Lecture - 04
Character Strengths & Virtues/Positive Personality Traits : Part-1

Today's class is on classifications and measures of character strengths. Let us discuss certain points. Think over it. Identify your best five character strengths.

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Which are the ideal character strengths for you, what do you think? Which character strengths should be in your personality?

Which character strengths would you like to see in other people in your society or in your culture? So, which character strengths you would like to promote in others, you would like to see in other people in your society in your culture?

Next question is do you think these strengths can help us to have higher level of happiness? Because of high level of certain character strengths, we may have higher level of happiness, life satisfaction, quality of life.

Or could you think how some of us are happier as compared to others?

How do we assess character strengths? When I am saying, you know, different positive personality traits or character strengths can be assessed, can we see whether some of us have higher level (of it) as compared to others? If yes, then what are the ways to assess their character strengths?

Do we have cultural differences on character strengths? Do you think a particular culture or society or group of people have significant certain character strengths? Or do you think Indians have certain stronger character strengths as compared to Western people, as compared to European people, or maybe as compared to other Asian people?

So, in this section, we would be able to know all these answers.
I will request you to note down your answer to all these questions, so that after attending these lectures on character strengths you could know how your knowledge has improved. Whether you have more knowledge when you answer all these questions after completion of these lectures as compared to at the beginning of the lectures.

When we talk about character strengths actually these are a central point for positive psychology, and that is why these character strengths or related topics reflect in positive psychology definitions also.

(Refer Slide Time: 02:34)

- Positive Psychology is the scientific study of the strengths and virtues that enable individuals and communities to thrive. This field is found on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of daily activities.

- According to Linley and Harrington (2006) strength is defined as a capacity for feeling, thinking, and behaving in a way that allows optimal functioning in the pursuit of valued outcomes.

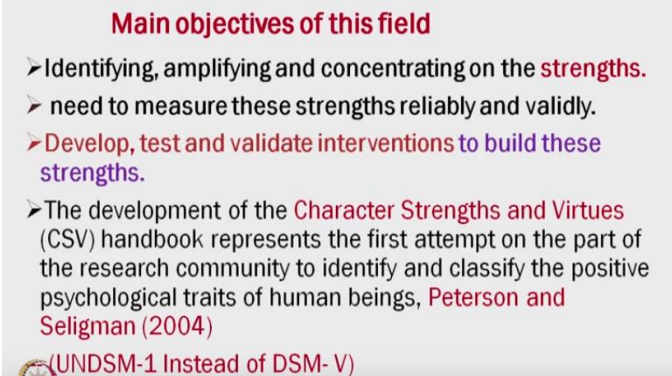-- optimal (peak / ideal / best) functioning

For example, this definition, I am just revisiting this definition. However, we discussed these definitions in introduction to positive psychology class also. 'Positive psychology is the scientific study of the strengths and virtues that enable individuals and communities to thrive'. It means these character strengths help us to have better well-being at individual level, as well as at community level.

This field is found to on the belief that people want to lead meaningful and fulfilling life and for meaningful and fulfilling lives these character strengths have key role - to cultivate what is best within themselves and to enhance their experiences of daily activities. For enhancing our experience of daily life activities as well as for meaningful and fulfilling lives, these character strengths are really important, and they have major role in our life.

And that is why it's very important for psychologist to study what these character strengths are and how we can enhance these character strengths. Another definition, which is again, supporting strengths and its values is 'Strength is defined as a capacity for feeling, thinking and behaving in a way that allow optimal functioning in the pursuit of valued outcomes'.

So, this style actually promotes our feeling, thinking and behaving style in positive direction, or it helps us to have optimal functioning. Optimal functioning has been used again and again. So optimal means peak, ideal or best level of functioning, which is our ultimate goal, as even humanistic perspective mentioned that we are programmed to grow.

