
AlmaTourism

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Manuela Zambianchi, La Psicologia Positiva

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Among the many publications that have been issued during the EXPO 2015, the book "La Psicologia Positiva" by Manuela Zambianchi, published by Carocci, deals a fundamental issue of well-being, within the bio-psycho-social paradigm developed around the end of the seventies of the last century in the bio-medical disciplines through Engel (1977).

One of the most recent areas of psychological sciences, the Positive Psychology, centered on the experience of well-being, constitutes the focus of this volume. Positive psychology devotes its attention to the strengths and resources of individuals, highlighting at the same time the positive qualities of human collectivities such as social responsibility and civic participation, those belong to life contexts that realize common welfare (good?). Starting with the examination of historical origins of the concept of well-being and quality of life situated in the sixties-seventies years of the last century, the first chapter traces the multidisciplinary origins of this discipline, such as the Movement of Social Indicators in sociological area, the Humanistic Psychology, the bio-psycho-social models of health adopted by medicine, and theories of environmental sustainability in economic sciences.

In the next two chapters the author analyzes the individual perspective on well-being: the hedonic well-being, centered on subjective evaluation of life quality and emotional states, related to the experience of happiness; the eudaimonic well-being, as the realization and actualization of human potentials in favor of society, including the reaching of self-realization through a high level of competence, autonomy and relatedness.

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La psicologia positiva ha nel benessere il suo centro fondamentale di indagine. Il volume ne ripercorre brevemente l'origine storica e interdisciplinare e approfondisce le differenti componenti del benessere individuale: la soddisfazione per la vita e la felicità come vissuto emozionale positivo; la realizzazione delle potenzialità e dei talenti a favore della società; la motivazione alla realizzazione di sé come individuo competente, autonomo ma interconnesso agli altri. Infine, è illustrato il benessere come qualità della relazione tra individuo e contesti sociali e come funzionamento positivo dei sistemi complessi – gruppi, istituzioni, ambienti lavorativi –, assieme al rapporto tra culture, valori ed esperienza di benessere e alle nuove prospettive di intervento sui singoli e sulle comunità.

Manuela Zambianchi collabora con il Dipartimento di Psicologia e con il Dipartimento di Scienze per la Qualità della Vita dell'Università di Bologna. I suoi ambiti di ricerca riguardano la psicologia del tempo, la psicologia della salute e la psicologia del benessere e le strategie per la loro promozione.

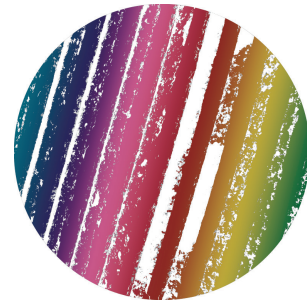


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Zambianchi | La psicologia positiva

La psicologia positiva

Manuela Zambianchi



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Social health, social well-being and sense of community represent the components of overall well-being associated to the individual society relationship and to the positive functioning of complex social systems such as groups, institutions, workplaces, communities.

Recognizing as too reductive the definition of well-being as private, individual experience, several authors have recently indicated in the integration between individual and social components of well-being the fundamental condition for realizing talents and human potentials, together with participation to society, that has in the so called “flourishing condition” its outcome. This positive state is characterized by four essential components: goodness, generativity, creativity, personal growth and resilience, the capacity to overcome difficulties, obstacles or traumas, growing up as person and improving skills, with important outcomes also at biological level.

The experience of well-being is also rooted in the historical-cultural life context of individuals: after a brief prospective excursus on the significance of the word culture, the author examines the existing relation between cultural models belonging to different geographical areas and perceived well-being, with a specific attention to contemporary debate on values and their influence on the concept of well-being itself, happiness, positive growth of individual, groups and communities.

The book ends with a chapter dedicated to deepening several concrete applications of positive psychology: interventions at individual level, such as the Well-being therapy; promotion of well-being in the workplaces, such as the appreciative inquiry; the promotion of civic participation, social commitment and sense of community such as the participated-action research.

The author gives to the reader interested in its cultural and social identity an important and fascinating reading of positive psychology, in the field of civic education that brings us back to the awareness of each society of its own *civitas*, inheritance of Roman culture. Her ability to synthesize through a concise and essential language, and a clear didactic ability allows easy reading even in those who approach for the first time to these issues.