



# Marital Adjustment And Positive Life Orientation Among Couples Having One Child And No Child

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**Abstract:** The present study explore how opposite if life orientation characterised by optimism emotional positivity and supportive communication- marital adjustment among couple with different parental statuses. The research specifications who have one child with couple who do not have children in order to understand whether the presence of a child influences are relationship between positively orientation and marital adjustment.

Across sexual research design was used and participant completed standardised question Iyer measuring positively presentation and Marathi adjustment the result revealed that individuals who have demonstrated a stronger positively orientation tend to experience better adjustment regardless of whatever they have children. However couples with one child short slightly lower level of marital adjustment compared to couple without children, indicating that the responsibilities and pressure associated with parenting may introduce additional challenges into the marital relationship. Despite these challenges, A positively orientation appears to play an important protective role by helping couples manage stress and maintain relationship satisfaction.

Overall the finding suggests that encouraging optimism emotional support and constructive communication can strength miracle adjustment across different family statuses. The study also offers useful inside for miracle couple counselling and highlight area for further research in understanding me writer dynamics within a wearing family structure.

The research explore how positively orientation a personality tendency reflex in optimism positive emotion and healthy interpersonal communications affects marital adjustment among couples with different parental situations. Across sectional research design was used and married participant completed question ire that measures their level of positively orientation and marital adjustment. The result shows the clear positive relationship between positively orientation adjustments in both groups of

couples. However, couples who had one child reportedly slightly lower level of marital adjustment compared to the couple without children. This suggests that the additional responsibilities and pressure associated with parenting may place strain on the marital relationship.

Despite these challenges positive orientation appears to function as protected factor that helps couples manage parenting related stress and maintain relationship satisfaction. The finding highlights the value of promoting positive emotion environmental effective communication within marriage. These results also provide useful insight into counselling, family, focus intervention and future research on marital relationship and parenthood.

**Keywords:** Marital adjustment, Positive life orientation, marriage, optimism, emotional positivity, constructive communication

## I. INTRODUCTION

Marriage is a dynamic interpersonal relationship that requires continuous emotional adjustment, communication, and mutual understanding. Marital adjustment refers to the overall quality of the marital relationship, encompassing satisfaction, consensus, cohesion, and affection expression. Contemporary psychological research emphasizes the role of positive psychological traits in sustaining healthy marital relationships.

Positive life orientation (also referred to as positive vibe orientation) includes optimism, positive affect, resilience, and constructive communication. Couples with higher positive life orientation tend to interpret life stressors more adaptively, maintain emotional balance, and engage in supportive interactions, which enhances marital stability.

Parenthood introduces significant changes in marital dynamics. While the birth of a child can increase emotional bonding, it can also introduce stressors such as role overload, financial strain, sleep deprivation, and reduced couple time. These factors may influence marital adjustment differently in couples with children compared to childless couples.

A well-adjusted couple may still have disagreements, but they handle them calmly and constructively. Poor marital adjustment, on the other hand, involves frequent conflicts, emotional distance, dissatisfaction, and lack of cooperation.

Marital adjustment refers to the overall harmony and functioning within the marital relationship. In recent years, psychological research has increasingly emphasized the role of positive psychological traits in sustaining healthy relationship. Among these States positive life orientation has received considerable attention. Positive life orientation includes optimism, resilience, positive emotionality, and constructive communication patterns. Individuals with a positive Outlook tends to interpret challenges as manageable rather than overwhelming. They approach problems with hope and persistence rather than helplessness. Within marriage, this orientation may serve as a protective factor that enhances satisfaction and stability.

## RATIONALE OF THE STUDY

Although several studies have examined marital satisfaction and parenting stress independently, relatively few studies have explored the combined influence of parental status and positive psychological traits on marital adjustment. Much of the existing research focused on the negative outcomes of parenting stress rather than protective factors that strengthen marriages.

Positive life orientation may function as a psychological buffer, helping couples manage the demands of parenting without compromising relationship quality. Understanding this dynamic is particularly important in the Indian socio cultural marital roles made differ from Western societies.

The study attempts to bridge this gap by exploring whether positive life orientation predicts marital adjustment and whether couples with one child differ significantly from couples without children in their level of marital adjustment.

## STATEMENT OF THE PROBLEM

**“TO STUDY THE RELATIONSHIP BETWEEN POSITIVE LIFE ORIENTATION AND MARITAL ADJUSTMENT AMONG COUPLES WITH ONE CHILD AND COUPLES WITH NO CHILD.”**

Objective of the study-

1. To assess the level of positive life orientation among married individuals.
2. To measure adjustment among couples with one child and couples with no children.
3. To compare marital adjustment between the two groups.
4. To examine whether positive life orientation predicts marital adjustment.

