



## Carol Ryff and Positive Psychology

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### ***Introduction:***

Positive psychology is a new movement in the study of human behavior in a way that is fundamentally different from what prevailed in classical psychology studies. But complements with it to arrive at a holistic idea that requires understanding the nature of behavior, and thus being able to control and control it towards the desired destination through interventionist programs (Mushari, 2014:218). On the educational side, many psychologists have confirmed that positive psychology plays a role in the educational process s motivation, self-confidence and positive emotions, making them more optimistic, flexible and hopeful in the future. Positive psychology plays an important role in interventionist research such as prevention and treatment by supporting the student in general and the disruptive in particular and developing his personality and strengths from optimism, courage, honesty and perseverance. This method is more effective and important than focusing on treating a student's disorder or vulnerability or finding solutions to his or her problem. In addition, positive promotion is better and more important than negative promotion, especially in the field of education, because positive reinforcement contributes more to the treatment of behavioral problems related to the academic aspect such as academic delay, dispersion, and poor concentration (Trejensen, et. al., 2004: 164-171).

Positive psychologists have focused on two basic goals set since the inception of this science: to develop and develop the individual's ability to accomplish and to develop superior talent. These goals have received Seligman's attention with a group of colleagues to lay the foundations and objectives of positive psychology based on the principle of recognition of individuals' On the principle of working with them to enable them to exploit this energy. As well as the principle of further notifying the individual of the importance of his positive emotions, foremost among which is optimism and hope (Dabla, 2017:2).

Positive psychology enables everyone to build their lives in happier ways to strengthen their sense of personal control, think more optimistically, evaluate themselves more positively, identify the goals achieved, and flexibility of thinking. The clear message of positive psychology is to make positive changes in one's thinking and maintain feelings of happiness and well-being (Burns, 2017:237).

Research in positive psychology has emphasized the importance of positive aspects in many important variables that affect an individual's development including levels of positive social behavior, and happy are the most successful in all these arenas of individuals with high levels of negative impact. Positive research in psychology has increased the focus on other human virtues. Positive psychology concepts have received a great deal of modern experimental applications. The findings have confirmed that the concept of well-being, hope and quality of life promote mental

health, recovery from serious illness and injury, academic performance, athletic performance, professionalism and all aspects of life (Conoley & Jane, 2009: 16-17).

### Ryff Carol Theory

The Ryff Theory (1989) is an evolving model, encompassing a range of dimensions aimed at developing and developing an individual's abilities and capabilities and helping them to adapt to the environment, whether among family members, schoolmates or the community.

They are also theories that have played a significant role in the field of positive psychology. One of the concepts put forward by the concept of psychological well-being, which has been described, as an individual's cognitive and emotional assessments of his or her personal life, includes feedback and cognitive judgement relating to satisfaction, self-fulfilment and achievement. Low levels of negative mood (Diener & Oishi 2002:63).

Ryff & Singer, (2008) considers that well-being is essentially how an individual feels about his life, which is a way of building personal happiness maps, and some psychologists like (Waterman, 2008) (Ryff & Singer, 2008) stated that well-being should not be understood only as feelings of pleasure. However, as a positive influence an individual's life and manifested through his authentic self-compatibility (Scollon & Laura, 2011:4).

The basic work of the Ryff theory (1989) was through the concept of quality of life. It designed an integrated theoretical framework for well-being based on a comprehensive review of literature based on the most important perspectives: the theories of lifelong psychosocial development (Erikson, 1959) and the clinical theories of personal development (Maslow, 1968) (Rogers, 1961) Jahort (1968).

Furthermore, Ryff included ideas from her own research on development during the course of life (Ryff 1995-Ryff & Corey 1995) from philosophical attempts to define a good life, it becomes clear that almost all perspectives contain similar criteria and complement positive psychological functions in terms of important similarities. Because all criteria are formulated in terms of positive trends rather than illness and negative trends, and in fact this perspective has produced a new model of health that does not mean "The absence of disease only, but the existence of something positive (Dierendonck, et al., 2007: 473-474).

The Ryff theory focused on addressing neglected aspects of positive performance of an individual's personality, such as genuine participation in life and highlighting cognitive and skilled abilities, through studies conducted in the 1990s, one of the most elaborate concepts such as happiness, well-being, and quality of life, methods of research, measurement and promotion in individuals (Ryff, 1999:21).

One of the main objectives of Ryff Carol's early-stage theory is "Personal development", which, in its view, is a continuous process of seeking knowledge, understanding and supporting personal orientations, by experiencing positive feelings, showing joy and happiness at moments when goals are achieved by harnessing the full potential of an individual. Because possessing skills and talents that will help in the emergence of an individual in an integrated manner in everything (Andries, 2011:32).

Ryff (1995) confirmed through its studies that some aspects of positive performance It is clear that an individual's attempt to achieve his goals requires effort and discipline that may interfere with short-term happiness, Moreover, happiness is the absolute good of life. In addition, history provides countless examples of those who have lived unhappy, unfair or pointless lives but are at the same time happy. Philosophers do not interpret happiness as an end in itself, but rather as a byproduct of other more noble endeavors, these observations combined with the conclusion that most people (Even the disabled, the abused and the unemployed) report that they are happy. Moreover, that attention to happiness and positive impact can be at the expense of other aspects of positive performance that require comprehensive calculations of psychological well-being. To ascertain people's sense of whether their lives have a purpose. "Whether they are aware of their specific

potential and whether their ties to others are of quality"? How much do they feel responsible for their lives? These questions reflect an individual's pursuit of happiness and quality of life (Ryff & Corey, 1995:725).

