieve satisfaction and enjoyment of life, and positive presence, because the quality of life reflects the psychological consensus as reflected by the feeling of happiness and satisfaction The quality of life is linked to the self-perception of this life, because this perception affects the individual's assessment of the substantive aspects of life (education, work, the standard of living, social relations on the one hand, and the importance of this) Doat for the individual on the other hand).

Although there is a clear overlap between the concept of quality of life and other concepts that include or relate to it, the psychological literature is full of a number of definitions, including that the quality of life is:

- 1) The ability to adopt a lifestyle that satisfies one's desires and needs.
- 2) Personal sense of self-efficacy and proficiency in dealing with challenges.
- 3) To improve the level of physical and social services provided to members of society and to move towards a lifestyle of luxury.
- 4) Enjoy the physical conditions in the external environment and the sense of well-being and satisfaction of needs, satisfaction with life, and the individual's perception of the strengths and implications of his life and sense of life and happiness to live in harmonious life compatible between the essence of human values prevailing in the community.



- 5) the degree of individual sense of continuous improvement of personal aspects in the psychological, cognitive, and creative aspects.
- 6) A state of consciousness that makes the individual able to satisfy his needs and enjoy his life and the circumstances surrounding it.
- 7) The individual's sense of satisfaction and happiness and the ability to satisfy his needs through the richness of the environment and the quality of services provided to him in all areas of life. (Ali Mahdi Kazem, Abdel Khaliq Bahadli, 2005, 67-87)

Thus, limiting the term quality of life to enjoyment and pleasure will make the personal experiences of the individual as the indicator through which we can judge the quality of life and enjoyment of the individual. Thus QoL can then be defined as good life: "The life that the individual loves and seeks and finds in order to live and stick to it"; because it involves meaning and a goal that seeks to make them worthy of living.

The enjoyment of life is an individual feeling that stems from the self and results from the values of the individual and his orientations or his high-profile ideas that make him capable of making the enjoyment of life. Thus, the enjoyment of this life is not merely a reflection of the temporary feelings lived by the individual. It is more about the meaning of life and the ideal goals, or the high strives he/she put for it, in order to reach it. It is about the desire to achieve 'the self' and make sense of his/her output, and this stems from our deep understanding of life. Thus, enjoying life, longer life, and the highest values of life resonate around the individual pigment of happiness and his view of joy and enjoyment and his/her sense of sustainable enjoyment.

6. Conclusion

Positive psychology is a modern and antithetical approach to traditional psychology that focuses on the model of disease, based on its interaction with human behaviour in terms of description, analysis and interpretation of the diagnostic and statistical evidence of behavioural mental disorders. Its main objective is to study and lead to the success of the individual in life. It also focuses on attention to positive self-experiences of human beings such as happiness and the quality of human life, which in turn, according to Mensi and Kadhim (2006), is an individual's satisfaction, happiness and ability to satisfy his needs through the richness of the environment. The enjoyment of life after a subset of the quality of life and it provides the reactions of the individual assessment of his life, whether in the light of satisfaction with life through this assessment of cognitive or emotional.

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