(Refer Slide Time: 04:18)

Main objectives of this field
- Identifying, amplifying and concentrating on the strengths.
- need to measure these strengths reliably and validly.
- Develop, test and validate interventions to build these strengths.
- The development of the Character Strengths and Virtues (CSV) handbook represents the first attempt on the part of the research community to identify and classify the positive psychological traits of human beings, Peterson and Seligman (2004)
- (UNDSM-1 Instead of DSM- V)

If we revisit again, main objectives of this field of positive psychology, then they are focusing more on character strengths. First point is, again, I am revisiting introduction to positive psychology, just to connect this chapter with the previous one - identifying, amplifying and concentrating on the strengths. That is our first objective. We want to identify all those character strengths and concentrate on all these classifications as well as definitions of character strengths and identify all those characters strengths, which could contribute positively to our life.

Second is need to measure these strengths reliably and validly. And we need to develop some psychological test or other measurements or way of assessing these character strengths.

Third one is develop, test and validate interventions to build these tests. How we can enhance level of these character strengths that is our third target in which we promote intervention programs. And we want to study reliability and validity as well as effectiveness of those intervention programs, which could work for us, which could help us to have better level of character strengths.

I think you know about this book, character strengths and virtues, which was written by Peterson and Seligman in 2004. In this book actually, they have identified 24 character strengths with six virtues or broader super factors - to some extent we can say. And they also discussed about or asked about UNDSM instead of DSM.

The development of 'Character Strengths and Virtues - A Handbook' represents the first attempt on the part of the research community to identify and classify the positive psychological traits of human beings. And they suggested to have UNDSM instead of DSM-V. As I discussed in the previous class, DSM-V means Diagnostic Statistical Manual for Mental Disorders, which has fifth edition right now.

And we have a number of abnormal disorders documented in this manual. On the other hand, we do not have any manual which is describing positive personality traits, which is describing virtues and character strengths. So, in this book, Peterson and Seligman suggested to have manual in which we could have character strengths and

virtues list. And we could identify this is the list of positive personality traits or character strengths or virtues.

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Before knowing modern positive psychologist work on character strengths, let us revisit psychology and various perspectives. In these perspectives, they have worked on positive personality traits. Various scholars worked in this direction.

Let us start with trait psychologist. If we just take perspective wise, then in type and traits perspective, Allport focused on the healthy, mature adult personality. And he mentioned that there are some characteristics which are revealed in healthy and mature adult personality and he identified these positive personality traits.

First, traits are specific and involved in extension of self - it means we are programmed to extend our self and have broader view of self and every day we want to grow, and expansion of self is important in mature, adult personality.

Second is warm relating of self to others. When we deal with others, then we have positive interpersonal relations. And during these positive interpersonal relations, we have certain character strengths which are mediating in between. Like trust, empathy, genuineness, tolerance, and various other factors which help us to have positive

relationship with others, warm relationship with others and that is second mature adult personality characteristic.

Third trait of mature adult personality is emotional security and self acceptance. So, if we have mature personality, mature adult personality, then we have emotional security as well as whatever style we have, but we accept our self and self acceptance is part of it. Fourth one is habit of realistic perception and it is opposite to defensiveness. You know, we use defense mechanism in certain situations. And that is why we distort the situation and make situation as per our requirement, which is giving less anxiety, stress, tension, etc. But that is not the reality.

On the other hand, Allport focused on habit of realistic perception, realistic way of perceiving our life, that is fourth mature adult personality trait.
Fifth one is problem centeredness and the development of problem-solving skills. He said one should focus on the problem of their life, as well as how he can solve those problems and focus on solving those problems. That is next characteristics of a mature adult personality.

Sixth one is self-objectification, means perceiving one-self objectively. Insight into one's own behavior, the ability to laugh at oneself. So, objectively perceive yourself as well as accept weaknesses as well as strengths of your personality and ability to laugh at oneself. So, whenever you find it is really you know humorous thing about yourself then having ability to laugh at oneself. That is also healthy and mature adult personality sign.

Seventh one is unifying philosophy of life, including a particular value orientation, differentiated religious sentiment and a personalized conscience, maybe religion or anything that gives meaning to one's life. So, something which is very important for us in our life and that is to some extent meaning of life and something which is very important purpose of our life.

