



LEVELS OF POSITIVITY AMONG THE POLITICIANS OF HIMACHAL PRADESH

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Abstract- Positivity plays a very important role in the personality buildup for everyone and is visible even in a more magnified form in the life of political personalities. This was one of the premises that was called to be impressed upon in this study and the results were confirming on the same. Subjects leading in the scores of positivity tend to be in synch with politicians in power thereby leading to belief that it is one of a trait found consistently in successful politicians. As such the belief is supported by numerous incidents in real life and also in the world literature. In the present study a pioneer attempt has been made to assess the levels of positivity among the 225 subjects (75 Politicians in Power, 75 Politician not in Power and 75 Non- Politicians) of Himachal Pradesh. These subjects were further subdivided into three groups on the basis of their education that comprised of 25 subjects in each groups based on their higher, moderate and lower level of education. These subjects were assessed quantitatively with the help of short depression and happiness Scale. The result revealed that the main effect of category on the measure of short depression and happiness was found $F(2,216) = 5.73$, $p < .01$ as statistically significant wherein the Politicians in Power were observed much happier (15.27) as compared to the Politicians not in Power (14.54) and Non-Politicians (13.72) counterpart. But, the main effect of Education was found $F(2,216) = 1.401$, $p > .05$ as statistically non-significant wherein no remarkable difference was found between the high, moderate and low educated people. The results therefore pinpoints that the Politicians in Power in the contemporary scenarios are loaded higher with positivity as compared to their counterparts.

Keyword-politician, Power, depression, statistically, people.

1. INTRODUCTION

Leaders are at their best when they are balanced, relaxed and happy. They perform well when they feel happiness, it is a human psychology. It is our fundamental nature to be happier. Leaders are the keepers and protector of the people who inspire others to reach their full potential. Leaders play a vital role in creating a happier society and foster the people towards success. Any successful organization today is based on its leadership style and behavior. In our rapid changing environment, we need the leaders who can affect their followers positively to ensure that everything is perfect. Leaders should work on strategies and practice that to help people and organization, to accomplish deep changes that will affect organization performance positively and increase the revenues. A leader behavior is an important part of their personality that can have a huge impact on people's lives. Happiness is person's cognitive and effective evaluation of his or her life in terms of wellbeing and contentment. It depends on how they evaluate their life, i.e., either in positive way or in negative way (Lyubomirsky & Tuerker, 1998). It is the whole aim and end of human existence. In most of the studies, it was found that people rank the pursuit of happiness as one of the most cherished goal in life (Diener & Oishi, 2000; Suh, Smith & Shao, 1995; Freedman, 1978; Triandis, Bontempo, Leung,

& Hui, 1990; Lyubomirsky, 2000). Therefore, human happiness is the greatest aim of science and ultimate goal of all mankind which maybe influenced by the family and other socio-cultural factors. Man by birth is not social, but he becomes so through association and communication. The family is the first and foremost agency in the cultural conditioning that provides him earlier behavior pattern and standard of conduct. Thus, the happiness of an individual is determined by their family environment, which affects his nature, personality and behavior pattern. In nutshell, the happiness is a positive emotional state that is subjectively defined by each person. The term is rarely used in scientific studies because there is little consensus on its meaning.

Wellbeing can be defined as "peoples' positive evaluations of their lives" and includes "positive emotion, engagement, satisfaction, and meaning" (Diener & Seligman, 2014). The scientific study of wellbeing and its causes are fairly new, with systematic attempts to measure these concepts starting mainly in the 1980s. Most researchers recognize two aspects of wellbeing: a cognitive-evaluative factor (life satisfaction) and an affective aspect (happiness) (Seligman, 2008; Fors and Kulin, 2016, 323-325). Life satisfaction measures a person's satisfaction with all aspects of life (including comparisons with others and hopes for the future), which requires a great deal of reflection and assessment. Happiness on the other hand denotes a person's emotional state as they



navigate the experiences of daily life (Fors&Kulin, 2016) feeling positive emotion also can help in seeing problem solving options and finding cures for good decision making (Estrada, Isen, & Young, 1997).

