

# Positive Psychology and Cognitive Behavioral Therapy

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## An assessment of perceptions and experiences of resilience, stress and wellbeing in the maritime context and the perceived effects of an offshore positive psychology (resilience) intervention amongst seafarers

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Seafaring has long combined paradoxes, such as social exclusion and continuous social contact, confinement in open spaces and multiculturalism within the single organizational culture of a ship. Consistencies such as social isolation and confinement with shipmates are evident in onboard working and living conditions from the earliest seafarers to their contemporaries. Nonetheless, substantial social changes are apparent in recent times, including the large-scale introduction of multinational crews, a revolution in information and communication technologies and faster ship turnaround in ports. In light of research indicating that mariners are a professional group amongst those at the highest risk for stress and associated mental health conditions, researchers are calling for the psychological health of seafarers to be adequately investigated, measured and addressed. For decades, a collective focus of the fields of psychology, neuroscience and mental health on the long and short-term consequences of stress is evident and more recently, on extreme stress. As highlighted by Schager, the shipping industry could gain many benefits by availing of modern scientific psychology. To date, the application of positive psychology concepts, interventions and training to the maritime context has been explored only to a limited degree. This Doctoral research explores positive psychology as an approach to enhancing well-being at sea. The research comprises two primary aims: Assessment of perceptions and experiences of resilience, stress and wellbeing in the maritime context and the perceived effects of an offshore positive psychology (resilience) intervention amongst seafarers.

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## The connection of methodological ideas in positive psychology (the USA) and cultural-historical approach (Russia) in studying the learnt helplessness of children having weak health

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Martin Seligman, the founder of Positive Psychology and the learned helplessness theory, considers that the optimistic or pessimistic attitude to reality is directly interconnected with perception of parental behavior models. Dr. M. Seligman specifies that this style is improving in children's consciousness by means of criticism from representatives of an adult environment. Cases of systematic negative experience steadily form the pessimism characterized by generalization. According to the main concepts of cultural-historical approach developed by Russian scientist L.S. Vygotskij the development of a person is based on interiorization, which is transformation process of inter psychological relations into intra psychological. In ontogenesis at first the adult affects the child with the word, inducing him to do something. Then the child adopts a way of communication and learns to influence the adult with the word. After that the child starts influencing the word himself. In the families, having child with weak somatic health, the psychological system is broken: deficiency of relationship revealed in problems of relations with mother, replacement of the father from psychological life of a family, posing child as weak and unable, which results violation of normal child identity formation. Connecting the ideas of Positive Psychology and Cultural-historical approach it is possible to claim that children having weak health "learn" helplessness gradually, under not the influence of somatic state of a child, but under the determination of the factor of social response to features of child somatic health.

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