

# Pandemics Outbreak in Perspective of Positive Psychology and Science

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**Abstract.** This paper describes the influence of pandemics outbreak in the perspective of Positive Psychology and Science on attribute and behaviour. This study attempts to define and to create a framework of positive psychology within the effort towards creating a positive global worldview during the pandemic outbreak. The literature review was conducted to summarise knowledge to understand the truth transcendent nature of human existence and expand the scientific basis of this reality. Although these studies have shown considerable insight into the human condition, but the theoretical construct of personality development was needed which provided a mechanism by which could come to objectively understand the influence, both within and without, which determine within the course of the human development so as to realise control over self-development by utilising to its maximum the great potential of discretion.

**Keywords:** *Pandemic Outbreak, Positive Psychology, Science*

## INTRODUCTION

A pandemic describes as a contagion that spreads across the countries and it's getting to last days or years and typically affects a much bigger area than an epidemic. The pandemic outbreak has influenced the attribute and behaviour. The illness was severe and spreading quickly over a good geographical area and has changed the individual social life. According to Jones, the pandemic has increased due to the trends on global travel as it's occur face-to-face communication and involving freight transportation which could be suffering from the COVID 19 [1]. In 2020, BBC has reported that the last time a pandemic accoutred was in 2009 with swine flu, and according to the experts it killed hundreds of thousands of individual of people.

The World Health Organization (WHO) has declared that COVID 19 may be a pandemic because it has affected more people and has taken more lives.

However, according to Lawrence Gostin from Georgetown University and director of the World Health Organization Collaborating Centre on National and Global Health Law, to not use pandemic's word carelessly because it will be resulting in unnecessary suffering and death. Therefore, it requires a person to understand the pandemic outbreak within the perspective of Positive Psychology and Science too.

In essence, psychology is the study of the human self which incorporates the soul/spirit, and its transcendent nature. Nevertheless, modern psychology has removed all connections with the metaphysical concept of the human self due to its empirical nature and its formulation on the scientific method of experimentation. The Positive Psychology is one among the fields of human sciences that would be revolutionised by integrating inputs from both the scientific and Islamic perspectives. It also presents a replacement framework that integrates the human self at spiritual, emotional, mental and physical realms these integrative holistic approaches are often essential to rework the personality development during the pandemics breakout.

Besides that, Positive Psychology is that the scientific study of ordinary human strengths and virtues by revisiting the typical person with an interest in finding out what works, what's right and what's improving. The field was basically introduced to enrich traditional psychology and stresses the importance of applying the scientific method to examine and assesses the success and failure of attribute and behaviour. Furthermore, Positive Psychology focuses on analysing the entire scope of human potentials and experiences from loss, suffering, illness, and distress through connection, fulfilment, health, and well-being [4]. Science does not only refer to a system of acquiring knowledge, but it is the appliance to pursuit the understanding of social with a scientific methodology based on evidence. According to Webster's New Colligate Dictionary (2006-2019), science is often defined as a system that uses

observation and experimentation to describe and explain natural phenomena.

Literature for this review was identified by searching the links of World Health Organisation (WHO), New York Times (2020), Ministry of Health-Singapore (2020), BBC News and Science Advance (2020) to summarise knowledge about the current epidemic. On 31 December 2019, Chinese authorities alerted the World Health Organization [2]. (WHO) to an epidemic of pneumonia of unknown aetiology in Wuhan City, Hubei Province, China as the illness was severe and spreading quickly over the area. Therefore, on 7 January 2020, patients of corona virus were subsequently isolated. According to Huainan South China Seafood Market (2019), most cases from the initial cluster was identified to have epidemiological links with a live animal market and WHO is suggesting a possible zoo metric origin because the virus remains unknown. However, the virus was confirmed as contagion and occurrences of human-to-human transmission, albeit the mode of transmission is unclear (Figure 1).

On 21 January 2020, World Health Organization has announced that the virus was possible to sustain from human to- human transmission and over 600 cases are confirmed on 22 January 2020 of which 444 are from Hubei province (New York Times, 2020). Besides those cases with travel history to Wuhan, Chinese provinces, Beijing, Shanghai, Shenzhen and Thailand have been reported. The details of the cases with Thailand (n=4), Japan (n=1), South

Korea (n=1), Taiwan (n=1), Hong Kong (n=2), Macau (n=2) and the United States (n=1). The WHO has reported that symptoms of cases include fever, cough, and shortness of breath, kidney failure, albeit the clinical and epidemiological data remains insufficient.