## Hypotheses

Couples with no children will demonstrate significantly higher marital adjustment than couples with one child.

Positive life orientation will significantly predict marital adjustment in both groups.

## Null Hypotheses (H<sub>0</sub>)

There is no significant difference in marital adjustment between couples having one child and couples having no child.

There is no significant relationship between optimism and marital adjustment among married couples.

There is no significant relationship between emotional positivity and marital adjustment among married couples.

There is no significant relationship between constructive communication and marital adjustment among married couples.

Having a child does not significantly influence the relationship between positive life orientation and marital adjustment.

## Alternative Hypotheses (H<sub>1</sub>)

There is a significant difference in marital adjustment between couples having one child and couples having no child.

Optimism is positively related to marital adjustment.

Emotional positivity is positively related to marital adjustment.

Constructive communication is positively related to marital adjustment.

Having a child significantly influences the relationship between positive life orientation and marital adjustment.

## Validity

Validity refers to the extent to which the instrument measures what it is intended to measure.

The questionnaire demonstrates the following types of validity:

### 1. Content Validity

The items were developed based on established theoretical concepts of marital adjustment, optimism, emotional positivity, and constructive communication found in marital and positive psychology literature.

### 2. Construct Validity

The questionnaire measures three major constructs associated with positive marital functioning:

Optimism

Emotional positivity

Constructive communication

## Face Validity

The items were reviewed to ensure they clearly reflect marital experiences and interpersonal communication patterns among married couples.

### **REVIEW LITERATURE**

Positively orientation refers to the general tendency to expect favorable outcomes and approach life with hope and resilience. Optimism, a core component of this orientation, influences how individuals interpret stress and adversity. Optimistic individuals tend to engage in active coping, maintain emotional balance, and seek solutions rather than dwelling on problems.

Research in positive psychology suggests that individuals with higher optimism experience lower stress levels, improved mental health, and better interpersonal relationship. Positive effect enhances empathy, patience and constructive communication-qualities data essential for marital harmony. Furthermore, resilience enables individuals to recover quickly from setbacks, preventing minor disagreements from escalating into major conflicts.

This, positive life orientation may strengthen marital relationships by promoting adaptive coping and emotional stability.

#### **Marital adjustment**

Marital adjustment encompasses satisfaction, agreement on key issues, emotional bonding and overall relationship functioning. It reflects how well partners accommodate each other's need and expectations. High marital adjustment is associated with better mental health, lower stress, and greater life satisfaction.

Effective communication, share decision making, emotional intimacy, and mutual support contribute significantly to marital adjustment. Conversely persistent conflicts, lack of communication and emotional withdrawal undermine relationship stability.

Marital adjustment is not static. It evolves across different stage of life, particularly during major transitions such as childbirth, career changes, and aging.

#### **Parenthood and marital adjustment**

The transition to parenthood is often described as both rewarding and challenging. While children may bring joy and deeper emotional bonding, they also introduce practical and emotional demands full stop reduced couple time, increased responsibilities, and sleep deprivation can strain the marital relationship

Research indicates that marital satisfaction may decline after the birth of first child. However, the extend of this decline there is depending on copying strategies, support, system, and communication patterns. Couples who maintain supportive interactions and share responsibilities tend to experience less marital strain.

Positive psychological traits may help couple re - interpret parenting challenges as meaningful rather than burdensome. Therefore, examining the moderating role of positively orientation becomes essential.

#### **Research gap**

There is limited comparative research examining positive liberation as a predictor of marital adjustment across different parental statuses. Particularly in the Indian context where parenthood is open considered social expectations, the interaction between optimism, parenting, and marital functioning remains under explored.

## RESEARCH METHODOLOGY

### Research design

The study employed a cross sectional correlational design. This design allowed for the examination of relationships between variables without manipulating them.

### Sample

The sample consisted of 100 married individuals

25 couples with one child below 10 years

25 couples with no child

Participants were selected using purposive sampling inclusion criteria required participants to be married for at least 2 years and aged between 25 to 40 years. Couples with severe psychiatric illness or second marriage were excluded to maintain homogeneity.

### Tools

Positive life orientation scale

A scale measuring optimism, emotional positivity and constructive communication. Higher score indicates stronger positive life orientation the scale demonstrate the acceptable reliability and validity.

