



Negative vs. Positive Psychology: a Review of Science of Well-Being

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Abstract

Happiness, well-being, human freedom, and life events are interconnected. Nevertheless, the debate about human well-being struggles to find an exact definition. Literature debates on the importance of positive psychology or adverse effects of negative psychology in the well-being context discuss separately. However, both counter each other but have their significance and indisputable fact. Human psychology evolves around determinism and Free Will. One type of determinism is hard, while the other is soft. Individuals who are adamant about and embrace acceptance of chances are driven by their nature and psychology to choose negative behaviors under hard determinism. They give up their free will, whereas soft determinists use it to make choices and behave positively. However, the researchers looked at negative psychology as a useful aspect and positive psychology's dark side. We argued that there are reasons to suppose that chances can develop into options and vice versa. From a well-being perspective, negative and positive psychological strengths and weaknesses can be investigated. From the literature review, useful hypotheses for future research have been derived from our synthesis.

Keywords Social psychology · Wellbeing · Health · Education · Positive psychology · Negative psychology · Behavior control · Determinism · Free will

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Introduction

The debate about human well-being is vast and growing, yet struggling to find an exact definition (Dodge et al., 2012). Decades ago, a consistent correlation between personality, life experiences, wellbeing, and ill-being became a reason to coin a theory of subjective wellbeing (SWB) constructed on the dynamic equilibrium (DE) approach (Headey & Wearing, 1989). This equilibrium is defined as human wellbeing related to individuals in one or all the following (Herzlich, 1973)

- a) Sufficient supply of physical resources, an absence of exhaustion
- b) Psychological wellbeing and even temperament
- c) Freedom of movement and efficacy in action
- d) Positive interpersonal social relationships

Since the glorious dawn of the recorded history of research, human wellbeing or happiness has been the subject of enormous quantities of thinking and investigation. Subjective wellbeing encompasses both emotional reactions and cognitive judgments in describing how people view the quality of their lives. It proposes three separate but frequently connected well-being components: regular positive affect, infrequent negative affect, and cognitive assessments such as life satisfaction (Diener et al., 1999). If an individual could result in excessive positive effects over adverse effects, one would desire positive psychology due to well-being (Bradburn, 1969). Psychological well-being is renowned for consciousness, situation awareness, and mindfulness. There is a sense of being in oneself and embracing truths about thoughts, emotions, and behaviors. It adds significance to one's life to practice, set objectives, and execute action plans to achieve them. Self-assertiveness is the habit of respecting one's needs and interests and expressing them appropriately. It is preserving alignment between one's beliefs and actions that works for one's health. Individuals hold Identity and self-responsibility congenial to the practice to become owning one's actions and attribution (Branden, 1969). Branden contends that low self-esteem is a psychological condition that can lead to pathologies such as defensiveness, anxiety, depression, and relationship troubles. Self-esteem relies on internally created behaviors. Branden emphasizes the need for internally created practices to improve and maintain self-esteem. He was named "the father of the concept of self-esteem." Branden continually emphasized the importance of instilling a passion for the "self-esteem movement" through education, which led to the formation of the Self-Esteem Movement.

Skinner (1955) contends that science explains behavioral causes or conditions beyond human reach. Because causal explanations are proven, it is hard to establish a practical corollary for individuals. It is easy to stimulate causal conditions in which planned behavior can result from external factors. Skinner (1961) later added beneficial propositions to social behavior to pave the way for developing new, better, and justified hypotheses. Frederic Skinner argued that a man should be joyful, informed, skilled, well-behaved, and productive. The scientific study of these attractive propositions validates the general pattern of such reasonable

assumptions and promises new and improved ideas. Emerging hypothesis reinforced group inclusion studies to serve collective wellbeing purpose for adopting this subject in managing individual behavior.

Happiness, wellbeing, human freedom, and life events are interconnected. Westcott (2012) underlined the conceptual issues of philosophical literature on freedom underlining three premises.

- a) There is a commitment to one or another doctrine of Free Will.
- b) The assumption is that the life of humankind is continued within the framework of a social organization.
- c) There is a perception that exercising Free Will is a desirable trait that society should discourage to the greatest possible extent.

Free Will is a particularly thorny problem. According to humanistic psychologists like Maslow (1981) and Rogers (1989), Freedom is conceivable and necessary to become fully effective human beings. It is prudent to assume that the presence of society is required for human life (Sappington, 1990). This is an unprovable assumption, but it is valuable for future theorizing. There is factual evidence that humans live in groups effectively in independent countries where freedom philosophy is practiced. Due to profound human natural complexities, conflicts are also arising simultaneously. Because human freedom is regarded as a fundamental virtue in political and social structure as a sign of liberty, the desire for Free Will research is a correct measure to manage human variations in a social context. Personal beliefs in a democratic will are linked to various positive life outcomes, including subjective happiness. It evolves around Free Will, social groups, and individual desire range philosophies and control mechanisms that concern the momentum of freedom and happiness. However, Free Will beliefs are related to personality or individual subjective well-being or dependent on socio-centric factors (Gooding et al., 2018). Personality analysis is not just an empiricism-based discipline. It derives broad findings from active parts of literature, science, and philosophy. Numerous historical and contemporary personality theories have shown that personality analysis is derived from various sources (Engler, 1999).

Human freedom or determinism refers to the ability of an individual to regulate and comprehend the reasons for their behaviors. Human behavior is influenced by either cause over which a person usually has no control and has no Free Will. Different hypotheses define activity as unconscious, biological, sociocultural, and environmental factors (Cloninger, 2008; Engler, 2008). Thus, personality refers to the distinctive patterns of thoughts, feelings, and behaviors that define an individual. Prominent scholars consented that personality develops within an individual and remains stable throughout life (See further Allport, 1927; Maslow, 1981; Rogers, 1989).

Active versus reactive factors investigate whether people primarily respond and learn through individual (dynamic) or external stimuli (reactive). In contrast, behaviors and cognitive theorists underline the value of fundamental values such

as strengthening self and striving for self-efficacy. Most modern theorists agree that both are significant. The critical predictor for action is aggregate behavior decided by characters and situation factors. Usually, conventional behavioral theories assume that their surroundings unconsciously influence people (e.g., Fleeson, 2004; Zayas & Shoda, 2009). Theories of positive or negative personal psychology believe in psychological variance because people can learn how to change their personalities because of conscious acts. The enduring theory of learning presents the same phenomena that defined interactive learning as a dynamic and continuous process in quest of this understanding. Any single approach is not appropriate to fix overall situations about human development (e.g., Engler, 1999, 2008).

Determinism explains the philosophy behind invisible human learning through genetic, natural, and environmental factors. These factors have a natural application to all human behaviors; once established, they are extremely difficult or impossible to modify. For instance, a human positive or negative psychology helps comprehend how one reacts to a unique situation. These aspects of human psychology are known as innate capacity, or the ability one displays to respond to stimuli (See further Baldassare, 1978; Pratto, 1991). Inherited traits remain more stable and difficult to alter, such as personality, temperaments, and positive or negative psychology.

In the human biological development phase, psychological and emotional needs emerge in planning about self, career plans, and achieving and maintaining social status. Through typical behavioral planning, self-care produces a stable human social behavior by a law-abiding, positive attitude towards self, life, and society. Biological development includes getting mature, parenthood, and retirement. Other habits change according to human biological learning of conscious learning and need (e.g., Ajzen, 1987; Alarcon et al., 2009; Barrick & Mount, 1991; Caspi et al., 2005; Demetriou, 2003). Argyle and Lu (1990) noted that the human mind often remains influenced by emotions, exposes its learning attitudes, and stimulates these values through social actions. Such extroverted individuals are always inclined to social gatherings, and introverted people do not (See further Eysenck, 1987; Eysenck et al., 1985; Fiske, 1949; Fleeson, 2004). Like other organisms, human behavior is a continuum in which some behaviors are more prevalent than others.

