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The Historical Antecedents of Positive Psychology: A Scientific Perspective

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Oral Presentation O3.3

**THE HISTORICAL ANTECEDENTS OF POSITIVE PSYCHOLOGY:
A SCIENTIFIC PERSPECTIVE**

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This research project seeks to trace the historical antecedents that gave rise to positive psychology in modern times. Of special note will be existentialism, humanistic psychology, and how these two contributed to the ideological and scientific nature of the field. How positive psychology differs from popular psychology and positive theology through its use of the empirical method will be investigated in light of the field's unique past.

Focusing on human strengths, positive subjective experiences, and enabling institutions, positive psychology endeavors to provide empirical evidence regarding what goes right in life. Being a phenomenological approach to studying the mind and human behavior, positive psychology attempts to provide insights into psychological well-being and how such a state can be achieved. Adaptive ways of functioning are studied through evidence-based research, which is a hallmark of the field.