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Extended Abstract

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A Look at the Components of Positive Psychology in Selected Poems for Young Adults

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Introduction

Positive psychology is a scientific approach that studies and examines human thoughts, behaviors, and emotions. Instead of focusing on weaknesses, it seeks positive aspects and human strengths. In other words, positive psychology is the empirical study of the actions that ordinary people perform in their daily lives to foster personal growth and success. One of the most influential and effective means of conveying the components of positive psychology to adolescents is through poetry. Delivering significant life concepts and psychological components in rhythmic and appealing verse is one of the major tasks of literature, particularly in children's and adolescent literature. Adolescent poetry contains ideas and meanings that, beyond mere entertainment, can shape thought and create a distinct and influential personality in the individual. Through poetry, many essential concepts of adolescent development can be conveyed indirectly to readers. In today's world, adolescents spend most of their time in virtual spaces and playing various

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computer games, a fact that worries many parents. The imaginative and enchanting world of poetry can greatly help adolescents learn important life principles and distance themselves from the virtual world. Without adult intervention, and by identifying with the characters of poems and stories, adolescents can overcome some of their problems to a certain extent. Considering the significance of these points, the present study aims to investigate the components of positive psychology in selected poems for young adults, to determine the extent to which poets have paid attention to vital life issues such as joy, hope and optimism, resilience, and self-efficacy. The main research questions are as follows: How are the components of positive psychology—hope, self-efficacy, optimism, happiness, and resilience—used in selected adolescent poems? Which of these mentioned components appears most frequently in adolescent poetry?

Research Method

The research method used in this study is descriptive-analytical, and the data collection process was conducted through a library-based document analysis. After reviewing and defining the principles and components of positive psychology, these components were extracted, categorized, and analyzed within adolescent poetry. Approximately 400 poems were selected for the analysis of these components. Nineteen poets were randomly chosen from among contemporary adolescent poets. Table 1 presents the names of the poets, the number of poems analyzed, and the frequency of each component's use. The works examined in this study were selected from the collection *Adolescent Poetry of Today* (2010s), published by the Institute for the Intellectual Development of Children and Young Adults in Iran.

Discussion

In this section, the components of positive psychology are examined and analyzed within selected adolescent poems. Each component is individually studied with examples from the chosen poems and the findings are later summarized in a table. The tendency of each poet toward specific positive psychology components are analyzed separately. Alongside happiness, sadness and melancholy are also apparent in several poems, highlighting the emotional duality experienced during adolescence. Another influential component in adolescent poetry is resilience. Resilience is a crucial factor for adolescents, as human beings inevitably face pressures and adverse conditions throughout life, which can threaten their mental and physical well-being. Nevertheless, people possess the ability to cope with such challenges and to continue living effectively. Optimism and pessimism are natural aspects of life, and adolescents should develop awareness that life contains a blend of both. The relatively low frequency of optimism found in the analyzed poems is noteworthy and calls for deeper reflection. A higher representation of optimism in poetry can considerably impact adolescents' attitudes toward their environment and relationships. Optimistic individuals maintain happiness across situations, trust in their future, and have confidence in themselves.

They tend to focus on the beauty and positivity of life rather than its bitterness—an attitude that can play a transformative role in the emotional and psychological growth of young readers.

Conclusion

Based on the analysis of positive psychology components across approximately 400 poems from the *Adolescent Poetry of Today* collection (spanning the 2010s), the following results were obtained: The components of Hope/Optimism and Happiness showed the highest frequency of use. Conversely, the components of Resilience, Self-Efficacy, and Optimism had the lowest frequencies, in that order. It is worth noting that themes of sadness, hopelessness, and lack of resilience were also observed frequently in the poems analyzed, although they were not detailed here due to the article's length constraints.

Examining the positive psychology components across the 400 selected poetic samples from the 19 poets of the 2010s collection yields the following specific frequencies: Hope and Optimism: 57 instances (Highest frequency); Happiness: 43 instances; Resilience: 15 instances; Self-Efficacy: 13 instances; Optimism (General): 11 instances (Lowest frequency among positive components).

A significant finding is the notable non-use or low frequency of crucial components such as Self-Efficacy and Resilience in the works of these poets. Regarding specific poets, the component of Hope and Optimism was most frequently used in the poems of Mahdieh Nazari (9 instances), Davoud Lotfollah (7 instances), and Afsane Shabannejad (6 instances). The components of Resilience and Optimism were not observed at all in the poems of poets such as Mehdi Moradi, Mahmoud Pour-Vahab, Kamal Shafiei, Hamed Mohaghegh, Davoud Lotfollah, and Monireh Hashemi.

Keywords: Hope and optimism, resilience and self-efficacy, positive psychology, happiness, young adult poetry

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