

Measuring the Villagers' Attitude towards Positive Thinking and others Well-Being

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Abstract

Purpose Adopting a positive mindset fosters creativity and productivity by allowing individuals to perceive the favorable aspects in every given circumstance. This study aims to find out the villagers' attitudes towards positive thinking and others' well-being. **Materials and Methods** Data for the research were collected using self-administered, structured, closed-ended questions. The questionnaire included villagers' perspectives on extraversion (Ext.), life satisfaction (LS), meaning in life (ML), neuroticism (Neo.), nurturing positive thoughts (NPT), and attitudes towards the well-being of others (ATOW). Purposive sampling was used to interview 500 people for this study. Numerous discrepancies were identified in the questionnaire after data collection. We evaluated the hypothesis after analyzing the responses of 400 participants. The research used Smart PLS version 4.1.0.0. **Findings** The

study's findings revealed a statistically significant beneficial effect of extraversion (sociability), life satisfaction (LS), meaning in life (ML), and neuroticism (Neo.) on nursing positive thoughts (NPT). Furthermore, nursing positive thoughts (NPT) shows a substantial positive correlation with attitudes towards the well-being of others (ATOW). **Implication** According to this study, it is essential to support everyone, regardless of demographic factors such as gender, religion, age, occupation, and academic qualification of those living in rural areas to foster a positive mindset. To effectively implement attribution philosophy, policymakers should focus on community-based and optimistic programs. **Originality** Despite past studies emphasizing the global significance of psychometric qualities of villagers, this study revealed the elements affecting villagers' perceptions that foster positive attitudes towards the well-being of others in Bangladesh.

Keywords: Positive Thinking, Well-Being, Extraversion, Life Satisfaction

Introduction

A cognitive disposition known as "positive thinking" embraces ideas, phrases, and images that are beneficial for growth, development, and success. Thinking positively encourages one to be creative and productive by seeing the positive aspects of every situation. Among other things, positive thinking is linked to feelings of optimism, hope, enjoyment, and general well-being. Positive thinking, as a general phrase, refers to an attitude that penetrates one's speech, emotions, behaviors, and ideas. Negative thinking, on the other side, includes ideas that suggest self-criticism or devaluation. A depressed person's view is dominated by these ideas. People who are pessimistic tend to expect negative outcomes because they dislike the way things work out. They acquire mental and physical health problems as a result of their unhealthy coping strategies with everyday stimuli (Naseem and Khalid, 2010). A person is said to be in a state of well-being when they are able to identify their own strengths, manage the normal stresses of life, work effectively and profitably, and have a good influence on their community. Wellness, according to the World Health Organization (WHO), is "the achievement of an individual's or group's highest possible state of health." In addition to fulfilling one's obligations in a variety of contexts, such as the family, community, job, place of worship, and others, this also entails "the actualization of one's complete physical, psychological, social, spiritual, and economic capabilities" (Rose et al., 2016). Conventional optimistic beliefs have been shown to contribute to maintaining life quality. Examining how positive thinking affects stress is an intriguing subject. The psychological well-being of an individual is greatly impacted by positive thinking. Additionally, the relationships between stress and life satisfaction and school adjustment were reduced by positive thinking. School adjustment was more strongly linked to stress at greater positive thinking levels, whereas it was more strongly linked to life satisfaction at lower positive thinking levels. Improving optimistic thinking is good for mental well-being. Promoting and educating people about the appropriate use of positive thinking are essential for reducing stress and improving psychological well-being (Chui and Chan, 2020).

Thinking positively may have a big impact on people's general health and the well-being of those around them. There is a complex and subtle relationship between positive thinking and the well-being of others. It is possible to spread positive thoughts. People who have a positive outlook may affect other people's feelings and attitudes. Positive emotions like joy, excitement, and optimism have the capacity to impact and spread to other people. Positively minded people are more likely to be empathetic and compassionate, which benefits others

around them. Positivity increases one's propensity to assist, encourage, and provide emotional support to others in trying circumstances. A mentality that emphasizes problem-solving is often adopted by positive thinkers. This may lead to the use of more efficient problem-solving techniques and the discovery of opportunities among difficulties. The well-being of all parties involved may be enhanced by cooperatively resolving conflicts in a positive setting. Positive thinking is associated with improved physical well-being. People who have a happy outlook on life are more likely to practice healthy habits, including regular exercise, eating a balanced diet, and getting enough sleep. The well-being of people in their social networks may be impacted by these actions.

