

Positive Outlook among Indians

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ABSTRACT:The current study is being done to measure the positive outlook of women and men separately and then compare the results to see which gender has a more positive outlook towards the future. Positive outlook : Individual protective factors index, was used in this study. This scale was designed to measure one's Outlook for the future. It consists of 6 items 4- point Likert-type items a) Very true, b) Somewhat true, c) Somewhat false, d) Very false. A total of 60 samples, 30 females and 30 males, were taken from different parts of India for the study of different age groups. According to the data obtained, average score for women is 19.03 and that for men is 18.06 . Findings in this study suggested that women shows more positive outlook for the future than the men. Although the difference is very little but it cannot be ignored. This study also concluded that there is no correlation between these two groups when we talk about the attitude or outlook for the future.

KEYWORDS:Optimism, pessimism, Positive outlook, Negative outlook.

I. INTRODUCTION:

Stay positive, this is the most common thing we hear these days. But what exactly does the word positive mean and what does it mean to have a positive outlook? The meaning of a positive outlook is actually very simple. It's a way of thinking, well, positively rather than negatively. It doesn't have to be through 'rose-coloured' glasses or not being realistic about the trials of life, but it's about looking for the good and opportunities in a situation, rather than the bad. (THE GOAL CHASER).

Positive psychology is the branch of science which we have been studying for a long time but recently after corona everyone is taking it very seriously. Life is full of challenges and difficulties but one's attitude towards it makes a huge difference. Negative attitude makes life more difficult and stressful while positive attitude makes it easy and enjoyable.

Most common examples of positive attitude is this glass of water.



If someone says "the glass is half empty" it means that the person only sees the negative aspect of it but if someone says "the glass is half full" it shows that in spite of all the difficulties or negative aspects, The person focuses on the positive aspects and praises everything what is available rather than complaining about things that are not there.

There are two approaches in Positive psychology which explains the personality of a person. One is optimism and another is pessimism. Being optimistic simply means being hopeful and believing that there is always tomorrow, this will lead a person to have more opportunities. On the other hand being pessimistic means being hopeless towards life and towards existence. It limits one person in life and reduces the opportunities.

POSITIVE MINDSET. NEGATIVE MINDSET.

- See failure as an opportunity.
- Differentiate one problem - Overgeneralizing problems.
- See the gain.
- Make the most of all situations do their Situation.Things.
- See failure as a loss.
- from others.
- See the pain.
- Let

Now the question is why is positive outlook or optimism important? It has been concluded through many researches and studies that a positive attitude is beneficial for both physical and mental health of a person. People who have a more positive outlook on life tend to deal with stress better, There is better immunity and less risk of premature death.

Some people confuse positive thinking with avoiding or ignoring problems or difficult situations. But, Positive thinking does not necessarily mean avoiding difficult situations. Instead, positive thinking means making the most of potential obstacles, trying to see the best in other people, and viewing yourself and your abilities in a positive light. (Verywell mind).

The motivation to find a proper solution to a problem comes from a positive attitude.This

research study is designed to measure the attitudes toward life of young adults . Through this study we are trying to measure positive attitude in both men and women.

Sometimes we use positive psychology and positive thinking interchangeably, but it is important to understand that these two things are not the same. Positive thinking is all about looking at a situation in a positive light and maintaining an optimistic outlook. On the other hand, positive psychology studies the effects of positive attitude or optimism, its causes and how it can be better used.

In this difficult time of covid, everyone is advised to stay positive and focus more on positive aspects of life and not to stress over something which is not in our hands.

Not only during covid but always stay positive for healthy and stress free life. There are some situations when it is difficult to keep a positive attitude but one should always remember that after every night there comes a morning.

OBJECTIVES:1)To measure positive attitudes among adults .

2)To see who has more positive outlook towards life between women and men.

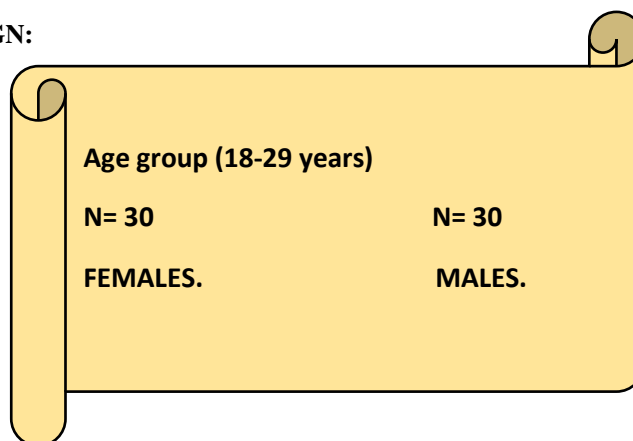
NULL HYPOTHESIS: One gender has no effect on the other when it comes to positive attitude.

METHODOLOGY

SAMPLE:

60 people were selected as the sample from different parts of the India. These people participated willingly as a part of this study. Participants ranged from 18 years to 29 years which includes young adults (Erikson's Psychological Stages). Out of these 60 participants, 30 (50%) were Females and other 30 (50%) were Males.