As the transmission of COVID 19 become more widespread, safety measures are tightened, especially for the senior citizen to stop infections. Therefore the government has issued a directive to all or any citizens to use masks and safe distancing measures once they are outdoor after studied the patterns of transmission amongst the local transmitted cases which connected to the events and social gathering and interaction between colleagues at the workplace. In sight of this, the Ministry of Health –Singapore (2020) [2] has also put a limit to shut contact at large gatherings of individuals in proximity and prolonged the duration to assist in suppressing the spread of COVID 19.

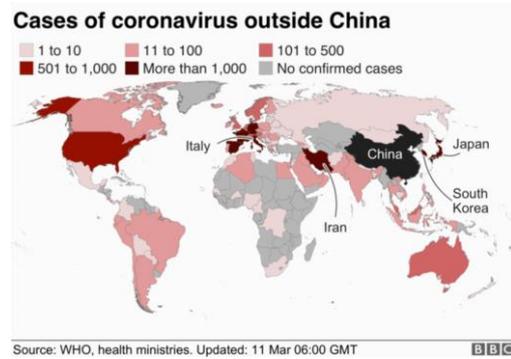


Figure 1: Cases of Corona Virus Outside China

Scientists are racing to identify a successful vaccine to prevent from the COVID-19 and to stop from the infections also treatment from dying due to the virus. At present, the antiviral use for HIV, malarial drugs and other compounds which can prevent viral replication and convalescent serum being used for the treatment. According to J.S. Ayres, the World Health Organisation has launched the SOLIDARITY trial that’s streaming the testing of multiple antiviral strategies which could be effective against COVID-19 [3].

However, there has always been a disconnect between our methods for treating infectious diseases and our standing of the mechanisms that promote the survival infection. This global pandemic has made us realise that to survive from the infection, we have to look for other treatment to avoid for being stressful over the pandemic outbreak [4].

Through spiritual research, we have found that over 50% of the issue that an individual faces in life are due to spiritual reasons. All major lives events like marriage, good, and bad relationships, serious accidents and major illnesses are mostly due to one’s destiny. (Figure 2). Thus, the answer to the present problem is to supply spiritual measure help to relieve the physical by psychological approach (Figure 3).

Therefore, in attempts to look at and assess the success and failure of attribute behavior before and thru the pandemic break further literature review within the attitude of a perspective of Positive Psychology and Science was conducted to look at and help to understand not only the way to alleviate distress and dysfunction but also the way to promote well being and optimal functioning.

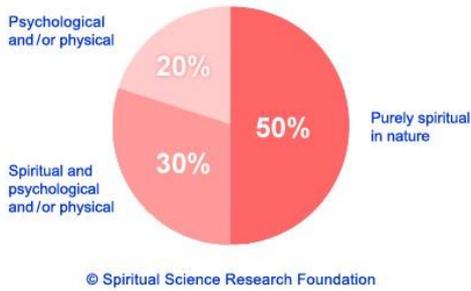


Figure 2: Breakdown of the root cause of difficulties in person's life



Figure 3: Solution of a problem at that corresponding level

**METHOD**

The methodology through the analysis of literature review has been conducted. Having investigated and evaluated the previous framework within which to understand the Positive Psychology and its intervention [5]. A framework was developed by drawing SEMP (Spiritual-Emotional-MentalPhysical) realms (Figure 4). This is followed by a brief discussion pertaining to the research and literature review on how to alleviate distress and to promote well being and optimal functioning. The data collection will then be analysed from the literature review.

**RESULT & DISCUSSION**

From the Figure 4, we can understand the interface of the SEMP realms. From this research study it appears that three major sources of input shape human perceptions. They are physical environment, interpersonal communication/social environment and inner speech.

Inner speech means the interior communication with our consciousness. This includes thoughts but is more comprehensive than that. It includes not only thoughts, but a feeling. Inner speech is all communications that originate with the mind that happen take place beyond the perception of ordinary waking consciousness. However, there are many other inputs towards shaping human perception and behaviour, which this

study classified as subsidiary that compliments these three major inputs. To consciously alter our relationship with the environment is that the foremost natural thing, we could do, but we must appreciate that the very fact once we alter our surroundings we also alter the environment of others. We do have the responsibility, but it had previously either gone unnoticed or been ignored. Knowledge of the laws of learning allows us to know and fulfil that responsibility.

