



Importance of Positive Mental Attitude

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Abstract

Positive mental attitude is the philosophy of having an optimistic disposition in every situation of life, which attracts positive changes and increases achievement in one's life. Attitudes do make differences as they are the mirrors of our minds and reflects the pattern of our thoughts. A positive mental attitude helps to overcome difficulties and to discover strengths. It can turn what others say is impossible into reality. We can master our fate only if we have the potential to master our attitudes first. Our mind can create miracles if we let it, as positive attitude allows us to become more empowering than money. It also helps us to rise above our failures and accept others for who they are and what they say. Though we can't do much to change the amount of our native ability, but we can certainly change the way we use what we have.

Keywords: *Positive Psychology, Positive Mental Attitude, Optimism, Well Being, Happiness, Life Satisfaction*

Introduction

Positive mental attitude is a vital area in the field of positive psychology. This concept was introduced by Napoleon Hill, a well-known writer and researcher in his famous book "Think and Grow Rich" in 1937. Though, Hill did not use this specific term in his book but he emphasized upon need of positive thinking in human existence as an important source to success.

According to Hill and Stone (2010), "***Positive Mental Attitude is the right mental attitude. What is Right Mental Attitude? It is most often comprised of the "plus" characteristics symbolized by such words as faith, integrity, hope, optimism, courage, initiative, generosity, tolerance, tact, kindness and a good common sense. A person with positive mental attitude aims for high goal and constantly strives to achieve them.***" Thus, PMA directs a person's mind into desired channel. It can convert creative thinking, artistic talents, knowledge, personality and physical energy into success, wealth, health and happiness.

Positive mental attitudes train human mind by transforming a perceived reality into positive mental statements. A person practices positive pattern of thinking, only when it is derived from positive sense of happiness, optimism and belonging. PMA depends upon positive thinking, which includes the process of identification of positive emotions from the environment and their implication on the perceptions and beliefs of a person, with an objective to create a new and better reality (Kotekar, 2017). A positive mind anticipates well being, joy, health and a successful outcome of every action and situation.



In “Success through positive mental attitude”, Hill & Stone (2010) have given seventeen success principles which are mentioned below:

1. Positive mental attitude
2. Controlled attention
3. Definiteness of purpose
4. Teamwork
5. Going the extra mile
6. Learning from defeat
7. Accurate thinking
8. Creative vision
9. Self-discipline
10. Budgeting time and money
11. The master mind
12. Maintaining sound physical and mental health
13. Applied faith
14. Using cosmic habit force
15. pleasing personality
16. Personal initiative
17. Enthusiasm

And on the basis of their research work they emphasized upon the point that to achieve something important or worthy in life, it is imperative to apply PMA as a catalyst in collaboration with above mentioned success principles.

Dr. Schwartz (2016) in his book the “Magic of Thinking Big” has focused upon PMS.

MAKE YOUR ATTITUDES YOUR ALLIES

Reading minds is easier than we think. Perhaps we have thought of it, but we read the minds of other people, and they read our mind, every day. How? It is automatically through attitude appraisals. We don't need to know any language to say “I like you” or “I despise you” or “I think you are important or unimportant” or “I envy you”. You don't need to know words or to use words to say “I like my job” or “I am bored” or “I am hungry”. People can speak even without sound. Because how we think, shows through how we act, along with this we are able to read attitudes through expressions, voice tones and inflections. Thus attitudes do make differences in our life. A positive and right mental attitude makes us effecting in dealing with people, enable us to develop as a leader and win for us in every situation. Therefore, we should make our attitudes our allies in everything we do. Hence, we should grow attitudes that carry us forward to success, like:

Grow the “I am activated attitude”:

Three things to do to activate yourself are:

1. Dig into deeper: when you find yourself uninterested in something, dig in and learn more about it. This sets off enthusiasm.
2. Life up everything about you: your smile, your handshake, your talk, even your walk, act alive.
3. Broadcast good news : no one ever accomplished anything positive by telling bad news

Grow that “you are important attitude”:

People do more for you when you make them feel important. Remember to do these things:

Show appreciation at every opportunity, make people feel important, call them by name.