Subjective well-being involves the subjective evaluation of one's current status in the world. More specifically (Diener, 1984, 2000; Diener, Oishi, & Lucas, 2009) defined subjective well-being as a combination of positive affect (in the absence of negative affect) and general life satisfaction (i.e., subjective appreciation of life's rewards). The term subjective well-being often is used as a synonym for happiness in the psychology literature. Almost without exception, the more accessible word happiness is used in the popular press in lieu of term subjective well-being. Feeling positive emotion also can help in seeing problem solving option and finding cures for good decision making (Estrade, Isen, & Yong 1997). Positive emotion (e.g. excitement and glee) lead to cognitive flexibility and creativity, whereas negative emotion are linked to a fleeing response and termination of activities.

Modern western psychology has focused primarily on a post materialistic view of happiness (Diener et al., 2002, 2009) that emphasizes pleasure, satisfaction and life meaning. Indeed, the type of happiness addressed in much of today's popular literature emphasizes hedonics, meaning and authenticity. Seligman (2002) suggest that a pleasant and meaningful life can be built on the happiness that results from using our psychological strengths. More resilient people are able to adapt to adversity without lasting difficulties, while less resilient people have a harder time with stress and life's changes (Scott, 2007). It can also be said that the more resilient people are happier as compare to rest of the people.

Cognitive theories hold that happiness is a product of human thinking and reflects discrepancies between perceptions of life-as-it- is and notions of how-life-should-be. Notions of how life should be are assumed to root in collective beliefs and to vary across cultures. This view on happiness is dominant in philosophy and also pervades the thinking of many social scientists. The basic assumption of this theory is that happiness is based on the comparison with standards, though there is difference on the nature of these standards and ways of comparison. Another basic assumption is that collective beliefs are involved. The theory assumes that we have 'standards' of a good life and that we constantly weigh the reality of our life against these standards. Standards are presumed to be variable rather than fixed and to follow perceptions of possibilities.

Different theories stress different standards. In the variant of life-time comparison the focus is on whether we are doing better or worse than before. In

that view a happy youth will not add to happiness in adulthood. The social comparison variant stresses how well we are doing relative to other people, and in particular people like us. In that view happiness is surpassing the Jones. Several of these theories are combined in Michalos'(1985) 'Multiple Discrepancies Theory' of happiness, which assumes that we not only compare with what we want and with what others have, but also with what we need and with what we deem fair. **Social construction** is the idea that we compare to standards begs the question of where these standards come from. This is typically seen as an outcome of socialization, involving the adoption of collective notions of the good life, sometimes with minor modifications. These collective notions of the good life are seen as 'social constructions' that draw heavily on the wider culture and shared history. In this line some sociologists argue that happiness as such is also a social construction. In that view, happiness is a culturally variable concept, comparable to the notion of 'beauty'. **Reflected appraisal** is a sociological variant which holds that we not only compare life our self with our own standards, but that we also appraise our life through the eyes of others, in other words, that in assessing how happy we are we estimate how happy other people think we are. If so, this enhances the salience of shared standards of the good life.

Emotionally stable leaders are calm, relaxed, consistent in their emotional expressions, and not likely to experience negative emotions such as stress, anxiety, or jealousy (Judge & LePine, 2007). Emotional stability is associated with subjective well-being (DeNeve & Cooper, 1998), lack of turnover intentions (Salgado, 2002), leadership, and job satisfaction (Judge, Bono et al., 2002; Judge, Erez et al., 2002). Individuals prone to experience negative emotions tend to suffer low social status (Anderson, John, Keltner, & Krings, 2001), as emotional stability is regarded as a necessity for effective leadership (Northouse, 1997). Leaders who exhibit emotional stability are likely to remain calm in moments of crisis, be patient with employee development, and recover quickly from group and organizational failures

Happier leaders can be a powerful tool to motivate the employees' work hard to achieve the goals. Leader's positive affect has been shown to increase group performances (Visser, Knippenberg, & van Kleef, Wisse, 2012) Positive behaviors have direct impacts on people in any organization because it makes employees' feel good which raise their performance to meet the plan. Van Kleef, Homan, Beersma and van Knippenberg (2010) mentioned that "Emotional expressions play an important role in regulating social behavior (Keltner & Haidt, 1999; Van Kleef, 2009). Positive leaders wherever they work, create healthy climate for everyone work with them. The leaders help to encourage employees' in boosting



their performances to meet their goals. According to Smith, Bryan, and Vodanovich (2012) pointed out that, "prior research indicated the presence of positive leadership related to a stronger climate of safety as leaders were more involved in the modeling and cultivation of safety procedures and policies". They are the source of knowledge, which help to distribute helpful information to increase individual's knowledge is one of the ways to make them satisfied. Also, leaders let people improve themselves by learning new skills that will be helpful to them in their career path, which shall reflect on their outcomes positively. The king, presidents, and organization's leaders behaviors, can have affect people around them, so always the successful people tend to show their positive emotions to assure that people will receive positively.