Acceptance of human behavior depends on social expectations. Free Will and determinism can be perceived as chance and choice. It revolves around how much behavior is determined by forces that individuals have no control over. A sustainable development proposal suggests combining positive and negative aspects of human psychology. It is worth mentioning that psychological wellbeing and distress were noted not on opposite ends of the continuum. Therefore, a reasonable debate is needed about whether and when research participants should be asked questions (See further Winefield et al., 2012).

Phenomenology of this Study

The Law of Diminishing Returns states that the value or enjoyment individuals obtain from anything decreases at a certain point. The first research on mainstream

psychology evolved around negative psychology discovery immediately following World War II. It can be applied to any experience, for example, by looking into research inclination in history. Taking a brief look at positive and negative affectivity literature, one may understand its effect better separately. Psychology had a triangulation mission to discover 1) healing mental disease, 2) improving the productivity and fulfillment of all people's lives, and 3) finding and developing exceptional potential. The research focused on underlying and resolving human beings' sickness and poor functioning problems through negative psychology. Bradburn (1969) highlighted well-being and theorized the self-esteem importance concept. Psychology has the theoretical ability to commit time and resources to positive subjective experiences, positive individual attributes, and positive institutions. Proceeding its scope, Seligman (1990) and Ryff (1995) escalated this notion and unfolded its enormous benefits for humans. Researchers wanted to know what causes pleasure, how optimism and hope affect health and wisdom, and how to best nurture talent and creativity. Well-being-related constructs were nurtured, assessed, and overwhelmingly accepted in the realm of positive psychology. It resulted in large-scale encouragement to advocate those positive psychological beliefs that should not be neglected.

The negative and positive psychology debate has scarcely been combined until now. Forgas (2013) was among the few who witnessed the strengths of negative psychology. Some scholars have also brought the dark side of positivity into the discussion. This article examines how positive and negative psychology can be seen together in a well-being context. Negative and positive psychology can be seen together in a well-being context. This article examines how human Free Will and determination can be combined with flexible positive and negative psychology. It also discusses what can be achieved through this context in the future by combining these two approaches. Negative psychology can enhance understanding of cognitive processing structures to support better decisions and communicate more effectively in individual behavior research. It is possible to think about the utility of negative psychology for human well-being. It is possible to think about the utility of negative psychology for human well-being.

Literature Review

Behaviorist philosophy suggests that conditioning is the key to shaping human behavior. The nature vs. nurture issue, according to many scientists, is no longer relevant. Scholars argue that no single factor can influence human development. Biological determinism is an oversimplified ideology (Jordan & Hartling, 2002). Social sciences studies include psychology, sociology, economics, and anthropology in human behavior (Pratto, 1991). Many researchers believe that behavioral determinism can be attributed to the socio-economic conditions of humans. Environmental Free Will is an accurate view of causal influences over human action (Alper, 1998). In sociology, the conduct, including those with no significance – no person acts, can apply to all basic human actions (Abbas et al., 2021c; Bourdieu & Wacquant, 1992; Brent & Thompson, 1999). Scholars are concerned about the considerable influence of social and cultural interaction and ethical, social, and authoritarian conditions on

human behavior. Social behavior is an integral part of human behavior that accounts for acts aimed at others. Conduct should not be confused with social behavior in this general context (e.g., Bandura, 2014; Bromiley & Rau, 2016; Brown et al., 2005; George & Bettenhausen, 1990). Behavior stability and compliance are inherited or result from individual efforts known for forming social identities. People are multi-identity collections: Age, height, weight, sex, ethnicity, nationality, and social background play key role in defining their role in society. They can also be categorized according to their religious views or activities. Accordingly, one can gain low or high social status (e.g., Herd, 2010; Lapiņa et al., 2014; Mudor, 2011; Pratto, 1991; Terborg, 1981).

Skinner (1950) recognized that a great deal of behavior, especially human behavior, cannot be accounted for by gradual shaping or the construction of response sequences. To account for such behavior, Skinner introduced the concept of rule-governed behavior. First, simple behaviors come under the control of verbal stimuli: the child learns to jump and open a book. After many responses come under such verbal control, a sequence of stimuli can evoke an unrestricted complex response. Herrnstein (1988) provided its operational definition and explained that human behavior response intensity in group stimuli improves behaviors and characteristics. As a result, individuals can generate an adaptive response by observing the surrounding environment, which is beneficial for individual behavior. A changeable range of possibilities is suitable for rational assumptions of conditions depending upon thought process and calculation of risk versus benefits. Broad genetic or biological features also assist in understanding human behaviors (Pierce & Cheney, 2013).

Another view that helps in understanding human behavioral conditions is called classical conditioning. Classical conditioning is different from operating conditions, which change the intensity of a voluntary action using enhancement or penalty, also known as instrumental conditioning. Classically conditioned stimuli improve operating responses, influencing operating conditioning (Coon et al., 2021). Classical conditioning is a fundamental learning mechanism that starts to be comprehended by observing behaviors against neural substrates. Classical conditions are difficult to explain due to associative learning like instrumental knowledge and human memory. They are differentiated by several observations, particularly the contingencies of learning (McSweeney & Murphy, 2014). One of the key reasons to research personality and health is to understand ways of improving health and reducing mortality risk. It also demonstrates that causal model perspectives cannot measure traditional health and well-being theories that are unsustainable in a more complex and extended lifespan. Some standard measures are unjustified, and better evaluation techniques are needed (Friedman & Kern, 2014). For instance, systematic biases in quantifying stable personality patterns and relationships to well-being and health occur (Hu et al., 2016). Dodge et al. (2012) defined well-being and said it is essential to know the history of the well-being study. Individuals may be asked how well they feel, how well they cope, and how happy they are with life in outcome measures of well-being. Researchers found two approaches: the hedonic tradition that accentuated buildings such as pleasure, positive impact, low negative impact, and satisfaction with life and eudemonic practice, highlighting positive psychological

functioning and human growth (e.g., Diener et al., 1985; Kahneman et al., 1999; Lyubomirsky & Lepper, 1999; Ruini & Ryff, 2016; Ryff, 2013; Ryff & Keyes, 1995; Ryff & Singer, 2008; Waterman, 1993).

Dodge et al. (2012) considered that finding the exact definition of well-being is nuanced, but ascertaining an accurate description is challenging. Dodge and colleagues concentrated on three main areas to get closer to a new definition: 1) The idea of a fixed point for wellbeing, 2) the inescapability of equilibrium, and 3) the fluctuating condition between difficulties and resources. Education has been seen as playing a vital role in the growth of people when it comes to the content of health and wellbeing achievement. Consequently, a balanced view should be suggested about human resource skills and the challenges in front of them. It allows to discover more about individuals, develop social skills, and spread health-related messages (Connolly et al., 2019). This idea has been included for human capital development and improving self-efficacy research. Human physical, emotional, social, and psychological health notions are intertwined with education (Judd et al., 2019). To be safe, the community and the world must exist in an environment that can accommodate the individual's pursuit of health and wellbeing (Palvalin, 2017). Wellness is where health and quality of life are satisfied with all aspects, such as family, friends, income, and individual satisfaction (Marmot, 2005).

