

Teachers' usage of effective positive psychological strategies in addressing psychosocial issues of secondary school students: A review of literature

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The approach of positive psychological strategies has gained unprecedented recognition among educators, teachers, and scholars. Babara (2007) stated that positive psychological strategies have gained recognition as an effective way to overcome psychological issues in students, especially in fostering their mental health and resilience. In the late 1990s, Martin E. P. Seligman was the first to introduce positive psychology to the world, emphasizing his work from pathology to strengths and human well-being. This is a literature review related to ongoing research, "Teachers' usage of effective positive psychological strategies in addressing psychosocial issues of secondary students". The work employs secondary data analysis using a systematic review based on academic databases, including Google Scholar, Research Gate, PsycINFO, and PubMed. Erikson's Psychological Development Theory (1968) posits that some students aged 12 to 18 years may fail to explore their values, identity, uniqueness, and future goals due to self-identity confusion, among other factors. He highlighted that the above negativities may occur with low self-esteem, identity crisis, emotional instability and social isolation (Erikson, 1968). A study conducted in China by Zhao, et al (2023), using a quantitative approach with 95545 students from grades 7 to 12, shows that even a mild level of bullying has increased the risk of depression, sleep disorders and anxiety. According to Seligman (2011), the ultimate aim of the PERMA model, which he introduced with a focus on self-satisfaction, self-efficacy, positive thinking, fostering hope, optimism, and resilience, are to promote and enhance the psycho-social well-being of the whole society. A study conducted by Moore et al. (2023) titled "Well-being interventions in Australian secondary schools" has shown that well-being interventions conducted in partnership with martial arts, friendship skills, and music have significantly improved resilience, self-efficacy, and self-satisfaction among students. Teachers play a significant role in supporting secondary school students, addressing psycho-social issues and emotional issues.

Keywords: *Positive psychology, Psycho-social issues, Teachers' intervention*