CHAPTER- III
PROBLEM AND HYPOTHESES

Since, last decades the health and well being have been become the concern of wide research in recent years; it lacks a clear and distinct focus on their conceptualization. Health and well-being have emerged with the realization that both biological and psychological factors are responsible for the wide range of health related issues. The present time more conceptual clarity is crucial about health and related concepts.

Health is regarded as a state of complete physical, mental, and social well-being and not just the absence of disease. It is recognized that the experience of well-being contributes to the effective functioning of multiple biological systems, which may help keep the individual from succumbing to diseases, or when illness or harsh conditions occur, may help promote rapid recovery. Since well-being is a subjective experience, it refers to people's evaluations of their own lives including both positive and negative. Such evaluations can be both cognitive judgments, e.g., life satisfaction, and emotional responses to events, e.g., feeling positive emotions (Diener & Fujita, 1995). Subjective feelings of well-being, one of the hallmarks of health, are characterized not only by low levels of negative affect but also higher levels of life satisfaction. Well-being can be understood in terms of psychological functioning and experience. However, there is by no means agreement on what the precise meaning is.

The progression within the area of positive psychology since the year 2000 has been remarkable, and the field currently offers several promising findings and theories (Gable & Haidt, 2005). Interest in positive psychology has experienced resurgence over recent years. This has resulted in a broadening of psychological research to include a scientific focus for the study of the humanistic philosophy of the good life (Biswas-Diener, 2006; Haslam, Bain & Neal, 2004; Seligman & Csikszentmihalyi, 2000).

The explosion of research on “positive psychology” includes multiple theoretical and research areas that share a common focus on positive human functioning, psychological health, and adaptation to illness and other forms of adversity (Aspinwall & Staudinger, 2003; Snyder & Lopez, 2002; Linley & Joseph, 2002). Although many of these lines of research predate the use of the term “positive psychology”, this increased
emphasis on positive phenomena has generated a corresponding upswing in scientific and
lay interest in such topics as positive affect, meaning, mastery, personal growth,
forgiveness, gratitude, hope, optimism, and spirituality, their relation to mental and
physical health, and their potential for applications to promote well-being and health.
When consider the contribution of these perspectives to health psychology, find many
ideas that may lead to interventions that promote healing and health. It has been noticed
that positive capacities do have potential to affect health and well-being of an individual
significantly.

Positive psychology is a emerging field of psychology and interest area of
research since 2000. The concept of positive capacities is a broad area of positive
psychology which involves various capacities related to health and well-being. Empirical
studies and theoretical orientation revealed that there is various work on positive
capacities in itself. These capacities provided us with the ways of improve health and
well-being. It is also studied that there is lack of work on positive capacities as cluster. To
fulfill this gap, the present study was designed.

Thus, the study is an attempt to understand some positive capacities in relation to
health and wellbeing. The concept of positive capacities is a broad area of positive
psychology, which involves various capacities (e.g. forgiveness, gratitude, hope, humor,
life satisfaction, meaning in life, optimism, resilience and self-efficacy) related to health
and wellbeing.

The study was conducted on working and retired adult persons. Presence of
positive capacities, health and well-being require maturity of age, developed mental view
and knowledge about daily life. Thus, the present study has taken the subjects above the
45 years of age. One important aspect of health and well-being of every social human
being is related to economic security and employment. In order to control this factor the
present study has taken working and retired subjects of government offices so that
economic factors should not affect the relationships among variables under study.

THE PROBLEM OF THE STUDY

To study Positive Capacities as Correlate of Health and Well Being: A
Comparative Study of Working and Retired Persons.
OBJECTIVES OF THE STUDY

Keeping in view the review of literature, present study is planned to check the associations between some of the selected positive capacities and health and well being. The present study is accomplished in seven objectives.

1. To assess and compare positive capacities amongst working and retired persons.
2. To assess and compare health status amongst working and retired persons.
3. To assess and compare well-being manifestation amongst working and retired persons.
4. To assess and compare the associations among positive capacities and health status of working and retired persons.
5. To assess and compare the associations among positive capacities and well-being manifestation of working and retired persons.
6. To assess and compare positive capacities as predictor of health status amongst working and retired persons.
7. To assess and compare positive capacities as predictor of well-being manifestation amongst working and retired persons.

HYPOTHESES

To achieve these objectives following hypotheses were formulated:

1. There would be no significant mean differences amongst positive capacities of working and retired persons.
2. There would be no significant mean differences amongst health status of working and retired persons.
3. There would be no significant mean differences amongst well-being manifestation of working and retired persons.
4. There would be no significant associations among positive capacities and health status of working and retired persons.
5. There would be no significant associations among positive capacities and well-being manifestation of working and retired persons.
6. Positive capacities would not be found to be the predictors of health status of working and retired persons.
7. Positive capacities would not be found to be the predictors of well-being manifestation of working and retired persons.

With this much background investigator may move on Chapter-IV dealing with design and methodology of the investigation.