High performance is one of the results of positive leader personality. In several studies, the scholars found positive emotional displays have beneficial effects. Leaders' expressions of happiness increased followers' ratings of the leaders' effectiveness (Van Kleef, Homan, Beersma, and van Knippenberg, 2010). On other hand, the negative leader's emotion will make the workplace worse which also minimize the individual's performance. According to Visser, Knippenberg, vanKleef, & Wisse, (2012) mentioned "Negative leader affective displays have been shown to decrease both follower assessments of their leader's effectiveness (Lewis, 2000) and follower performance (Johnson, 2009)."

Where political freedom is concerned, people who live in a democratic society may have reason to be happier and more satisfied. The democratic system is considered more likely to deliver outcomes that meet people's expectations since citizens have a hand in choosing their governments. More people are therefore likely to attain their preferred political outcomes or at least accept the outcomes produced by what is considered a fair political system. In other words, people may get a sense of satisfaction merely from the perceived procedural fairness of the democratic process as well as their own involvement in this process (Dorn et al., 2007).

Some of the studies revealed that positive emotions are involved with greater coping skills. Research revealed that experiencing positive emotions facilitates recovery from tasking experiences, such as test anxiety (Papousek et al., 2010). Studies also suggest that a higher level of positive emotions predicts higher grades and performance (Suldo, 2013), as well as cognitive investment and level of satisfaction (Um, 2007). The positive emotions eliminate the fear of failure, self-consciousness, and other distractions in order to create the optimal conditions for flow. There are also some studies which have found higher qualifications with the

diminishing effect on well-being. But there are also the studies which found highly educated people to be more resilient as compared to their low counterpart.

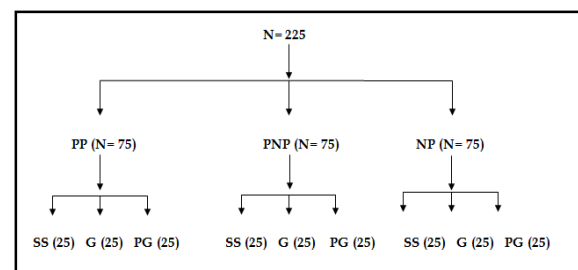
In nutshell, the level of positivity plays vital role in the life of the people in general and the politicians in particular. It not only promotes inner resources of the persons but also play effective role in achieving goal and success while working with any organization. The construct therefore had helped a lot in promoting the wellbeing, life satisfaction and quality of life. The level of positivity has been helping a lot in promoting the life style and wellbeing among the politicians and general public across the world. In the present manuscript a pioneer attempt has been made to assess the level of positivity among the Politicians in Power, Politicians not in Powers and the Non-politician of the Himachal Pradesh. The methodology is as follows:-

2. METHODOLOGY

Study area: The study has been conducted in entire twelve districts of Himachal Pradesh. The people from the Politician in power, Politician not in power and non-politicians (general people) were selected from the concerned constituencies, Tehsils, Blocks and Panchayat level of each district in Himachal Pradesh.

Sample: The present study has been conducted on a sample of N= 225 subjects (75 Politician in power, 75 Politician Not in Power and 75 Non-Politician (general people). These subjects were further subdivided into three more categories based on their education that comprised of 25 in highly educated category; 25 in Moderate educated category and 25 in low educated category. The age of the sample was 40 years to 80 years. In this manner, there were nine groups with N = 25 subjects in each group that comprises of a foresaid sample of N = 225. Purposive sampling was used in the present study. Appropriate classifications of the subjects are as follows:-

Sample Classification:



Notations: N= number of respondent; PP=Politician in power; PNP=Politician not in power; NP=Non politician (general public); SS: Senior Secondary; G: Graduate; PG: Post Graduate.



