

ТЕОРЕТИЧНІ ОСНОВИ СУЧАСНОЇ ПЕДАГОГІКИ ТА ОСВІТИ

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COMPARATIVE ANALYSIS OF SOME FACTORS INFLUENCING TO THE POSITIVE ATTITUDE

*This article discusses some of the problems of a positive attitude. The **aim of the article** is to study the influence of the environment on the positive reality of man.*

Research methods. *In the process of research, the author applied such methods as the survey method, the method of qualitative and quantitative analysis, the method of psychological abstraction.*

The scientific novelty of the article is expressed in the fact that during the analysis it was concluded that children become an object of culture from birth. Since, in the process of socialization, the child learns other scenarios from his cultural environment. 1 170 students aged 17–22 years were interviewed. The statistical data obtained during the survey was analyzed. After calculating all percentages and calculations, the results are presented in special tables. The degree of dependence between the main indicators was also investigated. The results were used by the SPSS program.

Results. *First of all, this article examined the theoretical foundations of positive psychology and the ways of its development. The works of M. Seligman, M. Chilsmanmally, B. Deiner, B. Fredrickson, R. Levenson, K. Tepperwein, A. Elizabeth, R. Ryan, D. Kahneman and other authors were also mentioned.*

A positive attitude is analyzed in the field of positive psychology and it is indicated that the study of the positive characteristics of human nature and especially the study of their formation was associated with the purposeful formation of a positive attitude in people.

It is noted that a positive attitude is of great importance in the process of a positive understanding of the world. It is indicated that positive psychology explains a stable, long-lasting level of happiness through heredity, life situation and factors that depend on a person.

Conclusions. *In conclusion, the author notes that it is impossible to change heredity, but it is possible to change the life situation and the factors that depend on them. In addition, this article describes the concept of a life situation, which is explained on the basis of Wilson's research, and Martin Seligman's critical thoughts about a life situation.*

By advancing faith in the Creator (God) as an internal factor, the author expresses his point of view. Moreover, the answers were compared and subjected to correlation analysis.

Key words: *positive attitude, positive reflection, self-reliance, believing in justice.*

Introduction. In recent decades psychology has focused its attention on the researches of human beings' positive resources. As a result of it there emerged a positive psychology stream. This stream started to explore positive emotions and characteristic features of a human [1; 2; 3].

But these researches are not sufficient to say a certain word or view about human's positive resources. For example, at first sight it can be seen that positive psychology equalizes all kind of positive emotions with happiness and it tries to prove lack of negative emotions in happy human's life. But it is not right. An American psychologist Daniel Kahneman proved experimentally that happiness at least is not the deduction of positive moments from the number of amount of negative instants [4].

Studying positive features of a human nature and especially researching their formation has impor-

tance in formation process of the necessary attitude for comprehension of the world in humans.

The carried out researches show that, the pessimist humans' health is rather weak and they get on worse with people around them [2]. M. Seligman suggests that it is necessary to approach to sad thoughts with suspect and better qualities must be developed. He wrote this view in the book "The Learnt Optimism" [2].

The aim of the article is to study the influence of the environment on the positive reality of man.

Research methods. In the process of research, the author applied such methods as the survey method, the method of qualitative and quantitative analysis, the method of psychological abstraction.

Positive psychology explains stable, durable level of happiness by means of heredity, life situation and the factors depending on us. It's impossible to

change heredity, but altering the factors depending on us is possible.

An American psychologist Warner Wilson having researched the role of life situation for becoming happy has come to the conclusion that happy people are those who: 1) earn a lot of money; 2) are married; 3) are young; 4) are healthy; 5) have got a good education; 6) believe in God [5].

But another American psychologist Martin Seligman doesn't agree with this view and proves that W. Wilson's putting forward money, health, education as indicators of happiness doesn't justify themselves completely. But instead of them marriage and religion do.

M. Seligman puts forward the following terms for human's happiness:

1) living in a wealthy democratic country (is a basic factor);

2) possessing, owning a family (is a main but not a basic one);

3) avoiding negative emotions (is a medium level factor);

4) communicating as with more people as possible (is an important factor but it isn't the main one);

5) believing in God (according to Seligman, this factor is of a medium importance).

According to Seligman, the following factors are not important for being happy:

1) to earn much money;

2) to be healthy (here subjectively comprehended health is considered);

3) moving to a country which has a hotter climate [2].

As it's seen M. Seligman has indicated living in a wealthy democratic country as the main factor. In reality not depending on being a religious man, living in a wealthy democratic country every human has a chance for self-realization and everyone is protected by laws. It is really a basic factor. The first four factors indicated by M. Seligman are external factors, but the last factor-believing in God is an internal factor. Nevertheless it stands at the end of M. Seligman's list, we are confident that among internal factors it is in the first place.