In studies of human psychology, freedom is consistently ignored or reduced to illusions, sentiments, or beliefs that may be examined deterministically. Human freedom in all its genuine senses appears to be as essential to the actual conduct of science as it is to scientific research. This way connects with factors that contribute to individuals' well-being. Human liberty is a fundamental idea in moral and spiritual living. Andrew (1980) explained the importance of human freedom and its determinants. Its relevant emphasis on the powers of consciousness, choice, creativity, and symbolization provides a foundation for holding humans partially, but realistically, accountable for their conduct and living conditions.

The above literature indicates that individual well-being is not limited to a single factor. The well-being topic is gaining popularity in positive psychology research due to its cognitive and affective association with the human mind striving for self-efficacy. Other notions of the positive human development of social fabric, diversity management, and managing individual differences are associated with this topic strategically (e.g., Abbas et al., 2021a, b, 2022b). Complete well-being is a sense of wellness that includes mental, physical, social, emotional, and intellectual developments. This perspective is subjective because it is derived from developing one's sense of self-wellness.

In contrast to this view, negative psychology has been explored for adverse actions (See further Abbas, 2022; Abbas et al., 2021a). Negativity affectivity can boost memory, reduce judgment errors, and improve communication via altering cognitive processing style. It can also boost tenacity, effort, and motivation. With negative psychology, individuals can make more likely to treat others decently and persuade others (Matovic et al., 2014). However, some recent developments postulate its strengths as well

Even though the literature lacks a comprehensive evaluation of research on both positive and negative aspects of psychology, this topic has a considerable amount of

promise for several different propositions. Hence, in this article's upcoming section, we review the strengths and weaknesses of both aspects of well-being literature to develop a taxonomy.

Understanding Positive Psychology Strengths for Well-Being

Well-being research measured human motivation and personality motives (Maslow, 1981). High levels of life satisfaction assist people in focusing on work without being distracted, encouraging them to solve problems instead of ignoring them. Life satisfaction and evaluation of various aspects of one's life is a sign of self-efficacy, personal mastery, and life satisfaction. A growing group of like-minded professionals shares a mission to uplift others through positive psychology. Optimism is concerned with evaluating one's expectations for the future, which is based on an expectation that many cheerful and few negative things will occur. Caprara et al. (2017) optimism could increase self-esteem and optimism while increasing life satisfaction. Self-esteem, life satisfaction, and optimism are characterized by similar evaluative processes, resulting in a generally favorable attitude toward oneself, life, and the future (Caprara & Steca, 2005). A growing group of like-minded professionals shares a mission to uplift others through positive psychology. Seligman (2007) asserted that positive psychology might aid in the development of training and accreditation standards. Coaching is an activity in quest of two solid foundations: 1) A scientific, evidence-based foundation, and 2) A theoretical, hypothesis-driven strength of character. Seligman believes that the emerging field of positive psychology can provide both support pillars. An optimistic approach can give coaching in a clearly defined scope of practice, with effective treatments and measures, and obtain the requisite skills to become a coach. Individuals' ability to identify themselves as coaches is uncontrolled, so a scientific and theoretical foundation could benefit the profession. Positive psychology theoretical aspects are concerned with investigating positive emotion, engagement, and meaning; the three components provide a scientifically understandable explanation for the concept of happiness. Other aspects to consider are just the scientific evidence for positive psychology based on empirical study (e.g., Adler & Seligman, 2016; Seligman & Csikszentmihalyi, 2014). Nyabul and Situma (2014) found that happiness is particularly appealing because it is complete and does not require additional products to complete and improve it. This view is entirely self-contained by a positive inner self that cannot be built upon because it already possesses all essential elements. People's well-being has improved dramatically during the previous century and a half due to breakthroughs in technology. Today's technology is only beginning to realize many breakthroughs in computer science, information science, statistics, and quantitative sociology. The internet has benefited people rather than harmed them because it removes boundaries and supports collective social goals. Subsequent progress has been made toward clarifying the primary contributors to social change.

The topic of well-being has included income, physical health, marriage, optimism, and social support (Adler & Seligman, 2016; Andrews-Hanna et al., 2013). Positive psychology includes practicing gratitude, social appreciation, cultivating

personal strengths, and keeping everyday learning. Two components characterize it: the cognitive, which corresponds to life satisfaction, and the effective, which corresponds to the predominance of positive affect over negative affect in one's life. Empathy, social connection, and kindness are crucial in positive psychology research. Overall health may lead to eudemonic happiness and quality of life (e.g., Connolly et al., 2019; Kirby & Harter, 2001; Lapiņa et al., 2014; Meltzoff, 2011; Ruini & Ryff, 2016; Ryff, 2013; Ryff & Keyes, 1995; Ryff & Singer, 2008). The concept of well-being refers to an all-encompassing evaluation of a community's overall health. A safe community has general tolerance and acceptance of others. It is measured across five areas: opportunity, connectivity, contribution, and inspiration. Organizational well-being programs emphasize the human side of the business. It is known as collective well-being as a group-level construct measured across five areas named vitality, opportunity, connectivity, contribution, and inspiration (Roy et al., 2018).

Understanding Negative Psychology Strengths for Well-Being

Social isolation, low community engagement, and low trust in the government are signs of a negative psychosocial environment. People with high negative affectivity have a pessimistic attitude about themselves and their world. Negative affectivity depends heavily on the enjoyment of personal life. The similarities between these affective traits and life satisfaction led some researchers to consider both positive and negative impacts on life satisfaction (e.g., Jeronimus et al., 2014; Watson & Clark, 1984). Such viewpoints are essential components of the social identity approach for an individual. They are partly formed to answer concerns arising in response to social identity theory (Turner & Reynolds, 2012). The self-categorization theory has had a significant impact on academia and beyond. The mechanistic underpinnings of social identification through self-categorization theory and its scientific research approach have significantly impacted academia and beyond social psychology. It was initially used to discuss social power, group solidarity, group polarization, and collective action (Haslam et al., 2020). One of the theory's tenets is that the self cannot be thought of as a fundamental part of cognition but rather because of the cognitive system at work. In both positive and negative psychology, people are more likely to have one stronger set of stimuli. According to the meta-contrast theorem, an object has a difference between one stimulus and another (See further Onorato & Turner, 2002; Turner et al., 1987; Turner & Onorato, 1999). A normative fit is how a person's perceived actions, characteristics, or set of individuals correspond to the perceiver's knowledge-based expectations. While a group may be classified as an organization based on close fit, they are only labeled "knowledge learners" if they are hard workers (Eaves & Eysenck, 1975; Teo et al., 1999). The drivers of well-being are distinct from those of ill-being. Extraversion, constructive thought patterns, and intrinsic motivation are examples of these personality characteristics. The degree to which these beneficial characteristics can be learned or taught at the community level (e.g., through education or workplace training) reflects additional ways to boost flourishing across the population. That is, they fall within the category's