And this purpose may be different for different people. For example, for a scientist it could be to do the best level of research; for a sports person, playing sports; for a religious person, participating in religious activities; for a social worker, to participate

in social activities and maybe for a spiritual person, focus on inner directedness. So that is why different people have different meaning of life, different purpose of life.

But somewhere, they know what is philosophy of their life. So, trait psychologist Allport realized these are the seven factors or seven traits, which are healthy, mature adult personality characteristics.

(Refer Slide Time: 11:40)

EARLY PSYCHODYNAMIC IDEAS OF OPTIMAL PERSONALITY

Alfred Adler: He declared that an innate striving for **prosocial interaction and altruistic concern for others** (social interest) **drives self-realization** (Adler, 1938).

- "useful" vs. "useless" style of life.

Carl Jung: The process of individuation, or self-realization, leads to the development and refinement of **Self archetype** which is **inherent wholeness of the personality.**

Erik-Erikson: Once you resolve crisis positively during different stages of life then you add specific virtue (stage-wise) in your personality such as **hope, will, purpose, competency, fidelity, love, care and wisdom.**

Similarly, early psychodynamic or psychoanalytic ideas of optimal personality are there. However, Freud started his theory with clinical population, and he studied certain clinical cases to propose his theory. But successors of his theory, they also discussed about positive aspects of human personality. For example, Adler - he declared an innate human striving for prosocial interaction and altruistic concern for others. That is very important in our life and it drives self-realization. So, for self-realization, social interest is very, very important. And even for youthfulness, as well as usefulness style of life he said if we have social interest in our life, then life is useful and that is useful style of life. On the other hand, if it is self centered and we are not focusing much on others well-being or others welfare, then this is useless style of life. So that way, he described how we could be connected with others and social interest is very, very important for us. Even for the definition of genius he said more social interest, then more or higher level of geniousness.

Similarly, next scholar from this perspective, Carl Jung said the process of individuation or self realization leads to the development and refinement of self archetype, which is inherent wholeness of the personality. So, he also focused on self-realization. He used various terms, even some Indian terms to define self-realization; for example, *mandal*, a*tma*, *paramatma*. These terms were used by him to explain self realization.

Similarly, another scholar, Erik-Erikson, he also discussed about virtues. And he said, during developmental stages, we have certain crisis. And there are two options. One you are resolving these crises positively. Another option, you are not resolving them positively. So, if you are resolving these crises positively, then you develop certain virtues in your personality, or you include certain virtues in your personality. These virtues are like - hope, will, purpose, competency, fidelity, love, care and at the end of or at the advanced stage of life in elderly age, that is wisdom. So, one by one, during, you know, stage wise, we have certain crisis. When we resolve these crises positively, then only we add certain virtues in our personality. And it happens stage wise, which started with our birth, and it is up to the end or up to the 60 plus age, and then we reach last highest virtue. So, if we resolve most of them positively, then only at the elder, quite elder stage we would be having the wisdom virtue in our personality. So, like that, they did not talk directly about positive personality traits, but in the theory, some positive aspects of human personality reflect, and they guide us to have certain points to discuss positivity in human behavior. Like social interest, self-realization or a positively resolved crisis in which we add certain virtues in our personality, like hope, will, purpose competency, fidelity, love, care and wisdom, etc.

Viktor Frankl:

■ His ideal of optimal psychological well-being is the self-transcendent person, or someone who is able to rise above self-focused concerns to seek some higher meaning and purpose.

■ For Frankl, mental health is associated with a deep commitment to self-awareness, honesty, courage, responsibility, and active involvement in whatever life presents to us.

■ Authenticity: Finding One's True Self.

