

POSITIVE PSYCHOLOGY: PERSONALITIES, MAJOR ISSUES, ADVANTAGES AND DISADVANTAGES

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ABSTRACT

Since the beginning of the emergence of Psychology flow (the flow of behaviourism), seen as a man filled with mechanical problems. This flow then sees the problem that exists in humans, not to mention with the view of psychoanalysis who viewed the memories of the past as the cause of suffering that exists today. That's why psychology that deals with the problem often referred to as negative psychology, because in its more to the negative side of human pathological. Psychology meant only limited offer of therapy over psychiatric problems. In fact, humans do not just want to be free of the problem, but also crave happiness. Martin Seligman, a psychologist expert study of optimism, pioneered a revolution in psychology through the positive psychology movement. Positive psychology positive emotions associated with the excavation, such as happy, kindness, humour, love, optimistic, kind, and so on. Positive psychology is not intended to replace or eliminate suffering, disadvantage or disruption (soul), but rather to add to the Treasury or to enrich, as well as to understand scientifically about the human experience.

Keywords: *Positive Psychology, Seligman, Positive Emotions*

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INTRODUCTION

Positive psychology is beginning to emerge and flourish of the second world war, where the postwar positive psychology focusing more on mental illness of war victims. That helps the victims to restore the well-being of her life more meaningful and more positive towards. Seligman reveals, there are three principal goals of psychology, before World War II, namely: (1) curing mental illness; (2) develop the potential of the individual, and (3) create a normal life meaningful. Then after the completion of the second world war, there was a shift of priority objectives where psychology is more focused toward healing mental illness because of the many war casualties who died or who suffered

trauma. So this is the background which led to the emergence of positive psychology to restore three main goals that are not solely for healing mental illness alone but also develop and make human life more meaningful, especially the second postwar.¹

Although other areas of psychology are not focused on human foibles, such as applied psychology and Psychiatry are in the 20th century. For example, the statement of the Sigmund Freud as cited Simonton and Baumeister (2005:99), that the purpose of psychology is: "to replace neurotic unhappiness with the suffering of the ordinary". Thus, applied psychology is concerned with the vast majority of mental illness along with understanding and help the people who live on the tragedy. Positive psychology, on the other hand, offers a balanced approach-oriented the earlier weakness it by suggesting that we must also explore the human strength along with their weaknesses. In pursuit of this, the focus is set on the power, however, we are referring to is in no way to diminish the importance and the pain associated with human suffering.²

Positive psychology³ is a branch of the new science of psychology which is growing where according to his view that life should have a meaningfulness (meaningfulness). This

¹ Snyder, Lopez, Pedrotti, Positive Psychology; The Scientific and Practical Explorations of Human Strengths, (United States of America: Sage Publications, Inc., 2001), 4. Although other areas of psychology are not focused on human weaknesses, where applied psychology and psychiatry are in the 20th century. As a result, For example, note the statement from Sigmund Freud that the purpose of psychology is "to replace neurotic suffering with unusual unhappiness" (cited in Simonton & Baumeister, 2005, p.99). Thus, applied psychology is concerned with most of the mental illness along with understanding and helping the people living on the tragedy. Positive psychology, on the other hand, offers a balanced approach oriented to this earlier weakness by suggesting that we should also explore the strength of humans along with their weaknesses. In this struggle, this focus lies in strength, however, what we mean is not at all to reduce the importance and pain associated with human suffering, See Martin EP Seligman, Building Human Strength: Psychology's Forgotten Mission, in APA Monitor, January 1998, p. 2.

² Snyder, Lopez, Pedrotti, Positive Psychology; The Scientific and Practical Explorations of Human Strengths, (United States of America: Sage Publications, Inc., 2001), p. 3

³ The term positive psychology first appeared in Maslow's book Motivation and Personality (1945). He said that psychology has been successful in terms of negative rather than positive terms. Psychology deals more with mental illness, as well as human weaknesses than human potential, goodness, and accomplishment. Furthermore, Maslow says that as if psychology has restricted itself, it becomes only half of its right to judge. In the most general terms, positive psychology uses psychological theory, research, and intervention techniques to understand positive, adaptive, creative, and emotional elements that meet human behaviour. According to Kennon Sheldon and Laura King (2001) in (W, 2005), positive psychology can be explained by the following definition: "What is positive psychology? It is nothing more than a scientific study of the power and virtues of ordinary people. Positive psychology looks back at "Average people" with

flow was born out of dissatisfaction against a major study of the psychology of the immersed in negativity. It looked at that concept in psychology should not just simply return negative circumstances become normal or returned at the point of zero. Yet human life must also be able to enjoy and feel the accomplishment, success and happiness for the sake of it can achieve a positive condition.⁴

