



The Second Wave of Positive Psychology and the Horizons Ahead

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A B S T R A C T

Positive psychology has been considered by researchers and theorists in various fields of psychology since its inception in this century. Emphasis on human strengths instead of focusing on mental injuries and illnesses is one of the strengths of this approach, which takes a positive view of human nature. Despite the initial reception and attention, there was also a critique of the positivist psychological approach, the most important of which is to have a look at two categories (good or evil and good or bad). Extreme focus on the positive aspects of the thoughts, behaviors, and emotions that have led to the tyranny of positivism, Avoiding issues that require suffering and death, Focusing on concepts Derived from Western cultures and individualism, he noted the neglect of the orthodox and humanistic psychological aspects, emphasizing the positivist paradigm and laboratory findings. In response to these criticisms, some experts in the field started a new movement known as the second wave of positivist psychology. This approach has tried to create new horizons for itself. Choosing a dialectical approach instead of two categories, focusing on non-Western cultures and contextual and indigenous psychology, achieving sustainable well-being through the use of the dark aspects of human existence (suffering, death, fear) Disease), emphasis on qualitative and compositional methodology in future research, adopting a humanistic position on human virtues, emphasis on other sources such as literature, philosophy, and religion are the most critical new horizons that The second wave has created positive psychology for itself.

Keywords: Positive Psychology, First Wave, Second Wave, Future of Positive Psychology.

INTRODUCTION

Positive psychology was introduced as a new movement in the early 21st century by two prominent psychologists, M. Seligman and Peterson (2000). This approach focuses on optimism and positive human performance rather than psychological pathology and social dysfunction. The goal of positivist psychology in the first place is to transform the world's psychological system and shift its focus from reconstructing the worst to the best elements of quality of life. Therefore, the development of capabilities should be considered as an essential component in prevention and treatment. Positive psychology, experiences such as mental health, life satisfaction, enthusiasm, happiness in the present, efficient understanding of the future that include concepts such as optimism, hope, and faith(Hamed, Haghighi, & Bakhtari, 2019).

Positive psychology seems to emphasize both individual and group concepts. One's concepts are the beauty of friendship, perseverance, forgiveness, originality, foresight, and

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rationality. At the group level, the virtues of citizenship, such as a sense of responsibility, compassion, self-sacrifice, politeness, moderation, orbit, and work ethic, are emphasized. Seligman believes that psychology had three primary functions at the beginning of its emergence in the twentieth century: treating mental disorders, improving the lives of others, and identifying and cultivating talents. Meanwhile, between these three primary tasks during the twentieth century, only the treatment of mental illnesses was emphasized, and the main focus was on it, and the other two tasks have been neglected (Hamed et al., 2019).

Positive psychology is generally regarded as the fifth force (or wave) in psychology that has served human society. The first force of psychoanalysis, the second force of behaviorism, the third force of humanism, the fourth force of cognitive-behavioral, the fifth force of multicultural approach that positivist psychology is in multicultural psychology (Martínez-Guzmán & Lara, 2019; Yakushko & Blodgett, 2018). Positive psychology has attracted researchers, psychotherapists, counselors, and the general public since its inception. Twenty years after the introduction of positivist psychology, it seems that its impact has not been limited to the field of psychology and its related disciplines. The founders of positive psychology believe that positive psychology is not an unattainable goal of self-deception, but a scientific approach based on the best scientific methodology. Positive psychology believes that this approach can be used not only in psychological activities, but also in other fields such as politics, education, management, and economics. Based on this belief, articles and workshops and training courses have been conducted in the United States and other countries to strengthen the positive psychology approach (Miller, 2008; Pérez-Álvarez, 2016).

WHAT IS POSITIVE PSYCHOLOGY?

What is Positive Psychology? How do researchers define positive psychology? If you ask 10 positivist psychologists what positivist psychology is, you will hear 10 different definitions. Does this multiplicity of definitions stem from the fact that none have a proper understanding of positive psychology? Alternatively, that positive psychology is "everything to all people." In other words, is it medicine for modern diseases? (Alex Linley, Joseph, Harrington, & Wood, 2006; Proctor, 2017).

The term positive has been used in the scientific and historical contexts in various fields such as philosophy, theology, law, mathematics, physics, chemistry, biology, and linguistics, which has its own meanings. For example, certainty and undeniable are contrary to the principles of positivist psychology. The positive word is derived from the Latin words pono and ponere and means to make or do something in the present tense. Later it means optimism and things that give us the same sense of progress or increase. From the basic meaning of the word positive, its two meanings are closer to positivist psychology. Its old usage refers to the presence and quality of work done with full attention and presence in the present moment. Its new use means preferring what is desirable or good (Kern et al., 2019; M. E. Seligman, 2019).