Frankl's work is also very important. His main point was 'meaning in life' and that is very important nowadays in positive psychology. His ideal of optimal psychological well-being is the self-transcendent person or someone who is able to rise above self-focused concerns to seek some higher meaning and purpose. So, he focused more on certain higher level of meaning, higher level of purpose in our life. And he said this is highly correlated with happiness. And in recent literature, positive psychologists really focus on meaning and purpose of life and you would find in happiness theories, that this is one of the factors for happiness. For Frankl mental health is associated with a deep commitment to self-awareness, honesty, sense of responsibility and active involvement in whatever life presents to us. So, it means they are some factors which are contributing to our mental health and these are highly connected with meaning, with purpose, various other character strengths which contribute to or which are associated positively with our mental health. His main point was authenticity. He said finding one's true self is ultimate goal of our life and that is meaning or purpose of our life. So that way, he also focused on positive aspects of human personality.

Let us move towards humanistic perspective, Rogers' concept of the fully functioning person. If you just recall in previous classes, we discussed about humanistic perspective in detail except these characteristics. We covered Rogers view about normal and abnormal behavior. If we have congruence between ideal self and real self, then we are programmed to grow and growth in positive direction.

On the other hand, some time in some situations, we have discrepancy between real self and ideal self. Then we may have certain problems. So, if we do not have any problem in our life, then we are fully functioning person. And these are the characteristics of a fully functioning person. First one is openness to experience, both positive and negative emotions are accepted. So, whatever we have in our life, that is accepted. It is not only positivity or only negativity, but we are quite balanced and open to all kind of experiences. Negative feelings are not denied but walked through. I think to some extent, you can connect it with Allport's characteristics of positive personality.

Second one is existential living. Being able to live and fully appreciated the present, not always looking back to the past or forward to the future. So, he said be right now right here. So be in present, living for the moment, not focusing only on the past or future, but present is more important. And this is mindfulness meditation or
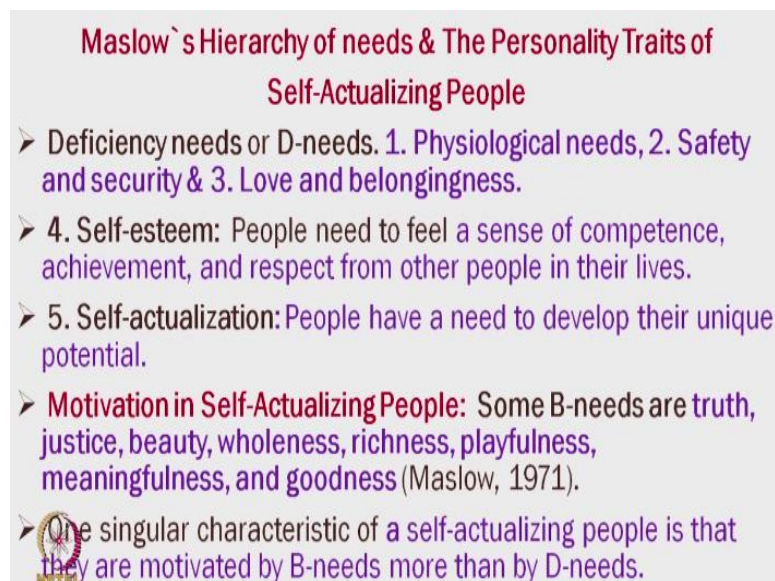
mindfulness message also. So, to some extent, he has covered how we should focus on our present rather than just wandering in our past or in future. So, this is actually characteristic of a fully functioning person if we spend more time in our present compared to past and future.

Third one is trust feelings. People want to make decisions that are the right ones. And we should trust ourselves to make the right choices or decisions. So, 'trust feeling', i.e., we have trust in oneself. And that is why we rely on our decisions and we know we are going in right directions. So, we trust on our feelings.

Fourth one is creativity. Creative thinking and risk taking our features of person's life. A person does not play safe all the time. He has to take some risk in his life for learning new things, for learning new experiences. This involves the ability to adjust and change and seek new experiences. So, for new experiences, new learning, we have to take some/certain risk. We have to take certain extra activities in our life and that is creativity.

Fifth one is fulfilled life. A person is happy and satisfied with life and always looking for new challenges and experiences. So, every day we are programmed to grow.