Grow the “service first attitude”

Make it a rule in everything you do, give people more than they expect to get.

Gaur Gopal Das (one of the most loved and widely followed monks of our times) has also emphasized upon having a positive mental attitude in his book “*Life’s Amazing Secrets*” and has demonstrated it as “*vision of virtues*”. He posed that there are many ways to perceive others, but we should start choosing the one which magnifies the positive and avoids the negative in others. Because it is easy to find dirt and it requires positive mental attitude to see the gold in others.

In order to illustrate the importance of PMA in relations, he narrated a small story:

“There was a young couple who lived in a nice home, in a nice neighborhood. For some reason the wife just didn’t like the woman who was their next door neighbor. One morning as they were having breakfast, the lady looked out of the window and saw her neighbor hanging clothes on the cloth line.

“Look at that”, said the wife to her husband. “Did you see how dirty their clothes are even after washing them? I am shocked that a middle-aged housewife doesn’t know how to wash clothes clean. Maybe she should go back to her mom’s place and learn how to wash correctly”.

Her husband listened silently. Every single time her neighbor would hang her clothes to dry, the young woman wouldn’t miss a chance to make some silly comments. After few weeks, the wife saw her neighbor hanging the clothes on the cloth line again. But this time something was different. “Did you see that? Amazing! Finally her clothes are clean. I am sure she has not done it herself, someone else has helped her out to clean her laundry”. Without even getting up from the seat to look at the neighbor’s clothes, the husband responded, “you know what wife? I got up early this morning and washed our windows.”

Therefore, isn’t it a fact that what we see in others depend on the window we are looking through? Washing our own windows can change our vision. So, in order to develop positive mental attitude, we need to clear the cobwebs of our thinking”.

Even Rhonda Byrne in her book “**The Secret**” has glorified the power of our thoughts and has focused upon having positive mental attitude to attract all the positive things existing in this universe. Her book proclaims that “*Everything that’s coming into your life, is what you are attracting. And it is attracted to you by the virtue of the images you are holding in your mind. It’s what you are thinking. Every thought of yours is a real thing- a force. You are the most powerful magnet in the universe! You contain a magnetic power within you that is more powerful than anything in this world and this unfathomable magnetic power is emitted through your thoughts*”.

Objective of Study

1. What is the importance and contribution of positive mental attitude in life?
2. How positive mental attitude helps in better performance and attainment of good health.



3. How positive attitude leads to optimism, self-worth and happiness.

Research Methodology

The present research paper entitled “Importance of Positive Mental Attitude” has adopted the following methodology. The information required was collected from Secondary Sources, like:

- Reference by books.
- By Internet.
- By Journals.

Importance and Contribution of Positive Mental Attitude in Life

Positive mental health is an essential milestone for the overall well-being as it is contributing significantly in the fulfillment and meaningfulness of life. It is a matter of utmost importance in s various dimensions which includes our emotional, social, and physical domains. Cultivating positive mental health is not merely the absence of mental illness but involves fostering resilience, self-awareness, and a positive outlook on life.

On emotionally level positive mental health exhibits an important role in regulating stress and promoting emotional balance in peoples life. People with strong mental health are better equipped to face life's challenges and navigate uncertainties with stronger will so that if required they can bounce back at setbacks. This emotional resilience (toughness) allows them to be in better, stable and affirmative emotional state that reduces the chances of getting anxious and depressed.

At Social level, positive mental attitude demonstrates an enhancement in relationships and provides strength for social connections. People with positive mental well-being often shows higher levels of empathy, are compassionate, and exhibits more effective communication skills. These winsome qualities contribute in the development and up upliftment of meaningful relationships, which further, creates a supportive network that serves as a activating agent during difficult times. Strong social networks results in increased happiness and has foster longevity.

