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POSITIVE PSYCHOLOGY – RESEARCH GOALS AND PRAGMATIC IMPLICATIONS

(Summary)

The main aim of the Positive Psychology Movement is to investigate and describe the positive aspects of human functioning in order to correct the potential imbalance which might be caused by psychologists' tendency to focus on weaknesses and problems. The purpose of this new branch of psychology is to create a science, which will show and explain how good and joyful life is. Positive psychologists give people many cues how to lead pleasant, meaningful and fulfilling life, how to cultivate their best features and to enhance their experiences of love, work, and play. Interventions which are suggested by positive psychologists raise the level of well-being and help to actualize people's potential. Those interventions might be applied to psychotherapy of people with somatic and mental disorders as well as to help workers to increase the level of work satisfaction and to guarantee their higher productivity in the workplaces.

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