

A criticism of using positive , and negative words in the titles of different psychology fields

Abstract

The frequency of using positive, and negative words in the topics and fields of psychology in recent years made me study these types of topics from a critical perspective. As stated in the results, in the first step, we will figure out how important the definition of psychology and science itself is. In the next step, the significance of the topic was examined by mentioning the fields of psychology and its influence scope in other sciences.

In the last part of the results, we understood what mentality uttering positive or zero (nothing, absurd) or negative words has created in the listener and reader in terms of mathematical concepts that are the origin of these words and the mental position of this type of titles among the audience of this types of fields were described.

Then the need for changes in using these types of words in the titles of the fields of psychological science seemed necessary by discussing and reviewing our results and a small comparison with the changes made in the ranking of students from assigning grades to placing letters or grading with general and not partial characteristics.

Keywords: Science , Psychology , Positive, Negative

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Introduction

Based on humans' interest in knowing, self-knowledge is the priority of this knowledge as a person can gain access to the correct knowledge of the surrounding environment by knowing oneself accurately and correctly. The study of human behavior as an effect to know the mind as an effective element can be considered one of the universal definitions of psychology. Getting out of the philosophical space of psychology and explaining a scientific framework for it is the outcome of several decades of efforts of recent scientists and being able to introduce psychology as an infrastructural science to the world community. A glance at the different fields of this science involves a wide range of various sciences, the significance of which and its effect on other scientific areas is obvious. From long ago and especially in recent years, scientists with various views on psychology and to promote the health of society have included certain tendencies of psychology like positive thinking and positivity and positivism into the scientific basket of psychological tendencies which are to be appreciated. The paper is an effort to draw the reader's attention to the tendencies that contain the words positive, zero (nothing, empty) and negative in the title of that tendency or its themes, and criticize how to use these words in various scientific titles through understanding the science of psychology and the significance of its tendencies.

Results

1. The concept of psychology and its significance

1. Overall, the tendency to know and curiosity is innate in humans and much stronger than in other living beings. Humans are very interested in being aware of their physical and mental abilities and needs and those of their fellows to live a happier and more successful life based on this awareness. In other words, a person is interested in knowing which of his behavior is more acceptable in relation to others and how to act so that his behavior towards others is more effective.

He wishes to know what he should expect from others in certain situations. This is because the actions and behavior of others influence his life and happiness. The desire to understand this awareness that continues from childhood to the end of life is called psychology.

Nowadays, instead of studying "psyche" or any other general concepts, immeasurable and not able to be measured, psychology focuses on the behavior of living beings. This is because behavior, with both quantitative and qualitative aspects, is an effect that leads us to the effective (psyche). Indeed, behavior is any type of action, deed, or thought that comes from a living being, and psychology tries to figure it out. Hence, it is better to use the term praxeology instead of psychology. However, this knowledge has been known by the same or similar names since the distant past like "Ilm al-Nafs", "Ilm al-Rooh", "Marifa al-Nafs", "Marifa al-Rooh" and so on. Nowadays, the same term, "psychology" is used as well.

Most psychologists have accepted the following definition of "psychology." Psychology is the study of behavior and mental processes. However, there is no definition accepted by all psychologists. As already stated, psychology is a collection of obvious and known behaviors or hidden thoughts and feelings.

It must be noted that the behavior of every living being is almost the only visible means that guides us to the nature of his mental state and as the example of the proverb that states: "Nothing comes out of the sack but what was in it". Behavior is an effect and a sign or a path that makes us familiar with the psychological currents of a person.

-Some people denied the scientific nature of psychology in the past and used to say that scientific criteria are precise and explicit and cannot be adapted to behavior. In response to these critics, one must state like other researchers, psychologists experiment by asking clear and precise questions about behavior and dividing it into smaller parts. They avoid mental generalization and root out the behavior with scientific and controlled methods and finally, obtain scientific theories, principles, and laws about human behavior from their investigations so that "psychology" is considered one of the scientific fields today.

In almost all scientific fields, such as psychology, scholars and researchers consider the following steps to know and examine a subject:

1- In the first step, they raise a detailed question or questions about it. For instance, they ask why people turn red when they are angry, why they gain more physical strength and are aggressive, and why they sometimes act wrongly.