Positive mental attitude helps in better performance and attainment of good health.

PMA, is very much required from physical perspective as optimism influences overall health outcomes. The good and positive connection of mind-body is a health-promoting behavior. Though, this includes spiritual practice, regular physical exercise, assimilation of a balanced/ healthy diet, and stress free sufficient sleep. These lifestyle choices and changes,are the outcomes of positive mindset which contributes in lowering the risks of chronic illnesses, helps in the improvement of immune system, and generation of better physical well-being.



One of the significant positive contributions of PMA is its influence on cognitive functioning of human beings. A positive mindset has been correlated with enhanced cognitive development such as creativity, problem-solving, logical reasoning and decision-making. Optimistic people tend to approach difficult situations with a solution-oriented mindset, fostering novel ideas and adaptability. This cognitive flexibility is particularly valuable in navigating the complexities of inter-personal and intra-personal aspects. In personal development among people, positive mental health is associated to high self-esteem and high self-efficacy beliefs. Individuals with a positive mental outlook are more likely to believe in their own abilities and capabilities, they set more realistic goals for themselves, and they tend to work towards achieving them. This sense of agency and belief in oneself is a driving force behind personal growth and accomplishment, and is only be attained if a person knows the worth of positive mental set.

Positive attitude leads to optimism, self-worth and happiness

Positive mental attitude also contributes in providing more optimistic and hopeful outlook on the future aspects. Individuals with good mental health tend to see more possibilities and better opportunities even in adverse circumstances. This optimistic perspective enhance motivation and perseverance among people, encouraging them to pursue their goals with more determination and stronger resilience.

Further, positive mental health has economic implications also. In work environment, employees with good and affirmative mental health are generally more productive, and satisfied with their jobs. Employers benefit from a positive work environment, as it reduces absenteeism among employees, and increase their overall productivity at work. Hence, positive mental health is a crucial aspect of a overall well-being and fulfilling life of people. Its contributions extend beyond emotional well-being, as it includes cognitive, conative, affective and even economic dimensions. Cultivating positive mental attitude involves a holistic approach that encompasses lifestyle choices, social networks, and a resilient mindset. By recognizing and prioritizing positive mental attitude, individuals can encourage their overall quality of life, build meaningful and strong relationships, and navigate life's challenges with more ease and resilience.

Positive Mental Attitude : A necessity for life

We need positive mental attitude because in this new era challenges and obstacles we face in our personal and professional live are of a different order of magnitude. Human being entered in new challenging era. People in the world today feel as if their career is nothing more than work. They seem to have lost the joy in their livelihood. Young people are also faced problems in their life and career issues. Keeping all the hazards related to cobwebs of our thinking in the present scenario, it becomes utmost important to develop positive mental attitude in order to observe that there is magic in thinking big. And in order to increase the contentment level among people, in order to divert their tired and pessimistic perspectives towards the cosmic habit forces and to attain inner peace through spirituality, positive mental attitudes becomes a must need



A positive mental attitude not only affects us, but also the way we look at the world, our environment and even the people around you. Therefore, our attitude and the way we think have much to do with how we feel about ourselves. If we adopt a positive attitude and think positively, we will have a better opinion of ourselves, which results in stronger sense of self-esteem. And when people have positive attitude toward themselves, other individuals around them also develops better opinion for them, and would treat them with more respect.

To have positive opinion about one self, being good to you, and being happy indicates positive thinking. This affirmative attitude enhances self-confidence, courage, and inner strength. And a positive attitude awakens happiness, which is the essence of life. You don't have to be rich or achieve goals to be happy. It is just a matter of attitude. When you adopt a positive frame of mind you become happy. Happiness does not depend on external resources, rather it resides inside you.

