

عنوان مقاله:

Positive psychology training and adolescent crisis

محل انتشار:

ششمین همایش ملی تازه های روانشناسی مثبت نگر (سال: 1399)

تعداد صفحات اصل مقاله: 9

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خلاصه مقاله:

For decades, psychology has been investigating, identifying, and treating illnesses, injuries, and defects until Martin Seligman debated positive psychology. Martin Seligman points out that instead of focusing on injuries and illnesses, we should focus on healthy and happy individuals seeking growth, success and self-healing. By focusing on their strengths and positive personality traits, they can enhance their growth and prosperity and increase their life expectancy. Since adolescence is a period of overt cognitive, biological, social, and emotional changes, as well as a critical period in terms of cognitive, emotional, physical, and sexual issues, with its consequences occur during one's life and future, the effects of adolescence on the lives of individuals and society are highly valued. On the other hand, most of the mental health problems occur in adolescence and early adolescence. Given the importance of this issue, the present study seeks to answer, through the library method and review of previous studies, the question of what are the strategies for mitigating adolescent crises based on positive psychology in the school setting? Finally, these studies have identified that, by implementing positive thinking programs, reinforcing the components of spirituality and religiosity, hope, self-esteem, and self-efficacy, as well as adolescent happiness and life satisfaction, can enhance mental well-being and positive emotions. And a positive thinking atmosphere and spiritual vitality based on social participation and reinforcing adolescents' positive feelings for each other and for others.

کلمات کلیدی:

Positive Psychology, Positive Thinking, Adolescent Crisis

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