

OPTIMISM AND GENDER DIFFERENCES IN THINKING

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1. OPTIMISM AND POSITIVE THINKING

OPTIMISM – MARTIN SELIGMAN defines optimism as “Reacting to a problem with high personal ability and confidence”

Optimism is a form of positive thinking that includes the belief that you are responsible for your own happiness and that more good things will continue to happen to you in the future.

OPTIMISTIC PERSON – One expects the best possible outcome from any given situation. – Hope that future conditions will unfold as optimal. – It is the understanding that all past-present- future operates by law of optimization. – In psychology, optimistic means dispositional optimism

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OPTIMISTIC PERSONALTY TYPE

- Credits themselves for good things
- Blame outside forces for bad outcomes
- Foresee negative events as temporary.

. PESSIMISTIC PERSONALITY TYPE

- Don't give credit to themselves for good outcomes
- Blame themselves when bad thing happens around them.
- View negative event as expected and lasting

BENEFITS OF POSITIVE THINKING

– IT HELPS YOU ACHIEVE GOAL AND ATTAIN SUCCESS

– IT BRINGS MORE HAPPINESS INTO YOUR LIFE

– PRODUCES MORE ENERGY

– YOU BECOME ABLE TO INSPIRE AND MOTIVATE YOURSELF AND OTHERS

– LIFE SMILES AT YOU

– HEALTH BENEFITS

– LONGER LIFE SPAN

– LESS STRESS

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– LOWER RATE OF DEPRESSION

– INCREASED RESISTANCE TO COMMON COLD

1. PRACTICAL STEPS TO A MORE OPTIMISTIC AND POSITIVE ATTITUDE
2. THINK GRATITUDE
3. CHOOSE HAPPINESS
4. IDENTIFY AREA TO CHANGE
5. SUBSTITUTE CHALLENGES FOR PROBLEMS
6. VIEW LIFE AS A JOURNEY
7. TAKING A BREAK
8. BEGIN YOUR DAY ON POSITIVE NOTE
9. BE POSITIVELY AWARE
10. ACT HAPPILY
11. BE WITH OPTIMISTIC PEOPLE
12. MINIMUM EXPOSURE TO NEGATIVE INFLUENCE
13. PROTECTIVE POSITIVE SELF TALK
14. POSITIVE THINKING IN PRACTICE
15. IDENTIFY NEGATIVE THINKING – FILTERING: You magnify the negative aspects of a situation and filter out all of the positive ones. – PERSONALIZING: When something bad occurs you automatically blame yourself – CATASTROPHIZING: You automatically assume the worst – POLARIZING: You see things only as either good or bad. THESE ARE SOME COMMON FORM OF NEGATIVE SELF TALK

Gender differences in thinking and behaviour

1. Functional differences

Men & Women differ in the way they think!!!...

- They differ in use of different parts of the brain to encode memories, sense emotions, recognize faces, solve certain problems and make decisions

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Functional differences Male Brain

- Predominantly hard-wired for understanding & building systems.
- Value more for power, politics, and competition.
- When listening neurons on only one side of the brain are activated.
- In interpretation of whole sentences, men use one side of brain.

Female Brain

- Predominantly hard-wired for empathy
- Value the development of altruistic, reciprocal relationships.
- While listening neurons on both sides of the brain are activated.
- In interpretation women use both sides of the brain.

Functional differences Male Brain

- In stress, increased blood flow to the right prefrontal cortex, responsible for “fight or flight”.
- Men tend to be more logical emotionally.
- Men navigate by using abstract concepts such as north and south or distances.

Female Brain

- There is increased blood to limbic system, which is associated with nurturing & friendly response.
- Women tend to be more observant
- Women navigate by talking about landmarks and things that can be seen or heard.

Functional differences Male Brain

- In play, Engage in more rough-and tumble play.

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- Aggression, show more “direct” aggression such as pushing, hitting & punching.
- Better at visual spatial abilities, quantitative problem solving, mental rotation and spatial perception.

Female Brain

- Engage in more nurturing games.
- Show more “indirect”(or “relational”) aggression.
- Better in verbal memory tasks, verbal fluency tasks & in speed of articulation.

Functional differences

Male Brain

- Tend to be better in independence, dominance, spatial & mathematical skills, and rank- related aggression.

Female Brain

- Show greater concern through more sad looks, sympathetic vocalizations and comforting.
- Women were observed to show more comfort, even to strangers.
- Can think logically and emotionally at the same time.

Do men & female differ in expression of emotions?

Emotions

Women

- Faster and more accurate at identifying emotions.
- Better at controlling their emotions.
- More adept in encoding facial differences & changing vocal intonations.
- Part of brain involved is large.
- Use both hemispheres.

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- Men
 - Right hemisphere deals with emotions.
 - Males have a hard time expressing emotions.