(Refer Slide Time: 20:50)

Maslow`s Hierarchy of needs & The Personality Traits of Self-Actualizing People

➤ Deficiency needs or D-needs. 1. Physiological needs, 2. Safety and security & 3. Love and belongingness.

➤ 4. Self-esteem: People need to feel a sense of competence, achievement, and respect from other people in their lives.

➤ 5. Self-actualization: People have a need to develop their unique potential.

➤ Motivation in Self-Actualizing People: Some B-needs are truth, justice, beauty, wholeness, richness, playfulness, meaningfulness, and goodness (Maslow, 1971).

➤ One singular characteristic of a self-actualizing people is that they are motivated by B-needs more than by D-needs.

And these needs are deficiency needs or D-needs which are physiological needs, safety and security needs, love and belongingness. On the other hand, our B-needs or being needs are self-esteem and self actualization. So, once our deficiency needs are fulfilled, then we think about self esteem. People need to feel a sense of competence, achievement and respect from other people in their lives. And then the higher level of need is self-actualization, once our previous four needs are fulfilled at least to some extent. People have a need to develop their unique potential. And again, the same point, they are saying that we are programmed to grow, and this is the fullest level, self-actualization is the fullest level. And if our previous needs are fulfilled, then we are at the fullest level.

And then there are certain characteristics in terms of self-actualizing person's characteristics. Motivation in self-actualizing people, he said there are some B-needs which are fulfilled when you are in this mode. Like truth, justice, beauty, wholeness, richness, playfulness, meaningfulness, and goodness. So, these are these needs, which we fulfill, and we are motivated during our self-actualizing level.

He also mentioned that one singular characteristic of self-actualizing people is that they are motivated by B-needs more than by D-needs. I think somewhere I discussed this point and I am repeating it once again. There are broadly as per this theory, two modes. One, your deficiency needs are not fulfilled, and that is why you are working, and you are motivated to fulfill your deficiency needs. These are physiological, safety or love and belongingness. On the other hand, if your these needs are fulfilled, then you work on higher level needs and then B-needs actually are causes of your motivation. And that is why if you are working on deficiency needs, maybe, you know, higher level of income or some safety, you know, incentive is good for you.

On the other hand, if your these needs are fulfilled, then some self-esteem, self-actualization oriented activities or needs would help you to motivate yourself. For example, at higher level, maybe social affiliation, maybe, you know, leadership qualities, maybe you are able to help others. So, such kind of things are more important than D-needs only.

So, that is why again I am repeating there are two modes. If your deficiency needs are not fulfilled, you would be more motivated for these needs. On the other hand, if your these needs are fulfilled, then you need something related to self-esteem, self-actualization kind of need which motivate you to have higher level or something very interesting in your life.

After this theory, a hierarchy of needs, he identified self-actualization people, and in this case, he identified there are 15 personality traits.

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The Personality Traits of Self-Actualizing People: 15 personality traits (Maslow, 1954)

- Not every self-actualizing person he studied showed evidence of all 15 traits.

A. OPENNESS TO EXPERIENCE:

1. Perceive the world without the distorting bias of their own wishes, hopes, and anxieties.

2. Acceptance (self, others, nature): It follows logically that self-actualizing people should also be better able to detect deception, weakness, and shortcomings within themselves.

3. Continued freshness of appreciation: This characteristic seems to describe an openness to, a joy in, and a gratitude for the moment-to-moment experiences of life.

So, he identified 15 personality traits and he mentioned that these are not necessary. Every self-actualizing person he studied showed evidence of all 15 traits, but some of these traits must be there. And he actually studied some people and on the basis of his results, he identified these are self-actualizing people's traits, but not necessary to have all 15 in each and every one.

First of all, he had broad category, and under this category he had certain traits. First trait is openness to experiences. He said this is first broad category and under this category first trait is 'perceive the world without the distorting bias of their own wishes, hopes and anxieties'. So, he said perceive the world as whatever it is and do not distort it with, you know, your own wishes or hopes or anxieties. Again, I think to some extent you can easily connect it with Rogers as well as Allport's traits. In the

same manner, they have identified as realistic view of this world. So that is very important for all these scholars. They are saying that we should have, you know, realistic view of this world about you, about others, about the nature, about this world, about this society, about this culture.

