

Reasons to Live - Positive Psychology and Self Determination Theory in the Prevention of Depression and Suicidal Ideation

Authors : Luiz Carlos Dias Lima De Oliveira

Abstract : Psychology does not have the task of being confined only to the knowledge of losses, weaknesses or diseases, because it is necessary to give analogous dedication to the investigation of human virtues, efforts and aptitudes. The reasons for living with greater constancy and expressiveness act as a protective condition for risk behaviors, but with less constancy and expressiveness they can be a viable parameter of suicidal ideation or potential suicidal initiatives. In other words, Positive Psychology scientifically studies human strengths and virtues. In the same way, we refer to the basic psychological needs of the human being, according to the Theory of Self-Determination: the need for belonging, competence and autonomy to live the best possible life or the ability to make positive decisions in life. In this sense, following the assumptions of Positive Psychology, we raise the question of what are the reasons for living, seeking a way to draw attention to positive aspects of life.

Keywords : psychology, positive, self-determination, belonging, competence, autonomy, depression, suicide.

Conference Title : ICPPW 2024 : International Conference on Positive Psychology and Wellbeing

Conference Location : Honolulu, United States

Conference Dates : May 02-03, 2024