

## عنوان مقاله:

The Effectiveness of Positive Psychology on Feeling of Joyfulness

## محل انتشار:

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## خلاصه مقاله:

One of the factors that can reinforce the feeling of joy is the positive thinking of everyone toward the others. The positive psychology school which has begun in the recent millennium is specified for helping people optimize their lives by for example, experiencing more mental joyfulness. Joyfulness means happiness, delight, freshness and newness. As the world health organization has stated, the meaning of mental health is not just lacking mental disorders, but having motivation, exhilaration, dynamism and aims in life as the requirements of high quality of life as well. Therefore it is our humane and professional duty of all of us to direct the activities and intentions of all people and not just the clients of the consultation centers, toward increasing positive energy and hope in life, and consider it very seriously. The goal of the present study is to study the role of positive thinking in feeling joyful. This study has been done by reviewing some of the empirical psychology researches. Thinking positively implies attention to positive aspects of life, positive interpretations of others behavior, and expecting pleasing outcomes based on positive attention and interpretations. Also some factors have been mentioned as the causes of feeling joyful including: 1- Personality, 2- Self-esteem, 3- Social capital, 4- Leisure time activities, 5- Financial activities and job satisfaction, 6- Health, 7- Marital status, 8- Religious beliefs.

## کلمات کلیدی:

Positive Psychology, Joyfulness, Personality, Pathology

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