In larger contexts, like communities or workplaces, a positive mindset may foster a more upbeat and encouraging atmosphere. These elements have the potential to boost teamwork, creativity, and a feeling of purpose, which will eventually benefit the community or organization as a whole. By encouraging resilience, building communal cohesion, empowering people, enhancing mental health, encouraging creativity, and igniting hope, positive thinking may greatly improve the well-being of villages. By fostering a culture that encourages positivity and optimism, rural communities may provide a favorable and healthy environment for people to flourish.

Problem Statement

According to one definition, positive thinking is a general phrase that refers to an attitude that arises from thinking, acting, feeling, and communicating in a positive manner. Consequently, a mental attitude that confesses with minds, ideas, words, and pictures is linked to positive thinking. Positive thought is regarded as a perkier nearby state for making a person more creative and productive. Furthermore, optimistic emotions, optimism, hope, joy, and well-being have all been proven to be impacted by positive thinking. Additionally, thinking positively promotes achievement, development, and expansion. (Naseem and Khalid, 2010).

However, well-being is seen as a wide-ranging and complex idea. High levels of life satisfaction, life appraisal, stress management skills, domain satisfaction, and good mental health are all important components of well-being. It may also be described as the feeling of being happy, healthy, and in excellent well-being. Lastly, there are a lot of good aspects of well-being, like feeling content, healthy, and connected to others and having a purpose (Carlquist et al., 2017).

Positive thinking, self-efficacy, and psychological well-being are all positively correlated. Life satisfaction, quality of life, and health outcomes are all impacted by good thinking and pleasant emotions. There are connections between psychological well-being, social support, and optimistic thinking (Alkhatib, 2020). Mediating one's mental and socio-familial stress is also associated with positive thinking. Stress that is moderated by daily good emotions reactivates considerably. It is crucial to think positively in order to prevent high blood pressure, cardiovascular complications, cancer, and other illnesses. Through the practice of positive thinking toward others, one may improve their ability to cope. Positive thinking and improved immune function reduce stress and promote well-being. Devaluing one's ideas and expecting things to proceed as planned are the results of negativity and negative thinking,

which may lead to dysfunction, unpleasant consequences, and health issues. Pathological and health disorders are caused by a bad mental state (Naseem and Khalid, 2010).

Researchers' interest in positive psychology has been expanding over the last several years. Numerous studies looked at the favorable impacts on psychological well-being of good thoughts, pleasant emotions, positive behaviors, and positive sentiments. In the context of Bangladesh, enough attention has been paid to the villagers' attitude toward positive thinking and other people's well-being. However, it is clear from the research that positive thinking is highly correlated with the well-being of others, both personally and organizationally. However, a thorough assessment of the villagers' perspectives on optimistic thinking and the welfare of others are necessary. Consequently, the following questions may be answered:

- i. How do villagers perceive positive thinking and others' well-being?
- ii. What are the understandings of villagers regarding positive thinking and its contribution to others' well-being?
- iii. What are the psychometric properties of the villagers regarding positive thinking?
- iv. How is positive thinking associated with the attitude towards others' well-being?

Literature Review and Hypotheses Development

Extensive research is being conducted worldwide to explore the connection between people's mental health and various aspects of psychology, with an emphasis on positive thinking. A few of these studies are reviewed in this section. Bangladesh and many other countries have examined this topic in great depth.

Interpersonal-Social Self-Efficacy Beliefs on Positive Thinking

The simultaneous and long-term impacts of self-efficacy beliefs on teenagers' subjective well-being—specifically; enjoyment and positive thinking—were examined in this study. According to the operationalization of positive thinking, optimism, self-worth, and life happiness are all rooted in this latent dimension. The difference between the good and negative feelings people experience on a daily basis is the operational definition of happiness. The findings demonstrate the simultaneous and long-term impact of emotional and interpersonal-social self-efficacy beliefs on satisfaction and optimistic thinking (Caprara et al., 2006.) In this research, mental health and maladjustment are associated with both positive and negative thinking. At first, thinking positively reduced stress, anger, worry, and despair while increasing happiness and life satisfaction. Negative thinking had a negative correlation with psychological well-being, but psychopathology (stress, anxiety, despair, and wrath) had a positive correlation. Second, hierarchical multiple regression showed that first-year female students were more nervous than their male counterparts. Despondency, anger, life satisfaction, and pleasure were equally experienced by men and women. Age seldom ever predicted any of the criteria variables. Additionally, hierarchical multiple regression showed that negative thinking explained a larger percentage of incremental unique variance in happiness, stress, anxiety, life satisfaction, rage, and depression in terms of impact size. Only 1% of the variance in anxiety, despair, tension, and anger was explained by positive thinking; however, a significant, progressive, and unique range of variation in happiness and life satisfaction was (Wong, 2012).

