

Positive Education: Basic Concept and its Need in Present Scenario

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ABSTRACT

Positive education works to combine principles of traditional education with the study of happiness and personal well-being using Martin Seligman's PERMA model and self-values in action classification. An important goal of positive education is to reveal a combination of children's character strengths and develop their ability to effectively engage their strengths to achieve greater success in their academic lives. In short, the aim of positive education is to enable school students, college youths to become the authors of their life stories. In positive education, teachers, parents and other school personnel are trained in health sciences. According to Martin Seligman, positive education is a response to the wide gap between what parents want for their children and what schools teach. In fact, the purpose of positive education is to solve the problems of conventional education in a positive way.

Keywords: Positive Education, Students, Life, Children, Parents, School, Health

Today all the parents around the world want the best and modern education for their children. It seems that today's parents want their children to be happy, self-reliant, prosperous, all their dreams come true, happy life is their birthright. Martin Seligman, one of the founders of positive psychology, has incorporated positive psychology into educational models to reduce depression in young people, increase their personal well-being, and increase their happiness. Positive learning considers six related areas; The six areas that are central to human flourishing are as follows— Positive Relationships, Positive Emotions, Positive Engagement, Positive Accomplishment, Positive Health and Positive Purpose. Through these six areas, Seligman seeks to equip students with positive mental health strategies. By developing mental flexibility in students, they can be able to cope with the stresses of daily life.

Schools, colleges are institutions as important as the family, because they contribute significantly in shaping the personality of the students. The work of giving ideological and moral foundation to students' thoughts is done in schools and colleges. Direction of students' thoughts leads to their bright future. There is a strong link between learning and earning money. If you don't learn, you can't earn more. Education develops students' thoughts, attitudes, actions, habits and skills. All these things have to do with living a rich, healthy and

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Received: August 17, 2022; Revision Received: September 18, 2022; Accepted: September 30, 2022

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creative life. Due to increasing competition in all fields, increasing use of information technology, increasing use of social media, and increasing unemployment, today's generation is seen to be living under more stress than the previous generations.

The American Institute of Stress (AIS) and the American Psychological Association (APA), two professional organizations, jointly conducted the Stress in America survey (2022). About 87% of the people in this survey said that rising prices of everyday things like groceries, gas and electricity bills are the main reasons for their stressful life (Heckman, W., & Pandey, A., 2022). Today's parents do not like to impose social and moral limits on themselves. Hence, the stress they put on themselves unknowingly spreads to the family members, especially the wife and children. According to the Wellness Programme (2018, July 10) about 89% of people in India say they are stressed, compared to a global average of 86%. , about 75% of people in India do not feel comfortable talking about medical expenses and the stress it causes. In short, the above statistics show that people around the world today are living under stress due to various reasons. Therefore, there is an urgent need to impart positive education to people right from their school life. Because education is the foundation key of every country's economy, employment, trade, military, research, health and overall nation building.

Objectives:

- Understand the nature and various definitions of positive education.
- Know about why positive education is necessary in the present scenario.
- Discuss in detail what are the various primary goals of Positive Education and how we can apply them in the Indian education system.
- To identify who are the carriers and beneficiaries of positive education.
- Discuss the differences between traditional education and positive education.

METHODOLOGY

This research paper is descriptive in nature. The researcher has collected some facts from previous research and examined it on the basis of scientific temperaments. To collect the information, the researcher made extensive use of primary and secondary sources like some unpublished data, published books, journals, online websites, blogs, newspaper articles. Descriptive method was appropriate for this research paper, because this research paper is to understand the introduction of positive education and its necessity in the present scenario. So, it was used by the researchers here.

Nature and Definitions of Positive Education

The ever-emerging new technologies, increasing use of artificial intelligence and machine learning in every field are creating new challenges in the education sector. Therefore, it has become imperative to rapidly change the education system. Positive education is an emerging field of the present time, which is trying to change the lives of people from all over the world. Therefore, it is important for us to understand exactly what positive education is.

