

CHAPTER 19 – PSYCHOLOGICAL WELL-BEING

LEARNING OBJECTIVES

After studying this chapter you should be able to:

- discuss the construct “well-being” as applied in general and in the work context
- discuss the construct “positive emotions” as applied in general and in the work context
- demonstrate an understanding of the salutogenesis and fortigenesis
- explain the study field of positive psychology
- give a historical overview of the development of positive psychology
- critically discuss the assumptions underpinning positive psychology
- identify and discuss constructs that conceptualise subjective well-being and positive emotions in positive psychology
- critically analyse the implications of positive psychology for diagnosis and interventions in the work context.

KEY CONCEPTS

well-being and health – physical, psychological and emotional health in all spheres of daily activity

positive psychology – psychology focusing on the positive aspects of human well-being and health

subjective well-being – a person’s own assessment of his/her general state of well-being

coherence – seeing the world as logical and predictable, and finding meaning in it

pathogenic orientation – an orientation towards the negative and towards illness

strength paradigm – an orientation towards the positive side of people, their intrinsic potential and their resilience behaviour

self-regulation – the exercise of control over one's environment and behaviour

learned resourcefulness – the utilisation of personal, social and environmental resources to cope with life's demands

salutogenesis – the origins of people's health and wellness

fortigenesis – the origins of psychological health and strength

eudaimonic happiness – happiness derived from activities that reinforce moral virtues, meaningfulness, and optimal functioning and experience (also called the "good life")

virtues – core human characteristics related to a moral orientation

self-efficacy – believing in one's ability to achieve one's goals

engagement – complete physical, mental and emotional involvement in activities and relationships that create flow and result in eudaimonic happiness

languishing – when an individual has no mental illness and low levels of well-being

flourishing – when an individual has an absence of mental illness and high levels of subjective well-being

floundering – when an individual suffers from mental illness, experiences failure in many spheres of life and experiences low levels of subjective well-being

struggling – when mental illness is present yet the person reports subjective well-being

CHAPTER SYNOPSIS

This chapter deals with theory and concepts that denote the positive aspects of people's well-being and adjustment to achieve optimal functioning in all spheres of life.