3. MEASURE

Quantitative analysis

Short-Depression Happiness Scale: The short depression scale (Joseph et al., 2004). This instrument consists of six items. Three items measuring happiness (e.g. "I felt happy") and three reverse coded items measuring depressive states. (e.g. "I felt my life was meaningless"). Participant's rate how frequently they feel the way described in the item on a four point scale: "Never", "rarely", "sometimes", "often". Reliability ranges from $r = .85$ for the happiness scale and $r = .76$ for the depression scale. It is a four point scale, where the score range from minimum 0 and maximum 18. More the score happier the person will be.

4. PROCEDURE

The objective of the present study was to assess the positivity among the Politicians in Power, Politician Not in Power and Non-Politician of Himachal Pradesh. For approaching the subjects initially, a pilot study was conducted in order to trace various categories of the leaders from different constituencies. Later, the Politicians in Power, Politicians Not in Power and Non-Politicians were selected. More appropriately, the study has been conducted on a sample of $N=225$ People. In the first category, those 75 Politicians have been selected who are in Power. In the second category another 75 Politicians have been selected who are Not in Power but remained in position once in their life. Finally, another 75 subjects who were not Politician (general people) were selected in the Control Group. These three groups were further be sub-divided into three more categories based on education. In the first group such politician in powers, not in powers and non-politicians were selected whose education qualification was lower i.e. below secondary standards. Similarly in second group education level was up to graduation level. Finally in third group the level of education was up to postgraduate or above. In this manner, there were nine groups with $N = 25$ subjects in each group that comprises of a foresaid sample of $N = 225$. These subjects were assessed with the help of short depression happiness in order to know their positivity levels. The data was analyzed by applying 3×3 ANOVA whose description is as follows:-

4.1 Results

The objectives of the study was to explore the levels of positivity among the politicians (in power and not in power) as well as the Non-politicians (general people) of Himachal Pradesh, a hilly state of India, which is popularly known as the fruit bowl of India. Short depression happiness scale was given to them and the results are as follows:-

Table 1.1

A 3x3 ANOVA Performed On the Measure of Short Depression and Happiness among Politicians in Power, Politician Not In Power and the Non-Politicians of Himachal Pradesh

Source	ss	df	ms	F	p
Total	49225.00	225			
Category (C)	73.769	2	36.884	5.731	<.01
Education (E)	18.036	2	9.018	1.401	n.s.
C x E	15.271	4	3.818	.593	n.s.
Error	1390.240	216	6.436		

Notation: PP=Politician in Power, PNP=Politician Not in Power, NP = Non-Politician (General public), SS=Senior secondary, G=graduation, PG=Post-graduation

From the table 1.1 showed the main effect of category was $F(2,216) = 5.73$, $p < .01$ which was found to be statistically significant whereas the average scores of politician in power was found to be 15.27, politicians' not in power was as 14.54 and non-politician was as 13.72. It was clear that the politician in power and not in power were almost similar to each other in short depression and happiness. But the politician in power were found much happier than their counter parts.

On the other side, the main effects of education was found to be $F(2,216) = 1.401$, $p > .05$ as statistically non-significant whereas the average score of senior secondary passed people was 14.91, graduated passed was 14.39 and post graduated was 14.21, from the score it was quiet clear that the senior secondary passed people was more in short depression happiness. Yet the difference between the average score was not statistically significant.

Thereafter, the two way interaction between $C \times E$ was found $F(4,216) = .593$, $p > .05$ which was statistically non-significant.

Table 1.2

Average Score of PP, PNP and NP Differing In Educational Qualification on the Measure of Short Depression and Happiness

Group	Education qualification			Average
	SS	G	PG	
PP	15.52	14.96	15.24	15.27
PNP	15.24	14.80	13.80	14.54
NP	13.96	13.60	13.60	13.72
Average	14.91	14.39	14.21	

Notation: PP=Politician in Power, PNP=Politician Not in Power, NP = Non-Politician (General public), SS=Senior secondary, G=Graduation, PG=Post-graduation

The table 1.2 depicted the average score of short depression happiness (SDH) of different groups of politicians, the average score of PP was 15.27, PNP was 14.54 and NP was 13.72. The score revealed that PP was high in SDH as compared to their counterpart. Thereafter, the average score of the people on the basis their qualification as Sen. Sec.(low educated) was 14.91 and Graduated(moderate educated) was 14.39 and post-graduation(high educated) was 14.21 from the score,it was quiet clear that the low educated people was high in SDH as compared to their counterparts.