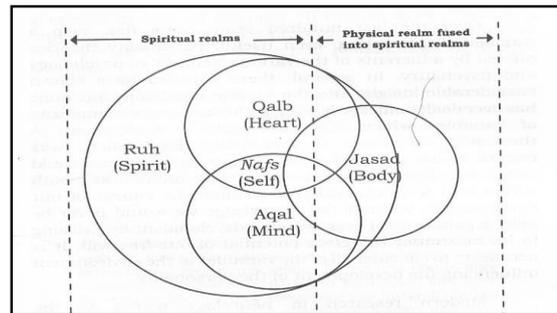


Figure 4. The 5 realms existing in both our spiritual

From the above description of integrated transcendent self a holistic framework was created based on SEMP, believing that human being is not just a physical being but a holistic, multidimensional being that has aspects of spirit, heart/emotion, mind/brain and lastly the physical body. By applying this concept, human beings realise their full potentials and find out the transcendent key which will control over self-development during the pandemic outbreaks.

By examining the transcendent nature of human self from the perspective of Positive Psychology, it clear that the concept of perception beyond the physical visible realm. Therefore the laws of learning must be holistic to cater all human domains of existence.

In general, the SEMP realms construct of personality development which provided a mechanism to know the influence of human development to realise control over own development by utilising to its maximum the great potential discretion. Given the fact that humans are created with the spiritual, emotional, mental and physical domains. Therefore, the physical environment is that the starting point as it's elicits positive emotional responses, which then facilitate learning and therefore the development of person. Subsequent input is that the social environment as it's assert on individual's thoughts, feelings, and behaviours, which then discuss the interpersonal process of self-presentation and cognitive dissonance.

In addition to considering the effect of SEMP realms, this model of personality development provides with „Schemata” process. “Schemata” are sets of attitudes or assumptions which shape people beliefs about themselves, others and the world as we

interact physically and socially. These perceptions are influenced by automatic thoughts that play in people mind throughout their lives that spark a change of cognitive reactions. Negative thoughts usually affect people feeling and moods which consequently become depressive behaviour and then magnify the feeling of being hopeless and feel rejected which then avoid all social contact and then become reclusive. Ibn al Qayyim, in his book *al Fawa'id* (spiritual benefits) explains that a person's action begins with inner thought a concealed speech or an internal dialogue (*Khawair*). This automatic thought within the human mind are like a rotating millstone that never stops rotating. It grinds continuously day and night throughout our lives. Those who feed their inner speech/thought with goodness are like those who put wheat in their millstone, which then produce good flour.

Similarity, al Ghazali describes in his book *Ihya 'Ulum al- Din* that if we want to change our self-image, we must change our thoughts. Positive thoughts will lead us to positive behaviour. Likewise, negative thoughts will lead to negative behaviour. Hence, the SEMP domain operates both of in the conscious physical realm and the unconscious spiritual realm simultaneously. In fact, throughout the glorious period of Islamic divination, many researchers complemented the transcendent nature of inner speech with modern psychological ideas that are astounding and they are more advance in their psychological theory framework that incorporates the holistic nature of the human self than a modern-day secular psychologist.

Modern research in neurology points to the importance of human limbic system, and thus, the brain stem in processing human unconsciousness. Modern neuroscience is proving the true character of the human self that is consonant with Positive Psychology principles; citizenry needs not to have their lives and skills arbitrarily determined by contingencies within the environment that they were conscious of nor had any control over the individual who truly understands these principles of learning could exercise over their own destiny to alleviate distress and dysfunction and to plug well being and optimal functioning before or during the pandemic outbreak.

By understanding the holistic and transcendent nature, a person can shape the spiritual, emotional, mental and physical selves towards becoming

loving, compassionate and wise human beings through directing the inner speech in a positive way. By aligning holistic inner will be able to understand the subtle inner feeling from the negative aspects to achieve a balance that can give peace, happiness and success.

## CONCLUSION

Although these studies had relevance to help human beings realise their full potentials, more researches need to be conducted to develop scientific understandings and effective interventions to build thriving individuals, families and communities during the pandemic outbreak.

The human conception of perfection is so limited because our understanding of perfection has been conditioned by our experiences as material beings inhabiting a psychical universe. These principles will be used as a basis for the development of holistic existence and the nature of human beings spiritual and mystical experiences.

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