So, there should not be defense mechanisms because defense mechanisms distort the situation. And that is why we should have, you know, accurate world view. Second one is acceptance; acceptance of self, others, nature. It follows logically that self-actualizing people should also be better able to detect deception, weaknesses and shortcomings within themselves. So, they are more aware about their own weaknesses. They are more aware about their own shortcomings as well as of others. And then they accept others as well as oneself. So because of realistic view, they are not hiding their weaknesses or shortcomings and they accept, you know, advantages, disadvantages and all those things which they have in their personality or in their life.

Third view is continued freshness of appreciation. This characteristic seems to describe an openness to joy in, and a gratitude for the moment to moment experiences of life. This is very important for us to understand - appreciation in our life or gratitude. You know, gratitude is very significant variable or factor in positive psychology as well as we have certain activities, gratitude-oriented activities, thanksgiving activities, to improve our level of our well-being.

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4. Spontaneity: simplicity, naturalness, and lack of artificiality.

5. Creativeness: originality, inventiveness, adaptability, and spontaneity in the solution of problems.

6. The mystical experience (peak experiences). These are typically brief moments of intense joy and are often accompanied by heightened awareness. Frequently these experiences possess a spiritual or noetic quality.

Next one is creativeness, originality, inventiveness, adaptability, and spontaneity in the solution of the problems. So whichever problems you have in your life, you are trying to solve them with original view and quite inventive you are. And you have ability to adapt to the situation and very spontaneous responses in solving these problems you have. That is called creativeness.

Sixth one is mystical experiences or peak experiences in our life. These are typically brief moments of intense joy and are often accompanied by heightened awareness. Frequently these experiences possess a spiritual or noetic quality. So again, he visited India as well as Asian countries. And it reflects in his theory, in Maslow's theory. And he also talked about peak experiences.

You know, he also wrote in his theory about Indian ashrams and he said sometimes we have very pure mood and during this pure mood we may have intense level of joy and some very unique and peak experiences. These experiences maybe spiritual experiences. So, he also discussed about these peak experiences. And these are in spiritual direction - these peak experiences. But not you know abnormal kind of something is happening in your personality. But because you have oneness with yourself and you have quite calm and higher level of inner harmony or inner directedness that is why sometimes some peak experiences, some peak spiritual experiences we may experience in our life. That is his sixth characteristic.

(Refer Slide Time: 29:42)

B. AUTONOMY

7. Autonomy- independence of culture and environment: They could remain fairly stable, even calm and happy, in the midst of frustrations and stressors. They seemed to find intrinsic satisfactions rather than relying on extrinsic rewards from others.

8. The quality of detachment; the need for privacy: Maslow believed that his participants showed a distinct tendency to enjoy solitude and privacy.

Then he said there are some character strengths or positive personality traits as per autonomy. Seventh one is the autonomy under this autonomy is broad category. And he said independence of culture and environment is very important in these people. They are not influenced by the cultural or societal views. They could remain fairly stable, even calm and happy in the midst of frustrations and stresses.

They know this is frustrating and stressful situation but still they are able to maintain their calmness, their happiness, their stability, their inner harmony and they have that, you know, potentiality. They seem to find intrinsic satisfactions rather than relying on extrinsic rewards from others. So, I think I have discussed this point again and again. But once again just to know what are the differences between intrinsic motivation or satisfaction and extrinsic motivation? Intrinsic motivation means when you have your own motivation. You have your internal desire to do certain things. And it is not influenced by the external factors. On the other hand, extrinsic reward means when you have extrinsic factors like you are attending classes for attendance, for marks for you know, grading. On the other hand, intrinsic motivation or satisfaction when you want to learn and that is why you are attending certain classes.

So then extrinsic reward if we have, then we rely on others and how others or situation is behaving with us. It is in that term whether we are satisfied in our life or we are not satisfied in our life.