Positive Thinking, Positive Emotions, and a Sense of Purpose

A sense of purpose, personality traits, life happiness, and general well-being are all correlated with positive thoughts and feelings, according to research. The findings demonstrated that positive emotions cause optimistic thinking, which in turn impairs one's sense of life's purpose. Wellness and life satisfaction are positively impacted by the meaning of life. Furthermore, positive thinking has a positive impact on well-being and life satisfaction. While neuroticism seems to enhance general health, extraversion has beneficial effects on life satisfaction, wellness, and a feeling of purpose (YAR KHAN et al., 2021).

Social Relationship and life satisfaction

People often claim that social connections are beneficial to one's health. In contrast, the majority of research on social relationships has measured social interactions and well-being using self-reports. Researchers also found that a person's connections with others (such as knowing and liking their interaction partners) and the quality of their discussions (such as how much and how deeply they communicated) were related to their well-being. In terms of predicting social connectivity rather than happiness, within-person associations rather than between-person associations, and self-reported quality indicators rather than observer-reported variables, these relationships were more robust and consistent (Sun et al., 2020). According to current beliefs, teenagers' well-being is positively impacted when they lead purposeful lives. Thus, it is wise to simply encourage teenagers to look for purpose in their lives. The study found that among teenagers who showed low levels of meaning presence, the search for meaning in life was negatively connected with negative affect but favorably linked with life satisfaction, self-esteem, and positive affect. According to mediation studies, social connectedness—which encompasses peer connections and parent-child communication—and purpose in life are related. Hedonic well-being, which encompasses life satisfaction, self-esteem, positive affect, and negative affect, is then associated with social connectivity (Lin et al., 2021).

Factors Affecting Nursing Positive Thoughts

Extraversion and Nursing Positive Thoughts

Well-being, meaning in life, and life satisfaction are all positively correlated with extraversion. This study, which used a variety of research techniques, shows a direct link between well-being and more frequent and high-quality social connections (YAR KHAN et al., 2021). Furthermore, the investigation has generated the following hypotheses:

H1: Extraversion (sociability) has a significant positive relationship with nursing positive thoughts.

Life Satisfaction and Nursing Positive Thoughts

Because of its positive impact on people's lives, the relationship between happiness and well-being has attracted increasing interest from across the world. According to the results, happiness, leisure satisfaction, life satisfaction, personal well-being, and national well-being were all significantly correlated. The results support the predicted relationships, showing that happiness is indirectly impacted by well-being and that well-being acts as a forerunner, directly affecting leisure and life satisfaction (Argan et al., 2018). Moreover, the inquiry has produced the subsequent hypotheses:

H2: Life satisfaction has a significant positive relationship with nursing positive thoughts.

Meaning in Life and Nursing Positive Thoughts

Through the use of many meaning-related measures, the inclusion of both positive and negative aspects of well-being and the observation of noteworthy associations between well-being and life purpose, the research explores the link between psychological health and subjective well-being (Zika and Chamberlain, 1992). The study discovered a favorable correlation between life happiness, self-esteem, and pleasant emotions with the pursuit of purpose in life. However, among youths with low levels of meaning, there was a negative correlation between their quest for meaning and bad feelings (Lin et al., 2021). In addition to that, the investigation has resulted in the following hypotheses:

H3: Meaning in life has a significant positive relationship with nursing positive thoughts.

Neuroticism and Nursing Positive Thought

It seems that neuroticism is good for one's health. The three nested aspects of life satisfaction, positive affect, and negative affect in the study results lend credence to the idea of an overall subjective well-being construct. To determine whether the negative correlation between self-concealment and subjective well-being is only a coincidence or the result of connections between these two traits and their shared antecedents—extraversion and neuroticism—the present research used empirical analysis. We came to the conclusion that, although extraversion does not fully explain the negative relationship between self-concealment and subjective well-being, neuroticism does. Neuroticism was unable to account for more than 60% of the negative correlation between subjective well-being and self-concealment. The ramifications of our results for clinical care and research are covered in the discussion (Wismeijer and van Assen, 2008). Furthermore, the inquiry has yielded the following hypotheses:

H4: Neuroticism has a significant positive relationship with nursing positive thoughts.