After word, the table reveals that the score of PP-SS was 15.52, PP-G was 14.96 and PP-PG was 15.24 which showed that PP-SS was high in SDH whereas PP-G and PP-PG were almost same in SDH. There after the score of PNP was 15.24, PNP-G was 14.80 and PNP-PG was 13.80, it showed the PNP-SS was high in SDH whereas PNP-PG was less in SDH as compared to its counterparts. Further the score of NP-SS was 13.96 and NP-G was 13.80 and NP-PG was 13.60. It was quiet clear from the score that NP-SS was slightly high in SDH while the score of NP-G and NP-PG were similar.

Further the table revealed that the score of PP-SS was 15.52 PNP-SS was 15.24 and NP-SS 13.96, it was clear that PP-SS was high in SDH as compared to others. The score of PP-G was 14.96, PNP-G was 14.80, NP-G was 13.60 the score showed the PP-G and PNP-G were almost same in SDH, whereas NP-G was less in SDH. Further the score of PP-PG was 15.24, PNP-PG was 13.80 and NP-PG was 13.60. It was cleared that PP-PG was high in SDH whereas PNP-PG and NP-PG were almost same in SDH.

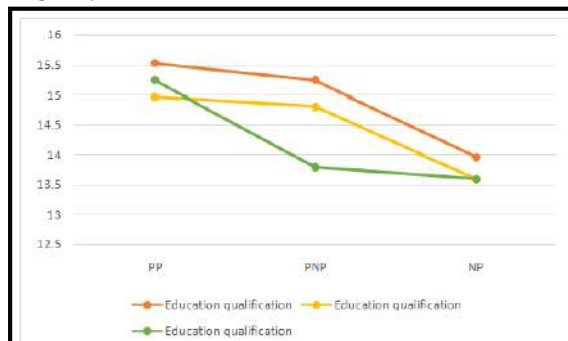


Fig. 1.1:2: Average score of high, moderate and low educated politician in powers, politician not in power and non-politician on the measure of short depression and happiness

There after the table also depicts that the score of PP-SS 15.52, PNP-G 14.80 and NP-PG 13.60 it also showed that the PP-SS was high in SDH, PNP-G slightly high in SDH as compared to NP-PG. there after the score of PNP-SS was 15.24, PP-G was 14.96 PP-PG 15.24 showed that PNP-SS and PP-PG were very much similar in SDH. Whereas the PNP-SS was

high in SDH as compared to NP-G and NP-PG while the score of NP-SS 13.96, PNP-G was 14.80 and PP-PG was 15.24 from the scores. So, it was quiet clear that PP-PG was high in SDH than to their counterpart whereas PNP-G was slightly high in SDH as compared to NP-SS.

In nut shell, the result revealed that the main effect of the category (Politicians) on the measure of short depression happiness $F(2,216) = 5.73, p < .01$ was found as statistically significant, which relate that there was a significant difference between the politician in power, not in power and the non-politician on this measure wherein the politicians in power were observed much happier as compared to their counterpart. But, the main effect of education was found $F(2,216) = 1.401, p > .05$ as statistically non-significant, means that there was no such significant difference between the high, moderate and low educated people on the measures of happiness. But, the mean score indicates that the low educated people were happier than the moderate and high educated people. Therefore, it is suggested that to increase positivity among the politicians, it is essential to government that they should arrange motivational lectures and yoga classes to their members so as to reduce their stress level and increase their patience level which in turns will help them to increase their working potential. A politician seems to be more stressful with regarding to their political performance. After every five year they have to pass similar exam with different voters so, if the politician is happy he can convince voters better than others. Although the politics is the game of over ambitious people. Every MLA wants to be the CM. The suggestions to politicians are that they should be ambitious but not be over ambitious. The Politicians should set his ambition in his mind. He should work hard silently to get it. He should concentrate to his own constituency that will give him better result and bright future. So, the politician should be honest with the people of his constituency.

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