Patterson (2016), writes in his definition of positive psychology: "Positive psychology is the scientific study of what is most valuable in life. Positive psychology should not be confused with untested methods of self-help, unacceptability, or secular religious views. "It is not a

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matter of how much these methods create for themselves. Nor is positive psychology a recycled version of things like the magic of positive thinking power or the flow of secrets".

In the definition of positive psychology, M. E. Seligman and Csikszentmihalyi (2014), write: The field of positive psychology at the mental level is about valuable experiences such as well-being, contentment (in the past), hope and happiness. Nose (in the future) and the presence or drowning and happiness (in the present) refers on an individual level to positive human traits and characteristics: a capacity for love, courage, interpersonal skills, sensitivity to aesthetic issues, Refers to perseverance, forgiveness, originality, foresight, spirituality, and wisdom, and at the social level includes the virtues of citizenship and institutions that lead people to become better citizens, such as responsibility, prosperity, altruism, moderation, tolerance and work ethic. Sheldon and King (2001), Positive psychology is nothing more than the scientific study of the virtues and strengths of ordinary people.

FIRST AND SECOND WAVE OF POSITIVE PSYCHOLOGY

Lomas and Ivtzan (2016), Some experts have argued that positivist psychology has focused on positive human qualities over the years. This form of positivist psychology is textualized from a dualistic and polarized perspective that considers the events around it to be either very good and desirable or very bad, for example, in the two categories of phenomena in the form of optimism versus pessimism, self-esteem versus humiliation, freedom versus limitation, forgiveness versus anger, and happiness versus sadness. This polarized and two-pronged view has led to the fact that positive dimensions are always considered as the desired goal, and the function of negative aspects has been neglected. This is why this approach has led positivist psychology to what critics call "positivist tyranny" (Lomas, 2016).

Positive qualities are always considered useful and should be sought and found. Having such a view constitutes the first wave of positivist psychology. Such an understanding of man and the events around him has led to much criticism, both from within and without positivist psychology. Such qualities are consistently considered positive; They may not always be positive and have the opposite effect. Unrealistic optimism, for example, is associated with underestimation of risk and leads to risky behaviors such as drug use or smoking. Excessive emphasis on optimism leads to underestimation and miscalculations about risk and risk factors. In contrast, pessimism in the face of risk factors and risk factors can, to some extent, lead to a correct and realistic assessment of the situation. Forgiveness, for example, has always been emphasized as a positive emotion in positive psychology. However, in some cases, this positive emotion can be harmful. In situations where the person is under the pressure of abusive relationships, forgiveness cannot be helpful, and even optimism cannot improve the situation. Instead, they are helpful in situations such as anger and pessimism(Lomas, 2016).

Here we can point to the principle of complementarity that positive aspects can be transformed with negative aspects(Lomas, 2016). For example, love can include positive aspects such as happiness, joy, and happiness, and at the same time, it can be accompanied by fear, anxiety, and worry.

Since in terms of the passage of positive psychology in the course of its evolution and

maturity, it needed to start a new stream, which became known as the second wave of positive psychology. The second wave still has not shifted its focus from big concepts such as prosperity and well-being. Thus, in the second wave, instead of a one-sided and one-dimensional look at human characteristics and events in the world around them, he has a fundamentally dialectical look at them. In simpler terms, the second wave of positivist psychology sees the nature of individuals and phenomena dialectically. Having a dialectical view means that there is always tension and dynamic interaction between opposing elements and forces. For example, between positive and negative, and between light and darkness, there are always dynamics that the existence of one side depends on the presence of the opposite side. The dialectical view is not necessarily limited to the situation between contradictions; On the other hand, dialectics refers to a situation in which the dynamics of a situation may change or alter the phenomenon. Dialectic is a concept derived from the ideas of the German philosopher Hegel (1812). Also, in this approach, the positive and negative aspects cannot be separated from each other and studied alone, but these contrasting aspects should be studied together.

Wong (2019), as a pioneer; Using the first wave of positivist psychology (emphasis on positive human characteristics) and existential psychology (focusing on the dark aspects of human existence), he launched the second wave of positivist psychology. In the second wave, positivist psychology has tried to consider psychological well-being in the psychological, social and cultural context with an intercultural perspective. In other words, it has an indigenous view of people's psychological well-being. For example, until 2008; It was found that 68% of the articles published in Positive Psychology were published in prestigious psychology journals in the United States; Also, 96% of the studies conducted in countries with a dominant Western culture have been completed (Arnett, 2016). Kim, Doiron, Warren, and Donaldson (2018), show that over time, positivist psychology has become more focused on other cultures. For example, in a systematic review study, they examined the position of positive psychology research from 2000 to 2017. Out of 2214 studies, 863 studies were conducted in 63 countries. Forty percent of these studies were conducted in the United States, and 70 percent in the West. Out of 680 studies by the quantitative method, 90 studies by the qualitative method, 80 studies by combined method, and 5 studies by the new method were unknown. These articles sought to address trauma in traumatic and traumatic events, resilience after illness and injury, positive experiences among marginalized populations, and indicators of happiness among different cultures, and the balance between the positive and negative aspects is significant.