Nursing Positive Thought and others Well-Being

Positive thinking produces positive affect, which negatively impacts the meaning of life. Life satisfaction and well-being are positively impacted by meaning in life (YAR KHAN and Siddiqui, 2021). The maintenance of a positive self-concept, the experience of more positive emotions, the perception of life's fulfillment, and the encouragement of optimistic future expectations are all influenced by interpersonal relationships and adolescents' self-efficacy beliefs regarding the management of positive as well as negative emotions (Caprara et al., 2006). Researchers discovered a favorable relationship between optimistic thinking and psychological well-being markers, including happiness and life satisfaction. However, it was negatively correlated with psychopathology markers such as anger, melancholy, stress, and anxiety. Conversely, negative thinking was positively correlated with stress, anxiety, despair, and anger—all of which are markers of psychopathology—and negatively correlated with measures of psychological well-being, such as life satisfaction and contentment (Wong, 2012). The investigation has also led to the development of the following hypotheses:

H5: Nursing positive thought has a significant relationship with others well-being.

Extensive research has been conducted on the effects of positive thinking on mental health and well-being, particularly in connection to positive thinking and other associated elements, as the literature review above illustrates. According to the discourse section, there is currently no study on how positive thinking is seen by Bangladesh's rural population, its boundaries, or the possible relationship between positive thinking and other people's well-being. We want

to carry out our research activities with the following goals in mind in order to close the current research gap:

- i. To portray the overall understanding level of the villagers regarding positive thinking and its contribution to others' well-being.
- ii. To analyze the factor structure and psychometric properties of the villagers regarding positive thinking.
- iii. To verify the correlation between positive thinking and the attitude towards others well-being.

Materials and Methods

Primary Data, and Questionnaire Development

The researcher used a cross-sectional survey approach to gather the main data. The researcher used a questionnaire survey to gather data from a chosen group of respondents between December 2023 and March 2024. The researcher often consults with pertinent representatives of the intended respondents prior to finishing the questionnaire. Both a personal and a socio-demographic profile were part of the questionnaire. Villagers' perspectives on extraversion (Ext.), life satisfaction (LS), meaning in life (ML), neuroticism (Neu.), nursing positive thoughts (NPT), and attitude toward others' well-being (ATOW) are all used to learn how they see positive thinking and its role in promoting others' well-being.

Sample Size Determination, Sampling Procedure, Measurement Scale, and Study Area

The target audience for the study's respondents is unknown. The following formula was developed by Cochran (1977) to calculate the sample size for an unknown population size (n):

$$n = (Z^2 pq) / e^2 \dots\dots\dots(1)$$

Where,

n = the sample size.

z = 1.96 is the standard normal value corresponding to the desired level of confidence (95%),

e = 0.05 is the acceptable margin of error

p = 0.5 is the estimated proportion of an attribute that may be present in the population,

q = 1-p is the estimated proportion of an attribute that may not be present in the population.

The value of n is obtained using equation number (1) as follows:

$$n = (Z^2 pq) / e^2 = ((1.96)^2 (0.5)(0.5)) / (0.05)^2 = 384.16 \approx 385$$

The researchers set aside a 30% reserve sample. There are five hundred (500) people who have taken the survey. The whole country of Bangladesh is included in the designated research area. Following the filtering of 400 replies, we assessed our hypothesis. A five-point Likert scale was employed in the study; a score of five meant strong agreement, a score of four meant agreement, a score of three meant neutrality, a score of two meant disagreement, and a score of one meant significant disagreement.

Instrument Development

Villagers' perceptions on extraversion (Ext.), life satisfaction (LS), meaning in life (ML), neuroticism (Neu.), nursing positive thoughts (NPT), and attitude toward others' well-being (ATOW) are presented below in details:

Table 1

List of Constructs

Extraversion (Ext.)	
Ext1	I like most of the people whom I meet with
Ext2	I like to stay with people around me
Ext3	I am dominant forceful and assertive
Ext4	When I do things, I do them vigorously
Life Satisfaction (LS)	
LS1	I am satisfied with my life.
LS2	So far, I have gotten the important things I want in life.
LS3	If I could live my life over, I would change almost nothing.
LS4	I understand my life's meaning.
Meaning in Life (ML)	
ML1	I understand my life's meaning.
ML2	I am searching for meaning in my life.
ML3	I am looking for something that makes my life feel meaningful.
ML4	I am always looking to find my life's purpose.
Neuroticism (Neu.)	
NEU1	I often get angry at the way people treat me.
NEU2	Sometimes I feel completely worthless.
NEU3	At times I have been so ashamed I just wanted to hide.
NEU4	I have trouble resisting my cravings.
Nursing Positive Thoughts (NPT)	
NPT1	I am respected by my peers.
NPT2	I have many good qualities.
NPT3	I am comfortable with life.
NPT4	I have a good way with others I am a lucky person.
Attitude toward others Well-being (ATOW)	
ATOW1	I will finish what I start.
ATOW2	Developing a love of other people.
ATOW3	Developing a personal relationship with God.
ATOW4	Developing forgiveness toward others.

