REVIEW OF LITERATURE

1. Angela L Duckworth and T A Steen [2005], According to them, Positive Psychology is the scientific study of positive experiences and positive individual traits and the institutions that facilitate their development. This field also is concerned with the well being and optimal functioning of the individual and aims to broaden the focus of clinical psychology beyond suffering and its direct alleviation. Positive interventions may also usefully supplement direct attempts to prevent and treat psychopathology.

2. Martin E Seligman and T A Steen [2005] Positive Psychology is an umbrella term used for the study of positive emotions, positive character traits, and enabling institutions. The findings supplement the causes of human sufferings, weaknesses and disorders. There is a strong need to have a more complete and balanced scientific understanding of human experiences, their understanding of sufferings and happiness as well as their interactions that relieve both as two separate endeavors.

3. Amanda Kubokawa and Amber Ottaway [2009] According to the authors, emphasis on peoples' weaknesses and treating psychopathology is referred to as positive psychology. Positive psychology aims to study the strong points of an individual and their attainment of happiness and well-being. While assessing the positive characteristics of an individual, there is a possibility of cross-culture conflict due to sensitivities, it is necessary to study if positive psychology is culturally sensitive and necessary to define the concept of cultural sensitivity.

4. Gabriel Schui and Gunter Krampoen [2009], According to them, Positive Psychology is not a panacea but if carefully developed and delivered, it may provide another tool for well being for patients with physical health problems and there is a strong need for well designed PPIs using standard psychometric measures to test whether the benefits found in non-clinical populations can be replicated with a clinical population to similarly improve their well being.

5. J L Borrego, E F Jimenez and C S Calderon [2009] The first study on positive psychology was reported in the year 1998 by M E Seligman and over the years
gained popularity in studies and research areas. The authors of this paper have taken into considerations ten reviews of different authors specialized in this field so as to show the relevance in the field of positive psychology. Positive psychology emphasizes upon strengths, virtues, solutions, growth and development of an individual and allows the researchers and professionals with an alternative approach to assess and intervene in different situations.

6. **Martin Seligman and R M Ernst [2009]** According to the authors’ positive education is defined as education for both traditional skills and happiness. Depression among young people is one of the reason for decreasing satisfaction in life and these learning and positive emotions should be a subject and taught in schools. Wellbeing should be taught on three grounds. 1) As an antidotes for depression. 2) As a vehicle for increasing life satisfaction. 3) An aid for better thinking and creative learning.

7. **Alex M Wood and Jeffrey Froh [2010]** The authors have presented a new model of gratitude incorporating and not only the gratitude that arises following help from others but also a habitual focusing on and appreciating the positive aspects of life. Gratitude is relevant to clinical psychology due to a strong explanatory power in understanding well being and the potential of improving well being through fostering gratitude with the help of simple exercises as exhibited by them.

8. **J Mitchell, D V Brodrick and Britt Klein [2010]** The authors of this article have brought in together two relatively new fields of research. 1. Positive Psychology 2. The Internet. The authors have tried to discuss and explain the potential of Positive Psychological Interventions with the help of the Internet as an effective and comprehensive approach to mental health care.

9. **James C Coyne and Howard Tennen [2010]** Claims regarding the application of Positive Psychology Interventions [PPIs] which may help in extending the life of persons suffering with cancer, post –traumatic growth following serious illness and highly threatening experiences. The authors feel that positive psychologists need to re-dedicate themselves to the interventions based on scientific evidences rather than on wishful thinking.
10. **Zarguna Naseem and Ruhi Khalid [2010]** In this article the researchers have extensively reviewed the cross-sectional longitudinal and experimental researches to explore if positive thinking has a role in overcoming stress and contributing to well-being. The authors have used literature review as an important tool for reaching to logical conclusions. The researchers have used the theoretical framework offered by Fredrickson’s broaden and build theory as well as Lazarus transaction model of stress.