Eighth one is the quality of detachment, the need for privacy they have. That is another trait of such kind of personalities. Maslow believed that his participants showed a distinct tendency to enjoy solitude and privacy. They want to stay alone in some situations. It does not mean they do not like other people. They like other people but, in some cases, or in some situations, in some mood, they want to have privacy and solitude or aloneness in which they are connected with themselves. In Indian religious literature also, we talk about *asakth*, *anasakth*, and anasakth to some extent can be connected with this detachment. I will discuss this point when we will discuss Indian constructs, how these are contributing to positive psychology.

9. **Resistance to enculturation:** Maslow (1954) stated that "Self-actualizing people are not well adjusted" (p. 224). They lived in their society, usually without overt rebelliousness or unconventionality, **but their inner attitudes and beliefs were not shaped and dominated by the messages from that society**.

C. POSITIVE RELATIONSHIPS WITH OTHERS

10. **Gemeinschaftsgefühl** "community feeling" : Maslow deliberately borrowed the term (Social interest) from his **mentor Alfred Adler**.

Maslow's participants manifested a **deep feeling of empathy, compassion, and humanitarian affection for people**, despite an intense awareness of other's imperfections.

Next one is the resistance to enculturation. Maslow stated that self-actualizing people are not well adjusted. In some situations, they are not adjusted because they are not molding themselves as per social and cultural requirements. And that is why they have their own style. And it is not affected by social and cultural factors. And that is why some situation it seems they are not well adjusted.

They lived in their society usually without overt rebelliousness or unconventionality. But their inner attitudes and beliefs were not shaped and dominated by the masses from that society. So that is why they have their unique style which they have appreciated in their personality. But that is not influence of a given society or culture. And that is why because of this unique style of their behavior sometimes it seems people of this category are not well adjusted.

Next group of traits is under positive relationships with others. Under this category, he used a German term which means community feeling. Maslow deliberately borrowed the term social interest from his mentor Adler. And he said this is very important to have and people appreciated this quality. Maslow's participants manifested a deep feeling of empathy, compassion, and humanitarian affection for people despite an intense awareness of other's imperfections. So, he said we want to have positive interpersonal relationship with others by using certain positive

personality traits or positive interpersonal relations or characteristics like feeling of empathy, compassion, affection for people although we know other people have imperfection. But simultaneously we know even we have imperfection.

So, if we know with the reality view or with real view, others as well as we ourselves have some imperfection, the next step is acceptance. And when you know this acceptance is important, whether we are dealing with our self or we are dealing with others. Then you do not have any, you know, problem to accept their living style. And in between these characteristics' - empathy, compassion, affection, etc., help us to accept this feeling. That is his 10th trait of personality.

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11. Interpersonal relations: Maslow reported that his participants experienced deeper, more intense, and more profound interpersonal relationships than the average person. He also observed that their friendships were extremely close, but not numerous.

12. Philosophical, unhostile sense of humor: They did not laugh at other people but rather laughed with other people.

13. Problem-centering : Maslow found that his participants tended to be oriented to some problem, task, vocation, or mission in life. The self-actualizers devote a good deal of energy to task, they believed would benefit others.

Then he discussed about interpersonal relations and he reported that his participants experienced deeper and more profound interpersonal relationships than the average person. He also observed that their friendships were extremely close but not numerous. So whichever relationship they have these are in-depth.

And these are really helping to some extent we can say, soul to soul connections, rather just superficial relationship with other people. So that is why he said these people have deeper, more intense, more profound interpersonal relations than the average person. But number wise, it is not too high. On the other hand, if we just talk about latest society then they count how many friends they have. How many, you

know, relations they have, but in positive psychology, in recent researches they are saying number is not very important. Important is how much in-depth or intense relationship or very close relationship we have with other people. So, it means number is not very important but in-depth or very deeper, intense, and a very profound level of interpersonal relationship is important, which is quality of this group of people.