Sources: Developed by authors based on existing literatures

Using PLS-SEM

We used the PLS-SEM approach because to its ability to assess hidden components and estimate multiple dependent connections between variables simultaneously.

Conceptual Framework

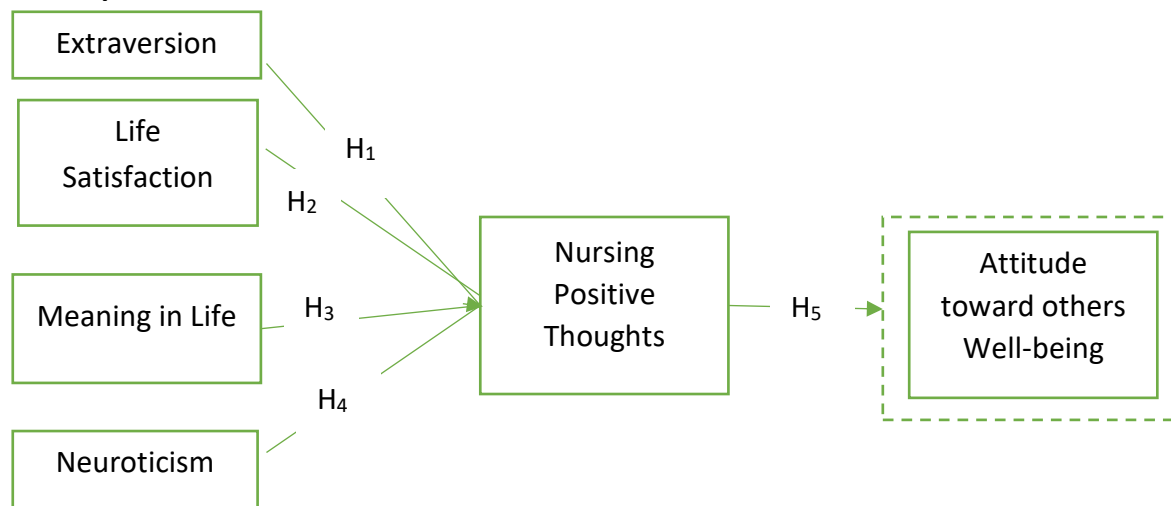


Fig. 1. Conceptual Framework

Theoretical Orientation

Attribution theory serves as the primary foundation for this investigation. The study of attribution theory looks at how individuals assess both themselves and other people, as well as what they blame for their achievements and shortcomings. Reasons may be given externally (from outside sources) or internally (from inside). To maintain a positive self-image and public perception, people will rather defend their accomplishments and shortcomings. This concept, which is associated with self-serving bias, is called the internal-external dichotomy. Reasoners who are self-serving tend to place more emphasis on their accomplishments than their failures. For a variety of reasons, people take more responsibility for successes than for failures: (a) they value success over failure and claim credit for anticipated results; (b) repeated failure creates the impression that responses and results are related; and (c) they base results on their desired outcome (such as success) rather than the actual result. Happy people often have a self-serving bias, believing they are smarter, more moral, less prejudiced, more outgoing, and healthier than others.

Empirical Analysis

Socio-demographic Profile of the Respondents

Table 2 delineates the socio-demographic characteristics of the individuals. The male participants represent the majority at 62.5%, with 9% under 20 years, 22.5% aged 21 to 30, 31.25% aged 31 to 40, 24% aged 41 to 50, and 13.25% over 50. In the hamlet, 85% of the population is Muslim, 10% is Hindu, and 5% belongs to other religions. Among the respondents, 33% are illiterate, 20% have finished secondary education, 22% have completed upper secondary education, only 13% have attained a degree, with a frequency of 52, and 12% belong to other categories. Among the 400 respondents, the predominant occupation of villagers is homemaking at 32.5%, followed by agriculture at 30%, with 10% engaged in business and students, 5% as day laborers, and 12% in service positions.