This shift in studies suggests that widespread criticism of the positivist psychology approach has led to the formation of a second wave of positive psychology due to the over-concentration of concepts formed by research in the West be oriented.

Ignoring aspects of human existence (freedom, responsibility, and existential anxiety) and disregard for one's social context and ecology were among the most significant criticisms of the first wave of positivist psychology introduced by M. Seligman and Peterson (2000). It was done. Positive psychology, pursued by M. E. Seligman and Csikszentmihalyi (2014), Patterson (2016), emphasizes happiness and finding meaning through it. However, research shows that finding meaning cannot be achieved through happiness. Linley and Harrington (2014), meaning requires sacrifice and struggle, and meaning and meaning are obtained through negative

experiences. Seligman's view of the good life reflected the idealization of the ordinary human condition. This view was very attractive because it suggested a way to live without pain. Seligman's model was related to normal and positive areas of life. While there are positive aspects to life, there are also negative aspects that can cause harm or injury on an individual, interpersonal, or social level.

For example, under authoritarian regimes, many people may be tortured or killed for their beliefs. So in working with people who are struggling with negative experiences. The transition to negative experiences is necessary during the intervention on the evaluation, re-framing an injury (trauma) in a broad and meaningful narrative and rewriting it in transferring from negative experiences from the role of a victim to the role of a hero. Become (Wong, 2019). The first wave of positivist psychology follows a dissociative view of the dimensions of human existence and is oblivious to the holistic view and holistic thinking. In simpler terms, the first wave of positive psychology focuses on specific feelings, behaviors, and thoughts. Such a reductionist view may be of little use in research. While understanding human beings, we need a holistic view that does not divide human personality into smaller parts (Wong & Roy, 2018).

The second wave of positivist psychology was an undeniable necessity because of the criticism of the first wave. Wong (2019), in the second wave of positive psychology, is trying to expand the application of positive psychology in counseling and psychotherapy. Therefore, assumptions have been made for the second wave of positivist psychology in counseling and psychotherapy applications, the most important of which include:

- 1) Accepting and accepting the fact that life can be full of evil and suffering.
- 2) Sustainable well-being can be achieved by overcoming suffering and the dark aspects of life.
- 3) Recognize and understand that everything in life is created through polarities, and understand that it is possible to achieve the balance between them through dialectics.
- 4) Learning from tissue and indigenous psychology, such as ancient wisdom, emphasizes finding deep inner happiness in bad situations.

For this reason, it can be said that the second wave of positivist psychology is more subtle, balanced, and pervasive than the first wave. Therefore, this scientific movement as an advancement in positivist psychology was an undeniable necessity. The second wave of positivist psychology is like an umbrella with six main themes:

- 1) The second wave of positivist psychology encompasses both positive and negative experiences. Instead of an opposite and two-category view, he has chosen a dialectical view, which means that one can simultaneously deal with the dynamics between the negative and positive aspects of life. This view originated from the Eastern (Chinese) culture of Yin-Yankee.
- 2) To maintain and achieve sustainable and long-term well-being of individuals and institutions, knowing that this issue is achieved by transferring the dark aspects of human existence. So when we face our pathological aspects, we are more likely to live with more enthusiasm because we will live in this state with the knowledge of our limitations.

3) From now on, only positive dimensions and experiences of life will not be emphasized. Rather, it is necessary to face the dark fronts of human existence, unpleasant and unwanted. Such as suffering, incurable diseases, and death must also be faced. Thus, such new frontiers and horizons require new research, interventions, initiatives, and new existential insights.

4) The second wave of positivist psychology, like the physical sciences, does not have a neutral position, like the natural sciences, towards the well-being of individuals. Instead, it is about cultivating humanistic values or universal human virtues such as human dignity, kindness, honesty, and integrity as a necessity and precondition for educating a morally oriented human being to form a civilized and growing human society. This goal will not be achieved by focusing only on human strengths.

5) The second wave of positivist psychology points out that the implications of research conducted in the positivist psychology of American society will not be regarded as an undeniable universal truth. At the same time, it will not seek to impose or impose these concepts on other cultures. Instead, he believes that the path to well-being must be shaped by cultural differences. Therefore, the values of the second wave of positivist psychology originate from indigenous and histological psychology.

