
Positive Mental Attitude: A Need of Time

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ABSTRACT

Why do we need positive mental attitude because in this new era challenges and obstacles we face in our personal and professional live are of a different order of magnitude. Human being entered in new challenging era. People in the world today feel as if their career is nothing more than work. They seem to have lost the joy in their livelihood. Young people are also faced problems in their life and career issue. So that this study based on library research. Researcher used many books, surveys and researches happened in positive psychology and finally conclude that there is strong need of positive mental attitude in society.

Keywords: *Positive Mental Attitude*

Positive mental attitude is a concept in positive psychology. Napoleon Hill a very famous writer and researcher developed this concept in his bestseller book think and grow rich in 1937. In this book writer do not use this specific term but he developed the importance of positive thinking in human life as a principle to success. Later He, along with W. Clement Stone, founder of Combined Insurance, later wrote Success Through a Positive Mental Attitude which defines positive mental attitude as comprising "the 'plus' characteristics symbolized by such words as faith, integrity, hope, optimism, courage, initiative, generosity, tolerance, tact, kindness and good common sense. Positive mental attitude is the philosophy that having an optimistic disposition in every situation in one's life attracts positive changes and increases achievement. Adherents employ a state of mind that continues to seek, find and execute ways to win, or find a desirable outcome, regardless of the circumstances. It opposes negativity, defeatism and hopelessness. Optimism and hope are vital to the development of Positive mental attitude.

A positive mental attitude is the belief and such kind of optimistic thought processes. And through this process one can increase achievement and success and whatever wants in life. A positive attitude is not directly come from genetic order but comes from observational learning in the environment and is partially achieved when a vision of good natured change in the mind is

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Received: December 31, 2016; Revision Received: January 24, 2017; Accepted: February 2, 2017

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applied toward people, circumstances, events, or behaviours. Since it is difficult to quantify the effects of a positive mental attitude, it can be considered a philosophy and a way to approach life.

Positive thinking is a discipline that trains the human mind to change a perceived reality by repeatedly making positive mental statements. A person practices positive thinking when they derive a positive sense of well being, optimism, belonging, meaning and/or purpose from being part of and contributing back to something larger and more permanent than themselves. Positive thinking is a process of choosing positive emotions from stimuli in the environment and applying them to perceptions and beliefs. The objective is to create an outlook that translates into a new or better chosen reality.

By definition, the word positive means dealing with matters of fact; expressed clearly, or in a confident or peremptory manner. However, in the concept of positive thinking, the word positive is meant to signify a manner of thinking: a manner that puts emphasis on processing thoughts in a more desirable, upbeat way.

It can be described as the practice of embracing the affirmative in our thoughts, our feelings, our actions, our reactions and our speech. Positive thinking is a mental attitude that admits into the mind thoughts, words and images that are conducive to growth, expansion and success. It is a mental attitude that expects good and favourable results. It is strategy that can be used to make you feel good about yourself.

Thinking positive is one of the most important things you need to practice throughout your life. It is a way of living and a technique that you need to incorporate into your daily life if you have any intentions of changing things or accomplishing your goals. It is also a way to use your mind to reverse the damaging effects of negative thinking. A positive mind anticipates happiness; joy, health and a successful outcome of every action and situation. Based on the idea the mind can affect the body, positive thinking is a way of keeping the mind and body healthy.

Psychological optimalism, as defined by the positive psychologist Tal Ben-Shahar, means willingness to accept failure while remaining confident that success will follow, a positive attitude he contrasts with negative perfectionism. Perfectionism can be defined as a persistent compulsive drive toward unattainable goals and valuation based solely in terms of accomplishment. Perfectionists reject the realities and constraints of human ability. They cannot accept failures, delaying any ambitious and productive behaviour in fear of failure again. This neuroticism can even lead to clinical depression and low productivity. As an alternative to negative perfectionism, Ben-Shahar suggests the adoption of optimalism. Optimalism allows for failure in pursuit of a goal, and expects that while the trend of activity will

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tend towards the positive it is not necessary to always succeed while striving to attain goals. This basis in reality prevents the optimalist from being overwhelmed in the face of failure.

Optimalists accept failures and also learn from them, which encourages further pursuit of achievement. Dr. Tal Ben-Shahar believes that Optimalists and Perfectionists show distinct different motives. Optimalists tend to have more intrinsic, inward desires, with a motivation to learn, while perfectionists are highly motivated by a need to consistently prove them worthy.

Why We Need Positive Mental Attitude:

The world has changed dynamically since 19th century. Life is more complex, more stressful, more demanding. We have transitioned from the industrial age into the information and knowledge. We face challenges and problems in our personal lives, our families and our organizations unimagined even one and two decades ago. These challenges are not only of a new order of magnitude, they are altogether different in kind. Throughout our lives, we are on a hunt. We search for the magical keys that will unlock the doors of success. The identity of those keys is not the same for everyone. American revolutionary Ben Franklin told in his autobiography about asking a fever to create a positive connection in a negative environment.