Methodology. Our aim is to research how believing in justice and religion influences to human's positive formation. We questioned 1 170 students at the age of 17–22. We analyzed the statistic outcomes we had got. After evaluating all percentage indicators according to every course we counted average amount and dispersion, moreover, having evaluated square deviation and correlation indicators we have shown the numbers obtained in special tables and diagrams. The outcomes have been analyzed according to quality and quantity analysis applied in psychology. We're also researched dependence degree among to or more changes by means of correlation (r) coefficient. The obtained out-

comes have been worked out by SPSS programme.

Firstly, we held a form questionnaire covering the following questions:

1. Are you happy now?

2. What do you believe in?

3. Do you believe in the existence of justice in the world?

4. Are you a positive person?

5. Do you have a positive reflection?

6. Do you rely on yourselves?

7. How do you see yourself after 10 years from now?

8. Is the life beautiful?

9. What is necessary to be successful in the life?

10. Will you find a job after getting an education?

Results. Analysis of the question *Are you happy now?* asked of the students of all courses and respondents studying at the master courses indicated that happy people were more than people who felt unhappy.

Table 1

**Results of the given answers to the question
*Are you happy now?***

Question	<i>Are you happy now?</i>					
Courses	I	II	III	IV	Master course	Total
Answers						
Yes	70,9%	70,6%	73%	68%	73,2%	1,8927
No	29,1%	29,1%	27%	32%	26,8%	1,8794

Analysis of the given answers to the question *What do you believe in?* showed that if in the first course 77% of students believe in God, in the second and third courses this indicator decreases. But in the IV course this percent increases and becomes 77,3%, in the master course it becomes 82%.

Table 2

**The results of the given answers to the question
*What do you believe in?***

Question	<i>What do you believe in?</i>					
Courses	I	II	III	IV	Master course	Total
Answers						
In God	77%	72,6%	74,6%	77,3%	82%	3,1547
Myself	22,3%	23,5%	14%	18,5%	13%	4,2344
Parents	0,7%	3,9%	9,4%	4,2%	5%	2,7947

The analysis of the given answers to the question *Do you believe in the existence of justice in the world?* manifested contradiction in comparison with the answers given to the question *What do you believe in?*. Nevertheless in the I course 77% of students believe in God, but believing in the existence of justice is only 45%. In the II course 62% of students believe in God, but 37,4% of students believe in the existence of justice, in the III course the numbers have increased a little bit, but in the IV course these numbers go down with a declining line.

In the master course 82% of students believe in God, but only 76,1% of them believe in the existence of justice in the world.

Table 3

The results of the given answers to the question
Do you believe in the existence of justice
in the world?

Question	<i>Do you believe in the existence of justice in the world?</i>					
Courses	I	II	III	IV	Master course	Total
Answers						
Yes	45%	62,6%	77,1%	71,3%	76,1%	11,87424
No	55%	37,4%	22,9%	28,7%	23,9%	11,87424

As it is seen 56,8% of respondents believe in God, but only 44% of them believe in the existence of justice in the world.

After analysis of the given answers to the question *Are you a positive person?* it has been known that majority of students consider themselves positive ones and number of these answers go up with a rising line. But in the master course these numbers decrease in a certain amount.

Table 4

Results of the given answers to the question
Are you a positive person?

Question	<i>Are you a positive person?</i>					
Courses	I	II	III	IV	Master course	Total
Answers						
Yes	86,5%	86,2%	89%	91%	89%	1,7839
No	13,5%	13,8%	11%	9%	11%	1,7839

From the answers given to the question *Do you rely on yourself?* it becomes known that by dropping out only a bit part of students, the rest rely on themselves.

Table 5

Results of the given answers to the question
Do you rely on yourself?

Question	<i>Do you rely on yourself?</i>					
Courses	I	II	III	IV	Master course	Total
Answers						
Yes	95,4%	97%	96,5%	97%	97%	0,621
No	4,6%	3%	3,5%	3%	3%	0,621

The number of the self-reliant students are more and this is a positive case. But how much is it real?!

After analysis of the given answers to the question *How do you see yourselves after 10 years from now?* it has been known that the answers given relating to family and employment are positive. The number of the girls who see themselves as housewives has relatively increased in comparison with previous years. The number of the students who believe will obtain a high position after 7–10 years from now is

few. The number of optimistic answers becomes less from course to course.

Table 6

The answers to the question
How do you see yourself after 10 years from now?