Therefore, positive psychology studies people do so exactly and how they managed to do it, including what they do themselves, for their families, and for their communities. In addition, positive psychology helps people develop the qualities that lead to greater fulfilment for themselves and for others. Sheldon, Frederickson, Csikszentmihalyi, Rathunde, Haidt and (2000) provides the definition of the other: they define positive psychology as "the scientific study of optimal human function. It is aimed at discovering and promoting factors that enable individuals, communities, and societies to grow and develop." (in the book *Introduction to Positive Psychology*, William c. Compton).

Positive psychology is a branch of Psychology appears latest in the year 1998. Martin Seligman as President of the American Psychological Association (APA)

an interest in figuring out what works, what's right, and what's improving. The question is, "What is the basis of the efficiency of the function of human nature, does it succeed in applying the evolution of adaptation and learning skills?" And how can psychologists explain the fact that despite many difficulties, the majority of people manage to live up to their dignity and goals? Thus, positive Psychology is an attempt to urge psychologists To adopt a more open and appreciative perspective about potential human beings, motives, and capacities.

⁴ Subjective well-being can be defined as a cognitive and affective evaluation of one's life (Diener, 2000). The cognitive evaluation results of happy people are high life satisfaction, whereas effective evaluation is the number of positive affections and the least perceived negative affection (Diener et al., 1999). This notion, as stated by Alston and Dudley (in Hurlock, 2004) states that happiness is the ability of a person to enjoy his experiences, accompanied by a degree of joy. There are several essences of happiness, namely acceptance, affection, and achievement. Diener and Lucas (2000) mention the existence of two major components that form the happiness (subjective well-being), namely the component of affection and life satisfaction. The theory of psychological well-being was developed by Ryff in 1989. The concept of well-being in Positive psychology learns about the strengths and virtues that can make a person or a group of people successful (in life or achieving their life goals), and therefore they become happy. One of the main focuses of this branch of psychology is the quest, the development of abilities, the talents of individuals or community groups, and then helping them to achieve improved quality of life (from normal to better, more meaningful, happier).

introduces the basic principles of positive psychology, the traits of authentic happiness, and its complementary factors through practical methods that have been formulated.⁵

Positive psychology has three main pillars: first, a positive life experience on individuals by exploring emotions-positive emotions. The second pillar is a positive physical property of individual positive personality trait, dig the talent and the power of the individual. The third pillar is a positive community, dig positive social institutions, such as democracy, a strong family and education that encourages a positive development towards.⁶

Positive psychology learns about the strengths and virtues that can make a person or a group of people become successful in life or her life goal achieved. The main centre of attention from positive psychology branch this is the positive side of human beings. Besides that, according to positive psychology, human beings had ideas in the form of the

⁵ Snyder, Lopez, Pedrotti, Positive Psychology; The Scientific and Practical Explorations of Human Strengths, (United States of America: Sage Publications, Inc., 2001), p. 4. Seligman and Csikszentmihalyi define positive psychology as a scientific study of positive and growing human function at several levels that include biology, personal, relational, institutional, cultural, and global dimensions of life. The goal is to identify and enhance the power and human virtues that make it viable and enable individuals and communities to flourish. Positive psychology intends to initiate a change in psychology as a social science, a change that can lead to reorientation and transition from exclusively busy to improving the sick/bad conditions of life, leading to the development of the best quality in life.