6) The origin of positivist psychology will not emphasize the quantitative methodology from the epistemology of positivism. On the other hand, it will try to get help from important human knowledge sources such as literature, philosophy, and religion with a qualitative methodology.

Comparison of the first and second waves of positivist psychology Wong and Roy (2018).

| No | First Wave Of Positive Psychology | Second Wave Of Positive Psychology |
|----|---|--|
| 1 | Having a two-pronged look | Having a dialectical and interactive look |
| 2 | Focus on the positive aspects | Focus on the positive and negative aspects |
| 3 | Emphasis on positive emotions | Emphasis on responsible action |
| 4 | Avoid issues that require suffering and death | Accepting suffering and death as a precondition for accurate and reliable optimism |
| 5 | Prosperity by emphasizing the positive aspects and avoid the negative aspects comes to. | Prosperity is achieved through affirmation and transition from the dark aspects of human existence |
| 6 | Optimism and focus on satisfying your needs | Meaning-oriented and focus on your transcendence |
| 7 | It directly pursues happiness | The pursuit of happiness is achieved through meaning |
| 8 | A brief and concise understanding of well-being | Understanding well-being through identifying and understanding suffering |
| 9 | Focus on the elements of well-being such as behavior, cognition, and emotions | Having a holistic, person-centered view |
| 10 | Isolated from existential-humanistic psychology | Contact and connection with existential-humanistic psychology |
| 11 | Based on the positivist paradigm | Based on the pluralist and flexibility paradigm |
| 12 | Based on experimental and laboratory findings | Based on experimental findings and real-life laboratory |
| 13 | Based on individualistic culture | Based on both individualistic and collectivist culture |

Overall, despite the changes that have taken place in positivist psychology, there still seems to be enough of counselors and psychotherapists from a distinct position in theoretical areas and practical skills. The results of some studies over the last two decades have shown that

positivist psychology has not been widely used in counseling and clinical applications compared to other approaches to counseling and psychotherapy. For example, Cook, Biyanova, and Coyne (2009), conducted a study of the most influential psychotherapists among more than 2,400 Canadian counselors, clinical psychologists, paramedics, and psychiatrists. Theorists such as Rogers, Beck, Minuchin, Yalom, Satyr, Ellis, Bowen, Milton Erickson, Guttman, and Jung have had the most significant influence on the theoretical orientation and practical application of these therapists. Barth and Moody (2019), in their research, addressed the standard directions in counseling applications among 140 experts in the American Mental Health Counseling Association. The results showed that in the field of consulting skills and theoretical orientation, existentialist, psychoanalytic, cognitive-behavioral, gestaltic, solution-oriented, and multicultural and constructivist and narrative approaches used by these experts in the process. It has been advised.

CONCLUSION

The version of positivist psychology that was first pursued by M. Seligman and Peterson (2000), and others, such as Linley and Harrington (2014), does not seem to have matured enough. For this reason, there have been many criticisms of positive psychology, both from within this approach by positive psychologists themselves and from outside this approach by other psychologists; It paved the way for the emergence of the second wave of positivist psychology. Therefore, the second wave of positivist psychology attempts to eliminate the weaknesses and problems of the first wave. These criticisms included: having a two-pronged view (good or evil and good or bad phenomena, thoughts, behaviors, and emotions), extreme focus on the positive aspects of thoughts, behaviors, and emotions Which has led to the tyranny of positivism, avoiding issues that require suffering and death, flourishing by emphasizing the positive aspects and ignoring the negative aspects in the formation of self-actualization, focusing on the concepts that have emerged From Western cultures and individualism, ignoring the orthodox and humanistic psychological aspects of human societies and emphasizing the positivist paradigm and laboratory findings.

The second wave of positivist psychology is trying to address the weaknesses of the first wave to start a new movement that is accompanied by psychological, social, cultural, economic, and political changes of the twenty-first century. The emergence of positivist psychology seeks to confront the horizons ahead in a more constructive way. Therefore, this approach has tried to create new horizons for itself. Choosing a dialectical approach instead of a two-category approach, focusing on non-Western cultures and historiographical and indigenous psychology, achieving sustainable well-being through the use of dark aspects of human existence (suffering, death, fear) Disease, emphasis on qualitative and compositional methodology in future research and taking a humanistic position on human virtues, emphasis on other sources such as literature, philosophy, and religion is the most important new horizons that The second wave has created positive psychology for itself.

Finally, it should be noted that despite all the efforts made in the positivist approach, after two decades of its emergence, it has not been widely used in counseling and psychotherapy applications. Is. This problem seems to be in the center of attention in the

second wave of positive psychology. Experts in this field are trying to expand their theory in the field through counseling and psychotherapy applications. Pay mental health.

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