Positive education is not very different from conventional education; so, it is an integral part of traditional education. According to Seligman and their colleagues (2009), positive learning is defined as learning for both traditional skills and happiness. "Positive learning works to combine the principles of traditional education with the study of happiness and personal well-being using Martin Seligman's PERMA model and his own Values in Action

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(VIA) taxonomy” (Moore, C., 2020). The long form of Seligman’s PERMA model is as follows- **P**=Positive Emotion, **E**=Commitment, **M**=Meaning and Purpose, **R**=Relationship and **A**=Achievement. According to the PERMA model any student will experience positive emotions while studying; he may have understood the meaning of his life and study, and maintain good relationships with classmates, teachers and parents. As a result of all this, if he is getting good academic achievement, it means that he is experiencing a truly positive education. Martin Seligman has identified 24 core human values of human character as follows- Creativity, Curiosity, Open-mindedness, Love of learning, Perspective, Bravery, Persistence, Integrity, Vitality, Love, Kindness, Social intelligence, Citizenship, Fairness, Leadership, Forgiveness and mercy, Humility/Modesty, Prudence, Self-regulation, Wonder, Gratitude, Hope, Humor, Spirituality (Keda, K. (n.d.). If the above human values can be fully or partially developed in the students by the schools, colleges then surely, they can lead a good and happy life. Developing such human values along with the traditional school curriculum will become an integral part of positive education if schools make it mandatory. Today's life is full of numerous challenges. Each person has a greater or lesser degree of characteristic positive traits reflected in their thoughts, feelings, and behaviors to face life's challenges and experience positive experiences on a daily basis. Such an environment needs to be created for their development (Peterson & Seligman, 2004). Positive education is known as an application of the science of positive psychology and related knowledge in an educational setting to encourage students, parents, professors, schools, colleges, institution directors, universities and communities to flourish.

Positive education is one that provides a rich vision for education, which emphasizes the student's strengths and tries to minimize his personality deficiencies, this improves the student's subjective well-being and helps to increase his academic engagement and improve achievements (Lalonde, R. (2019).

Positive education is a such method, which is based on altruism, emphasizing respect of students' cognitive, emotional and physical development and speed (Adey, O., 2020). From this definition, we realize that no education is perfect, some have some shortcomings. Every child and their personality development pattern are different, so the pace of cognitive, emotional and physical development of each child is naturally different. The current Indian education system focuses on teaching children what they do not like to learn. It means today's Indian education system is trying to fit all children into a one mold without considering their strengths and individual uniqueness. Today’s Schools are trying to teach a child what he cannot do rather than what he can do. Therefore, children's confidence goes down as soon as they go to school. According to Catherine Verdier (2020), ‘self-confidence cannot develop without self-esteem. Confidence is the ability to do something and the belief in what you are going to do’. Also, the personal history of parents plays a more or less important role somewhere in the way we educate them today. But today's Indian education system seems to ignore this.

Positive education takes time and thought. This is why some parents reluctantly shy away from this education and its prerequisites, as they fail to devote themselves fully to it due to professional constraints. As a result, children do not always understand what parents really expect from them.

Primary Goals of Positive Education

The fundamental goal of positive education is to promote flourishing or positive mental health within students, teachers, parents and in over all the school or education community (Norrish, J. M., Williams, P., 'Connor, M., & Robinson, J., 2013).

Another important goal of positive education is to reveal the combination of children's character strengths and to develop the ability to effectively participate in their strengths to achieve greater success in their academic life (Linkins et al., 2015).

Third aim of positive education is to equip students with the educational tools they need to begin delivering positive learning in the classroom. Positive Education provides evidence-based curricula, teacher training and development programs, assessment tools, and other elements that enable students, teachers, parents, and practitioners to create a positive culture in their educational institutions (The International Positive Education Network, 2013).

Thus, in brief the goal of positive education is to enable school students, college youth to become writers of their own life stories. It also aims to provide them with the practical wisdom they need to make choices about the good things in life, overcome adversity, live a happier life, live a successful, prosperous life and make a positive contribution to society while living.

Significance of Positive Education

As we all know, today's youth are struggling, anxiety and depression are on the rise among young people, and the number of young people who are thinking about suicide is increasing day by day. Even very young children are found to be contemplating suicide at an alarming rate for the slightest of reasons. Suicide is the third leading cause of death among children between the ages of 10 and 13 (Michele Robison,2022). Positive education can play a good role as a solution to all these situations.