The sense of happiness and joy of the individual is itself a reflection of his or her good life and a sense of satisfaction, which is a meeting point for determining the meaning of the quality of psychological life, which is the positive function of the individual that contributes to improving aspects of his or her life at different stages. (Ryff & Singer, 2008) repeatedly points out that what distinguishes individuals with quality of psychological life is having positive attitudes towards oneself, developing mutual positive relationships with others, feeling constantly evolving, controlling and controlling the surrounding environment, feeling independent, and assessing oneself against personal norms (Ryff & Singer, 2008:25).

### **Ryff & Singer, 1998, identified three main principles underlying the formulation of the concept of human health:**

**Principle I:** Positive health is not, in the final analysis, a medical question, but rather a philosophical issue that requires expressing the meaning of a good life. More than anything else, so the chronic neglect of philosophical perspectives on "life experiences" is a hindrance to efforts, including well-intentioned efforts, to understand positive health, instead producing very poor concepts of human performance.

**Principle II.** Human well-being, which relates to both the mind and body, and their interdependence, is linked; therefore, a comprehensive assessment of positive health must include both mental and physical components, and the ways in which they affect each other. The psychological pillars of "positive mental states" are responsible for shaping the main future trends to explain the mechanisms underlying positive human health.

**Principle III.** Positive human health is interpreted as a dynamic, multidimensional process rather than a separate end state. This means that human well-being is ultimately a matter of participation in life, involving the expression of a wide range of human potential: intellectual, social, emotional and physical (Ryff & Singer, 1995:2).

To confirm the above, Ryff's concepts play a preventive role in mental and physical health, and (Oramas, et. al.) To the role of positive feelings, when increased, it reduces the number of physical symptoms, anxiety, exposure to stress and depression, as (Telzer, et. al.). They emphasized that psychological well-being and quality of life act as a protective factor, since the individual will take balanced behaviors that will enhance people's feelings of self-fulfillment, improve their self-esteem and make self-esteem dependent on essential factors. While it emerged that individuals with high degrees of purpose in life, as well as feeling better personal growth and personal relationships, had lower cardiovascular risk, as well as better endocrine organization (Mari & Claudia, 2020:22).

### **The six dimensions of Ryff Carol's theory**

#### ***First: Self-acceptance***

Optimal level: having a positive attitude towards oneself, acknowledging and accepting multiple aspects of oneself, including good and bad qualities; It feels positive about past life.

Low level: Feeling dissatisfied and disappointed with what has happened in past life; He is also disturbed by some personal qualities and wishes to be different from what it is.

#### ***Second: Positive relations with others (social relations)***

Optimal level: enjoy warm, satisfying and reliable relationships with others; Care for the well-being and value of others; Capable of compassion, passion and intimacy; I understand give and take, exchange relationships that are not based on personal interest.

Low level: has little close relationships and trust with others, finds it difficult to be warm, not interested in others; Isolated and frustrated in personal relationships, not willing to compromise to maintain important relationships with others.

***Third: Independence (self-determination) or self-determination***

Optimal level: has the ability to resist social pressures to think and act in certain ways; He regulates his behaviour from within. Self-esteem through personal norms.

Low level: takes care of others' expectations and assessments and depends on others' judgments to make important decisions consistent with social pressures and act in certain ways.

***Fourth: Environmental mastery (environmental control)***

Optimal Level: Possesses environmental management efficiency, controls a complex range of external activities, effectively leverages ambient opportunities and is able to choose or create contexts suited to personal needs and values.

Low level: has difficulty managing his daily life, feels unable to change or improve the surrounding context and is unaware of the surrounding opportunities; It also lacks a sense of control over the outside world.

***Fifth: the purpose of life or (meaning of life)***

Optimal level: He has goals in life and a sense of orientation towards a positive independent and feels that there is meaning to current and past life, he holds his sleeve of beliefs that give a purpose for life that helps him to live in this life successfully.

Low level: lacking sense of meaning in life; It has few or no goals, lacks a sense of direction and feels powerless to achieve.

***Sixth: Personal Growth***

Optimal level: Dimension has a sense of continuous development that sees oneself grow and expand, is open to new experiences and has a sense of awareness of its potential; Sees improvement in self, behaviour and ways of thinking over time; Changes in ways that reflect more self-knowledge and effectiveness.

Low level: It has low growth it feels personal stagnant and lacks feeling better or self-expanding; He is bored and disinterested in life; Unable to develop new patterns or behaviors (Ruini & Fava, 2004:376).

The two researchers consider that Ryff theory plays a major role in the field of psychotherapy through the positive development of an individual's performance and helping them to activate their skills by focusing on positive strengths and abilities. It works to discover positive aspects, and the Ryff Carol theory focuses on the concept of positive prevention by focusing on self-efficacy. As the ideas of the Ryff Carol theory are a defensive method to stop behavioral imbalances and immunize the individual from psychological and behavioral disorders through the process of positive reinforcement, which in turn contributes to balance and psychological stability.

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