

# Grand Challenges for Positive Psychology: Future Perspectives and Opportunities

Llewellyn van Zyl<sup>1,2,3,4</sup> & Sebastiaan Rothmann, Sr.<sup>2</sup>

<sup>1</sup> Department of Industrial Engineering & Innovation Sciences, University of Eindhoven, the Netherlands

<sup>2</sup> Optentia Research Unit, North-West University, Vanderbijlpark, South Africa

<sup>3</sup> Department of Human Resource Management, University of Twente, Enschede, the Netherlands

<sup>4</sup> Department of Social Psychology, Institut für Psychologie, Goethe University, Frankfurt am Main, Germany

## Abstract

Positive psychology is one of the fastest-growing sub-disciplines of psychology and established itself as a genuinely transdisciplinary science. It has broadened our understanding of the elements of wellbeing and the factors that undermine it. However, despite its growth and contribution, positive psychology is not without its challenges. Since its formal inception in 2000, many scholars have questioned the unique contribution of the paradigm as well as the validity of the theories, methods, interventions, and philosophy underpinning the discipline. However, within these criticisms and critiques lies unique opportunities to channel the future growth and development of the discipline. A clear and consolidated view of positive psychology's grand challenges is required to help chart a course for future directions. Therefore, this paper explores the grand challenges confronting positive psychology and highlights the opportunities and possibilities that they pose.

**Keywords:** Criticisms of Positive Psychology; Critiques; Challenges; Opportunities; Positive Psychology

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# Future Of Educational Psychology The Challenges And Opportunities

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