Table 2

Socio-demographic profile of the villagers

Details		Frequency	Percent
Gender	Male	250	62.5
	Female	150	37.5
Age	Less than 20	36	9
	21-30	90	22.5
	31-40	125	31.25
	41-50	96	24
	Above 50	53	13.25
Religion	Islam	340	85
	Hindu	40	10
	Others	20	5
Educational Qualification	illiterate	132	33
	Secondary	80	20
	Higher Secondary	88	22
	Honors	52	13
	Others	48	12
Occupation	Agriculture	120	30
	Business	40	10
	Service	48	12
	Day Laborer	20	5
	Homemaker	130	32.5
	Student	40	10
	Others	2	.5

Sources: Survey Data

Measurement Model

A second-generation technique for data analysis in structural equation modeling is partial least squares structural equation modeling, or PLS-SEM (Hair et al., 2021). PLS-SEM, or partial least squares structural equation modeling, is especially useful for doing causal-predictive analysis in scenarios with little theoretical knowledge and a high degree of complexity. Reflective measures often show how certain assessment items relate to constructs. Cronbach's alpha and composite reliability are two metrics that may be used to assess internal consistency, which is essential for validating a reflective measurement model. Analyzing loadings and extracted average variance is crucial for evaluating convergent validity. Lastly, it's critical to assess discriminant validity as well. For determining important elements, examining intricate theoretical linkages, and assessing the degree of correlation between variables, structural equation modeling (SEM) approaches are perfect. By using a systematic model that incorporates a wide range of components and ideas, these approaches allow researchers to evaluate the aggregate effect of predictor factors on the result variable. several others.

Table 3

Results for reflective measurement models

Variables	Items	Convergent Validity		Internal Consistency Reliability	
		Loading > 0.70	AVE > 0.50	Cronbach's alpha > 0.70	CR > 0.70
Extraversion (Ext.)	Ext.1	0.765	0.712	0.864	0.908
	Ext.2	0.895			
	Ext.3	0.870			
	Ext.4	0.840			
Life Satisfaction (LS)	LS1	0.769	0.669	0.831	0.889
	LS2	0.856			
	LS3	0.865			
	LS4	0.864			
Meaning of Life (ML)	ML1	0.907	0.868	0.949	0.963
	ML2	0.969			
	ML3	0.940			
	ML4	0.909			
Neuroticism (NEU)	NEU1	0.806	0.733	0.878	0.916
	NEU2	0.904			
	NEU3	0.891			
	NEU4	0.820			
Nursing Positive Thoughts (NPT)	NPT1	0.858	0.793	0.913	0.939
	NPT2	0.932			
	NPT3	0.902			
	NPT4	0.868			
Attitude towards others Well-being (ATOWB)	ATOWB1	0.927	0.775	0.903	0.932
	ATOWB2	0.944			
	ATOWB3	0.826			
	ATOWB4	0.816			

Source: Reliability and validity tests by using Smart PLS 4.1.0.0.

By analyzing the factor loadings, one may ascertain the extent to which an item correctly represents the base construct. A factor loading that is noticeably more than 0.70 is often advised (Vinzi et al., 2010). According to Heseler et al. (2009), outer loadings that are equal to or higher than 0.70 are regarded as rather good. To get a reasonable level of convergent validity, the Average Variance Extracted (AVE) should never be less than 0.50. At least half of the variability seen in the indicators may be attributed to the basic concept (Fornell and Larcker, 1981). Construct reliability is a more suitable statistical measure of dependability when using structural equation modeling (SEM) in research. According to Nunnally (1978), Cronbach's Alpha and Composite dependability (CR) values of 0.70 or above imply a high degree of dependability. Additionally, the research's threshold values must successfully fulfill the permissible range shown in Table 3 in order for the study to get certification for convergent validity and internal consistency reliability.

Table 4

Discriminant validity: Fornel-Larcker criterion

	ATOW	Ext	LS	ML	NEU	NPT
ATOW	0.88					
Ext	-0.011	0.844				
LS	0.022	0.427	0.818			
ML	0.272	0.282	0.247	0.931		
NEU	-0.07	0.384	0.185	0.151	0.856	
NPT	0.141	0.48	0.697	0.333	0.309	0.891

Note: **Bold** diagonal numbers are the square roots of AVE. Source: Discriminant validity test by using Smart PLS 4.1.0.0

The Fronell-Larcker criteria are one method that is often used to assess whether measurement models are discriminately valid. According to this criterion, the correlation between a construct and any other construct should be less than the square root of the average variance retrieved by the construct. The prominent bold diagonal number in Table 4 indicates that the discriminant validity of measurement models has been shown and validated to be sound.