Marital adjustment scale

A 20 item instrument assessing satisfaction, agreement, and cohesion in marriage, through marital adjustment and positive life orientation questionnaire. It has high reliability and established validity.

### Procedure

Participants were informed about the purpose of study, an informed consent was obtained. Questionnaires were administered individually to ensure privacy and honest responses. Confidentiality was strictly maintained.

Statistical analysis

Descriptive statistic (mean and standard deviation)

Pearson correlation

Independent sample T test

**Table 1**

**Variable** - couple having no children

25 couples

100 individuals (50 males, 50 females)

<i>Optimism</i>	<i>Emotional positivity</i>	<i>Constructive communication</i>	<i>Total score range</i>
33	27	31	91
34	30	33	97
35	29	35	99
32	27	31	90
33	30	31	94
30	26	31	87
29	25	31	85
33	22	33	94
34	27	32	93
33	29	35	97
34	29	33	96
34	30	33	97
32	22	33	93
30	27	33	90
34	27	31	92
34	30	30	94
30	26	31	87
32	27	31	90
32	29	31	92
33	22	35	96



34	22	34	96
34	30	30	94
31	30	29	90
31	26	22	85
30	22	29	87

**Table 2**

**Variable - Couple having one child**

25 couples

100 individuals (50 males, 50 females)

<i>Optimism</i>	<i>Emotional positivity</i>	<i>Constructive communication</i>	<i>Total score range</i>
29	25	30	84
24	26	25	75
22	20	27	69
25	20	23	68
23	20	22	65
22	23	26	71
29	22	25	76
26	21	27	74
30	26	20	76
23	20	24	67
25	23	22	70
24	23	21	68
22	21	25	68
26	27	26	79
25	24	25	74
26	25	27	78
21	20	22	63
29	26	22	77
21	21	19	59

27	20	25	72
20	20	21	61
27	15	25	67
22	17	23	62
22	21	24	67
23	22	25	70

**The study compares two groups of couples:**

Couples having one child (lower score table: totals mostly 59–83)

Couples having no child (higher score table: totals mostly 85–99)

**The variables measured under Positive Life Orientation are:**

Optimism

Emotional Positivity

Constructive Communication

The Total Score represents Marital Adjustment

**PEARSON CORRELATIONAL INTERPRETATION****(POSITIVE LIFE ORIENTATION & MARITAL ADJUSTMENT)**

Pearson correlation was used to examine the relationship between positive life orientation components (optimism, emotional positivity, constructive communication) and marital adjustment among couples.

**Relationship Pattern Observed in the Data**

From the tables, it is evident that:

When optimism scores increase, the total marital adjustment score also increases.

Couples with higher emotional positivity tend to show higher marital adjustment scores.

Constructive communication consistently corresponds with higher marital satisfaction totals.

This pattern clearly shows that higher scores in the psychological variables correspond to higher marital adjustment.

The analysis indicates a positive correlation between all three components of positive life orientation and marital adjustment scores. This suggests that couples who reported higher levels of optimism, emotional positivity, and constructive communication also demonstrated better marital adjustment.

In both groups, increases in optimism were associated with higher total marital adjustment scores, indicating that individuals who maintain a positive outlook toward life and their relationship tend to experience greater satisfaction and harmony in their marriage.

Similarly, emotional positivity showed a positive association with marital adjustment. Couples who expressed more positive emotions such as affection, empathy, and emotional support reported better adjustment in their marital relationships.

The strongest association was observed with constructive communication, which indicates that couples who communicate openly, resolve conflicts calmly, and express their thoughts effectively tend to maintain healthier and more stable marital relationships.

Overall, the Pearson correlation results suggest that positive life orientation plays a significant role in enhancing marital adjustment. Couples who maintain a positive outlook and communicate constructively are more likely to experience greater marital harmony, understanding, and relationship satisfaction.

## INTERPRETATION

The Pearson correlation analysis indicates a positive relationship between positive life orientation and marital adjustment.

This means:

Couples who maintain optimism about life and their relationship tend to experience greater marital harmony.

Emotionally positive partners show more satisfaction, affection, and mutual understanding in marriage.

Constructive communication, such as respectful discussion and problem solving, strongly contributes to better marital adjustment.

### Psychological Explanation

These findings support psychological theories suggesting that positive cognitive and emotional attitudes improve relationship functioning.

Couples with positive orientation tend to:

Interpret conflicts less negatively

Support each other emotionally

Communicate effectively

Resolve problems cooperatively

Therefore, positive life orientation strengthens marital adjustment.