A positive attitude helps you cope more easily with the daily affairs of life. It brings optimism into your life, and makes it easier to avoid worries and negative thinking. If you adopt it as a way of life, it would bring constructive changes into your life, and makes them happier, brighter and more successful. With a positive attitude you see the bright side of life, become optimistic, and expect the best to happen. It is certainly a state of mind that is well worth developing. It may seem easy to just adopt a positive attitude to life. You probably will not need a lot of convincing to at least give it a try. After all, what do you have to lose? People let their attitude guide them all of the time. Unfortunately, most of the time, the attitude is a negative one. It is often easier to see how a negative attitude influences your life. This is just human nature to see negative over positive. We are more often drawn to drawing out the negative over the positive. Pessimistic attitudes seem to flood the world, while optimism is slowly drowning.

A positive attitude leads to happiness and success and can change your whole life. If you look at the bright side of life, your whole life becomes filled with light. This light affects not only you and the way you look at the world, but it also affects your environment and the people around you. If this attitude is strong enough, it becomes contagious. It's as if you radiate light around you.

People who think positively are usually more energetic and healthy than people who think negatively. They are happier, and this of course, affects their health.

The mind has a strong effect on the body and on health. When you think positively your immune system is healthier, and your body recuperates faster. Another reason, why you should adopt a

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positive way of thinking is the effect it has on relations with people. People tend to gravitate and to like positive people, and to keep a distance from negative people. Positive people bring joy, happiness and uplifting energy, and are fun to be around. They bring light and joy, and energize their environment.

Your attitude and the way you think have much to do with how you feel about yourself. If you adopt a positive attitude and think positively, you will have a better opinion of yourself, which means a sense of self-esteem. Choose to look at yourself in a positive light. See what is positive and good in you. This will automatically increase your self-esteem. Don't worry about negative people, and about what they think and say about you. When you have a positive attitude toward yourself, the people around you will have a better opinion of you, and would treat you with more respect.

Loving yourself, being good to you, and being happy, are expressions of thinking positively. This attitude would also enhance your self confidence, your courage, and your inner strength. A positive attitude awakens happiness. You don't have to be rich or achieve goals to be happy. It is a matter of attitude. When you adopt a positive frame of mind you become happy. Happiness does not depend on external causes. It comes from inside you. You can be happy now. You don't need to lose weight, get a promotion or win the lottery to be happy. It is a matter of attitude. Having a positive outlook on life will make you happy, while being negative will make you unhappy. Thinking positively will help you accomplish dreams and goals, and tasks would be easier to fulfil. Motivation is a positive quality and a wonderful trait to have. It pushes you forward, encourages you, and helps you overcome obstacles. A positive frame of mind increases your motivation to succeed and get what you want. It will make you believe you will get what you want. It will also motivate you to achieve more than you ever expected. When you adopt a positive attitude, it will take some time to make it routine. In the beginning, you will likely have to work hard to make sure you are being positive in every aspect of your life. You will have to make an effort to stay positive and to think positive. It can be difficult, especially if you often give in to negative thoughts and actions. Developing a positive attitude is about making everything in your life positive. That means associating with positive people, keeping you in positive situations and surrounding yourself with positive things. You have to get rid of negativity. You have to start being positive about everything. You are paving your road with the positive and this will lead you to positive results.

Research in Positive Mental Attitude:

Positive thinking is an umbrella term for a range of ideas and techniques associated with the psychology of achievement. It is the main idea that lies behind the self-help movement that originated in the United States and has since become very influential worldwide.

1. Research from the Harvard School of Public Health (2001) links a more optimistic outlook with a lowered risk of heart disease in older men and University of Pittsburgh researchers

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report that optimistic women have less thickening of the carotid artery walls. That Women's Health Initiative Study (2009) suggests that a positive mental outlook is associated with reduced evidence of coronary heart disease and total mortality in postmenopausal women.

Thousand of articles in virtually all popular, medical, health and news journals tout the benefits of PMA on longevity and many other positive aspects of aging, says Dr. Peter Norvid, a geriatric specialist treating patients at Adventist Hinsdale and La Grange Memorial hospitals and medical director for Heartland Hospice. "Optimistic people live longer, have closer personal relationships and are able to deal with the negative things that happen to them in a way that allows them to continue to be able to be there for others so that others can help them."