Table 5

Discriminant validity: Heterotrait-Monotrait ratio (HTMT) matrix

	ATOW	Ext	LS	ML	NEU	NPT
ATOW						
Ext	0.08					
LS	0.061	0.51				
ML	0.303	0.31	0.275			
NEU	0.098	0.437	0.217	0.166		
NPT	0.15	0.541	0.801	0.356	0.342	

Source: Discriminant validity test by using Smart PLS 4.1.0.0

The Heterotrait-Monotrait ratio of the correlations (HTMT) was used to assess the discriminant validity. The average correlation between different attributes is compared to the average correlation between the same traits as obtained by different methods in this ratio. Table 5 presents the findings of the HTMT examination, indicating that the test has adequate discriminant validity. The maximum HTMT value recorded was found to be 0.714, which is below the predetermined cutoff of 0.90. From a basic perspective, the measuring technique demonstrated a fair degree of construct validity.

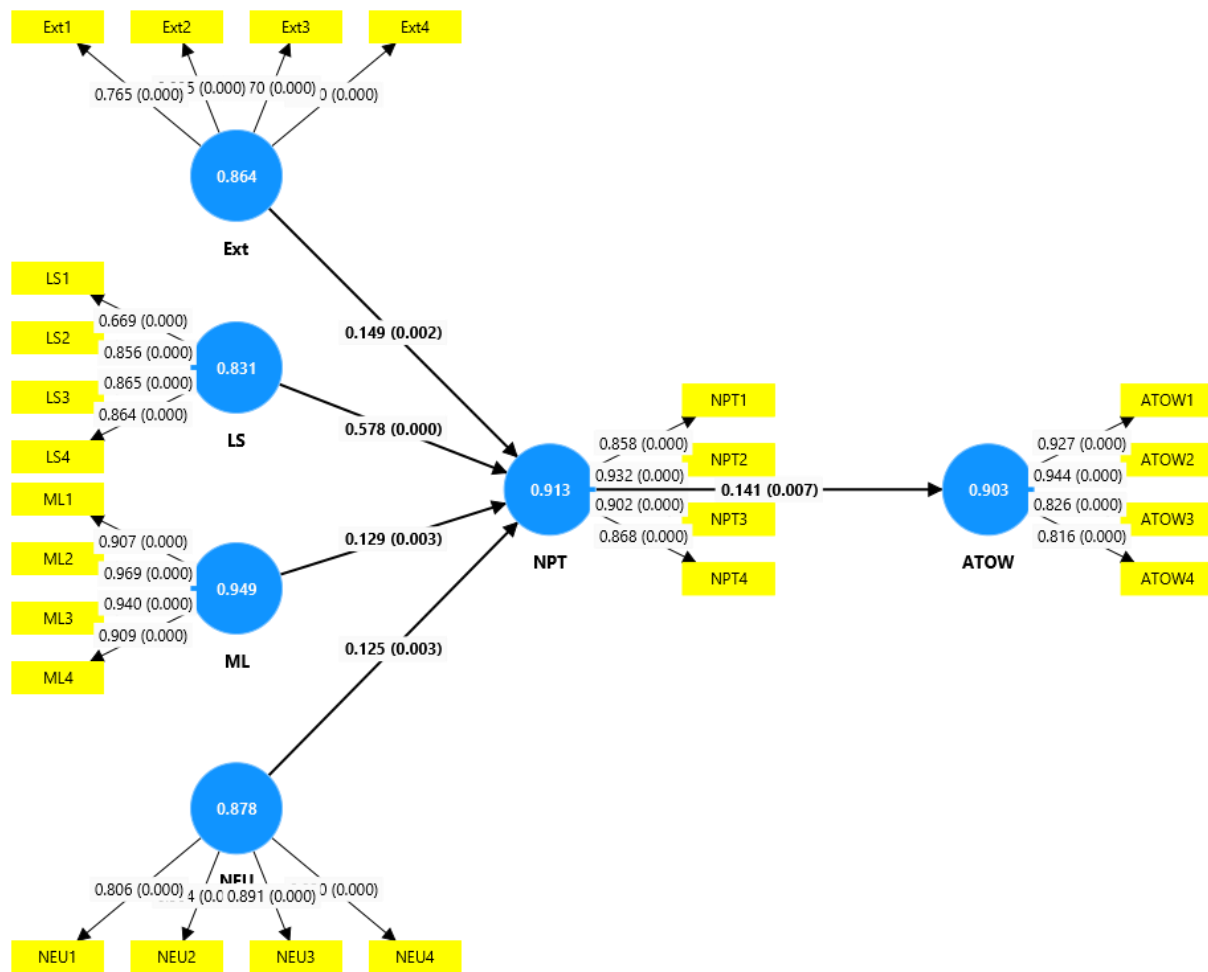


Fig. 2 Model resolution by SmartPLS using PLS algorithm.

Figure 2 displays the endogenous and anticipated latent variables in the structural models for this investigation. The final results of the structural model evaluation are shown in Figure 2.