normative content (e.g., Johnson et al., 2012; Núñez et al., 2018). Smith and Christakis (2008) expanded the view of social relationships through many distinct social exchange features. They found that the absence of social interactions causes social isolation. It can be referred to as low participation in informal social interactions, such as family life. Formal social relations where one purely wants to be part of their own will could result from selfish nature or seeing personal benefits. In addition, the social participation of a self-interested individual correlates with particular health problems and biological indications as pre-clinical conditions or symptoms (Ertel et al., 2009). The likelihood of engaging in specific health behaviors in response to stress tends to change over time (Umberson et al., 2010). A straightforward finding of one negative intention cannot be determined quickly. Individuals want to develop a straightforward approach to being happier and more accessible. The inner fear made it difficult to consider social inclusion, which determined permanent social isolation (Cloninger, 2004). A pessimistic personality tends to have a more negative-or realistic view of life. Negative psychology self-provocation for personal gains causes a social exclusion as chosen act. Many researchers support that positive psychology is useful for well-being. It has also been advocated that it can result destructively, e.g., becoming self-oriented (Berman & Small, 2012). Negative affectivity is destructive to one's health to dwell on negative thoughts that could result in hedonic adaptation. A negative mind would acquire acclimation to either positive or negative stimuli. The emotional consequences of that stimulus become less intense with repeated exposure to it. Negative affectivity has a few interpersonal advantages, and research subjects may become more courteous and attentive toward others (Forgas, 2013). Negative affectivity is a subconscious signal of a problematic social climate and can increase social norms (Altan-Atalay & Zeytun, 2020; Watson & Clark, 1984). Negative affectivity is a subconscious signal of a problematic social climate and can control social norms. Linking emotions with negative affect can also have interpersonal advantages. Negative affect's adaptive functions could benefit both applied and healthcare practitioners. It allows for more careful interpretations and more respectful and attentive interpersonal techniques (Forgas, 2011). Negative affect can increase concentration and encoding by bringing in more accommodative and externally oriented processing (Forgas & Tan, 2013). Linking emotions with negative affect can also have interpersonal advantages. It allows for more careful interpretations and respectful and attentive interpersonal techniques. Negative affect's adaptive functions could benefit both applied and healthcare practitioners. Mood effects arise with a discreet approach in real-life environments (Forgas, 2013).

Researchers found an inverse relationship between religiosity and intellect. Religious people are less likely to participate in analytical processes. They are more likely to accept intuitive responses at face value, which lowers intelligence test results. Intuitive decision-making facilitates and distinguishes religious cognition (Morgan, 2016; Norenzayan & Gervais, 2013; Oviedo, 2015). Religiosity can trigger a reduction in the ability to solve complex problems. The religious effect would be detrimental when dealing with issues that require counterintuitive answers. However, religiosity does not affect all thinking tasks due to cognitive-behavioral bias. Reasoning tasks that do not have intuitively obvious but logically correct answers can trigger the religious effect (Daws & Hampshire, 2017).

The concept of psychological well-being focuses on the positive aspects of one's life. It can be called a mix of feeling good and working efficiently. Individuals do not need to feel happy; painful feelings (disappointment, loss, and grief) are a natural part of life. Managing these negative or painful emotions is necessary for long-term happiness (Abbas et al., 2021a). Negative feelings that are intense or last for a long time can jeopardize a person's ability to work, compromising psychological well-being. Mach, silence, burnout /emotional exhaustion, and disengagements are prime interests of recent research. Negative emotions are notable for shaping individual behavior in organizational management studies (Abbas, 2022).

One of these characteristics is known as Mach behavior, which signifies cunningness, the capacity to be manipulative, and a determination to use whatever means required to obtain power (e.g., Christie & Geis, 1970; Paulhus & Williams, 2002). Another type of conduct is known as silence behavior, and it is a phenomenon that occurs in social groups. Employees' use of quiet in the workplace is a threat to the ethics and success of the firm. Silent behavior occurs when people keep their opinions to themselves (Abbas et al., 2021a). When one individual refuses to speak with another verbally or hold their opinion, this pattern of behavior is known as "the quiet behavior." The application of silent behavior has ties with both one's professional life and one's personal life. People who use their right to remain silent could even deny the other party's existence while they defend their point of view if they want to do so. This kind of behavior is dangerous in many different ways, such as permitting and tolerating a form of emotional abuse (Alparslan et al., 2015). The conduct of remaining silent is one of the most common factors contributing to social injustice. According to research, both men and women can engage in quiet conduct in relationship dynamics, whether at work or in their personal lives. The silent treatment discourages individuals from working through their differences in a constructive manner (Martins, 1982). The behavior of silence is a barrier to positive conduct in both the workplace and social life. Researchers argued that silence might be one of the primary reasons people are okay with modern slavery (e.g., Godwyll, 2022)

From adverse effects and plentiful behaviors that could abstain human well-being to harm the performance of organizations, societies, and personal lives actions and moralities. The psychological, sociological, and organizational factors that contribute to quiet behaviors could be linked to negative individual psychology, social characteristics, and organizational characteristics (e.g., Duan et al., 2016; Hassan et al., 2019; Lam & Xu, 2019; Tangirala & Ramanujam, 2008). Emotional exhaustion leads and controls human emotions in many ways. It is known as emotional fatigue. It leads to adverse behaviors that allow much control over the cognitive decision-making abilities of individuals (Abbas et al., 2021a). However, it depends on the human's ability to absorb stress; hence, the outcome for individuals can be different according to their nature (See further Abbas, 2022). Emotional exhaustion is a chronic state of physical and emotional depletion. Caused by excessive work, personal responsibilities, and vulnerability to stress, exhaustion persists over a long period. It comprises three interconnected components: emotional weariness, depersonalization, and a reduction in perceived personal accomplishment (e.g., Maslach, 1982; Maslach & Jackson, 1981; Maslach et al., 2001). The above are reasons for disengagement, and the start of an amoral process of convincing oneself those

standard ethical principles do not apply to them. Hence, people react according to the reasoning they have set for themselves. They could distance themselves from dissociating moral reactions to inhumane behavior. Individuals can disable self-condemnation to remain satisfied with their actions. Moral disengagement occurs when destructive activity is re-framed as ethically acceptable without modifying the behavior or the moral norms (Kahn, 1990).

The Methodology of the Study

Taxonomy can be used with literature synthesis to describe existing reviews (Cooper, 1988). Researchers suggest how the taxonomy might help us better judge the quality of future knowledge synthesis efforts. A set of general criteria for evaluating reviews is laid out. The body of literature known as taxonomy contains information on practically every known aspect. This type of literature contains, in many instances, all of the information that is currently known about a particular issue (Padial et al., 2010). This is especially true for the most diverse groups and has received the slightest research.

An integrated review is a particular type of study in that it uses current literature to generate new understanding. Torraco (2016b) acknowledged the importance of a consolidative literature review to give a sense of unity and logic reassessment. For example, authors may highlight literature limitations, add new theories to the reconceptualization, and develop a new abstract logically. There would be a need for evidence for readers to follow the connection between the stated problem in this case. Developing the latest phenomenon and new research strategy would help acquire attention on why this topic has not gained the acceptance it deserves among researchers in the past (Van Zomeren et al., 2008; Wyborn et al., 2018).

Moreover, it has been argued that the author may expand their view of interlinking to acknowledge and develop the latest direction by positively identifying and organizing a collective review (Toronto & Remington, 2020; Torraco, 2005, 2016a). Integrative research methods help researchers gain insights into present beliefs regarded as accurate and allow setting new propositions. When nurtured with the questioning of assumptions, they contribute to the advancement of academic inquiry (Ramirez et al., 2015). For example, this study incorporates positive and negative psychological contexts, which have distinct value in literature reviews but rarely combined in studies or taxonomies on well-being learning.

