

# Role of Community Psychology in Enhancing the Psychological Capital of Adolescents

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## Abstract

Community psychology guides us to a new thought-process about general behavior public in the context of all social environments and system in which they live in. It's similar to public health promoting healthy environments and lifestyles, while considering problems at population level and especially, in adopting a preventive orientation. It is like social psychology and sociology in taking a group or systems approach to human behavior, but it is rare and applied more than those disciplines and is more concerned while using psychological knowledge to identify and solve the social problems. Those adolescents who have more social capital in communities may have better role models. Neighborhoods are important in individual lives, and community and development. Neighborhood conditions are linked to children's health, personal distress, academic achievements, employment opportunities, behavior problems, delinquency, teenage childbearing, and being a victim of violence. In poor developed Community if youth scoring high on Psychological capital will perceive the environment as maintaining more challenging aspect, with the potential for benefits such as enjoyment, learning and personal growth. It focus on health rather than on illness, Mental development of adolescent in a community is depend upon the locality, wealth prospects, nature of neighbors, caste and creed systems and infrastructure of society. If locality is good but no wealth then no more brain development, Caste system is also play a major role in developing the overall performance of adolescents in particular community. So we can say that the role of community psychology in adolescents is very important to make or build up the personality behavior and health.

**Keywords:** Community Psychology, Psychological Capital, Self Efficacy, Optimism, Hope, Resilience, Adolescents.

## Introduction

Community psychology as a field represents a new direction to think about people's behavior and well-being in the context of all the community environments and social systems in which they live in. It is a field which is in process of development and is continuously defining itself. It is not easy to reduce it to the traditional sub-disciplines in psychology due to various factors. Firstly, community psychologist mostly emphasizes on not only applied service delivery to the community but about theory-based research simultaneously. Secondly, they focus on individual psychological makeup at multiple levels of analysis for individuals and groups for specific programs to organizations and finally to the whole community. Lastly, it covers a wide range of substantive areas and settings. Most of the community psychologist conduct research in the area of mental health center. The current areas of community psychology is bounded by the single motto which is to help the relative powerless and cut out of institution to take control over their own environment and lives. The role of community psychologists is to promote individual growth and prevent social and mental health problems before they start, provide immediate and appropriate forms of intervention when and where they are most needed and enable those who needed, them labeled as a disorient to live a dignified life.

A community psychologist may formulate and evaluate an array of programs and policies that help people to control the stressful aspects of the community and organizational environment, assess the needs of a

community and teach its members how to identify and tackle an uncomfortable problem before it becomes attractive, study and be more humane and effective for pre-institutional populations. Implement methods so that they remain in the mainstream of society.

Emory Cowen, the co-founders of community psychology liked to described it that by the time a child sees a therapist, there has already been a long process of difficulty, informal help seeking and frustration on everyone's part the child, the family, friends, teachers. In most cases, the clinical psychologist cannot deal directly with the early stages of this process, but enters the picture at the end, after the problem has worse need, become more complicated and difficult to solve. Community psychology shares the clinical psychological actions orientation and its goal of helping people in distress. An important distinction between the community and the clinical orientation is the point aiding the individual's intervention, both in terms of location and time. Community psychology disclosed dissatisfaction with the clinician's tendency to assess mental health problems within the individual. Community psychologists are more likely to see threats to mental health in the social environment because they do not fit between individuals and their environment. They focus on health rather than disease and on increasing personal and community competencies.

The Community Psychology provides deep academic preparation for adolescents who wish to pursue careers in human services, family, mental health, youth programs, counseling, community arts, community development, prevention, multicultural program development, program evaluation and human relations. These are also prepares students for graduate work in various academic and applied research areas such as Psychology, Public health, Sociology, Social work and Counseling, as well as interdisciplinary graduate work in the social sciences, arts and humanities including cultural studies and policies.

#### **Aim of the Study**

The aim of the study is to know the role of community psychology in Adolescents

#### **Adolescents**

Adolescence is a crucial phase of life and is of transition period from secure dependent childhood to an autonomous independent life of adulthood. They have been regarded as a group of people who are searching for themselves to find an identity and meaning in their lives (Erikson, 1968). This period is most closely associated with the teenage group and its physical, mental, emotional, spiritual, psychological and cultural expressions may begin earlier and end later. This period has been described as a time of most severe stress and strain than any other period of life. The failure to successfully handle the pressures of this age may result in withdrawal, complete destruction of self, mental illnesses, drug abuse, enormous hostility or suicide in extreme cases. The most alarming impact is seen in the form of poor academic achievement and indiscipline behaviour which hamper their future growth.

#### **Psychological Capital**

Psychological capital is an important construct of positive organizational behaviour (POB) research (Luthans & Youssef, 2004; Luthans, Vogelessand, & Lester, 2006), and originated from "post-modern positive psychology" (Wyk, 2013). Psychological capital emphasizes positive attitudes, meanings and outcomes and is described as a common underlying competence that is considered critical to human motivation, striving for success, cognitive processing and resulting performance in the workplace (Peterson, Luthans, Avolio, Walumbwa & Zhang, 2011). It has four core construct i.e. self efficacy, optimism, hope and resilience (Luthans, 2002a; Luthans & Youssef, 2004; Luthans, Luthans & Luthans, 2004).