⁶ In a research journal quoted by Alex Linley, et al, the definition of positive psychology is divided into two, namely reviewed through the level of meta definitive and pragmatic level. In the meth -finite level, the great goal of positive psychology to optimize human psychological function in achieving much better conditions, which William James calls healthy-mindedness, Abraham Maslow calls self-actualization, or fully-functioning person in Carl Rogers's concept actually implies Existence neglected on negative human condition. As if positive psychology is only their normal possession, those who are not subject to certain disorders. But at this point, the authors of the journal argue to see the positive aspects of the psychological condition of those who are experiencing a particular problem. So in the meta-definitive level, positive psychology is the ability of a person to be able to interpret the events of good or bad in life in a positive way so that humans can ensure he continues to develop towards a constructive (constructive). Whereas, if positive psychology is reviewed according to the pragmatic level, the author argues that any human experience will pass through a history, or causes preceding the process until it produces a certain outcome. In the pragmatic level, the author of the journal mentions what is called the definition of positive psychology, that is, the human understanding which involves the aspect of the full consciousness and the active mentality of the human being to understand what aspect causes something to happen to him, both pleasant events and unpleasant events; Then understand the process of occurrence, including how the dynamics are, and how the responses of behaviors and feelings are generated. Thus, those who have a positive paradigm are those who recognize themselves as a whole, then their assumptions are likely to know and can consciously interpret wisely what is happening in their lives. (See Linley, PA, & Joseph, S. (2004). Toward a theoretical foundation for positive psychology in practice In PA Linley & S. Joseph (Eds), Positive Psychology In Practice (pp. 713-731) Hoboken, NJ: Wiley

ability to choose, free will, preferences, courage, spirituality, wisdom, integrity, and fairness. If this potential is exploited carefully will bring happiness that authentic and sustainable.⁷

Judging from history, positive psychology is rooted in Humanistic Psychology flow or sect. Abraham Maslow, Carl Rogers, and Erich Fromm are the figures of humanist psychology that have been successfully developed research, practice and theory about happiness or positive individual lives. This effort is then passed on and developed by experts and practitioners of positive psychology to the empirical facts and continue to search for new phenomena to reinforce the work of humanistic psychologists.

As a relatively new approach to psychology grew, some of the issues talked about in positive psychology is well being (well being), hope (hope), optimism, life satisfaction, attachment (engagement), the prosocial behaviour, positive self-concept, gratitude (gratitude), self-efficacy, and others.

RESEARCH METHODS

This research was a research library, namely its research obtained from the study of literature or related literature. The study also included in the category of historical-factual research because that thought is the history of a person examined⁸. Judging from history, positive psychology is rooted in Humanistic Psychology flow or sect. Abraham Maslow, Carl Rogers, and Erich Fromm are the figures of humanist psychology that have been successfully developed research, practice and theory about happiness or positive individual lives. This effort is then passed on and developed by experts and practitioners of positive

⁷ Positive psychology studies about, among others, flow, happiness, subjective well being, psychological well being, emotional well-being/ flourishing, engagement, work-life balance, psychological capital, positive organizational scholarship, positive organizational behaviour PERMA (positive emotion, engagement, meaning, accomplishment).

⁸ Anton Bakker, *Metode-metode Filsafat*, (Jakarta : Ghalia Indonesia, 1984), 136

psychology to the empirical facts and continue to search for new phenomena to reinforce the work of humanistic psychologists.

As a relatively new approach to psychology grew, some of the issues talked about in positive psychology is well being, hope, optimism, life satisfaction, attachment (engagement), the behaviour of the prosocial, the concept of positive self, gratitude, self-efficacy, and others.

The data collected in this study include; the history of the birth of positive psychology, social and political conditions that became the background of birth of positive psychology, positive psychology figures, issues in positive psychology and positive psychological development.

A technique used to analyze the data is in the form of content analysis (Content Analysis), i.e. by using any method that is used to draw conclusions as the effort to find the characteristics of the messages and be done objectively and systematic⁹.

In order that this research can be guided and systematic, then research is done through the methodological steps as follows: first, to track and collect data relevant to the background and historiography birth of positive psychology. Therefore the book reference sources are not just limited to writing books about positive psychology and the thinking of Martin Seligman as President of the American Psychological Association (APA).

Second, process the data collected to be classified based on the similarity of themes and problems, then given a special mark to make it easier in the editing process. Then this data is linked to and compared with each other and put them in an abstract pattern that builds logically. The next step is to identify and classify the data in variables so that between each other there is an interlacing logical and systematic way.

⁹ Lexy J. Moleong, *Metodologi Penelitian Kualitatif*, (Bandung : Remaja Rosda Karya, 2002), 198.

Third, Analyze data, using historical-factual approach because researching about the figure and his thoughts as well as descriptive-interpretive, that is by giving an overview of whole and systematic in exposing the issues, people and development Positive Psychology. Therefore the method used is a qualitative method with descriptive writing techniques.

LITERATURE REVIEW

Seligman and Csikszentmihalyi have defined the positive psychology as the scientific study of the human function of positive and growing at some level that includes biology, personal, relational, institutional, cultural, and dimensions global life. The goal is to identify and to increase power and human virtues that make it viable and can live with allows individuals and communities to thrive. Positive psychology intends to initiate a change in psychology as a social science, a change that may cause the reorientation and the transition from exclusively just busy to improve the condition of the sick/the bad in life, towards the development of quality the best in life¹⁰.