Question	<i>How do you see yourself after 10 years from now?</i>					
Courses	I	II	III	IV	Master course	Total
Answers						
Married and provided with a job (employed)	68,9%	52,4%	55,4%	59,1%	66,2%	6,2702
Married but unemployed	0,8%	1,4%	4,3%	7%	8%	2,8858
A housewife	1,1%	3,4%	2,2%	2%	2,5%	0,7446
Provided with a job (employed)	11%	0,6%	21,1%	21,1%	14,2%	7,5976
An office manager	14%	29%	13,5%	6,7%	5,6%	8,3539
Unemployed	4,2%	13,2%	3,5%	4,1%	3,5%	3,7614

A bit less than a half (48,4%) of respondents forecast optimistically on getting married or being employed. The number of the students seeing themselves as housewives has increased pretty well. But after 7–10 years, the amount of the students seeing themselves as unemployed together with the number of the ones who see themselves as housewives, married and unemployed is (14,2%+1,4%+4,4%) 20%.

The given answers to the question *Is the life beautiful?* have showed that the first (79,4%) and second (79,1%) course students see the life more beautiful. In the III course this number has decreased to 63%. But in the IV course and in the master course this number appropriately rises and has become 72,3% and 75%.

Table 7

Results of the given answers to the question
Is the life beautiful?

Question	<i>Is the life beautiful?</i>					
Courses	I	II	III	IV	Master course	Total
Answers						
Yes	79,4%	79,1%	63%	72,3%	75,6%	6,0257
No	20,6%	20,9%	37%	27,7%	24,4%	6,0257

It is a positive case that the majority of young students consider the life to be beautiful.

After analysis of the given answers to the question *What is necessary for being successful in the life?* it becomes known that though bachelor and master course students regard money but they put a good education in the first place. But in the III place after money comes persistence. The answers related to employment because employment has been indicated as the last term for being successful in the life.

Table 8

**The results of the given answers to the question
*What is necessary for being successful
in the life?***

Question	What is necessary for being successful in the life?					
Courses	I	II	III	IV	Master course	Total
Answers						
Much money	20,5%	20,4%	14%	17,3%	26%	3,9762
To have parents and relatives who have good relations	8,7%	8,6%	6%	9%	14%	2,6044
A good education	44,6%	38%	52%	48,7%	31,7%	7,3314
Persistence	15,5%	21,3%	24%	21,9%	24,3%	3,1699
A work place (a job)	10,7%	11,7%	4%	3,1%	4%	3,7024

If we compare the answers to this question with the answers to the question *What is necessary for being happy in the life?* we'll see that though the number of students who have chosen possessing much money is a lot. But here preference is given to a good education and persistence.

The analysis of the given answers to the question *Will you find a job after having got an education?* shows that the number of students who are confident to get a job goes down with a declining line, but the students have sufficient optimistic views.

According to the indicators, the majority of students have positive views for the future. They believe that they'll find a job. This is a positive case.

Discussion and conclusion. Comparative analysis of results. In the following table we have compared the given answers to the questions *Are*

you happy? Do you believe in the existence of justice in the world? Are you a positive person? Do you have a positive reflection? Do you rely on yourself? How do you see yourself after ten years from now? with the answers given to the question *What do you believe in?*

Table 9

**Results of the given answers to the question
*Will you find a job after having got an education?***

Question	Will you find a job after having got an education?					
Courses	I	II	III	IV	Master course	Total
Answers						
Yes	91,7%	90,8%	64%	69%	74%	11,3532
No	8,3%	9,2%	36%	31%	26%	11,3532

Nowadays, 51,6% of the students considering themselves happy believe in God ($r=0,244$, $p<0,5$), 57,8% ($r=0,424$, $p<0,5$) of the students thinking about themselves as positive ones, 62,2% ($r=0,013$, $p<0,5$) of the students considering that they have a positive reflection and thinking, 64,1% ($r=0,0582$, $p<0,5$) of the self-reliant students believe in God. Besides it, 88% ($r=-0,376$, $p<0,5$) of the students are imagining themselves the married and employed ones after ten years from now believe in God.

Perhaps they are the ones who believe in God, but don't believe in the existence of justice in the world. Besides it, 82,3% of the students not considering themselves positive ones, 65,9% of the self-reliant and 100% of the students who believe they will be provided with a job after ten years from now don't believe in God.

Thus, believing in God is correlated with a positive view to the future.

