

Study on the Role of Positive Emotions in Developmental Psychology

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Abstract : This paper examines the role of positive emotions in human psychology. By understanding Fredrickson and Lyubomirsky et al.'s on positive emotions, one can better understand people's intuitive understanding, mental health and well-being. Fredrickson asserts that positive emotions create positive affects and personal resources, and Lyubomirsky et al. relate such positive resources to the creation of happiness and personal development. This paper finds that positive emotions play a significant role in the learning process, and they are instrumental in creating a long-lasting repertoire of personal resources and play an essential role in the development of the intuitive understanding of life variables, resilience in coping with life challenges, and ability to build more successful lives.

Keywords : Positive emotions, positive affects, personal resources, negative emotions, development

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