Table 6
Summary of the results

Path	Estimates (β)	Standard deviation (SD)	T (O/STDEV)	statistics	ρ values	Decision
Ext -> NPT	0.149	0.049	3.029		0.00	H ₁ Accepted
LS -> NPT	0.578	0.05	11.53		0.00	H ₂ Accepted
ML -> NPT	0.129	0.044	2.924		0.00	H ₃ Accepted
NEU -> NPT	0.125	0.042	2.966		0.00	H ₄ Accepted
NPT -> ATOW	0.141	0.053	2.683		0.00	H ₅ Accepted

Source: PLS algorithm and Bootstrapping test by using Smart PLS 4.1.0.

Table 6 displays the proposed paths, their corresponding β coefficients, standard deviation, t-statistic, ρ values, and the determination of whether the hypotheses were accepted or

rejected. The study compared standardized path coefficients (β values) and assessed their statistical significance to quantify the strength of the relationships between the constructs (p values).

The PLS analysis shows that extraversion (sociability) (Ext.) significantly improves nursing pleasant thoughts (NPT) ($\beta=0.042$, $p<0.00$), as shown in Table 8. This result supports the hypothesis (H_1) that there is a significant positive correlation between nursing positive thoughts and extraversion (sociability).

Nursing positive thoughts (NPT) are strongly and positively influenced by life satisfaction (LS) ($\beta = 0.578$, $p < 0.00$). The findings support the hypothesis (H_2) that life satisfaction has a significant positive relationship with nursing positive thoughts.

Additionally, there is a statistically significant positive correlation ($\beta = 0.129$, $p < 0.00$) between nursing positive thoughts (NPT) and meaning in life (ML). The results of the research support the hypothesis (H_3) that nursing positive thoughts are significantly positively correlated with life's meaning.

Neuroticism (Nue.) has a positive and statistically significant impact on nursing positive thoughts (NPT) ($\beta=0.125$, $p<0.00$). The results support hypothesis (H_4), according to which neuroticism and nursing positive thoughts are significantly positively correlated.

The research discovered that nursing positive thinking (NPT) had a statistically significant impact on attitude toward others' well-being (ATOWB) ($\beta = 0.141$, $p < 0.00$). The data supports hypothesis (H_5), indicating a substantial association between nursing positive thinking (NPT) and attitude toward others' well-being (ATOWB).

Conclusion and Implication

"Positive thinking" welcomes ideas, expressions, and visualizations that promote growth, success, and development as a cognitive disposition. The present study employs a purposive sampling approach, as well as a socio-demographic profile of the participants as outlined in Table 2. The model exhibited a high degree of compatibility, as evidenced by the existence of convergent validity, internal consistency reliability, and discriminant validity, as displayed in Table 3, Table 4, and Table 5, correspondingly. The objective of this study is to examine the impact of positive thinking on the attitude toward others' well-being. The trend of positive thinking usually leads to the well-being of others following a general criterion. All the constructs examined in this study exhibit a statistically significant positive influence. Findings of the study revealed that extraversion (sociability), life satisfaction, meaning in life, and neuroticism were found to have a significant positive impact on nursing positive thoughts. Additionally, nursing positive thoughts has a significant positive relationship with one's attitude to others well-being.

Theoretical and Contextual Contribution

According to this research, it's critical to support both men and women in rural areas in adopting a positive outlook. Policymakers should concentrate on establishing community-based initiatives that support and foster optimistic thinking in order to implement this concept. In addition to encouraging positive thinking, these initiatives must demonstrate to the villagers how their well-being is linked to the well-being of the whole community. Villagers

may be taught empathy, generosity, and teamwork via workshops, seminars, and training sessions. Additionally, advertisements should be launched to demonstrate how thinking positively not only makes people happy but also strengthens interpersonal relationships and increases community resilience. A more amiable and helpful community may result from legislators encouraging villages to actively care for one another by incorporating positive thinking programs into already-existing community events and enlisting the cooperation of local leaders. In addition to these efforts, it's critical to routinely get villager input about the effectiveness of the positive thinking programs and their needs. As the community's needs change, this input may help the services become better over time. Finding and educating local leaders who can successfully manage positive thinking initiatives that mesh with the community's culture should also be a priority for policymakers. These leaders should be able to include the villagers in meaningful conversations and activities that promote empathy for the welfare of others. To ensure that everyone supports and maintains the positive thinking initiatives throughout time, everyone should also collaborate closely with community leaders and other stakeholders. The findings of this study show a substantial production; thus, further research may be done by including a larger population or by examining many villages to provide a more complete view of the village community.

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