2- In the second step, they collect the reasons and documents, and experiences of others about that question. The more and more diverse the collected documents and experiences are, the better it will be possible to review and draw conclusions.

3- In the third step, the researchers go through different solutions in their minds according to the experiences and documents and other results about that question. A solution not proven yet is called a "hypothesis". Hence, the scholars put forward different hypotheses to find the truth and test each one.

4- In the fourth step, they review and assess the results of each experiment. Any hypothesis that is more definite and fruitful is accepted as a result and solution. Usually, hypotheses are real and natural things from society. For instance, they experimentally make a person or creature angry and examine the changes in blood circulation, brain waves, type of decisions, and other behaviors compared to normal (non-angry) people. The researchers select the most suitable solutions from among the comparisons and reviews. In the meantime, new questions will arise for them, and they will find solutions for them in the above order.

5- In the last step, after conducting experiments and comparisons, the scientist's hypothesis could be confirmed and proposed as a theory or principle, or scientific law, or some of his hypotheses are not confirmed. However, the correctness of this if the results of other experiments have not proved the insufficiency and contradiction of the hypothesis if the

hypothesis is confirmed. The above lines are an explanation of the concept of psychology and an argument on the scientific nature of psychology.

2- Types of various fields in psychology

Psychology fields

With its limited experimental and scientific life, psychology has made many achievements in understanding different fields of individual and group behavior. These have been placed under the title of different fields of psychology noticed and used by trainers, therapists, and different strata of people. It is enough about the significance of psychology that it has an opinion in almost all scientific fields and examines them from the aspect of behaviorism. Here, we will introduce some of its common fields among the various fields of psychology:

1- Child psychology:

This branch of psychology examines the child's behavior from the embryonic stage to the start of puberty and adolescence and deals with the physical, emotional, social, moral, and intellectual development of children.

2- Adolescent psychology:

This field deals with the physical development and mental structure of people who are in the period of adolescence (13-18 years old). This field of psychology studies the physical, mental, social, emotional, and moral development of adolescents. It focuses on their experimental weaknesses and deficiencies and their physical and mental capabilities and offers approaches to correct and treat them.

3- Social psychology:

This field discusses the psychological characteristics of groups and social organizations from different perspectives and studies the interaction of the individual the society and with society on the individual, and how the social categories appear, which are the product of the behavior of human society.

4- Educational psychology:

This field seeks to apply the principles and laws of psychology in education. This field focuses on educational goals from various perspectives, the causes of differences, and the role of hereditary and environmental factors in the education of people and how to learn, think and evaluate them, educational psychology, in terms of creating discipline and good habits in children and teenagers that is very useful for teachers and parents.

5- Clinical psychology:

This field of psychology studies mental injuries and abnormal behaviors and their treatment and takes advantage of the actions of good people and the results of his experiments with them.

6- Personality psychology:

This field of psychology studies the perceptual, emotional, volitional, and physical organization of people and focuses on

how a person adapts to himself and the environment. This field is closely associated with clinical, pathological, and social psychology.

7- Industrial psychology:

This field deals with issues associated with the adaptation of a person to work, the adaptation of work characteristics to people, choosing people for jobs, work groups in the industry, people's ideas about how artifacts are, and so on.

8- Positive psychology:

Positive psychology does not limit psychology to examining diseases, injuries, and weaknesses but considers the task of examining strengths and positive attributes as the task of psychology. The positivist psychologist believes that if we want psychology to have the power of prevention instead of the therapeutic aspect, we should systematically try to create competencies and capabilities and not be limited to examining weaknesses.

It must be added that today, specialized fields of psychology like positive thinking, management psychology, learning psychology, advertising psychology, experimental psychology, physiological psychology, aging psychology, psychology of motivations and emotions, morbid psychology, psychology of exceptional children, animal psychology, counseling psychology and so on are expanding.