Linley, et al, defining positive psychology on two perspectives, namely reviewed meta level through a definitive and pragmatic level. In the meta-definition level, the goals of positive psychology to optimize human psychological function in achieving a much better condition, which James calls it health William-mindedness. Abraham Maslow called it self-actualization, or fully-functioning person on the concept belongs to Carl Rogers, in fact implies the existence of the negligence (neglected) on the negative condition of man.

As if-positive psychology going, only belongs to those who are normal, they are not experiencing certain disorders. But in this point, the authors of the journal to see the positive aspects of the opinion on psychological conditions of those who are experiencing a specific problem. So in level meta-definitive, positive psychology is the ability of a

¹⁰ Snyder, Lopez, Pedrotti, *Positive Psychology; The Scientific and Practical Explorations of Human Strengths*, (United States of America: Sage Publications, Inc., 2001), 4

person to be able to interpret the good and bad happenings in her life positively so that humans can ensure itself continues to evolve towards a constructive (nature build). Whereas, if the positive psychology is reviewed according to the pragmatic level, the author argues that every human will be experienced what passes through a history of, or the reasons that preceded the process until then produced a particular result.

In the pragmatic level, author of the journal mentioned the so-called positive psychology definition, namely human understanding that involves full awareness and mental aspects of active human beings to understand what causes something can happen in in him, both the events of fun or unpleasant events; understand the process of occurrence, then covers how the dynamic of and how the response behavior as well as the resulting feelings. Hence, those who have a positive paradigm are those who recognize him as a whole, then the assumption they tend to know and consciously can interpret wisely what happened in his life

A. Positive Psychology Definition

Seligman and Czikzentmihalyi give a definition based on the kind of psychology that can represent invalid constructs to describe positive psychology definitively, namely: life satisfaction and well-being life, for example, to illustrate favourably in the past; flow (flow).¹¹ and happiness for example to describe conditions in the present,

¹¹ The theory of flow, the concept proposed by a psychologist named Mihaly Csikszentmihalyi. Other terms of flow are fiery, prime focus, full concentration, centred, in the zone, present, in the moment, groove, in tune, and others. Flow has several characteristics, namely a challenging activity that requires skills, where humans feel to have a great fun experience; The merging of action and awareness which means a person's ability is needed to cope with a situation and one's attention will actually melt into the activity he is working on; Clear goals and feedback where full engagement with flow experiences usually has clear objectives and feedback; Concentration on the task at hand where the fact that pleasant activity requires a focus is on the tasks that are underwritten, so that in the human mind there is no space left for information that is irrelevant to the task; The paradox of control in which humans engage with feelings of control and feel uneasy if they can not exercise control over the situations it faces; The loss of self-consciousness in which humans spend a great deal of time thinking about themselves, but also not thinking about themselves simply because they are fully concentrated and involved with their activities; And the transformation of time in general optimal experience is defined that human beings can transcend time more quickly than is actually happening, in other words, humans lose consciousness of time. Flow has activities to be able to change and evolve according to the times. Flow activity can change a person's way of looking at pleasant realities and

and hope and optimism to describe positive in the future. Similarly with other researchers that provide a definition of their respective glasses. Of course, the things they describe is a reflection of the research they have done before until then appears the ideal conditions to which they refer to as a positive psychological state. In this regard, the need to put forward two different perspectives.

The first is the definitive meta level. Author of judging, that what have been the major goal of positive psychology, to optimize the human psychological functions to achieve a much better condition, which James calls it health William-mindedness, Abraham Maslow called it self-actualization, or fully-functioning person on the concept belongs to Carl Rogers, in fact implies the existence of the negligence (neglected) on the negative condition of man. Positive psychology is just as if they are normal, they are not experiencing certain disorders. But in this point, the author argues for also viewed the positive aspects of psychological conditions of those who are experiencing a specific problem. So in level meta-definitive, positive psychology means is how can one define good and bad happenings in her life positively so that she can make sure her constantly evolving towards constructive.

