

# Optimism and Its Impact on Mental and Physical Well-Being

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## Abstract:

Positive attitude bills resilience. It allows us to keep our goal and dreams in play so we can act on the motivation to keep working toward them. Optimism is that mental state in which is a person in is hopeful of the best outcome. Philosophically it is the opposite of pessimism. Optimism often have a strong belief that events and people are basically good hence in most circumstances only good results are achieved. Optimistic people actively pursue things that will improve their well-being and work to minimize or manage the impacts of stress in their lives. They are generally more hopeful about the future display traits associated with a growth mindset. Many studies have been carried about the effectiveness of optimism as a psychological phenomenon, lead-to various theoretical formulations of the same concept conceptualized as “disposition”, attribution style “Cognibias” or “shared illusion”. This overview is an attempt to explore the “optimism” concept and its relations with mental health, Physical health, coping, quality of life, and adaptation of purpose. Health, life style and risk perception.

A significant positive relation emerges between optimism and coping strategies focused on social support and emphasis on positive aspects of stressful situations. Through employment of specific coping strategies, Optimism exerts an indirect influence also on the quality of life. There evidence that optimistic present a higher quality of life compare to those with low levels of optimism or even pessimists. Optimism may significantly influence mental and physical well- being by the promotions of a healthy life style well as by adaptive behaviors and cognitive responses, associated with greater flexibility, problem-solving capacity and more efficient elaboration of negative information.

**Keyword-** Optimism, Health life style, Quality of life, Mental health, Physical health and Psychological well-being.

## INTRODUCTION

Optimism is a mental attitude characterized by hope and confidence in success and a positive future. Optimists tend to view hardship as learning experiences or temporary setbacks. Life is easier and generally more enjoyable if you are an optimist. Research shows that optimist enjoy many health and life style benefits, including greater achievement, greater health, a sense of persistence toward goals, greater emotional health, increased longevity and lower reactivity to stress. Optimism is measured by your explanatory style or how you define events. Optimism refers to one’s belief that outcomes of any situation will mostly be good and favorable. Some psychologist suggest that optimism is more than an explanatory style.

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He argues that optimism is manifested in how individuals interpret the causes of things that happen to them. Optimists understand unpleasant experiences as temporary specific and caused by external circumstances.

Thus, they are more welcoming and accepting of the idea of change. Optimism means speculating or engaging in wishful thinking based on unfounded evidence. Optimists have a more positive outlook and live longer than pessimists. They are also more tolerant of the negative consequences of illness, stress and depression. Optimistic attitudes are also associated with various benefits, such as lower stress levels, higher persistence to achieve goals etc. However, optimists need to be careful not to have unreasonable expectations about how good their future will be. Being overly optimistic can lead optimists to take too much risk, especially with their wealth and well-being.

### **OPTIMISM AND ITS IMPACT ON MENTAL HEALTH**

Mental health is an important part of your well-being. Mental health includes your emotional, social and psychological well-being. It helps determine how you handle stress, relate to others and make healthy choices. According to research, optimism is linked to better physical and mental health outcomes. It can also promote a sense of well-being during difficult times. Optimism is important in understanding the fragility of mental disorder, especially mood disorder.

There is a significant positive relationship between optimism and coping mechanism, which indirectly affects the quality of life. Optimistic individuals are more likely to seek social support and focus on the positive elements of stressful events.

Studies have shown that optimists enjoy a better quality of life than pessimists. Optimism also has a significant positive impact on mental well-being. Optimists do not view obstacles or setbacks as failures. We are not saying that optimists won't feel stressed, anxious or uncertain when things go bad. But it's about their ability to be resilient and how quickly they can recover from adversity.

Optimists are more flexible and willing to adapt and make changes when faced with difficult situations. They do not dwell on their mistakes for long. Instead, they rapidly improve themselves by admitting their mistakes and learning from them, and then moving on.

### **IMPACT OF OPTIMISM ON PHYSICAL HEALTH**

Interest in the relationship between personality characteristics and physical health has increased substantially over the past several decades. Within this larger framework, a number of studies have explored the link between dispositional optimism and physical well-being. Many of these studies have shown optimism to be protective. For example, research shows that optimistic people, compared to those more pessimistic in outlook, report less pain, better physical functioning, experience fewer physical symptoms and are less likely to be re-hospitalized following artery bypass surgery.

