

Maintaining a Positive Attitude in Digital Era

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Abstract:

In the digital era amidst corona it is very difficult to maintain positive attitude . Digital transformations occurs across nearly every industry as organizations introduce technology to automate routine tasks, increase predictability, improve decision-making and drive productivity. A recent survey by Dale Carnegie Training found that 67% of employees are already impacted by AI in their roles or expect to be within the next five years. The research paper talks about maintaining positive attribute in all times especially after the corona times and the new normal which is digital world . The research paper is based on secondary data sources.

Introduction

“Have a positive attitude.” How many times have we heard that one? While our emotions cannot cause *fibromyalgia* (chronic fatigue syndrome), they no doubt affect our symptoms. But how can we maintain good thoughts when our bodies feel so lousy? This challenge, of course, does not pertain exclusively to chronic illness, but to any time when things do not go as we wish.

Yet our moods are not perfectly correlated with our physical state. Most likely we can all recall times that despite much pain or fatigue, we were able to cope and even achieve high spirit. Perhaps the weather was perfect, good friends visited, we just accomplished something or helped somebody, making us feel good about ourselves. At other times, depression seems of take hold even when our physical discomfort is at a manageable level. Why is this? Answering this question is the key to finding optimism.

In general , the vicissitudes of *fibromyalgia* feel like a swim in the turbulent sea – sometimes it seems we have fallen and the waves continue to crash on our heads, as we fight to rise, only to be knocked down yet again. But that same ocean sometimes allows us to find a wave we can ride smoothly to the shore.

Discussion

Positive thinking sounds useful on the surface. Most of us would prefer to be positive rather than negative. But, “positive thinking” is also a soft and fluffy term that is easy to dismiss. In the real world, it rarely carries the same weight as words like “work ethic” or “persistence.” Research is beginning to reveal that positive thinking is about much more than just being happy or displaying an upbeat attitude. Positive thoughts can actually create real value in your life and help you build skills that last much longer than a smile.

In a 2018 PwC survey of CEOs, 76% of CEOs said they were concerned about their organization’s lack of digital skills, but 91% said that they needed to strengthen their or-

ganization's soft skills. That finding should not be surprising; humans excel in creativity, social skills and judgment. It's humans who ask the right questions, interpret and evaluate decisions, and manage technology. Work that requires the highest levels of social and creative intelligence, such as collaborative innovation, are far from being automated. Soft skills will continue to be essential. Helping employees feel confident that they can develop the skills needed to continue to succeed in the era of AI is critical to achieving a positive attitude toward AI initiatives.

For organizations that see digital transformation and AI as vital to success, the value of having positive employees, who are willing to embrace the technology as well as their own changing roles at work, can't be overstated.

Suggestions

Being positive attitude is a choice one makes. It takes a lot of effort both on organization part and employees part to maintain positivity. The researcher put forth below mentioned suggestions to increase the thought process of positivity :

1. Commitment to Transparency

Going hand in hand with trust is a commitment to technology transparency, which means providing employees with a clear understanding of the new technology's purpose, what it will achieve and the scope of the work to be automated.

Transparency can be challenging given the complexity of AI and other advanced technologies. It can be particularly difficult when introducing AI in human resources (i.e., hiring, evaluating performance, promotions, etc.), where outcomes are even more personal for employees. Here, leaders should communicate the intention behind the projects, demystify them and engage the expertise of the employees doing the tasks now to help avoid missteps.

2. Trust in Leadership

In a 2017 survey by PwC, 67% of chief executive officers said that AI and automation will affect trust levels in the future. With digital transformation, there's little wonder that employees fear negative personal impact. Fear is a productivity-killer, but good communication from trusted leaders can help minimize apprehension.

3. Expect bumps-- It is important to acknowledge that we will sometimes feel down. But by expecting rather than dreading down time, such periods become more tolerable. In addition, recognizing that we will have blue periods helps keep them in perspective. After accepting that we will sometimes feel sad, and even experience self-pity, we can concentrate on ways to shorten these periods and make them fewer and farther between.

4. Track the changes.-- Keeping track of moods helps put ups and downs into perspective. Counting and measuring the duration of the bad times – as well as the good ones- can put them into perspective. This knowledge is empowering, because we can remind ourselves that a bad flare is, temporary setback

5. Stockpile fun distractions-- We all need to keep lists handy of the things that make us happy. This is not only a psychological but also a physiological response: our brains can only process so much input at once. When we are en-

grossed in a beautiful movie, talking to a good friend on the phone, or listening to our favorite music while lying on a heating pad or in the bathtub, we can trick our pain receptors into leaving us alone! Meanwhile improvements in spirit have an added impact on our entire well-being. Laughter is good medicine; while dwelling on our grumbles tends to compound them.

6. **Shape perspective.**-- Is the glass half empty or half full? Perspective determines, quite literally, how we view the world. Our perspectives are shaped by the comparisons we make and the expectations they create
7. **Create a new self.** -- If we hang on tightly to the “old self” we were, finding the value of our “new self” becomes increasingly difficult. This does not mean we should totally discard our previous conception of self; rather, we need to find a way to integrate the two.
8. **Don’t forget the good stuff.** -- While the physical symptoms of *fibromyalgia* can feel all encompassing, there are other parts of our life – our social relationships, passions, family – that also exist. By focusing on the positive aspects of our life, we become more aware of how many there are: the friends that stuck by us, the things we still enjoy, and the accomplishments we have been able to make, however small, under very different conditions.
9. **Keep the hope alive** -- There is so much room for hope We are in a far better position than the generations before us who suffered without ever receiving validation. We know much more about the important roles of exercise, medication, stretching, pacing and meditation to bring relief and a sense of control.
10. **Lean on me**-- A single most important predictor of how we do is the support network we create. We certainly appreciate what it means when someone helps us when we feel especially lousy. Help family and friends find ways to maintain their relationship.
11. **Indulge whenever you can.** We have lots of time to focus on our thoughts. Most people do not have the luxury of taking time to relax and think. We can use the time to think through problems we face and how we want to spend time when we are feeling ready, or we can analyze a movie we recently saw, say prayers, or mentally write a letter to a friend.
12. **Preparation for Transition** -Proactively helping employees prepare to transition to roles that work alongside AI is essential to keeping them positive and focused on opportunities instead of the potential negatives. Most workers recognize that receiving additional training is important to avoid losing their jobs.

Conclusion

Positive attitudes lead to happiness and success and can change whole life. If we look at the bright side of life, our whole life will become more optimistic. According to medical research optimists are sick less and live longer than pessimists. Positive outlooks on life strengthen the immune system, cardiovascular system and the body’s ability to handle stress. Optimistic, happy people believe that their own actions result in positive things

happening and that they are responsible for their own happiness. They never blame themselves when bad things happen. So next time instead of dwelling on the bad, analyze it to figure out what good can come of it

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