POSITIVE PSYCHOLOGY: A CRITICAL ANALYSIS

(Summary)

Positive Psychology Movement developed in the year 2000 as a new domain of contemporary psychology. Its leader is Martin E. P. Seligman. Positive psychology is widely popularized not only in psychological circles but also, in its accessible form, in the whole society. It focuses on the positive side of people’s functioning, their strengths, virtues and advantages. It also underlines the importance of a powerful family and positive institutions for human’s well-being, development, and feeling of permanent fulfillment. The study contains main ideas of Positive Psychology along with their critical analysis.

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