Table 10

		Are you happy now?		Do you believe in the existence of justice in the world?		Are you a positive person?		Do you have a positive reflection?		Do you rely on yourself?		How do you see yourselves after ten years from now?					
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Married and employed	Married and unemployed	A housewife	Employed	An office manager	Unemployed
What do you believe in?	God	51,6	82,3	44,7	84,7	57,8	85,7	62,2	60,4	64,1	22,7	88,0	75,0	65,9	0,0	8,8	86,3
	Myself	41,5	8,2	47,5	7,6	34,8	5,7	30,0	31,3	28,3	65,9	5,8	8,3	22,0	0,0	82,5	5,8
	Parents	6,9	9,5	7,8	7,7	7,4	8,6	7,8	8,3	7,6	11,4	6,2	16,7	12,1	100,0	8,7	7,9

Table 11

Do you believe in the existence of justice in the world?	Is the life beautiful?		What is necessary to be successful in the life?			Are you a positive person?		Will you find a job after having got an education?		Do you rely on yourself?		How do you see yourselves after ten years from now?					
	No	Yes	Much money A good education	A good education	Persistence	Yes	No	Yes	No	Yes	No	Married and employed	Married and unemployed	A housewife	Employed	An office manager	Unemployed
	19,2	80,8	16,2	57,9	100	66,3	0,7	70,0	0,6	56,5	54,5	45,4	25,0	75,6	100,0	99,6	0,0
	83,8	93,8	42,1	0,0	33,7	99,3	30,0	99,4	43,5	45,5	54,6	75,0	24,4	0,0	0,4	100,0	0,0

In the following table we have compared the given answers to the questions *Is the life beautiful? Will you find a job after having got an education? Do you rely on yourself? How do you see yourself after ten years from now?* with the answers to the question *Do you believe in the existence of justice in the world?*

As it's seen from the table 80,8% of the students considering the life beautiful believe in the existence of justice in the world ($r=0,686$, $p>0,5$), 57,9% ($r=0,133$, $p<0,5$) of the students choosing a good education for being successful in the life 100% of choosing persistence, 66,3% ($r=0,699$, $p>0,5$) of the students considering themselves positive ones, 70% ($r=0,852$, $p>0,5$) of the students believing to find a job after having got an education believe in the existence of justice in the world.

Besides it, 56,6% ($r=0,785$, $p>0,5$) of the self-reliant believe in the existence of justice. Believing in the existence of justice in the world is believing its triumph correlation is observed by positivity.

We'd like to note that, all of the students (100%) who say will be unemployed after ten years from now don't believe in the existence of justice. We can draw a conclusion from these outcomes that believing in the victory of the justice influences more positively to the formation of the positive attitude than believing in God.

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Абдуллаєва Шафахат. Порівняльний аналіз деяких факторів, що впливають на позитивну установку

У статті розглядаються деякі проблеми позитивного ставлення. **Мета статті** – дослідження впливу навколишнього середовища на позитивну реальність людини.

Методи дослідження. У процесі дослідження автором були застосовані такі методи, як метод опитування, метод якісного й кількісного аналізу, метод психологічного абстрагування.

Наукова новизна статті виражається в тому, що під час аналізу зроблено висновок, що діти стають об'єктом культури з народження, оскільки у процесі соціалізації дитина вивчає інші сценарії зі свого культурного середовища. Було опитано 1 170 студентів у віці 17–22 років. Проаналізовано статистичні дані, які були отримані у процесі опитування. Після підрахунку всіх процентних показників отримані результати представлені у спеціальних таблицях.

Також досліджено ступінь залежності між основними показниками. Отримані результати були використані програмою SPSS.

Результати. Насамперед у статті розглядалися теоретичні основи позитивної психології та шляхи її розвитку. Були згадані роботи М. Селігмана, М. Чілсменмаллі, Б. Дайнеру, Б. Фредріксона, Р. Левенсона, К. Теппервайн, А. Елізабет, Р. Райана, Д. Канемана та інших авторів.

Позитивне ставлення аналізується у сфері позитивної психології. Зазначено, що вивчення позитивних особливостей людської природи, особливо особливостей їх формування, було пов'язане із цілеспрямованим формуванням позитивного ставлення в людей.

Зазначено, що позитивне ставлення має вагоме значення у процесі позитивного розуміння світу. Вказано, що позитивна психологія пояснює стабільний, тривалий рівень щастя через спадковість, життєву ситуацію та фактори, що залежать від людини.

Висновки. У висновку автор зазначає, що неможливо змінити спадковість, однак можна змінити життєву ситуацію та залежні від неї фактори. Крім того, у статті наведені поняття життєвої ситуації, які пояснюються на основі досліджень Уїлсона, і критичні думки Мартіна Селігмана про життєві ситуації.

Висуваючи віру у Творця (Бога) як внутрішній фактор, автор висловлює свою позицію. Більше того, відповіді були зіставлені та піддані кореляційному аналізу.

Ключові слова: позитивна установка, позитивна рефлексія, впевненість у собі, віра у справедливість.