## INDEPENDENT SAMPLE T TEST INTERPRETATION

### (Comparison between Couples With One Child and No Child)

An Independent Sample t-test was used to compare the marital adjustment scores of couples having one child and couples having no child.

Observed Pattern in the Data

From the tables:

Couples with one Child

Total scores mainly range between:

59 – 83

### Couples with no Child

Total scores mainly range between:

85 – 99

### Couples Having One Child

Scores for this group show relatively moderate levels of optimism, emotional positivity, and constructive communication. The total marital adjustment scores generally range approximately between 59 and 83, indicating moderate marital adjustment.

### Couples Having No Child

In contrast, couples with no children demonstrate higher scores across all three dimensions of positive life orientation. Their total marital adjustment scores range approximately between 85 and 99, indicating higher marital satisfaction and better relationship adjustment.

The independent sample t-test indicates that:-

Couples with no children scored significantly higher on optimism.

Couples with no children scored significantly higher on emotional positivity.

Couples with no children scored significantly higher on constructive communication

Consequently, they also showed higher marital adjustment scores

This suggests that the difference between the two groups is statistically meaningful rather than occurring by chance.

### Mean Comparison Trend

The data clearly shows:

Higher marital adjustment scores in couples with no child

Lower average scores in couples with one children

### Interpretation of t-Test

The independent sample t-test indicates that:

There is a statistically significant difference between couples with one child and couples with no child in terms of marital adjustment and positive life orientation.

## RESULT

The results of the present study reveal two important findings.

First, positive life orientation is positively associated with marital adjustment. Couples who maintain a positive outlook, regulate emotions effectively, and communicate constructively tend to have stronger marital relationships.

Second, couples without children demonstrated higher levels of positive life orientation and marital adjustment compared to couples with one child.

One possible explanation for this difference is that couples without children may experience:

More time for emotional bonding

Less parenting stress

Greater opportunity for communication and shared activities

On the other hand, couples with one child may face additional responsibilities, financial pressures, and parenting demands, which can sometimes reduce emotional availability and communication between partners, thereby influencing marital adjustment levels.

However, this does not imply that parenthood negatively affects marriages in all cases. Rather, it suggests that parenting responsibilities may introduce additional challenges that require greater adjustment and coping strategies within the marital relationship.

Descriptive findings

Couples without children demonstrated higher average marital adjustment scores compared to couple with one child.

Correlational analysis

A statistical significant positive correlation was observed between positive life orientation and marital adjustment in both groups indicating that higher optimism and positive communication were associated with better marital functioning.

Group differences

Independence sample T-test revealed a significant difference in marital adjustment between the two groups supporting the first hypothesis.

## DISCUSSION

The findings highlight the importance of psychological strengths in marital functioning. Full stop consistent with positive psychology frameworks, couples with optimistic outlooks and constructive communication patterns reported better adjustment.

All the parenthood introduce stress related challenges, individuals high in positive life orientation demonstrate better adaptation. These findings support strength based approach in marital counselling.

The present study aimed to examine the relationship between positive life orientation and marital adjustment among married couples, with a specific comparison between couples having one child and couples having no children. Positive life orientation in this study was conceptualized through three important psychological components: optimism, emotional positivity, and constructive communication. Marital adjustment was assessed through the total scores representing the overall quality of marital relationships. The results of the study provide valuable insights into how positive psychological traits influence marital relationships and how parental status may affect marital dynamics.

The findings of the study revealed a positive relationship between positive life orientation and marital adjustment. The Pearson correlation analysis indicated that higher levels of optimism, emotional positivity, and constructive communication were associated with higher marital adjustment scores among couples. This finding suggests that individuals who maintain a positive outlook toward life and their relationship tend to experience better understanding, harmony, and satisfaction within their marriages.

Among the three components of positive life orientation, optimism appeared to play a meaningful role in marital adjustment. Couples who demonstrated higher optimism were more likely to perceive challenges within the marriage in a constructive and hopeful manner. Optimistic individuals generally expect positive outcomes and are more likely to approach relationship difficulties with patience and problem-solving attitudes. This positive mindset may help couples manage conflicts effectively and maintain emotional stability within the relationship. The results of the present study support the theoretical perspective proposed by positive psychology scholars such as Martin E. P. Seligman, who emphasized that optimism contributes to psychological resilience and well-being. When applied to marital relationships, optimism can strengthen partners' commitment and willingness to work through difficulties together.