Developing Taxonomy of Negative vs. Positive Psychology Behavioral Planning

A literature synthesis of positive and negative psychological interventions with which taxonomy or insights into the presence of both elements in a social environment is scarce. Campbell and Fehr (1990) observed that people with low negative affectivity are excessively optimistic. They are determined to change others cannot perceive or follow their instinct. A few studies have tried to gather human strengths and weaknesses to benefit individuals, organizations, and the community

environment. The field of well-being science focuses on what makes people prosper and improves their quality of life from positive and negative psychological aspects. Huppert (2009) noted that feeling good includes positive emotions of happiness and contentment and emotions like curiosity, commitment, trust, and love. The idea of functioning entails realizing one's full potential, having some influence over one's existence, understanding intent, and meaningful relationships (Bhullar et al., 2013). A mind under the influence of negative affectivity, on the other hand, is believed to improve the precision with which social expectations and inferences for self are made. It benefits from advances in understanding the biological and social pathways to well-being from adverse behavior.

According to social cognitive theory, the environment is not a single, unchanging object. According to Bandura, its structures are classified into three types. They are divided into three categories: 1) imposed, 2) selected, and 3) constructed environment. It further demonstrates that humans are active information processors (Bandura, 1977, 1997). People are forced to live in an enforced physical and socio-structural environment, whether they like it or not, regardless of their preferences. Individuals have little control over their presence, but they have some power over how they interpret and react to it (Bandura, 1989, 1991). The environment is mostly a collection of potentialities whose rewarding and punishing elements do not manifest themselves until the environment is activated through proper courses of action. The behavior of individuals determines which part of the prospective environment becomes the professional atmosphere. The selected atmosphere comprises the individuals, activities, and situations (e.g., Bandura, 2005; Bandura et al., 2003). Human beings learn from social contexts and institutional systems through their productive activities. The constructed environments do not exist in a state of capability that must be selected and activated before being used (Bandura, 1999). Determinism is about relationships that influence human cognition in both hard and soft forms. It assumes that if an observer knows enough about an object or person, they can predict their every move (e.g., Marmot, 2005; Sappington, 1990)

Sommers (2010) noted that the topic of Free Will is the one that has attracted the most attention from experimental philosophers. It can unfold ordinary intuitions and psychological mechanisms that underlie these intuitions under situations or subjects with the hope of contextual learning. Moral responsibility, according to philosophy, is the responsibility for one's actions and the repercussions of those actions in social relationships. Academics must keep an open mind to others' intuitions and beliefs if they want to discover the truth about Free Will and moral responsibility for actions and deliberate decisions (Pailhès & Kuhn, 2021). Free will affects an individual, a group, or the entire society. It shapes the actions or inactions of another individual is the general definition of societal injury, even if blame is to be justified (Sie, 2021). Hence, this article presents a taxonomy of chance and choice power under psychological positive vs. negative influence.

Increasing research from psychology reveals that human belief in Free Will significantly impacts individual decisions and behavior. Scientists contend that these consequences may result from a weakened sense of control and power that comes with the belief that one can make decisions. Like this, people may also feel lower social decisions on behalf of their actions as time goes on. The relationship between

Free Will belief and life outcomes may be complex. This study has combined Free Will and determinism concepts from positive and negative psychology using scenarios between chance or choice. The thesis is that pleasure and discomfort are the sole components of wellbeing and no other components. Free Will in scholastic success may improve research performance compared to others who do not have it.

The argument over Free Will vs. determinism centers around how forces beyond individual control determine human behavior using chance and choice scenarios. Alternatively, suppose humans could choose between behaving differently; it could taxonomize in reverse order according to negative or positive psychology. Some essential definitions and applications are tabulated here for further clarity.

Free Will

Those who deny the existence of free will often allude to a philosophical definition of the power of human awareness or soul. A human makes a decision regardless of brain processes or prior causal events without regard to the consequences of those decisions. Free will believes that humans have some self-determined control over behavior (Wolf, 1981). People have the freedom to choose whether they commit a crime unless they are a child or insane. This freedom desire does not imply that human behavior is random. However, it suggests that it is free from the causal influences of past occurrences. According to free will, a person is responsible for their actions (Roskies, 2006). One of the critical assumptions of the humanistic approach is that humans have free choice and that not all action is pre-determined. The humanistic word for exercising Free Will is personal agency. Personal agency refers to human decisions in life, the courses they choose, and the repercussions of those decisions (Hobart, 1934). It has been categorized into personal agency (e.g., libertarianism) and critical assumptions (e.g., compatibilism).

Libertarianism

Libertarianism is an economic theory and ideology that emphasizes freedom and rights as a basic concept. Libertarians want to enhance autonomy and political freedom, stressing free association, freedom of choice, individualism, and voluntary association (Van Der Vossen & Vallentyne, 2014). Not causal libertarians argue that free actions are merely mental actions like decisions or choices. The libertarian could rationalize violating someone's inalienable rights by ruling arbitrarily. This Free Will does not resolve the issue at hand; it only puts off the inevitable. There will be some libertarians who are adamant that they cannot (Wollen, 2022).

Compatibilism

Compatibilism believes that despite causal determinism, humans are still free, morally accountable agents when human causes their actions wants. Compatibilism denies that humans are free or have free agency to make decisions or choices free of earlier influences. As a forced-choice response (Deery et al., 2015), it is a chance to lead the Free Will. The dispute over free will often revolves around a critical problem. If determinism is correct, we might have to give up on the whole system, including the idea that we are free and responsible for our actions (Wallace, 2021).

Negative Psychology

Negative affectivity, also known as negative psychology, is a personality trait characterized by negative emotional self-perception. Pessimists or despondent are prone to adopt negative behaviors more quickly (Sahlins, 2005; Wolf, 1981). It is also dangerous to have low self-efficacy in social cognitive concepts (Bandura, 2011a). Negative psychology is often considered a dark trait, and stimuli are causing adverse behavior.

Positive Psychology

Positive psychology seeks to catalyze a reorientation of psychology away from solely fixing the negative aspects of one's life and developing one's positive characteristics and attributes. Positive psychology is determinism which has long been a source of fascination for positive psychologists to investigate the nature of happiness. It is helpful for subjective wellbeing and psychological rehabilitation across individuals and groups (Dunn & Dougherty, 2005). Well-being and satisfaction commitment emerge to the desired future and take the steps necessary to achieve happiness (Bandura, 2011b).

Determinism

According to the determinist viewpoint, all conduct has a cause and is thus predictable. Human behavior is governed by internal or external influences they have no control over (Babbie, 2007). It has been divided into two categories

Internal or soft determinism

Internal or soft determinism believes that all occurrences, including human actions and decisions, result from causes but that Free Will and responsibility are compatible with this belief. Those who take a biological perspective are the other vital proponents of determinism. However, for them, internal rather than external causes are decisive. According to sociobiology, evolution influences a species' behavior. Genetic inheritance rules everyone within it, including moral responsibility, freedom of action, and response to reasons with the proper sense (Pereboom, 1995)

External or Hard determinism

Hard determinism is a known notion that factors and circumstances causally determine human behaviors and decisions. The cause of conduct, according to external (environmental) determinism, is outside the individual. Those who adhere to the strictest version of hard determinism believe that we lack the freedom essential for moral responsibility is confirmed. As a result, we are not only unrepentant, but we are also immune from moral norms and ideals (Pereboom, 1995). The length of time between the programming and the behavior determines a person's moral responsibility would be unprincipled and unethical. The agent is not directly manipulated around the action time; hence it is like a human situation. Although the actor is accessible in each compatibilist sense, he is not morally liable because of idiosyncrasy, which is beyond his control but inclined to it naturally (Repetti, 2012)

Chance Vs. Choice

In strategy, "Chance vs. choice" appears to be intricately linked to achieving a strategic outcome. Causation is the foundation of strategy, based on the concept that events have both causes and effects. As a result, perception-based decisions are taken based on how these choices affect the success and survival of their firms. As long as humans are convinced that their decisions are their own, they can make them (De Rond & Thietart, 2007). The term chance refers to events with the following overlapping characteristics—an absence of causes, certainty, and consistency in the action sequence and the conditions preceding choice. When confronted with two or more options, our ability to decide is as follows:

The psychology of choice is the study of why we make the decisions that we do subconsciously, what motivates those decisions, and what needs those decisions are supposed to meet.