The second is about pragmatic level, the notion that every human being experienced what will pass a historicity, or the antecedent that precedes the process until then produced certain outcomes. In the pragmatic level, what are known as positive psychology definition is the human understanding, involving the full awareness and mental aspects of active human beings to understand what causes

facts to expand awareness. The changed viewpoint makes one think and feel more than what he or she actually has. It is what makes a flow can develop. In its development, the flow has a close relationship with the culture. Culture has a role in evaluating flow. Each country has a different culture, the difference affects one's thinking so as to produce new thinking. Culture also creates a context where the flow is relatively easy to achieve through something unintentional. Culture is a construction against disorder designed to reduce the impact of diversity of experience, See Csikszentmihalyi, Mihaly. (1990). *Flow: The Psychology of Optimal Experience*, HarperCollins Publishers.

something to occur inside of her, both the events of fun or unpleasant events; then understand the process, including how its dynamics, and how the response behavior as well as the resulting feelings. Hence, those who have a positive paradigm are those who recognize him wholly. So assuming they know and consciously can interpret wisely what happened in his life.

B. Figures of Positive Psychology

As we know that positive psychology is a new movement in Psychology that put more emphasis on exploration of productive potentialities in man. Positive psychology learns about the strengths and virtues that can make a person or a group of people become successful (in life or her life goal achieved), and thus he becomes happy. One of the main concerns of this psychology is a branch of the search, development ability, the talents of individuals or groups of people, and then helped him to achieve improved quality of life (from normal to become better, more meaningful, happier).

The founder of the positive psychology movement is Martin Seligman¹² in 1998, while it also became President of the American Psychological Association (APA). At the time of his inauguration as President of the American Psychological Association's 1997 year, Seligman delivered a speech that was regarded as a milestone in the birth of the positive psychology movement in the world. In his speech, he mentioned that before World War II, there was actually three primary mission of psychology; First, cure mental illness; Second, make life happier; a third identify and nurture talent and genius intelligence. After World War II, the last two missions are

¹² Martin Seligman was born on August 12, 1942, in Albany New York United States. After graduating from high school he continued his education at Princeton University and graduated in 1964. Martin Seligman married Mandy McCarthy and continues together until now. The couple is blessed with six children Amanda, David, Lara, Nicole, Darryl, and Carly. Seligman earned a PhD. In 1967 at the University of Pennsylvania. His early career began as he served as an assistant professor at the University of Ithaca, New York. Seligman began research on theories of learning helplessness, pessimistic behavioural learning, where he led the discovery for the field of treatment and prevention of depression. In his research in the field of pessimism and depression he discovered and entered a new idea of optimism.

ignored altogether. Based on three missions, upheld three principles of positive psychology: (1) the study of positive emotions (optimism, happiness, affection), (2) the study of the positive attributes (virtue, creativity, tenacity, courage, love, etc.), and (3) the study of institutions which support a positive virtue.

Seligman using his chance of becoming President what to begin shifting the focus of Psychology became more positive psychology. President Seligman initiatives catalyzed by a series of meetings in Akumal, Mexico, scholars and scholars who could inform the conceptualization and early development of positive psychology, and the formation of the Committee brings the Seligman positive psychology System in which there is Mihaly Csikszentmihalyi, Ed Diener, Kathleen Hall Jamieson, Chris Peterson, and George Vaillant. From here followed by a network of Positive Psychology, later became a centre of positive psychology at the University of Pennsylvania, the first positive psychology Summit in Washington DC. Then, in the 7 years since the speech President Seligman, there are many positive psychology books, journal special issues, and the establishment of a regional network of positive psychology which reach out to the world.

In 2005, Seligman spent his time doing all the activities of Positive Psychology. Now, in 2006, the first issue of Positive Psychology, The Journal of Positive Psychology, was published. As a prominent advocate of positive psychology, Seligman in his movement has greatly accelerated and united the efforts of many prominent scientists who have become some of the key players in Positive Psychology. Includes the Committee of Positive Psychology Systems. Other prominent figures include CR (Rick) Snyder, who edited the special edition of Journal of Social and Clinical Psychology (2000) and influential Handbook of Positive Psychology (2002) (Peterson & Seligman, 2004).

