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Psychology

POSITIVITY AND SELF-CONFIDENCE

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ABSTRACT Positivity refers to the degree to which something is positive or the quality or state of being positive. Positivity is that which accepts the world as it is, takes inspiration from it and sees the brighter side of it .

In order to get an insight and understanding in to various dimensions of the concept of positivity a branch of psychology has been developed recently and is christened positive psychology.

Self Confidence is the feeling of trust in one's abilities, qualities, judgment . The socio-psychological concept **self-confidence** relates to self-assurance in one's ability. Positivity has an immense effect on development of self confidence . If a person is positive, he will be more open to experiences, will be generous, tolerant and resilient. Humanistic psychology has shown a path, that people can be better human beings by being positive.

Positivity has a favourable impact on self confidence. Certain techniques have been discussed herein, which can be used to increase self confidence and develop a fully functioning person, having better mental and physical health.

KEYWORDS : Positivity, Positive Psychology, Humanistic Psychology, Self Confidence.

INTRODUCTION:

Positivity refers to the degree to which something is positive or the quality or state of being positive. Positivity is that which accepts the world as it is, takes inspiration from it and sees the brighter side of it.

In order to get an insight and understanding in to various dimensions of the concept of positivity a branch of psychology has been developed recently and is christened positive psychology "We believe that a psychology of positive human functioning will arise that achieves a scientific understanding and effective interventions to build thriving individuals, families and communities."

Positive psychologists seek to find and nurture genius and talent and to make normal life more fulfilling.

LITERATURE REVIEW:

Several humanistic psychologists—such as Abraham Maslow, Carl Rogers[vii], and Erich Fromm[viii]—developed theories and practices that involved human happiness. Recently the theories of human flourishing developed by these humanistic psychologists have found empirical support from studies by positive psychologists. Positive psychology has also moved ahead in a number of new directions.

Positive psychology began as a new area of psychology in 1998 when Martin Seligman, considered the father of the modern positive psychology movement, chose it as the theme for his term as president of the American Psychological Association[x], though the term originates with Maslow, in his 1954 book *Motivation and Personality.*

Self Confidence is the feeling of trust in one's abilities, qualities, judgment[xii]. The socio-psychological concept **self-confidence** relates to self-assurance in one's ability. Positivity has an immense effect on development of self confidence[xiii]. If a person is positive, he will be more open to experiences, will be generous, tolerant and resilient. Humanistic psychology has shown a path, that people can be better human beings by being positive.

A person with self-confidence generally likes himself, is willing to take risks to achieve his personal and professional goals, and thinks positively about the future[xvi]. Someone who lacks self-confidence, however, is less likely to feel that he can achieve his goals and tends to have a negative perspective about himself and what he hopes to gain in life[xv].

Even the greatest leaders lack self-confidence at certain times. Self-confidence is not a static quality; rather, it's a mindset that takes effort to maintain when the going gets rough. It must be learned, practiced and mastered just like any other skill. But once you master it, you will be changed for the better.

OBJECTIVE OF THE STUDY:

In general we know that objectives tell us what we are expected to do and in what conditions it will be achieved. The main objective of the present study is to understand positivity and self confidence and the various techniques which can be applied to improve self confidence.

Self Confidence cannot be built with just affirmations and positive thinking but setting and achieving goals is also important. This gives a feeling of accomplishment and builds competence. Self Confidence can do wonders to the life of an individual and can be the key factor in promoting a healthy and happy lifestyle.

Techniques for improving self confidence:

The key areas to work on in order to develop self confidence are:

