



Effect of positive thinking on psychological well being of urban Indian women

■ B. Jamuna Rani

Post Graduate Studies, Professor Jayashankar Telangana State Agricultural University, Hyderabad (Telangana) India

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ABSTRACT

A hand that rocks rules the world, famous saying by Albert Einstein perfectly matches to the present day Indian women who is a multi tasked and juggles between family and career. Women's positive thinking helps her to be less stressed, happier, less depressed and indirectly influencing her way of balancing work and home perfectly. Positive thinking appears to play a protective role, assisting people in coping with extraordinarily trying incidents. Furthermore, optimism has been found to correlate positively with life satisfaction and self-esteem (Lucas *et al.*, 1996). Segerstrom and Sephton (2010) also examined whether optimism predicted positive affect. Their hypothesis that changes in optimism would predict changes in positive affect was borne out, as increases in optimism were associated with increased positive affect, and *vice versa*. The present paper discusses the impact of positive thinking on the psychological well being of urban women hypothesising that positive thinking is correlated to psychological well being. A sample 130 women were administered positive thinking skills scale and Ryff's Psychological well being scale. Data was analyzed using frequencies, percentages and correlations and conclusions were given with implications.