Nowadays, academic excellence is no longer the sole objective of education systems in any country. In addition to academic excellence, schools also aim to promote the personal well-being or happiness of students. Positive education is the right way to achieve this objective. Positive education has some good, balanced and controlled curriculum, which teaches various skills to develop students' mental health (Seligman et al, 2009).

In general, many experts believe that good feelings and personal well-being are important factors in psychological health for any person in the world. School is a fundamental institution in any person's life, especially for adolescent boys and girls, it is a very serious, troublesome and stormy stage. Many children find themselves in this state of mental turmoil such as neglecting their education, dropping out, fighting to others, falling in love with someone of the opposite sex. Therefore, positive education plays a very important role to easily develop the mental health of children, to make their life more happy, to raise their educational development graph higher.

Focusing on creating a happy, playful, enlightening, creative and thriving school environment through a variety of positive education programs can help reduce children's mental health problems such as depression, anxiety, fear, anger, aggression (Huebner, E. S., et al, 2009),

RESULTS AND DISCUSSION

Positive education is much more than teaching the youth tools like meditation, yoga, *pranayama*. By using such tools, a culture of human welfare can be created in schools, colleges and universities. The culture of any school is found to contribute about 20% to the well-being of children. Whenever the school environment changes, the well-being and happiness of the students is seen to increase (Michele Robison,2022). In positive education, teachers, parents and other school personnel are trained in the science of health (authentic happiness). It also provides an opportunity to see how it can be used in the everyday school curriculum. Not only this, but also teachers are given the opportunity to apply what they have learned to their own lives, teach their students and incorporate it into all situations.

Positive education seems to have a positive impact not only on students, but also on the subjective well-being of teachers. If teachers can create a more positive atmosphere in the classroom, they begin to experience for themselves how beneficial it is for themselves and the students. Therefore, their outlook on life changes along with their way of living. They are motivated to break away from bad habits and start living a truly meaningful and happy life.

According to Martin Seligman (2009), positive education is a response to the wide gap between what parents want for their children, and what schools teach. In short, most parents want their children to be happy, prosperous, healthy, confident and successful. But our schools tend to focus on achieving success, discipline and enhancing academic skills. All of these things are important, but positive mental health is equally, not equally but more than that important. Because, all these things depend on healing and healthy mental health. Greek philosophers like Aristotle also said that happiness should be the ultimate goal of any education (Kristjansson, 2012). Even those working in education traditionally were and still are interested in the welfare of students. After all, positive learning is not an innovative idea. In fact, the purpose of positive education is to solve the problems of traditional education in a positive way. Earlier these problems were solved by punishment, anger, cheating, expulsion from school but that method was not positive. It used to create fear, inferiority complex, depression, anxiety among the students and the student-teacher relationship would become tense.

CONCLUSIONS

1. Positive learning works to combine the principles of traditional education with the study of happiness and personal well-being using Martin Seligman's PERMA model and his own Values in Action (VIA) taxonomy.
2. The number of young people who are thinking about suicide is increasing day by day. Even very young children are found to be contemplating suicide at an alarming rate for the slightest of reasons. Suicide is the third leading cause of death among children between the ages of 10 and 13. Positive education can play a good role as a solution to all these situations.
3. The goal of positive education is to enable school students, college youth to become writers of their own life stories. It also aims to provide them with the practical wisdom they need to make choices about the good things in life, overcome adversity, live a happier life, live a successful, prosperous life and make a positive contribution to society while living.
4. In positive education, teachers, parents and other school personnel are trained in the science of health (authentic happiness). It also provides an opportunity to see how it can be used in the everyday school curriculum. Not only this, but also teachers are

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given the opportunity to apply what they have learned to their own lives, teach their students and incorporate it into all situations.

5. Positive education is a response to the wide gap between what parents want for their children, and what schools teach. In short, most parents want their children to be happy, prosperous, healthy, confident and successful. But our schools tend to focus on achieving success, discipline and enhancing academic skills. All of these things are important, but positive mental health is equally, not equally but more than that important. Because, all these things depend on healing and healthy mental health.

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Acknowledgement

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Dongare, N. S. (2022). Positive Education: Basic Concept and its Need in Present Scenario. *International Journal of Indian Psychology*, 10(3), 1407-1413. DIP:18.01.150.20221003, DOI:10.25215/1003.150