

PSYCHOLOGY and PUBLIC HEALTH

Positive psychology stands out as a model of what is right with people - things like their character traits, resources or any other positive strengths they possess. The goal here is to have a deep comprehension of these variables so that they can be used in promoting individual, community and societal wellbeing. According to research findings good emotions are associated with a variety of economic benefits that are health based, job satisfaction and family peace. New perspectives based on assets can be found in positive psychology which can be used to promote psychological resilience and mental well being. In conclusion, building better partnerships between public health and positive psychology may offer advancements towards the promotion of mental wellbeing.

Psychological science holds much promise for dealing with the complicated issues of public health we are grappling with at the moment. Throughout history, various fields of psychological science have contributed greatly in advancing research, programs and policies across different applied health disciplines as well as in public health at large.

The most visible change within public health relates to the area of mental health promotion which is seen as a necessary feature of health promotion practice. The emphasis on 'positive mental health', as a resource for empowerment comprising all the psychological assets and capabilities for fulfillment and well-being is common in both mental health promotion and positive psychology. These initiatives and activities aimed at promoting positive mental health serve to prevent mental illnesses thus making it important for the entire population's health that there be some sort of mental health promotion. The assessment of good mental health along with its outcomes like wellbeing can inform the development and evaluation of health promotion programs as well as public health wellness programs. Therefore, positive psychology should be placed at the forefront of health promotion while positive psychology research should complement health promotion theory and approaches with an aim to enhance population mental wellness. There is need for psychological scientists (in fact all behavioural scientists) working in governments if they want to prepare them properly for global health disasters which are happening more frequently; making systems ready to respond accordingly as well as building capacities able to survive shocks should be their mission in addition to designing effective interventions that promote desirable changes in health behaviours.

References:

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