

Re-Reading Select Text through the Lens of Martin Seligman's PERMA Model: An Intersection of Positive Psychology and Literature

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Abstract

In this research paper, we explore the relationship between positive psychology and the spiritual literature using the PERMA model to look at the dimensions of human well-being. Drawing on the best-known work of positive psychology, "Aghora," by Robert E., Svoboda, we explore how positive emotions, engagement, relationships, meaning, and achievement affect the overall well-being of the reader and their comprehension of the text. This study may provide new insights into the relationship between positive psychology and the themes, characters, and narrative elements of 'Aghora,' providing a novel cross-disciplinary perspective between literature and psychology. Aghora's teachings may provide insight into how people find meaning through non-conventional spiritual practices, helping us to better understand the many ways people find meaning and fulfillment. The PERMA model is primarily concerned with positive psychology, but the study may expand the model's cultural and spiritual inclusion, helping us to recognize alternative pathways to well-being. When incorporating Aghora research into PERMA, it is important to be open-minded, understanding the range of human experience and the advantages of incorporating non-conventional perspectives into the well-being lens.

Keywords: positivity, well-being, psychology, literature, exploration