11. **D Nelis, J Quoidbach [2011]** The authors of this paper have attempted to validate an instrument [Emotion Regulation Profile-Revised] in short known as ERP-R for assessment of emotion regulation. Two factors were found important. One being the down regulation of negative emotions and the other up regulation of positive emotions.

12. **Christina M DuBois and Scott R Beach [2012]** Findings on the relationship between positive psychological attributes and cardiac health are found to be very promising and suggest that positive psychology interventions may be worth of study. There is significant evidence that attribute such as optimism may be independently associated with superior cardiac outcomes.

13. **Han Gong and D L Medin [2012]**, This article has explored how psychological distance influences moral judgment and the findings suggest more extreme moral appraisals were given to distal behaviors rather than proximal behaviors. High level constructs have elicited less moral outrage towards transgressions and less positive ratings of virtuous behaviors than low-level construals.

14. **Lara Cross and William Morrison [2012]** The authors in this paper have examined the implementation of positive psychology principles in case management protocols and residential programming of rural Canadian Secure custody facility for youth. Parameters such as person-centered care, autonomy, and correction methods were analyzed in this study. The differences in policy documentation, youth and the service provider’s perceptions were identified and the challenges regarding intent versus effect of programming were identified in this study.
15. **M Christina Meyers and M V Woerkom, [2013]** This article has reviewed the research investigating the effects of positive psychology interventions applied in the organizational context. Positive psychology interventions have been seen as a promising tool for enhancing employee well-being and performance.

16. **Michael B Frisch [2013],** According to the author, Quality of Life Therapy and Coaching is a comprehensive evidence based approach to well-being, happiness, and positive psychology interventions which are suitable for both coaching and clinical applications. In these the clients are taught strategies and skills which are aimed at helping them to identify, pursue and fulfill their most cherished needs in the valued areas of life which comprise of human well being and happiness.

17. **M Adroom et al [2014]** The study was aimed at examining the relationship of drug usage, personality characteristics and attachment styles in addition to the relationship between attachment styles and drug-use trends among the younger generation and does the attachment style variable a predictor of tendencies for drug use among the young people. According to the study conducted by the authors, they feel that health-threatening behaviors of individuals is considered as one of the important challenges faced by community mental health programs.

18. **Sarah D Asabedo and Martin C Seay [2014],** Their study has investigated the association between positive psychological attributes and retirement satisfaction using a sample of more than five thousand retired individuals. Their results show that dispositional optimism, family support, purpose in life and perceived mastery were each positively associated with retirement satisfaction.

19. **Valerie J Morganson and Michael Litano [2014],** exhibit in their article the balancing work and personal life roles as a major area and focus of research which concerns the individuals and organizations. Work-Family balance is considered from an authentic leadership perspective, emphasizing self-care as an ethical concern. With the help of positive psychology, cognitive competency training which can be implemented in person or online can enhance role performances, help in coping strategies and aid employee well being in multiple domains.
20. **Andrea Hansen and Johanna H Buitendach [2015]** Their study has investigated the relationship between Psychological Capital [PsyCap], subjective well-being, burnout and job satisfaction and to explore whether PsyCap mediates the relationship between subjective well-being and burnout. There are significant relationships that exist between PsyCap, subjective well being and highlight the aiding potential of the resources and how these resources are helpful in the times of distress.

21. **Louise Lambert and H A Passmore, M D Holder [2015]** The works presented by the authors is a correlated study of scientific as well as philosophical areas of psychology. The authors have presented two major philosophical traditions in this article. They are the Hedonian and Eudaimonia philosophies. These traditions help delineate various conceptualizations of well-being and its components.

22. **Megan Holmes and Susan Yoon [2015]** As per the views expressed by the authors, aggression continues to be a serious problem among children especially those who experienced adverse life events such as mal-treatment which included physical abuse, sexual abuse and neglect. Secondary data has been used extensively by the authors in reaching to conclusions of the study. Data from children, care-providers, teachers and CPS workers [Child Protective Services] was collected for the study purpose.

