

Feel Good - Think Positive: A Positive Psychology Intervention for Enhancing Optimism and Hope in Elementary School Students - A Pilot Study

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Abstract : Positive psychology interventions (PPIs) targeting optimism and hope in young children are scarce. This pilot study explored the feasibility and promise of the "Feel Good - Think Positive" intervention, a brief, manualized, multicomponent group PPI for young children. The intervention aimed to enhance participants' optimism, hope, and self-esteem while reducing their anxiety levels. Forty-one students ($M = 9.68$, $SD = 1.64$) participated in the intervention and provided data on optimism, hope, self-esteem, and anxiety at baseline and after the intervention was concluded. Analyses showed a significant increase in optimism and self-esteem and a significant decrease in anxiety. However, no change was observed in hope levels. The results complement previous studies of school-based PPIs and hint at the promise of designing feasible interventions that can be easily incorporated into school curriculum and produce both a promoting and a remedial effect in young children.

Keywords : positive psychology intervention, positive education, hope, children

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