PMA helps in accomplishing dreams and goals, and it becomes easier to fulfill the tasks. Motivation is a positive quality and a wonderful trait to have. It pushes us forward, encourages us, and helps us overcome obstacles. A positive frame of mind increases your motivation to succeed and get what you want. It will make you believe you will get what you want. One can acquire PMA gradually, in the beginning, you will likely to work hard to make sure you are being positive in every aspect of your life. You will have to make an effort to stay positive and to think positive. It can be difficult, especially if you often give in to negative thoughts and actions. Developing a positive attitude is about making everything in your life positive. That means associating with positive people, keeping you in positive situations and surrounding yourself with positive things (Kotekar, 2017).

Research In Relation To Positive Mental Attitude and Health

Based on the idea that the mind can affect the body, positive thinking is a way of keeping the mind and body healthy. Extensive research in virtually all popular, medical, health and news journals claims the benefit of PMA on longevity and many other positive aspects of aging .Optimistic people live longer, have closer personal relationships and are able to deal with the negative things that happen. Moreover, within the framework of psychological research on happiness, a happy person is characterized as someone who “has pleasant feelings most of the time, and feels satisfied with his/her overall life” (Oishi & Gilbert, 2016).

1. Matthews, Raakkonen, Sutton-Tyrrell & Kuller (2004) links a more optimistic outlook with a lowered risk of heart disease in older men and University of Pittsburgh researchers report that optimistic women have less thickening of the carotid artery walls.
2. Women's Health Initiative Study suggests that a positive mental outlook is associated with reduced evidence of coronary heart disease in postmenopausal women (Kotekar,2017).
3. Mayo Clinic researcher published a 30-year study of 839 patients, indicating a pessimistic view was a risk factor for early death (Kotekar,2017).
4. The research was published in the Melbourne Institute Working Paper Series and examined the outlooks and lifestyles of more than 7,000 people in Australia. Their research shows that men



and women who remain positive about life are more likely to eat better, exercise regularly, and take better care of themselves overall.

5. No one really understands how or why a positive attitude helps people recover faster from surgery or cope better with serious diseases, diseases as serious as cancer, heart disease, and AIDS. But mounting evidence suggests that these effects may have something to do with the mind's power over the immune system (Center for advanced health,2016; Positive Thinking Improves Physical Health, 2016; Tribune, 2011).

Conclusion

After spending 20 years on studying 500 successful men, the authors of Success through positive mental attitude, concluded that PMA is the one simple secret shared by them all. It was PMA that helped S.B.Fuller to overcome the disadvantages of poverty. It was PMA that motivated Tom Dempsey, despite of his crippled leg, to kick the longest field goal ever kicked in professional football game.

A LESSON LEARNED FROM A CHILD: (Hill & Stone,2010)

There is a wonderful little story about a minister who, one day was trying to prepare his sermon under difficult conditions. His wife was out shopping. It was rainy day and his young son was restless and bored, with nothing to do. Finally, in desperation, the minister picked up an old magazine and thumbed through it until he came to a large bright coloured picture. It showed a map of the world. He tore the page from the magazine, ripped it into little bits and threw the scraps all over the living room floor with the words:

“Johnny, if you can put this all together, I will reward you”.

The preacher thought that this will engage Johnny for long and he will get time to concentrate upon his lecture. But within ten minutes his son knocked on the study door, with the completed puzzle. The father was amazed at his son's act, who has neatly arranged the map of the world in order. “Son, how did you manage to do it so fast?” the preacher asked.

“Oh, that was easy father” said Johnny. He added further that “On the other side, there was a picture of a man. I just put the pieces of paper on the bottom, put the picture of the man together, put a piece of paper on top, and then turned it over. I figured that if I got the man right, the world would be right”.

The minister smiled as he got his sermon, that “If a man is right, his world will be right”

There is great lesson in this idea, if you are unhappy with your world and want to change it; the place to start with is yourself. If you are right, your world will be right too. This is what positive mental attitude is all about. When you have PMA, the problems of the world tend to bow before you.

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