Another important factor in the success of many of these initiatives is the financial support that enables them to carry out these activities, provided by donors such as the Templeton Foundation, The Gallup Organization, the Mayerson Foundation, the Annenberg Foundation Trust in Sunnylands, and Atlantic philanthropists. And given the imbalance of research between psychopathology and disease, relative to human strength and well-being, positive psychology also offers an excellent opportunity for rapid scientific progress, simply because many topics have largely been ignored.¹³

The development of positive psychology is clearly established with the energy and great efforts of Seligman and other major players in the field. However, it is also quite clear from a cursory examination of the research literature that positive psychology did not begin in 1997, or 1998, or 1999, or 2000 (McCullough & Snyder, 2000). Positive psychology is rooted in the School of Humanistic Psychology. Abraham Maslow, Carl Rogers and Erich Fromm, are humanistic psychology figures who have brilliantly developed research, practice and theory about the happiness or positive individual life. This effort is then continued and developed by experts and practitioners in Positive Psychology to continue to search for empirical facts and new phenomena to confirm the work of humanist psychologists. One of the theories put forward by Positive Psychology is Self-determination Theory.

According to Seligman, "Psychology is not just a study of weakness and damage; psychology is also the study of strength and virtue. Treatment not only improves the damaged, medication also means developing what is best within us. "Seligman's mission is to change the psychological paradigm, from pathogenic

¹³ Gable, S., Reis, H. T., & Elliot, A. (2000). Behavioral activation and inhibition in everyday life. *Journal of Personality and Social Psychology*, 78, 1135–1149

psychology that only focuses on human deprivation-to positive psychology, focusing on human overload, excessive disease to concentration on health.¹⁴ According to Prof. Seligman, there are three ways to be happy, that is as follows:

1. Have a Pleasant Life (life of enjoyment): Have a nice life. Get as much pleasure as possible, just as the hedonists do. But if this is the way we go, be careful with the hedonic trappings of the treadmill (= the more we seek pleasure, the more we are hard to satisfy) and the habituation trap (too much boredom, for example: eating ice cream on the first link is great, Twenty, we want to throw up). But at a proportionate and fitting dose, this way can be very happy;
2. Have a Good Life (life of engagement): in an Aristotelian language called eudaimonia, engage in work, relationships or activities that make us experience "flow". Feel absorbed in the activity, as if time stopped moving, we do not even feel anything, because very "focus" ". This flow phenomenon was specifically investigated by Seligman's colleague Mihaly Csikszentmihalyi. and gives 7 human characteristics under flow conditions: (a) Fully involved in what we do (focused,

¹⁴ Positive psychology according to Seligman started from the premise that human beings were "basically happy" and the science of psychology is present merely to strengthen the positive feelings that. The question now is: How can we know whether we are optimistic or pessimistic? In this book, Seligman elaborate answer. According to him, the element of optimism could be guessed from the way we explain events (both good or bad events) that befell us. The following two types of explanation; The first type of explanation is Permanence. People who are pessimistic always explain bad events that befell them as something that tends to be permanent (e.g. my boss always blame me; or I never managed to become an entrepreneur or I will never be able to pass the test assessment, and so on.). The phrase "always" or "never" is something that is permanent, and the pessimists tend to love using that sentence (whether openly or in the liver). Otherwise people will look at the incidence of bad optimistic (bad events) that afflict them as something that is temporary in nature (example: today my boss any more bad mood; or my boss pissed if I were late finalizing reports; or I do not succeed in business because wrong choose store location; and so on). Examples of sentences that are temporary of this sort make one bad incident could see as something that is temporary-permanent-and it could not be avoided in the future. The second type of explanation is this: the Pervasiveness. People who are pessimistic are likely to provide an explanation that generalizes (pervasive) for bad events that exist around them (example: all bosses here playing office politics; or all regulations in the company was not fair; all the motivational book that its contents are only garbage; diverse expressions and the like). Pervasive means we will generalize the occasion or event. Instead, the personal optimists will provide explanations of specific worded (not pervasive and generalization), such as the boss at the Treasury that do office politics; There are rules in the field of the overtime money is not fair, or a motivational book that I'm reading right now is its contents not good. Specific explanations — and not generalities — made we can see that not all dimensions in an incident/adverse events. Certainly, there is still a positive gap behind various other dimensions

concentrated, khusyu '); (B) Feel "a senses of ecstasy" (like being out of everyday reality); (c) have "extraordinary clarity" (really understand what to do and how to do it); (d) Recognizing that the challenges of the work he is facing can really be overcome (that the ability we possess is sufficient to do the task); (e) Feel the "peace of heart" (no worries and feel ourselves growing beyond our own ego); (f) Being absorbed by time (because the focus is on and really focused on "current and here", the time seems to pass without being felt); (G) Intrinsic Motivation (where feeling the "flow" itself is already a valuable reward for doing the job);