23. **Ann Macaskill [2016]** The works of the author reveal the application of positive psychology concepts in physical health care concepts. These help to promote well being in the general population. Most of the research involved measuring character strengths and their association with health outcomes in patients with a range of different conditions. Application of PPIs to patients with severe health conditions present significant challenges to health psychologists and expect that patients need to be dealt with appropriate and ethical interventions.

24. **FransCilliers and Aden-Paul Flotman [2016]** According to the authors of this research, the purpose of the study was to provide a qualitative description of the psychological well-being of First Year Students undertaking a part-time coursework Master’s degree in Industrial and Organizational Psychology [IOP] in order to foster an empathetic understanding of their experiences. The research
work included the First Year part time students pursuing their Master’s Degree from a well known and reputed South African University.

25. **Gonzalo Hervas [2016]** According to the author, positive psychology is not just a research area but a movement in itself. According to his study, academic and professional psychologists have combined their efforts to recapture and understand the positive aspects of the human being. According to the literature reviews of the author, it is necessary that positive psychology develops an integrated research agenda between the positive and negative elements.

26. **H R Trompetter and E T Bohlmeijer [2016]** According to the views expressed by the authors, chronic pain is a prevalent, disabling and difficult-to-treat condition that affects both the individuals and society. Bio-medical oriented treatment focuses on pain removal whereas psycho-social treatments based on cognitive behavior framework try to effectively restore functioning and enhance pain management. The advantages of web-based psycho-social interventions are: cost-effectiveness, less time consuming, the ability to reach all types of patients including physically challenged including isolated groups.

27. **Irene Lopez Gomez and Gonzalo Hervas [2016]**, According to them, Extraversion is a personality trait which has been systematically related to positive affect and well-being. It is because of the ability to regulate the responses to positive as well as negative moods. This article has highlighted the importance of positive mood regulation in the psychological functioning of extraverts and developing interventions for introverts to help improve their mood regulation to gain overall well being and lead a positive life.

28. **Julien Jadot and Cathy Gemon [2016]**, The French law on major risk preventive information for population set up the objective to make the citizen able to act for his own safety and to participate through his behavior to the civil security. The policy makers have developed four regulatory tools that have to be implemented by the local authorities.

29. **Larraitz Zumeta and Nekane Basabe [2016]** According to them Collective gatherings or rituals promote optimal experiences in socially acceptable circumstances. Positive collective gatherings stimulate shared flow experiences
and promote personal well being and social cohesion. The use of Shared Flow Scale has been introduced in their research works.

30. **Raquel Carvajal and Carlos G Rubia [2016]** The terms such as mindfulness which refers to the self-regulation of attention one’s experiences in the present moment with curiosity openness and acceptance has been used as one of the important variables used in the study along with self-compassion which has been defined as a construct formed by treating oneself with kindness, observing mistakes and failures as a part of human experiences and observing negative experiences without avoidance, suppression and disconnection.

31. **Rosaro J Marrero and Monica Carballeira [2016]** The authors of this research paper have tried to show-case the positive intervention program to reach the individuals and to be aware of their own identity and promote their well-being. In addition to the above, to promote positive traits such as optimism and self esteem and to assess the changes produced by the social well-being [SWB] and psychological well-being [PSB].

32. **Jinpeng Sun Xuejun Chen [2017]** The purpose of the study was to identify and compare the antecedents fostering transformational leadership in the contexts of both the US and China. The empirical studies focusing on the variables that are antecedent in the educational context, public management, the results show that transformational leadership is resulted to organizational fairness, emotional intelligence and interpersonal relationships.

**SCOPE AND LIMITATIONS**

1. The scope of the studies is to remove negative psychology of the college students by various interventions and to inculcate the positive psychology in the mind of college students.

2. The research population is from 17 to 24 years of age adolescent. Thus the study may not be applicable for people under the age of 17 and over 24 years of age.
3. My research population is students from arts and science group only and may not apply to students of other disciplines.

4. The study is about younsters in Chennai and may not apply to other regions.