3- Using titles with positive words or zero (nothing, empty) or negative in various fields of psychology

1- By examining various sciences, one can figure out that the concept of the words positive, zero, and negative has its roots in mathematics, and their origin begins when a person feels the need to count and calculate. First, positive numbers as property and zero as lack of property were added to the collection of human knowledge. As a result of that and settling down and the restrictions created at a certain point in time, a person faced a lack of property or zero or nothing in some of the subjects, and in some cases, this lack of property coincided with the feeling of need, and if he needed satisfied with zero property, the negative property symbol was assigned to him and this negative property was determined based on the value of that need and was considered as a person's debt. Indeed, negative numbers usually show a loss, damage, dissipation, poverty, lack, waste, and loss. If one uses the positive term in a scientific topic to explain the discussion or to title a collection of knowledge and information with similar themes, they must be aware that the zero and negative terms are associated in the mind of the listener due to the key role they play in mathematics and the listener knows their existence in the scientific texts in question even without directly referring to them. When we talk about positive thinking, the discussion of negativity and non-thinking are hidden in the texts stated, and then negativity and nothingness or nihilism should be studied in the above topics if we discuss the psychology of positivism.

As zero and negative numbers are placed under positive numbers in our minds and given the existence of the meaning and concept of debt or losses in the spirit of negative numbers, it seems to the people of society that a person who is a positive thinker or positivist shows superiority from the listener's point of view according to the presence of the word positive in the title of the discussion, as a person with a positive moral property, compared to non-thinkers or no thinkers, or nihilists. Such an idea has always been mixed in the spirit of the titles determined by the words positive and negative or zero (nothing and empty) and creates a social classification with a downward trend from positive to zero and from zero to negative in the listener's perspective.

Discussion

When the term positive is used in the title of a scientific discussion, the words zero and negative are hidden from the mathematical dimensions inside it according to the above explanations. In psychology, different titles of being positive or positive thinking or positivity have been used to present the desired path of life. For instance, when we talk about a positive person in psychology, we realize that having a good and correct perception of the events that happen to us and that makes us feel good and feel better is called positive thinking. To the listener, a positive-thinking person is a debtor to society for his positive role in the game of life, and a pessimistic or negative-thinking person is indebted to society for not playing the positive role he should have played. This subjective classification happens by necessity and occupies the listener's mind due to the nature of zero and negative numbers. A concrete example of the issue is in education, where students were rated by giving grades from positive to zero and even in some cases negative numbers since ancient times, and by changing this rating to letters and words, attempts have been made to change the mentality of the listener and the students themselves towards the descending system of positive numbers, then zero and negative numbers, and a soft and not a hard competitive educational environment has been tried to be created in recent years. Indeed, the existence of positive, zero, and negative ratings in the educational environment makes students stay away from their main goals, education, and causes them to waste their energy on improving their level of knowledge and science. In psychology, the presence of positive, zero, and negative words in the titles of its fields is like the presence of positive, zero, and negative numbers in the educational environment, which causes people to move away from the main goal, which is to live healthily and happily and causes a waste of energy by creating a ranking mentality in people by using zero and negative titles in front of positive titles. Such rankings in life are like an invisible prison for humans, who must first get rid of this prison, take their

attention away from the ranking, and then start thinking healthily about their life goals. The alphabet of development in reaching the goals of a scientific field is to get rid of audience ranking and a coordinated and one-ranked attitude to the audience group. The association of the ranking mentality causes the busyness of getting out of this prison and wastes energy and leads to deviation from the ideal goals explained about the topic discussed. Those interested are notified that this discussion will be explained in depth in another paper.

Conclusion

In the comparison made between students' grades and scientific titles, what seems clear is the conclusion of the educational system that the ranking of students through grading is wrong, and given the heavy psychological burden of this change among the students, it has tried to change the method and this ranking has currently changed or is changing. What is certain is that the ranking of the audience in any system intended to grow and dynamism leads to slow growth and waste of energy, and it seems that the more we distance ourselves from this, it helps to mobilize internal forces and energy to reach the upcoming goals - as the positive results of this change are completely evident in the educational dimension. Hence, avoiding the words positive, zero, and negative in the titles of psychological science topics seems to be the first step in mobilizing energy to help the audience of that scientific field.

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