Twelfth is philosophical and hostile sense of humor. They did not laugh at other people but rather laughed with other people. So, they have very innocent, you know, sense of humor and sense of humor again you know is part of positive psychology and scholars talk about this humor which is not hurting others as well as oneself and you are able to make any situation humorous. So, you are liked because you keep light environment there.

Next point is problem centering. Maslow found that his participants tended to be oriented to some problem, task, vocation or mission in life. The self-actualizers devote a good deal of energy to task they believed would benefit others. So, they said they try to solve certain problems which help others to have better well-being and they spend time for those activities, those you know task, vocation or sometime even they have mission in their life. So, this mission, these tasks, vocation which will help others, these they want to have in their life and such kind of problems are centering in their life on which they want to work in their life.

(Refer Slide Time: 38:20)

D. STRONG ETHICAL STANDARDS

14. The democratic character structure: Maslow found that they were more willing than most people to listen to and learn from anyone who might have something important to say. Matters of rank, class, status, and educational attainment meant very little to self-actualizers.

15. Discrimination between means and ends: He stated that his participants were quite clear about the differences between right and wrong and lived according to those values (strong sense of ethics and morality).

■ Personal Growth and Human Potential: Therapists and researchers associated with humanistic psychology have developed many intervention strategies aimed at helping people to move toward optimal well-being (Cain & Seeman, 2002; Schneider, Bugental, & Pierson, 2001).

■ During the 1960s leaders of humanistic psychology created a style of intervention called personal growth therapy or human potential (Mann, 1979).

Next category is strong ethical standards. This group of people have very strong ethical standards. The democratic character structure is the 14th number. Maslow found that they were more willing than most people to listen and learn from anyone who might have something important to say. They have that tendency, whoever has some good lessons for them they are interested to learn. And when they are learning these lessons, they do not consider much about rank, class, status and educational attainment. They know any person could give good message to them. It is not only good rankers or good class people or status. So, they do not give much importance to all these things. Because they know they can learn from anyone and anyone could give good message to them and help them to grow further.

15th is discrimination between means and ends. He stated that his participants were quite clear about the differences between right and wrong and lived according to those values. So strong sense of ethical and moral standards they had. They know these are the ways to live in life and give more importance to ethical living, and morality in their life. And accordingly, they design their life, they design their behavior in day to day life. And they try to do right in most of the situations.

After knowing all these traits, there are some scholars who are doing intervention programs and there is some work. However, that is again history of positive psychology. But still before initiation of positive psychology, there were some intervention strategies in which people tried to improve these self-actualizing person's traits or qualities.

Personal growth and human potential - that is next point here. Therapist and researchers associated with humanistic psychology have developed many intervention strategies aimed at helping people to move towards optimal well-being. These intervention strategies, however, were not very famous. But still they try to improve their self-actualizing qualities so that they may have higher level of well-being or optimal well-being.

So, for supporting all these things they propose certain intervention strategies even before initiation of positive psychology. During the 1960s, leaders of humanistic

psychology created a style of intervention called personal growth therapy or human potential. So, in such type of studies they try to improve their personal growth. They try to improve their potentiality and such kind of programs they proposed, and they studied their effectiveness, i.e., how they can help people to grow further.

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Next perspective could be cognitive perspective. Let us know how cognitive perspective contributes to positive psychology. Cognition or how we think, impacts how we feel. There is significant correlation between thinking and feeling. If we have positive thinking, then positive feeling and positive emotions. If we have negative thinking, then negative feeling and negative emotions broadly we have. And there is a significant correlation or connection between two. That is why even in cognitive therapies, we try to change maladaptive thinking style so that we could reduce negative feelings and emotions among people. So that is why thinking process is very important and if we have positive thinking process, then it is contributing to us positively.

Not only cognitive psychologist but even religious spiritual leaders as well as other specialists focus on thinking processes. For example, Gautama Buddha said, we are what we think. And similarly, with our thoughts we make the world within. So that is why thinking process or positive thinking process is again very important and it can be part of character strengths.

Thank you. We will keep this topic continue in the next class.