RESEARCH DESIGN:



MATERIALS:

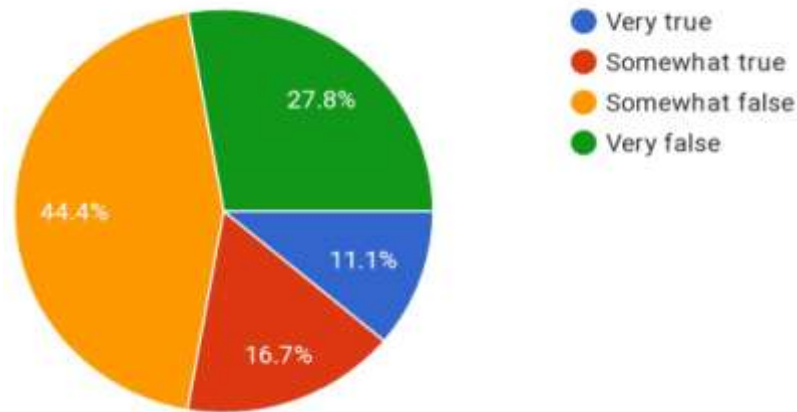
Positive outlook : Individual protective factors index, was used in this study. This scale was designed to measure one’s Outlook for the future. It consists of 6 items 4- point Likert-type items a) Very true, b) Somewhat true, c) Somewhat false, d) Very false.
 Further analysis for statistical validation was done using SPSS (Statistical Package Of Social Science), version 25.

II. RESULTS AND DISCUSSION:

This research study was conducted to measure one’s outlook for the future. One can have either positive or the negative outlook. How we see our future reflects our attitude towards it.

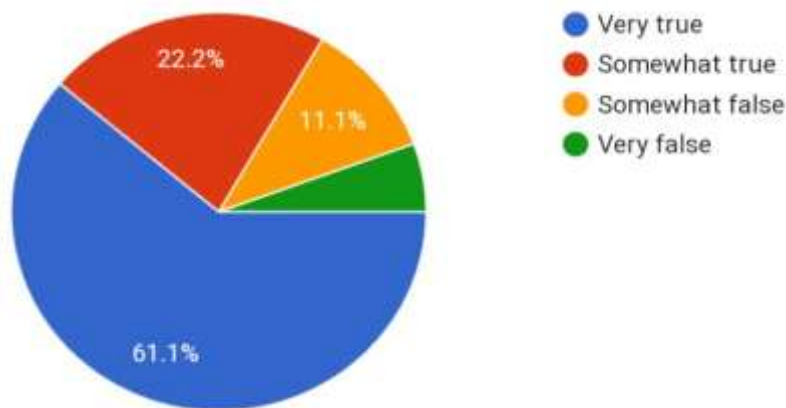
The test we used was Positive Outlook: Individual protective factors index. This test consists of 6 items with 4 options. This test was designed to measure one’s positive outlook i.e. the way one thinks about their future. Few items from the questionnaire explains the purpose clearly such as ,

- 1) I’m afraid my life will be unhappy.



In this, 72.2% do not believe that their life will be unhappy and this shows that they are positive about their future. But still, 27.8% feel that this may be true to some extent and we can say that these people are not very positive or sure about their future

- 2)I think I can have a nice house when I grow up.



In this question, most of the people (83.3%) believed that they are going to have a good home in future and this shows that their outlook for the coming i.e. future is positive.

Our aim was to measure the attitudes of both men and women separately and compare these results to see which gender shows more positive attitudes than the other. We obtained following results from our study :-

	FEMALE	MALE
MEAN	19.03	18.06
SD	2.77	2.50

It was found that on an average, 19 out of 30 women show a positive outlook towards their future and 18 out of 30 men show a positive outlook, with the rest showing a negative or somewhat negative outlook towards life. Comparing both the genders, we can say that women are more positive about their future than

men. The female Positive Outlook data had a standard deviation of 2.77 and the male Positive Outlook data had a standard deviation of 2.50 . This data tells us that female Positive Outlook data is more spread out or dispersed than the male Positive Outlook data.

T- test	Degree of freedom	P- value	Significance
1.42	df = 58	P = 0.16 P > 0.05	Statistically not significant

This t- test value shows that there is no correlation between these groups i.e. the men and the women. Non significant t-test score simply means that we cannot reject our null hypothesis and now we can say that one gender has no or very negligible effect on another one when it comes to attitude or outlook towards future.

It is nothing new that one's point of view depends on their experiences and their thoughts. In this study we concluded that women tend to be slightly more positive than men but this does not mean that this is always true. Men in certain societies or pools of people may show a more positive outlook towards life.

Positive outlook is important for one's physical, mental and emotional well being. A positive attitude gives you the hope and strength to keep moving forward and dream big and achieve everything. On the other hand, a negative outlook can prevent you from facing challenges and seizing opportunities because you do not believe that things can be perfect.

III. CONCLUSION:

The present study has successfully concluded that women show more positive attitude than men and gender has no or little role on the positive attitude of other gender. But we cannot ignore the fact that the difference is very little and in general majority of the population shows positive outlook towards life . And also we need to remember that Negative attitude not only affects the life of the individual but it also affects the lives of the people around him.

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