In the case of heart disease, research has demonstrated that optimism is associated with the alleviation of heart disease due to: reduced incidence of re-hospitalization for heart problems like myocardial infarction and coronary artery bypass surgery; decreased risk of coronary disease in the elderly as well as reduced risk of cardiovascular mortality and lesser chance of Carotid disease progression in women.

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A large, short-term study evaluated the link between optimism and overall health in 2300 adults over two years people who had a positive outlook were much more likely to stay healthy and enjoy Independent living than their less cheerful peers.

Staying well for two years is one thing, remaining healthy for the long how another. But for 477 patients who were evaluated for optimism as part of a comprehensive medical evolution between 1962 and 1965, the benefits of a positive outlook were desirable indeed. Over a 30 year period, optimism was linked to a better outcome on eight measures of physical and mental function and health.

Experienced clinicians know that humor is a good medicine. Now researcher in Tennessee tells us it may also provide a bit of a workout. They found that genuine, voiced laughter boosts energy consumption and heart rate by 10% to 20%. That means a 10 to 15 minutes belly laugh might burn anywhere from 10 to 40 calories. It's a lot of laughing for a few calories, but optimist will be tickled by the result.

It is obvious that healthy people live longer than sick people. It optimism actually improves health, it should also boost longevity and according to studies from the U.S. and to from the Netherlands, it does.

#### **OPTIMISM AND PSYCHOLOGICAL, WELL-BEING**

Many studies have been conducted on optimism and psychological well-being. A 30 years study conducted by Lee etall (2019) assessed the overall optimism of a group of men from the Veterans Affairs. Normalative aging study and a group of female from the nurses healthy study and a group of women from the Nurses Healthy study. The study found of positive relationship between high levels of optimism and exceptional longevity defined as a lifespan of more than 85 years.

Another study conducted by Aspinwall and Taylor (1990) evaluated incoming freshman on several personality factors such as optimism, self-esteem, locus of self-control etc. Those who scored high on optimism before entering college had lower levels of psychological distress than their more pessimistic peers, even when controlling for other personality factors. Overtime, the more optimistic students were less stressed, less lonely and less depressed then their pessimistic counter parts. This study suggests a strong connection between optimism and psychological well-being.

A meta-analysis of optimism and supported the findings that optimism positively correlates with life satisfaction and is correlated with psychological and physical well-being and negatively correlated with depression and anxiety. Trying to explain the correlation the researcher found that optimist chooses healthier lifestyle. For example of famous smokeless are more physical active consume more fruits, vegetables and whole green bread and consume alcohol more moderately.

#### **OPTIMISM, HEALTH, LIFE STYLE AND RISK PERCEPTION**

The pessimist may be right in the end but the optimist has more fun along the way. That positive mindset may be doing more than just providing a bit of fun. Optimism can improve your health too. We have known for a long time that mental and physical states are connected, but the mental side of things often gets overlooked. May be this is because we don't quite understand how the brain works like we do other part of body.

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An optimist is someone who has a positive Outlook on life. It doesn't necessarily mean you are always happy or that you are a full-blown success. Pessimists have a negative outlook but can experience joy and can be successful.

A positive mindset is associated with better health and lower chance of disease. A review of 15 studies with over 200000 participants found a 35% lower chance of getting heart disease and a 14% lower chance of early death in people who were optimist people who were optimists. "Optimism enables growth and forward movement without it we wither, with it we create purpose and value". The most important thing in life is a sense of purpose brings joy and happiness.

### CONCLUSIONS

Optimism is generally a positive characteristic that confers a number of physical and mental health benefits. Optimism is important because it can have such a significant impact on your mental and physical well-being.

By receiving the literature it can be concluded that optimism is an important factor of our personality traits which can be improved by healthy diet and meditations. Optimism affects our whole personality. Being an optimistic person is beneficial in life. It has also been found that individuals who have more positive mindset have higher level of happiness because they do not focus on the bad things that are happening. The focus on the good things. They also experience high levels of self-esteem because of their confidence levels. Optimism also experience greater career satisfaction because they can allow themselves to make mistakes and grow from them. An optimist she is their mistakes as opportunities to learn, but they choose to focus more on what they did well.

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