- **Take care of oneself.** There are many small steps to this one action. It involves maintaining ones personal grooming by bathing regularly, brushing and flossing ones teeth, and eating healthy food. It also means making time for oneself, even when one is very busy and when others monopolize much of ones time.
- **Dress nicely**. A corollary of the first item … if one dresses nicely, he will feel good about oneself. One will feel presentable and ready to tackle the world.
- **Modify self-image.** Our self-image means so much to us, more than we often realize. We have a mental picture of ourselves, and it determines how confident we are in ourselves. But this picture isn't fixed and immutable. One can change it. If it is not a good one, change it. Figure out why one see oneself that way, and find a way to fix it.
- **Think positive:** In order to start any venture one has to be convince first that the venture will succeed! Positive thinking gives meaning to ones life and defines the course of it.
- **Turn negative thoughts to positive thoughts.** As you pay attention to your negative thoughts, turn them around to positive thoughts. This may take the form of positive affirmations, such as "I am going to try it," "I can be successful if I work at it," or "people will listen to me." Start with just a few positive thoughts a day.
- **Get to know oneself**. When going into battle, the wisest general tries to learn about his enemy very, very well. One can not defeat the enemy without knowing him. And when one is trying to overcome a negative self-image and replace it with self-confidence, the enemy is within. Thus the first step in the direction of building self confidence is to get to know oneself well.
- **Act positive**. More than just thinking positive, one has to put it into action. Action, actually, is the key to developing self-confidence. It is one thing to learn to think positive, but when one starts acting on it, one changes oneself, one action at a time.
- **Be kind and generous**. It is a tremendous way to improve ones self-image. One has to start feeling good about oneself, and to

think that one is a good person.

- **Speak slowly**. Such a simple thing, but it can have a big difference in how others perceive you. A person in authority, with authority, speaks slowly. It shows confidence. A person who feels that he isn't worth listening to will speak quickly, because he doesn't want to keep others waiting on something not worthy of listening to.
- **Identify your talents.** Everyone is good at something, so discover the things at which *you* excel, and then focus on your talents. Give yourself permission to take pride in them. Express yourself, whether it's through art, music, writing, or dance. Find something you enjoy and cultivate a talent to go with your interest.
- **Take pride in yourself.** Not only should you feel proud of your talents or your skills, but you should also think about the things that make your personality great. It can be your sense of humor, your sense of compassion, your listening skills, or your ability to cope under stress.
- **Be patient with yourself.** Sometimes you go backwards to go forwards. Gaining self-confidence does not happen overnight. You might try something new and not meet your goal. If possible, see what lessons are there. Not meeting your goal the first time around is an opportunity to learn more about yourself.
- **Stop comparing yourself to others.** If you want to build your self-confidence, then you have to focus on improving your own life for the better, not on making your life more like your best friend's, your older brother's, or like those of the celebrities you see on television.
- **Strive for balance.** Like everything else in life, building self-confidence is about maintaining balance. Too little self-confidence can keep you from achieving your goals and feeling good about yourself. On the other hand, it's important to be realistic -- you don't want to underestimate the time and effort needed to achieve your goals.
- **Set a realistic goal and achieve it**. People often make the mistake of shooting for the moon, and then when they fail, they get discouraged.
- **Do away with procrastination**. What's on your to-do list that's been sitting there? Do it first thing in the morning, and get it out of the way. You'll feel great about yourself.
- **Practise Gratitude-** Often at the root of insecurity and lack of confidence is a feeling of not having *enough* of something, whether it's emotional validation, material items, good luck, or money. By acknowledging and appreciating what you *do* have, you can combat the feeling of being incomplete and dissatisfied.
- **Look in the mirror and smile-** Studies surrounding what is called the "facial feedback theory" suggest that the expressions on your face can actually encourage your brain to register or intensify certain emotions. So by looking in the mirror and smiling every day, you may feel happier with yourself and more confident in the long run.

The list is not exhaustive and nor is it compulsory to act on all these items at once but one may pick and choose as per one's liking and gradually work towards a more fulfilling and happy self image that would enrich one's life and the life of those around him.

CONCLUSION:

Self Confidence cannot be built with just affirmations and positive thinking but setting and achieving goals is also important. This gives a feeling of accomplishment and builds competence. Self Confidence can do wonders to the life of an individual and can be the key factor in promoting a healthy and happy lifestyle.

From the foregoing discussion, it has been seen that positivity has a favourable effect on self confidence and by practicing the above techniques one can improve one's self confidence and develop into a fully functioning person and can have better mental and physical health.

Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit. – E.E. Cummings.

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