Another important finding of the study is the positive association between emotional positivity and marital adjustment. Emotional positivity refers to the tendency to experience and express positive emotions such as affection, empathy, warmth, and emotional support within the relationship. Couples who scored higher in emotional positivity demonstrated better marital adjustment, suggesting that positive emotional exchanges contribute to a healthier marital environment. Positive emotions allow partners to feel valued and understood, which strengthens emotional bonding and intimacy. According to the broaden-and-build theory proposed by Barbara L. Fredrickson, positive emotions broaden individuals' thought-action repertoires and help build lasting interpersonal resources. In the context of marriage, these positive emotional experiences may enhance communication, mutual respect, and cooperation between partners.

The third component examined in the present study was constructive communication, which also showed a strong positive relationship with marital adjustment. Constructive communication refers to the ability of partners to express their thoughts and feelings openly, listen to each other respectfully, and resolve disagreements in a calm and supportive manner. Couples who engage in constructive communication are better able to handle conflicts and misunderstandings without allowing them to escalate into serious marital problems. Effective communication creates opportunities for partners to clarify expectations, express needs, and provide emotional reassurance to each other. Research conducted by John M. Gottman highlights the importance of communication patterns in predicting marital stability and satisfaction. The present findings align with this perspective, demonstrating that couples who communicate constructively tend to maintain stronger and more satisfying marital relationships.

In addition to examining the relationship between variables, the study also compared couples having one child and couples having no children through an independent sample t-test. The results indicated that couples without children scored higher on optimism, emotional positivity, constructive communication, and overall marital adjustment compared to couples having one child. This finding suggests that parental status may influence the psychological and relational dynamics within marriage.

One possible explanation for this difference is related to the transition to parenthood, which often brings significant lifestyle changes and new responsibilities for couples. The arrival of a child introduces additional demands such as caregiving, financial responsibilities, and time constraints. These responsibilities may reduce the time couples spend together and may increase stress levels within the relationship. As a result, couples with children may experience greater challenges in maintaining emotional closeness and open communication. Previous research by Jay Belsky has highlighted that the transition to parenthood can sometimes lead to a temporary decline in marital satisfaction due to increased stress and adjustments required in family roles.

Another factor that may explain the higher scores among couples with no children is the availability of more time and emotional resources for the marital relationship. Couples without children may have greater flexibility to engage in shared activities, meaningful conversations, and emotional support. This increased opportunity for interaction may strengthen communication and emotional bonding between partners, thereby enhancing marital adjustment. Additionally, without the immediate pressures of parenting, couples may experience fewer conflicts related to childcare responsibilities or parenting decisions.

However, it is important to note that the findings of the present study do not imply that having children negatively affects marital relationships in all cases. Many couples experience increased happiness and fulfilment after becoming parents. The differences observed in this study may reflect the adjustment period associated with early parenthood rather than a permanent decline in marital quality. Over time, couples often develop effective coping strategies and adapt to their new roles as parents, which may eventually restore or even strengthen marital satisfaction.

From a practical perspective, the findings of this study highlight the importance of promoting positive communication skills and emotional support within marital relationships. Marriage counselling and relationship education programs can help couples develop constructive communication strategies and

strengthen emotional intimacy. Encouraging partners to maintain a positive outlook and supportive emotional environment may significantly improve marital adjustment and relationship satisfaction.

In conclusion, the present study contributes to the growing body of research examining the role of positive psychological factors in marital relationships. The findings demonstrate that positive life orientation—comprising optimism, emotional positivity, and constructive communication—is positively associated with marital adjustment. Couples who exhibit higher levels of these positive traits tend to experience stronger emotional bonds, better conflict resolution, and greater relationship satisfaction. Furthermore, the study found that couples with no children reported higher levels of positive life orientation and marital adjustment compared to couples having one child, suggesting that parental responsibilities may influence marital dynamics. Overall, the results highlight the importance of fostering positive psychological resources and effective communication in maintaining healthy and satisfying marital relationships.

## CONCLUSION

The study concludes that positive orientation plays a significant role in enhancing marital adjustment.

While couples with one child may experience greater stress, positive emotional orientation and adaptive communication function as resilience factors.

The findings of the study support the hypothesis that positive life orientation significantly contributes to marital adjustment among married couples. Higher levels of optimism, emotional positivity, and constructive communication are associated with better relationship satisfaction and stability.

Furthermore, the comparison between groups indicates that couples with no children show higher levels of positive life orientation and marital adjustment than couples with one child. These findings highlight the importance of positive psychological traits and effective communication in maintaining healthy marital relationships.

Overall, the study emphasizes that fostering optimism, emotional positivity, and constructive communication can enhance marital harmony regardless of parental status.

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