The human engagement in under-determined opinions may be assumed to depend on specific provisions, such as determinism or free will. Increased working capacity increases the effect of conscious contemplation on decision-making and wellbeing. Negative rationality metrics should, for example, systematically link to other theoretical freedom indicators such as positive vs. negative psychology notion. Therefore, it is helpful to seek interactions of manipulations in processes and features related to rational decision-making styles, such as natural tendencies and positive or negative psychological inclinations. Most psychologists use "Free Will" to convey that conduct is not a passive response to external or internal factors. A purely deterministic or Free Will approach does not apply across all situations when researching human behavior. It signifies no universal acceptance of Free Will and Determinism yet established in philosophical debates. The negative bias affects things of a more negative nature, like unpleasant thoughts, emotions, or negative social interactions. It may become a reason for harmful/traumatic action to reflect significant psychological states of individual processes rather than neutral or positive things. The negative bias has been studied in various contexts, including the creation of impressions and general assessments. The idea of freedom related to the available psychological features must be examined further.

It can be perceived as a matter between chance and choice upon intervening with wellbeing (Bouckenooghe et al., 2013; Martin & Sugarman, 2002). The soft determinism view holds that humans have Free Will but that their actions are constantly influenced by biological or pressure, such as genetics or environment. The deterministic approach has profound consequences for psychology as a scientific discipline and individuals. Psychology, as a science, seeks the same thing as biology - to produce laws - but this time to predict behavior. The agent is not morally accountable because of the acts of the idiosyncrasy, which are beyond his control yet inclined to it naturally. Although the agent is accessible in our compatibilist senses, he is not morally accountable due to his habits (Houseknecht et al., 2019). There are various constituents to well-being, including mental, psychological, social, emotional, and spiritual components. Sen (2005) defines well-being as the freedom to make choices and act effectively in various areas. Human freedom is a social concept that is intrinsically valued because it emphasizes the dignity of persons. It has fundamental and undeniable importance for every individual. Moral dilemmas such as taking responsibility are, predicated on the concept of determinism. Reciprocal determinism is a three-way impact conduct: 1) the individual (including how they think and feel), 2) their environment, and 3) the conduct. The links between these antecedents and the actions they elicit can be represented by generalizations, like how laws describe natural consistencies (Trakakis, 2006).

Determinism differs from the belief in Free Will, which indicates that humans can choose to act in ways that are independent of previous events and situations. The Free Will argument encompasses various topics, including moral responsibility, freedom of action, freedom of will, whether it refers to a person, chance, or luck, and the role of science. In psychology, determinism believes that efficient causal ancestors cause all human behaviors such as biological structures or processes, environmental conditions, or prior experience. Moral dilemmas such as taking responsibility are, predicated on the concept of determinism. There is a scholarly debate about Free Will, a soft determinism, or illusion (e.g., Brezina & Piquero, 2001; Frijne, 1972; Gooch, 1994; Martin & Sugarman, 2002; Scholten, 2021; Smilansky, 2011; Trakakis, 2006). The Free Will argument encompasses various topics, including moral responsibility, freedom of action, and the role of science. Moral dilemmas such as taking responsibility are, predicated on the concept of determinism.

Further hope, perseverance, and strength, which enable personality calculation, are related to this topic (e.g., Duckworth et al., 2007; Maddi et al., 2001; Snyder et al., 1997). This topic also joined the welfare scheme of measurement to evaluate and advise policy areas like international relations and economic systems. Other external factors that are fixed yet have profound influence could also be counted. Aside from jobs and economic systems, this study also touches on social, cultural, psychological, and religious capitals, trust, and behavioral, psychological, and ethical considerations (e.g., Adler & Seligman, 2016; Cullis & Lewis, 1997; Dolan et al., 2017; Dolan & Metcalfe, 2012; Helliwell & Huang, 2011; Luechinger & Raschky, 2009; Van Praag & Baarsma, 2005).

The following taxonomy of human positive and negative psychology is based on a comprehensive analysis of the literature and logical discussions that explain these two approaches' tremendous intricacies, shortcomings, and strengths (Fig. 1).

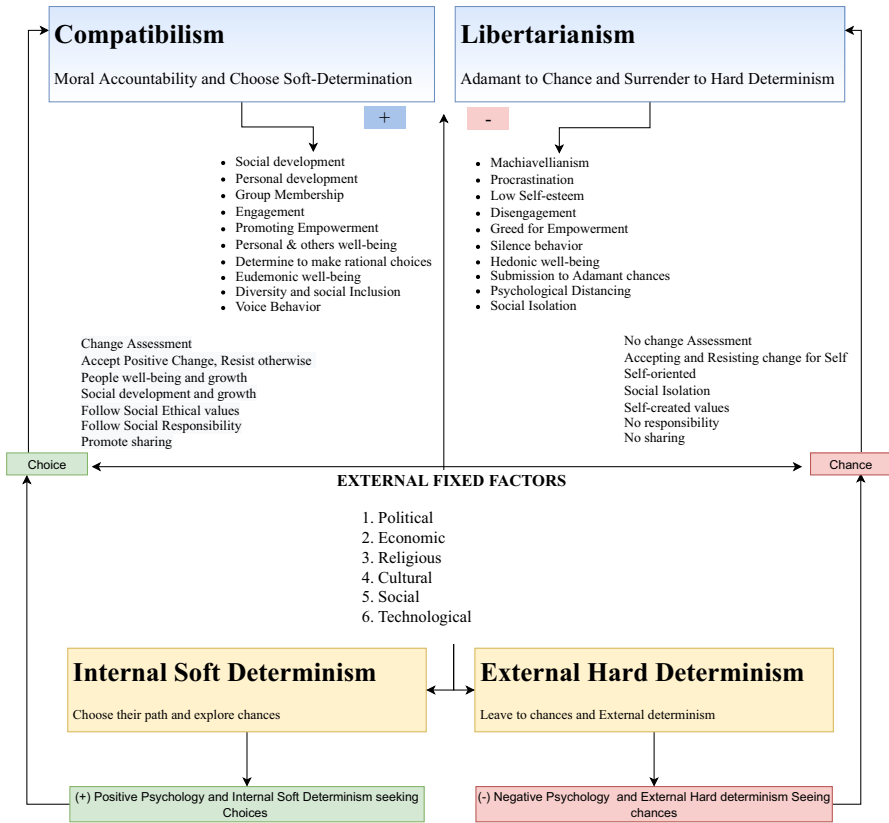


Fig. 1 Taxonomy

Law of Diminishing Return in Psychology: a Reason for Theoretical Integration

The law of diminishing returns states that if one input in developing a resource is raised. Furthermore, or in contrast, if all other inputs are held constant, then the output rise would eventually decline. When interacting with other people, humans engage in emotional and social selectivity, which may play a more significant role in their life. However, as individuals age, their need to be a part of a social group may become less satiated (Luo et al., 2022). In other instances, the first time we ride our preferred adventure at a park is exhilarating. The second and third excursions provide plenty of escape opportunities. However, by the fourth or fifth, people grew tired of it. Spearman’s argued that nothing could be escaped from the law of diminishing return (Blum & Holling, 2017). After a significant gap in positive psychology research, which is likely to be continued at a larger scale, some researchers are inclined towards the strengths of negative psychology (Forgas, 2017). He used this to describe hidden strengths of the human mind

and behavior through several arguments that emphasized the positive impacts of negative behavior on human cognition.