3. Have A Meaningful Life (life of Contribution): Have the spirit of serving, contributing and benefiting others or other creatures. be part of a particular organization or group, tradition or movement. Feel our lives have a higher and more enduring "meaning" than ourselves. Positive psychology has three main pillars, first, an assessment of positive emotions. Second, the assessment of positive traits, especially among them is strength and virtue, as well as "abilities" such as intelligence and altruism. Third, an assessment of positive institutions-such as democracy, a solid family, and freedom of information that support virtue and in turn support positive emotions. Positive emotions such as confidence, hope, and trust are helpful to us not when life is easy, but when life becomes difficult.¹⁵

Positive Psychology as a new movement in psychology emphasizes more on the exploration of productive potentials in human beings. In contrast to Behaviorism and Psychoanalysis, which tend to be pessimistic to see human destiny. The two

¹⁵ Cited from the book *Learned Optimism – How to Change Your Mind and Your Life*, Prof. Seligman (father of positive psychology) suggests three ways to be happy, that is, Have A Pleasant Life (Life Of Enjoyment), Have A Good Life (Life Of Engagement), and Have A Meaningful Life (life of Contribution). Happiness can only be achieved by looking at life as meaningful and valuable things, identify yourself and discover our strengths, and exploit our forces to a larger importance. Regardless of whether the psychologist or motivator that provide motivation on the individual, the meaning and purpose of life can only be achieved by first developing positive thoughts start from ourselves.

psychological schools that are still dominant today are too bad for human beings. The scientific paradigm he built is too clinical, and consequently, the task of psychology only understands the mental disorders suffered by humans, not trying to help humans to develop their abilities optimally. According to Martin Seligman (2002), founder of the positive psychology movement, these two schools have inherited pathological psychology.

If pathogenic psychology is busy studying human weakness and vulnerability and then trying to improve it, positive psychology focuses on human strength and strength. Instead of trying to fix what is broken in people, positive psychology tries to build up the energy of life above what is best of the human self. Positive psychology identifies the power within man to achieve health and happiness. Not only avoid the disease but also live happily. Not just living (life), but also how to develop (thriving). Besides Seligman, there are some positive psychology figures including Mihaly Csikszentmihalyi, Ed Diener, Kathleen Hall Jamieson, Chris Peterson, and George Vaillant who develop positive psychology.

C. Positive Psychology Focus

An important point of positive psychology is the focus of discussion on how to view humans as a positive person so that people see not only the psychological problems they face, but there is a more important focus on positive aspects such as well-being, fully functioning, and mental health. As a science that studies human mental activity, psychology not only has an important role to explore mental problems or illness but also strived to be able to promote mental health, spread preventive efforts and make a positive sense of all aspects of human life.

Since officially initiated by Seligman in 1998, Positive Psychology then developed rapidly around the world. Evidenced by the increasing publication of

research or application of positive psychology. It then provides evidence that positive psychology plays an important role in life. At the beginning of its emergence, positive psychology is like a fresh breeze among most psychological views. Man is not viewed through his unconscious state, the stimulus-response received, or even life because to meet his needs only, but humans will be alive and growing when the other potentials are considered. The uniqueness of this positive psychology that then makes many researchers realize that there will be a greater good effect if applied.

The forms of positive psychology include preventative and appreciative behaviours. Preventive or preventive behaviours are assessed to be more effective than treatment. Distractions or errors will be avoided by doing preventive activities. In addition, if equipped with other forms of appreciation and development of potential owned will certainly get different results in the future with those who do not get treatment of positive psychological forms. The main purpose of positive psychology is not only to improve but also to rebuild quality with positive then felt important and very applicable to be used in all context of professional psychology.

In the context of clinical professionals, the principle of positive psychology that is very applicable is preventive activities can be psycho-educational activities to the layman about psychological disorders and handling as well as the principle of appreciation and potential development of clients who experience the disorder that is expected to increase motivation. When both activities can be applied properly, it is not impossible to achieve results in the form of potential developments of clients who experience disruption to become better and decrease the potential "to the disorder" because it has done prevention activities.

If we relate to the context of industry and organization, it is certainly necessary the principle of positive psychology. In an industry or organization, of course, there

will be problems to avoid, it can be prevented by applying the principle of positive psychology if the problem relates to humans. But for the problems that have occurred, such as the rampant in the organization industry is the decline in productivity, commitment and work attitude employees, can be applied other methods, namely held training or evaluation that adapt the values of positive psychology. In its activities can be inserted re-reconstruction of perceptions and meaningful potential of each member of the organization in order to grow the spirit of work again.