#### **Self-Efficacy**

#### **Self-efficacy**

Self-efficacy is an important part of psychological capital. It was first introduced by Bandura (1977) in his seminal publication "Self Efficacy: Toward a Unifying Theory of Behavioural Change". According to them it is belief or trust in one's ability to succeed in accomplishing a specific task. It is very important parts of individual's behaviour by which they prefer to get involved in and the amount that they pursue in their effort during a difficult and challenging situation.

It is individual's confidence in their ability to control outcomes and overcome difficult challenges. It means someone with high self efficacy believes they have control of what happens to them. These people know that they can beat whatever challenges come their way. Such people don't shy away from big goals and are motivated to accomplish them.

Stajkovic & Luthans, (1998a, 1998b) explained the self efficacy in the terms of difficult self-set goals, self selection into tough tasks, self motivation, generous effort investment and mobilization toward task mastery and goal accomplishment and self determined when faced with obstacles.

#### **Optimism**

It is a part of positive thinking that includes the belief which one is responsible for one's own happiness and more good things than bad will continue to happen in life. It is a positive frame of mind which includes positive emotions and motivation and has the caveat of being realistic (Luthans, 2002a). It is associated with mental and physical health of individuals which is very important for their healthy behaviour. The optimistic individuals were more likely to focus on positive events and have more capabilities to handle future situations.

Optimism is a psychological intension and expectation to hope the best possible and positive outcome which can positively influence peoples' mental and physical health. This helps individuals to make their life more easy and cope out of stress. Thinking of optimistic individuals are open minded and commonly they belief that good events occur more than bad events in the future.

**Hope**

It is a positive motivational state that is based on an interactively derived sense of success which includes agency and pathways components (Snyder et al., 1991). The agency component of hope can be viewed as being the will to accomplish a specific task or goal (Snyder et al., 1996) and it includes the motivation or goal directed energy to succeed at a given task in a particular conditions. The pathway component is directed to accomplish a task or goal. Snyder (2000) stated that agency and pathway thinking are interrelated and operate in a combined manner to generate hope.

According to Luthans et. al. (2007, p.3) hope is conceived as firm toward goals and when necessary redirecting and adopting different paths to goals in order to get success. Hopeful individuals have more chances to succeed in their actions which in turn help them to gain a sense of fulfillment or satisfaction. Those people with high hope usually effectively find or produce a variety of ways to achieve targets.

**Resilience**

According to Luthans (2002) the resilience is a positive psychological capacity to bounce back from uncertainty and conflict to progress and increased responsibility. Luthans & Norman et al., (2008) stated that it is a positive way of handling with danger. The definition of resiliency from the positive psychology is to widen with the inclusion of the ability to overcome not only the negative, but also the positive and challenging events. Masten and Reed (2002) stated that resilience is the set of experiences in the context of significant risk and has a reactional character that affects people to orient to the all types of situations that faced in their lives. One's resilience may vary between life areas, but an individual's ability to understand and cultivate resilience cannot only help us to deal with stress, crisis, and adversity, but it can also enable us to achieve higher levels of life satisfaction at work, home, school and in relationships. Resiliency has a quality to recover from adversity and that allows peoples to optimistically look at the massive situations. Luthans et al. (2004) illustrated that resilient people can change for the better through the complexity.

It is understood that the ability to adapt to adverse, conflictual or risky situations or may be highly positive but stressful events and bounce back stronger and more resourceful from them (Masten and Reed, 2002).

**Role of Community Psychology**

Community psychology presents us with various problems in societies related to mental, social and public health. It plays a huge role in emphasizing principles and strategies on preventing problems related to emotional, social as well as health and wellness, at both individual and community level. It focus on health rather than on illness, Mental development of adolescent in a community is depend upon the locality, wealth prospects, nature of neighbors, caste and creed systems and infrastructure of society.

Neighborhoods are important in individual lives and community and development. The conditions of neighborhood either urban or rural areas are linked to children's health, personal distress, academic achievements, employment opportunities, behavior problems, delinquency, teenage childbearing, and being a victim of violence. If locality is good but no wealth then no more brain development, Caste system is also play a major role in developing the overall performance of adolescents in particular community. The main objectives of community psychology involve empowerment of individuals and communities that have been marginalized by society.

The persons scoring high on Psychological Capital will perceive the environment as maintaining more challenging aspects, with the potential for benefits such as enjoyment, learning, and personal growth and will more readily withstand stress and maintain physical and psychological well-being and happiness in the face of academic stress. The hope which is associated with the salience of personal goals and with confidence that goal accomplishment will enable one to improve one's life. The students having higher in Psychological Capital will perceive the academic environment as being less distressing and more than likely to see the positive elements that contribute to their overall well-being. In a very stressful environment, an optimistic, hopeful, efficacious and ego resilient person is likely to believe that he or she has sufficient resources to prevent being overwhelmed and experience debilitating distress.

Thus, if Psychological Capital actually enhances adaptation to stressors (adversities, mental illness, wellness, caste, neighborhood etc.), we should expect to find that among adolescents who are exposed to the same stressful circumstances those with higher Psychological Capital will have better health and well-being and it improve the atmosphere of community.

**Conclusions**

Increasing in psychological capital of adolescent in a community can change the nature, thinking and learning of particular society. This will be happen with the help of study of community psychology. So we can say that the role of community psychology is enhancing the psychological capital in adolescents that is very important to make or build up the personality, behavior, wealth, wellbeing and healthy community.

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