Further pointing toward negative impact, his work promotes optimal efficiency, consistent with evolutionary theories suggesting the adaptive signaling mechanism of various affective states (Forgas, 2010, 2011). However, both notions are unrelenting a combination in theoretical and empirical grounds. The complex nature of human relationships, continuously changing environment, and fluctuating feelings and thoughts have determined its effect on cognition. Ivtzan et al. (2015) piqued to draw a contrary view on the interest against positive psychology. Others advocate positive psychological benefits in social and organizational behavior on a larger scale. This article, however, attempts to discuss both concepts jointly. Both notions are unrelenting a combination in theoretical and empirical grounds. According to Ivtzan and colleagues, the second wave of Positive psychology, which they utilized, is presented as a balance to Positive Psychology.

The second wave of positive psychology research acknowledges the dynamic relationship between the positive and negative sides. The fact is that positive outcomes and increased well-being can result from an individual's positive emotions and traits. Covallence is the idea that many aspects of living and flourishing include good and negative parts. Thinking dialectically about the good and bad parts of life, the appraisal principles and "like" come from the broader idea of synergies (Ivtzan et al., 2015). Positive and negative influences can affect optimal performance across various cognitive and social tasks. However, both notions are unrelenting a combination in theoretical and empirical grounds. We hope that scholars will embark on this idea to learn to balance a contrasting view of psychology. The implications of these results for contemporary affect cognition theories can further explore the practical consequences of these phenomena of negative affect may foster better social thinking and academic success. When a negative impact increases exposure to situational demands or enhances motivation, the positive effects of anxiety are most apparent. Since humans' psychological well-being is complex and demands more profound knowledge, researchers must not overlook the human strengths of adverse psychological outcomes. They should also consider the weaknesses of positive psychological outcomes. Such advantages are not intense, lasting, or weakening dissatisfaction with life yet help generate new phenomena for deeper understanding. The Affect Infusion Model See (Forgas, 1995, 2002) aims to link mood's informational and processing effects with the conditions that promote or impede effective influences on cognition and behavior. The AIM predicts that affective effects on cognition are situation-dependent and may vary in terms of two characteristics. When positive, substantive, or heuristic processing is used, the likelihood of affect infusion should be the highest. Focusing on positive effects may decrease and generate learning disabilities among researchers. The degree of effort expends the transparency of the knowledge quest strategy recruited by positive and negative psychology.

Discussion and Developing Propositions

Scenario-led review processes could guide the research of complex issues involving long-range dynamic processes in uncertain contexts. Accommodating and comparing different perspectives may involve subsequent processes that make it

possible to carefully revise assumptions and decisions, as each iteration's learning requires. It is an alternative research analysis method that can forecast the likelihood of an object. The repercussions of a situation occurring may be based on the assumption that a phenomenon will continue in the future (Kishita et al., 2016). The authors used literature review synthesis to present a taxonomy to help and connect comprehensive readers of psychology research with relevant information to combine negative vs. positive psychology research. Researchers can better understand how humans use their social environments as a source of information. It is possible to investigate the situational forces that greatly influence human behavior. Social roles and social norms, by studying scenarios in social behavior that are either pro or anti-social behavior (Al-Yaaribi et al., 2016). How we would act in an unknown place or whether or not we would help a stranger in an emergency are essential consequences of the situational factors that shape our behavior. According to Eisenberg et al. (2006), prosocial behavior is a voluntary activity designed to assist or benefit another individual. Antisocial behavior has been characterized as intended to hurt or disadvantage another individual (Kavussanu et al., 2015).

Developmental psychology can include actions and occurrences that may be quantified using any applicable method or approach. For example, we have proposed that human psychology and intrinsic nature drive individuals' tendencies toward social inclusion or exclusion. People are free to act under their nature and instincts because they are responsible for their actions and consequences.

This article posits negative vs. positive psychology, which is the subject of change. In a situation, a man could use positive psychology in other acts with a negative mindset provided that they use Free will or determination. Similarly, someone with lousy intent might exhibit good enforcement behavior if they intend to bring about change in their lives. Nevertheless, it will depend on how the strengths and limitations of human positive and negative psychological intent are being exploited and the circumstances in which their actions occur. Many psychological phenomena fulfill another criterion: specific personality characteristics, affect, social, interactional, and self-related beliefs are permanent, while others are variables. Human free will or determinism are examples of consistent inner psychological consistency. Psychiatric predispositions, inclinations, long-standing states, and attitudes focused on the past and the future are essential factors humans consult for determination and Free Will. This view asserts that psychological dispositions, proclivities, long-standing states, and past and future-oriented sentiments drive desires and preferences.

Not everyone is on the same page regarding what could be compared to contemporary slavery in the workplace or a relationship. Slavery is no longer a distinct phenomenon. Instead, it is a psychological or moral set of principles that allow political discussions in exploitations of fundamental human rights that are not fixed to any particular occurrence. The afterlife of slavery' is still evident in the distorted life chances. It put other limited access to health care and education, early mortality, incarceration, and poverty that its victims face today (Davidson, 2015). Like many others in social psychology and cultural research, this topic is challenging since much information is not being understood or disclosed

completely (See further Lawrence & Valsiner, 2003; Valsiner, 2014). The study on both positive and negative aspects of psychology might benefit this subject if it were to be proven true and allowed to reach its full potential.

The modern positive psychology study in the well-being movement aspires to a comprehensive understanding of the human condition when its applications come under consideration (Gable & Haidt, 2005). People's ability to think wisely changes substantially among contextual circumstances. Therefore, a reaction to the same situation for individuals from the same society, culture, or religion can be different, indicating a social fabric (Abbas et al., 2021c). Under the diversity and inclusion perspective, leaders should be situationally aware of taking appropriate action (Abbas et al., 2021b). However, what makes them good leaders is using their wisdom, known as strategic intent (See further Abbas et al., 2021d; Fenitra et al., 2022). Only research can reveal how to protect thinking from bias in changing situations where self-interest is unavoidable (e.g., Abbas et al., 2022a). An ego-decentering cognitive mindset allows astute reasoning about personally significant matters (Grossmann, 2017).

Focusing on such contextual aspects gives new light to the processes that underpin wise thought. Its evolution aids in integrating many approaches to researching wisdom and has implications for measuring and developing wisdom-enhancing interventions. Wise thinking differs depending on the scenario, with self-focused situations hindering wise thinking (Grossmann, 2021). Wisdom is the ability to discern human virtues and shortcomings and determine how people choose to respond to or manage conflict in different situations. However, the employment of positive and negative intent behind motives for action can provide a glimpse of human wisdom to shape the reason for their action through psychological lenses. Reasoned action theory is a branch of psychology that explains the relationship between attitudes and behaviors within a given situation (Montano & Kasprzyk, 2015). Based on their pre-existing beliefs and behavioral intentions, it is most used to anticipate how individuals will behave in the future. Individuals decide whether to engage in certain conduct based on their expectations about the expected outcomes due to the behavior. According to this theory, attitudes are one of the most critical variables of behavioral intention and refer to the way people feel about certain conduct. Two elements are essential to consider, 1) the strength of one's behavioral beliefs about one's performed activity and 2) the evaluation of the prospective outcomes. Positive, adverse, or neutral attitudes about a particular behavior are all outcomes. It can involve evaluating individuals, subjects, items, or events, among other things, since scientists define attitudes as an acquired inclination to judge things in a particular way. They can be positive or negative, but they may be ambiguous in some cases; therefore, reasoned action theory can be included to explore these cases.