In addition, there is also another context in the professional psychology, namely the field of education. Children and students who are subjects in the world of education desperately need the direct practice of positive psychological values. Motivation owned by children, especially, will be easily raised if using positive ways. When the process of raising the motivation to learn using a positive way, then the results of achievements obtained will certainly be satisfactory for the environment or the subject itself.

D. Positive Psychology at the Crossroads?

The development of positive psychology has come to a point at the intersection. At least noted there are three possibilities that can occur. The first is the possibility of positive psychology will disappear from circulation and fused together with another paradigm. This can be due to the supposition that positive psychology in the future will not be needed because psychology basically has really naturally appreciated all human potential. Second, the integration of the paradigm of positive and negative as well as the development of concentration against specific themes. When researching the meaning of happiness, a researcher will also examine aspects of unhappiness on the subject of his research. Third, the positive psychology will fail to

fully integrate, yet remains a speciality. That is, someone will still examine special themes of this positive psychology as the Forte.

Certainly, all elements of the community psychology scientific developments especially in the hope it will lead to positive psychology thing dynamic and constructive in nature, however, there is no denying that this is also related to the active role of the integration of all parties. How practitioners are using positive psychology as the paradigm of fundamentals in making training and employee development. How the institutions and bureaucrats participated and research resource providers understand positive psychology development efforts for internalized into the breath, and how research scientists to seriously examine this theme and generates a progressive research theme about positive psychology's role in improving the quality of human life.

The integration of positive psychology in the respect of human life holistically, in either a positive or a negative side that is being experienced, it becomes an important role in determining the direction of the development of this flow. By not forgetting history as a noble objective Foundation of positive psychology for this, all the world's people's psychology to the agreement to bring in positive psychology into an important part of improving the quality of human life, either by way of specialization, as well as integration with other sciences. However, the emergence of positive psychology has contributed in putting new habituation in the way of thinking of men in her life experience to interpret it positively towards a better life.¹⁶

¹⁶ Looking at the facts above, this thinking hope can also be re fl active by all human researchers. This is because not infrequently the research has been contaminated with things that are bureaucratic. This is not necessarily new and surprising because certain institutions do have a central role as a source of research funding. But the downside is, often the theme of research is determined by the party, and not from researchers as people who are considered to know the problems in society. Research more as an agency order. On the other hand, researchers have no reason to refuse. Because if rejected, it is not uncommon researchers, especially in Indonesia did not have the opportunity to research. Especially if it is associated

ENDNOTES

Positive Psychology was formally founded by Martin E.P. Seligman in 1998. Seligman who was then President of APA (American Psychological Association) and Seligman himself was named the father of positive psychology. Positive psychology as a science focuses on the study of the soul and human behaviour in everyday life in a positive perspective, which is more emphasis on what is right/good to someone, then what is wrong/bad. This is what drives Seligman's mission to change the psychological paradigm, from pathogenic psychology that only focuses on human deficiencies to positive psychology, which focuses on human superiority. One approach to handling (copying approaches) in positive psychology is through improving the life of spirituality. Spirituality is still understood in the same way as religiosity/religiousness, although in reality, both are different (in which case further study is needed to provide a clear description of spirituality with religiosity).

Seligman argues that there are 3 ways to be happy, that is; (1) Have A Pleasant Life (Life Of Enjoyment), (2) Have A Good Life (Life Of Engagement), and (3) Have A Meaningful Life (life of Contribution). Happiness can only be achieved by looking at life as meaningful and valuable things, identify yourself and finding the forces on the human self, and then utilize our forces to a larger importance.

Positive psychology integration efforts have positioned the holistic and whole human beings, whether in a positive or a negative side that is being experienced, becomes the deciding factor is the role of an important development of this flow. By not forgetting history as a noble objective Foundation of positive psychology for this, all the world's people's psychology to the agreement to bring in positive psychology into an important

with funding support. The effect is quite serious. If not researching, then a researcher does not have a specific publication, can not attend the conference, and ultimately does not have a track record to form a network and convince the source of funds to provide support. From a structural point of view, there will be no credit score, no promotion, and so on.

part of improving the quality of human life, either by way of specialization, as well as integration with other sciences. The emergence of positive psychology have contributed in putting new habituation in the way of thinking of men in her life experience to interpret in more positive by developing positive values towards life is getting better

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