

The Effect of Positive Thinking on Quality of Life of Shop Floor Workers

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ABSTRACT

Positive thinking has a big impact on your physical and mental health. Positive thinking has a direct relationship with quality of life. Quality of life means health, comfort and happiness of an individual or group. Quality of life is the general well-being of a person or as a member of the group. It consists of expectations of individuals or society for good life. These expectations are guided by values, goals, social and cultural contexts in which individual lives. Researches show that positive thinkers are healthier than negative thinkers. A study done at the Harvard School of Public Health shows that positive thinking – like self-acceptance and positive relationship with others- is linked to improved health. Through this research, the researcher wants to establish the relationship between positive thinking about the quality of life of people, especially those working on the shop floor of any enterprise. Some major findings are if you follow some tips to get you started that can help you train your brain how to think positively, such as: focus on good things, practice gratitude, spend time with positive people, be open to humour, follow a healthy lifestyle, practice positive self-talk, etc. Research methodology adopted is descriptive research design based on secondary data. Based on the research work, it has been found that there are many benefits if you keep positive attitude such as: health, wealth, socialisation, productivity, overcoming obstacles, meaning relationship and active mind.

KEYWORDS: Positive thinking; Quality of life; Positive attitude, Sense of humour.

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