Considering that people's decision-making should be understood as rationally chosen responses to specific situations is a realistic option. People will not be consistent if there is no strategy when change occurs; hence, the situation will be a free-fall situation. It could be vain if they do not have a strategy to counter, allow or accept change; the change will take charge of everything. Individual response to a troublesome scenario is likely to deteriorate. Suppose people do

not exercise Free Will or determination. In that case, there is a slim likelihood of inducing positivity and lessening toxicity in response to the scenario in society, work, or personal matters. As a result, certain theoretical premises might be used to perceive, examine, and construe the indefinite field of human psychological strengths in various scenarios.

Triandis (1980) advocated the inclusion of other aspects, such as mindset, enabling circumstances, and emotion, to allow a deeper understanding of human behavior. Conditions that make it easier or harder to complete an action in which someone is forced to absorb or react to a change circumstance could be linked. The literature cited above dwells on the following propositions by keeping the presented taxonomy in mind.

- 1) Negative and positive elements may exist simultaneously in human psychology, and their circumstances during change and wisdom influence decision-making. The indestructible and infinite nature of human psychological complexities prohibits the application of a single theory to all contexts. Positive and negative psychology include features that cannot remain constant in all situations. Hence this notion may be realized to contribute to well-being once an individual a free will course of action has been defined or chosen, as the law of diminishing returns demonstrates. For this, research on Negative vs. Positive psychology is difficult to conduct on a big scale in an exact direction, so theories of self-categorization and reasoned action for personal choice or taking chances can help inform propositions. First, it could be practical to assess applying these contrasting notions through the smaller segments of society, such as social organizations and minority groups such as people working in organizations. Then, researchers can gradually expand their horizons towards its implication in complex models using both theories alongside.
 - a. It could be a reasonable proposition to instigate under which circumstances people choose to remain silent. For instance, minority groups in organizations may accept to choose work under exploitation if they are from humble backgrounds. It could also be a subject to modern slavery, where injustice can happen. People choose to remain silent due to the minor benefits they are taking from organizations.
 - b. It could be possible that people refuse to work under social, psychological, or financial exploitation if they decide to raise their voices. The difference between silence and voice thus could be a factor if they are leaned and concerned about their well-being.

- 2) An analysis of a few factors would increase insight into human behavior. Still, if many factors are included, complexities will arise and make it more challenging to unravel the mystery of human behavior.
 - a. One may use either the strengths of negative psychology or the weaknesses of positive psychology in every given circumstance to keep things straightforward and understandable. One can arrive at a straightforward conclusion employing reverse psychology by using paradoxes from both sides of the argument.

- b. For all instances, reactions to every situation for individual reasoning action could differ. However, once the weaknesses become strengths and individuals choose determinism over Free Will, instilling choice over chance could be decisive in changing situations.
- 3) Negative psychology is known for dark traits, but a reverse psychology technique could help reveal its positive side. A more competitive point-to-point debate about the dark side of positive psychology and enlightened modes of negative psychology could be presented in the future.
 - a. Suppose well-being is realized, instilled, and valued through responsible behavior. In that case, enslavement can transform people into resilient forces in the modern world. They can fight against their own and others' well-being regardless of the circumstances.
 - b. If being quiet, experiencing emotional exhaustion, or maintaining psychological distance has negative repercussions, instilling ethically responsible behavior could turn around adverse effects towards positivity.
- 4) Free Will Vs. Determinism can be assumed together, in contrast, and simultaneously for critical insight into individual psychological instinct. The reverse psychology strategy could be beneficial for scholars to determine the natural inclination of humans towards positive or negative psychology either way by understanding reactions (Steindl et al., 2015).
 - a. Alternating between chance and choice could be helpful in better understanding the conditions under which people choose to surrender as a conflict management strategy.
 - b. It would shed light on the circumstances under which they could refuse to let exploitations occur and stand up against any form of injustice against them or others.
- 5) It could also be determined in what circumstances a choice can be changed to chance and its causal effects.
 - a. Chance and choice, if changed, may also affect the behavior to turn from positive to harmful to positive. A chance or choice can be differentiated using the locus of control factor.
 - b. The external locus represents chance, and the internal locus might present a choice scenario as a research strategy.
- 6) An emotionally drained mind can dwell into Machiavellianism behavior, putting them under conditions in which psychologically they are distant from other people or systems. It could lead to silent behavior that can generate more passive and complex behavior that cannot be judged easily. Emotional exhaustion causes several adverse behaviors.
 - a. Ethically responsible behavior can detect a vast range of adverse behaviors. However, there are some extra efforts they need to overcome silent behavior. Quest under which circumstances silence behavior prevails and grow remains a question of future investigation.

- b. Since ethically and socially responsible behavior is a remedy for emotional exhaustion, it could be vital to inform literature under which this particular behavior grew too prone and vulnerable. It is therefore vital that no ethical or confrontation of values take place.
- 7) Negative and positive psychology strengths and weaknesses are debatable. Suppose positivity could become toxicity and negative could become the strength for humans. In that case, an endless human nature in psychology may be dwelled on to the point of its extinction. A state of well-being can deteriorate into a condition of ill-being or vice versa.
 - a. Negative affectivity is beneficial for one's memory, ability to make accurate judgments, and communication effectively. Being in a bad mood can make individuals more likely to treat other people properly and improve their ability to convince other people of their point of view. Negative affectivity can also boost tenacity, effort, and motivation to achieve one's goals, informing well-being studies.
 - b. Positive psychology might be relevant to the scholarly areas of research that are classified in this study. When a person becomes inflexible about themselves, the process of toxic positivity causes them to deny, minimize, and invalidate the actual human emotional experience. When optimism is used to cover up or mute the human experience, it risks being poisonous.

Conclusions

The literature helps understand positive and negative psychology's importance in psychology from a well-being point of view. It shows that positive but negative effects have specific effects on memory, judgments, motivation, and social behavior. These results support evolutionary psychology hypotheses that affective states aid in developing appropriate cognitive strategies for dealing with environmental challenges. A positive effect is consistent with the assimilative, top-down processing of familiar, benign environments with pro-social behavior. Negative affectivity promotes controlled, analytical methods based on externally drawn knowledge. The negative impact is linked to accommodating bottom-up processing in response to new or problematic settings. The negative impact is linked to accommodating bottom-up processing in response to new or problematic settings or anti-social behavior. Positive affectivity encourages simplistic heuristic approaches based on pre-existing awareness and assumptions. Reverse psychology works in situations where a sensitivity analysis is required, where converse psychology fails. Positive affectivity encourages simplistic heuristic approaches based on pre-existing awareness and assumptions. Reverse psychology works in situations where a sensitivity analysis is required, where converse psychology fails. Psychologists hope that researchers could be benefitted from this phenomenon in psychology research. Respondents must not be aware of this game because some people are more sensitive to reverse psychology. For quantitative analysis, several scales are available and can be combined to find the hidden truth.

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Data Availability The current study utilized no data. All references are provided in the bibliography.

Declarations

Informed Consent No informed consent was required for this study.

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