2. In 2000, Mayo Clinic researcher Toshihiko Maruta, M.D., published a 30-year study of 839 patients, indicating a pessimistic view was a risk factor for early death, with a 19 percent increase in the risk of mortality," says Ken Budd, executive editor, AARP the Magazine. "Even after adjusting for age and gender, pessimists had a higher mortality rate than those who tested as optimistic. Using the Minnesota Multiphasic Personality Inventory, researchers found the way people explain life events with a positive outlook or a negative one directly related to their mortality.
3. The research was published in the Melbourne Institute Working Paper Series and examined the outlooks and lifestyles of more than 7,000 people in Australia. Their research shows a direct link between the types of personality a person has and a healthy lifestyle says study author Deborah Cobb-Clark. Men and women who remain positive about life are more likely to eat better, exercise regularly, and take better care of themselves overall. People who feel like life is a matter of fate or luck are less likely to live healthy, and are more likely to smoke and drink. The bottom line: when you feel in control, you take control. People who exhibit a positive mental attitude about life are often those who take an action-oriented approach to everything. They might run into the same obstacles as someone with a more negative outlook, but they choose to respond, not react, differently. People who always feel like things happen to them and that these occurrences determine the course of their life are less likely to take control because they are less likely to feel in control.
4. No one really understands how or why a positive attitude helps people recover faster from surgery or cope better with serious diseases, diseases as serious as cancer, heart disease, and AIDS. But mounting evidence suggests that these effects may have something to do with the mind's power over the immune system. One recent study, for example, polled healthy first-year law students at the beginning of the school year to find out how optimistic they felt about the upcoming year. By the middle of the first semester, the students who had been confident that they would do well had more and better functioning immune cells than the worried students.
5. Patients with chronic coronary artery disease, asthma or hypertension often find it difficult to adhere to an exercise or a medication plan to manage their disease. But they can help themselves by cultivating a positive mental attitude and practicing self-affirmation techniques,

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according to new research from a team of investigators that includes John Allegrante, Deputy Provost and Professor of Health Education at Teachers College. The findings are detailed in three linked studies, involving 756 patients, published online on January 23 in the Archives of Internal Medicine, one of the journals associated with the Journal of the American Medical Association (JAMA). Allegrante served as co-investigator and senior behavioral scientist and health education specialist on each of the three studies and is a coauthor on the reports. The research was led by Mary E. Charlson, MD, Executive Director of the Center for Integrative Medicine at the Weill Cornell Medical College and the William T. Foley Distinguished Professor of Medicine and professor of integrative medicine at Weill Cornell Medical College, with whom Allegrante has collaborated for over 20 years on NIH-funded investigations. One study, of coronary artery disease patients, was led by Janey C. Peterson, a Teachers College alumna who completed her doctorate under the sponsorship of Professor Allegrante, who is now a faculty member in the Department of Medicine and the Center for Integrated Medicine at Weill Cornell.

CONCLUSION

Positive attitude helps to cope more easily with the daily affairs of life. It brings optimism into your life, and makes it easier to avoid worry and negative thinking. If you adopt it as a way of life, it will bring constructive changes into your life, and makes them happier, brighter and more successful. With a positive attitude you see the bright side of life, become optimistic and expect the best to happen. It is certainly a state of mind that is well worth developing and strengthening. A positive attitude leads to happiness and success and can change your whole life. If you look at the bright side of life, your whole life becomes filled with light. This light affects not only you and the way you look at the world, but also your whole environment and the people around you. If it is strong enough, it becomes contagious.

Individuals who have a positive attitude will feel the impact on their health through lack of illness and overall increased positive well-being. With reference to above research many health benefits have been influenced by a positive attitude, including increased life span, increased resistance to the common cold, lower rates of depression, increased cardiovascular health, reduced stress, and overall physical and mental vigour.

Overall, the importance of a positive attitude on health is apparent, but how it works exactly is still unclear. The mind-body connection is strong and undeniable to those in the medical community. Improving your state of mind can have significant lasting effects on health. One of the ways to do this is to increase positive thoughts by making a conscience effort to refrain from criticism of yourself and others. Also, HelpGuide.org suggests that humour and laughter are one of the quickest ways to influence your health. The positive attitude humour and laughter bring with them can immediately ward off stress and anxiety thus returning you to a calm, positive state of mind.

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The benefits of a positive attitude:

1. You will experiencing greater levels of inner peace and gratitude within you.
2. Positive attitude would help you in achieving your goals and attaining success.
3. Your success will achieve faster and more easily.
4. You will get more happiness in your life
5. Your energy level will increase.
6. You will find greater inner power and strength.
7. You will have the ability to inspire and motivate yourself and others.
8. Fewer difficulties encountered along the way.
9. The ability to surmount any difficulty.
10. Life smiles at you.
11. If you will have positive attitude people respect you.

Acknowledgments

The author appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interests: The author declared no conflict of interests.

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How to cite this article: Kotekar V (2017), Positive Mental Attitude: A Need of Time, International Journal of Indian Psychology, Volume 4, Issue 2, No. 87, ISSN:2348-5396 (e), ISSN:2349-3429 (p), DIP:18.01.053/20170402, ISBN:978-1-365-71287-6