

## **Article 1**

### **The Value of Positive Emotions**

#### **Overview of the Module**

Barbara L Fredrickson found the possible ways of experiencing positive emotions. According to various studies, it has been found that people who depict positive energies, have 10 years longer life than negative emotions' people.

Many other studies have shown that people, who stay happy, live a longer life. However, this study has raised a lot many questions. The negativity and loss of hope may cause depression, which itself is a disease. Major mental illnesses were non treatable.

#### **Positive Psychology Shows How Goodness Works**

Fredrickson's research found out possible ways for life enhancing effects of positive emotions and also understands why human beings evolved to experience them.

It was easy to study negative emotions, and due to that reason positive emotions always took a back seat. Also, there is difficulty in distinguishing the positive emotions. It's easy to identify anger, sadness, fear etc. However, positive emotions have no single value. The positive emotions lead to a happy state of mind, which becomes even stronger for later hard times. Various studies have depicted that people who feel happy, perform better.

The positive emotions are short lived, but have long lasting effects. Similarly, an individual might never forget the childhood games, which brought pleasures.

Fredrickson & some students tested the same by a survey, to examine optimism and resilience. People were interviewed in normal circumstances and later, days after September 11 terrorist attacks. They were asked to identify the emotions. Nearly everyone had negative emotions and was depressed.

Many studies performed on emotions suggest that there is a malfunctioning of brain and heart, if these are occupied by negative emotions or stress. Especially if stress is prolonged and recurrent, it can promote depression or heart disease. The negativity injures the inner walls of arteries and increases risk of various heart diseases. The

positive emotions react in the opposite manner. These cover the damages caused by negative emotions. These affect individuals and groups also.

The examples of positive emotions are:

- Being grateful,
- Being helpful,
- Being compassionate,
- Happiness,
- Solving problems,
- Feeling joy & pleasures of life

All these positive emotions benefit the personal health, development and longevity.

Our mind is one place where all thought is cultivated. Thinking positive and focussing on goodness can change oneself and the community. This feeling is as of creating heaven on the earth.

Negative emotions cause depression, distrust, ill-health, narrow thinking.

One of the examples of positive emotion is joy. It encourages playful behaviour. Similarly, Victory encourages self-satisfaction and pride. These broadened thoughts-actions impact positively on our minds, body, hearts .i.e. physical, social and emotional bonds can be strengthened. The performances become better day by day, against all odds in life, only if we have a positive mind-set.

### **Competing Values Framework**

This model helps us to make organization effective. The positive emotions lead to quick recovery and longevity of people. Fredrickson suggests that positive emotions encourage creativity and encourage exploration. The psychological resources are also generated, by promotion of optimisms. According to this model, the higher performance is directly related to positive emotions. This framework can be applied to personal and professional lifestyle.

### **4+2 formula for Sustained Business Success**

The 4+2 formula for Sustained Business Success is also a very useful model. The 4 positive emotions are happiness, victory, satisfaction and self accomplishment. This model requires managers to apply 4 positive emotions with the performance. The major 4 emotions help an individual to achieve his personal and professional goals effectively.

The secondary emotions can be encouraged, surprise, being grateful and being compassionate.