



## The Effect of Positive Psychology on Students' Internal Attributional Styles from Seligman's Perspective

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### A B S T R A C T

The purpose of this study was to investigate the effect of positive psychology on students' internal attributional styles from Seligman's point of view. The statistical population of this study is all students. The research method is qualitative library type. The findings show that: We are either optimistic or pessimistic about the bad events of life if we blame ourselves for the bad events, rather than the internal attribution style. The results indicate that: Seligman has been able to derive the most positive concepts of positive psychology from the incorporation of internal attribution theory and learned helplessness. Also, one of the five foundations of happiness is positive psychology. Martin Seligman's claim suggests that teaching change in internal attributional styles produces positive psychology in depressing individuals.

**Keywords:** Positive Psychology, Internal Attribution Styles, Students, Seligman's Viewpoint.

### INTRODUCTION

There are three steps to positive thinking (Brown, 2001; Cornaro, 2005; Sellars, 2018). *No Use of Pessimistic Explanations:* Everyone can learn to use explanations that are temporal and situation oriented. For example, if a mother mistreats her child, she might say, "I was not incredibly bored that day, but I am a mom most of the time (Hefferon & Boniwell, 2011; Park et al., 2016). *Please do not limit your happiness:* In the world, today's machine is usually defined and limited by human happiness; the fact is that it is not only the goal that creates happiness, but the process of moving toward the goal (Magyar-Moe, 2009; Magyar-Moe, Owens, & Conoley, 2015). Every time you step forward, repeat one of your cheerful sentences that focuses more on the process, not the goal (Seligman, 2019). Make the briefs a joyful short-term goal (Eyal, 2019). The concepts emphasized in positive psychology can be summarized in the following three principles (Seligman, 2000). 1: busy (active life), 2: meaning (purposeful life with meaning), a happy life is achieved by having positive emotions in the past, present and future. Positive emotions of the past include feeling satisfied, satisfied and at ease. Self-esteem, hope, trust, and faith are future-centered positive emotions (Maki & McCaul, 1985). The subset of positive psychology includes the following tendencies. 2: Pleasant Life, 2: reading good life, 3: study or live a meaningful life in relation with the world (Seligman, 2019). Positive psychology holds that the question is not how we can correct people's weaknesses, but how we can cultivate people's abilities (Magyar-Moe et al., 2015). Positive psychology has always sought to identify and

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DOI: [In pressing](#)

To cite this article: Khademi Astaneh, Z. (2020). The Effect of Positive Psychology on Students' Internal Attributional Styles from Seligman's Perspective. *Iranian Journal of Positive Psychology*, 6 (1), 23-26.

predict their well-being and mental well-being and to anticipate them, and the focus of this emerging field in psychology is to promote the well-being of individuals and to identify the positive aspects of individuals and to promote health and well-being. Psychosis as well as help with treatment is a problem if you have a problem (Bernat, 2009).

## METHODOLOGY

The test consists of 4 questions and is part of the tests that Martin Seligman designed. By answering the questions in this test, you can test your own position in the geography of optimism, and finally, after calculating the sum of the scores you get from answering these four questions, refer to the Test Interpretation section and the table.

Table 1. Seligman's Optimism test

Questions	Questions	Range	Scores
1	Even, when I am not sure how things are going, I do not open myself up and stay hopeful.	A) Quite wrong. B) False. C) True. D) Quite right.	A-(0) B-(0) C-(2) D-(3)
2	Many times in my life, I feel like there is really no hope.	A) Quite wrong. B) False. C) True. D) Quite right.	A-(0) B-(0) C-(2) D-(3)
3	When I once fail at a job, it means I will fail if I still want to do it.	A) Quite wrong. B) False. C) True. D) Quite right.	A-(0) B-(0) C-(2) D-(3)
4	Whenever I have a problem in my life, the first thing that comes to my mind is a positive thought.	A) Quite wrong. B) False. C) True. D) Quite right.	A-(0) B-(0) C-(2) D-(3)
5	Even if all people say, it is really impossible to do one rhing, I do not experience it at all, I do not know it impossible.	A) Quite wrong. B) False. C) True. D) Quite right.	A-(0) B-(0) C-(2) D-(3)
6	Every day, I consider my life a new and unrivald opportunity.	A) Quite wrong. B) False. C) True. D) Quite right.	A-(0) B-(0) C-(2) D-(3)

## RESULTS

Table 2. Scoring method based on Martin Seligman optimism test show that

Indicators	Score	Variables
PmG	More than 9	Permanence Good
PmB	Less than 9	Permanence Bad

If your total score on this test is 9 or more than 9, it means that you are a total optimist and if your total score is less than 9, it means that you are pessimist.

Table 3. The proportion of optimism and cynicism variables.

Ratio of variables	Sum of indicators	Variables
Total Bad	Sum of B(Bad)	1-3
Total Good	Sum of G(Good)	4-6

If the total score you get in this test is between 1-3, you are moderately skeptical, and if your total test score is 3-6, you are moderately optimistic.

## CONCLUSION

The purpose of this study was to investigate the effect of positive psychology on students' internal attributional styles from Seligman's point of view. The findings showed that there is a significant relationship between positive psychology and students' internal attribution styles. This finding is in agreement with the findings of the study Mulyadi, Rahardjo, and Basuki (2016), Nejati, Kamari, and Shahidi (2017), is in line. Given the above results, which indicate the relationship between positive psychology and internal attribution styles, it can be said that: Seligman derived the concept of hope from internal attributional styles (Seligman, 2000). He has also explained self-esteem, which people with higher self-esteem attribute good events to themselves, that is, they use optimistic internal attribution styles, and in fact such people relate events to the environment. And others do not allow bad events to harm their self-esteem, which is inconsistent with the results of the Chihuahua tradition, of course, but to relate all events to more external factors for situations where we have vague control over our environment, Not for the conditions where we are completely in control of the environment and we are wrong, in this situation Acting is a form of irresponsibility, not optimism. So there is the difference between optimism and irresponsibility in environmental control. It should be noted that the emphasis on positive burnout in positive psychology does not mean that there are no negative points. Likewise, positive psychology does not mean eliminating negative states; in fact, positive things do not come only by contrasting negative points (Conway, 2012). Pessimistic intrinsic attributions are one of the most important predictors of depression or provide longer and more severe forms of depression, and optimistic intrinsic attributions are one of the most important factors in happiness (Keller, 2010). Optimism means having positive expectations for outcomes and outcomes, and these outcomes are considered as constant and general factors (Peterson, 2000). Among the limitations of this study: the novelty of positive psychology in psychology. Suggestions include: 1) unjustified self-pessimism; the last thing that should be emphasized and repeated in the mind always has to be a positive statement. 1) Study positive psychology; because positive psychology is the scientific study of an ideal human's performance, so humans can Optimism and positive thinking and ultimately enjoy life by studying positive psychology. 1) Socializing with optimistic people; the consort of our people makes happy, happier mood, we consort with people optimistic we can also help improve our optimism. 5) Reverse - Contrary to what most people think, it is only their attitude that determines their behaviors and speeches, but the truth is that the opposite is true, that is, you just have to start with happiness from your behaviors. To gradually see its impact on your

future attitudes and perspectives.

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