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**The Bogey Beast by Flora Annie Steele: A study of Martin Seligman's positive psychology
(Optimism)**

Zarak Khan¹, Khushnood Arshad^{2*}, Sulaiman Ahmad³

¹ Department of English, National University of Modern Languages Peshawar Campus, 20125,
Pakistan

^{2*} Department of English, National University of Modern Languages Peshawar Campus, 20125,
Pakistan

³Lecturer Department of English, National University of Modern Languages Peshawar Campus,
20125, Pakistan

Author/s Note

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sectors. Correspondence concerning this article should be addressed to the Department of

English, National University of Modern Languages Peshawar Campus, 20125, Pakistan

Contact: khushnoodarshad566@gmail.com

ABSTRACT

Studying "The Bogey Beast" by Flora Annie Steele via the prism of Martin Seligman's Positive Psychology has been explored by the scholars (Optimism). Through the use of Martin's notion of Optimism, the narrative was intended to reveal aspects and impacts of Positive Psychology (OP). This specific research topic has never been examined before. Positive Psychology (Optimism) may have long-lasting, evergreen benefits on one's brain and spirit, according to the studies.

Keywords: Flora Annie Steele, Martin Seligman, old woman, positive psychology (Optimism), the Bogey Beast

In the study of life, literature depicts the trials and tribulations that people endure on a daily basis. It also pays attention to the positive aspects of life. For this reason, psychology is seen as literature's equivalent since it aids readers in judging the writer and characters they are reading about in terms of their own thoughts and attitudes. Author personality, the method a particular literary work was formed, the psychological types that are present in the literary works and their behavioural features, and lastly the influence of literature on the readers were all analysed by R.Wellek and A.Warren. Understanding the psychological underpinnings of literature may help readers better understand how a tale or novel's characters deal with various social and emotional situations, emotions, ideas, and sentiments. It is possible to establish a paradigm for the current research in the field of literature and psychology by combining the two.

Folk storey teller Flora Annie Steele, who was also an accomplished writer, lived till April 12th, 1929. Arthur Rackham, a well-known American artist well known for his vibrant colour work, drew the tale "The Bogey Beast" for the book. Retold and published by Annie under the title "English Fairy Tales" were some of the tales he drew. More than 40 folktales by Rackham are included in this collection of short stories. Annie Flora Annie Steele, an Anglo-Indian author born in Middlesex, England in 1847, was attracted by Indian culture and history. After marrying into the Indian Civil Service, she moved to India at the age of 20. Having learnt so much from her time with the "local" Indians, she was inspired to write an exhaustive book on the country while simultaneously entertaining the guests of her husband's station as well. During her time in India, she formed a strong bond with the country's women. English Fairy Tales and Tales of the Punjab: Folklore of India are only a few of the author's many works devoted to folklore and fairy tales.

The story of "The Bogey Beast" centres on a positive lady who refuses to allow her deep optimism be dimmed by the sorrows of the world. The fable's heroine is often regarded as one of the most upbeat characters in all of English literature. In all of her dealings with the world, she lives by the axiom, "When life hands you lemons, create lemonade. As the tale progresses, she does not seem to have a negative outlook on life, no matter how difficult her circumstances have been. Rather of focusing on the difficulties of the present, she sees them as a stepping stone to a better future. It's not that she's not looking forward to a better future; it's just that she's designing the structure and skeleton of her wretched existence as a method to get there. Every time she says something welcome, she dispels the gloom of her plight and makes room for the pleasant things she deserves.

Every stage of a person's life, starting with birth, brings with it a unique set of difficulties. Because of his upbringing, he has faced a variety of cravings and obsessions, including the need to play with dolls and candy. When he reaches maturity, he no longer seeks toys, but rather a wealthy and comfortable lifestyle. Negative and positive attitudes are formed when a person's wants and wishes change. Anxiety, despair, and unneeded sorrow are all gifts that come from a bad mindset, which in turn adds to a poor existence. A optimistic outlook encourages a person to take action in a way that minimises the risk of failure and disappointment. An optimistic outlook requires a significant amount of positive energy to maintain, and this energy must be utilised throughout the day in order for the journey to be successful. The struggle between a person's ability to see evil and good is what divides him or her into those who take a more positive or more negative viewpoint. If a person finds himself or herself in a position where there is no way out, he or she acts on the basis of his or her perspective. Positive thinking contributes to

happiness, growth, and wealth whereas pessimism prevents people from experiencing the same benefits.

OPTIMISM (POSITIVE PSYCHOLOGY)

There is a difference between a person who is pessimistic and someone who is optimistic. The late Sir Winston Leonard Spencer Churchill.

Positivity is a state of mind characterised by the conviction or expectation that a particular undertaking or set of results, in general, will be beneficial and desirable. Every person's life has its ups and downs, but research shows that having a positive attitude on life has a substantial impact on all aspects of one's well-being, including mental and physical health. The ability to maintain a positive outlook is also regarded an important factor in stress management. You don't have to ignore difficult or tough situations in your life, but you do have to change how you deal with them. In order to change your outlook on life, you'll need to be patient and aware, but it's doable if you've always had a negative outlook. Positivity has a profound effect on mental fortitude and bestows on it a blessing of everlasting tranquilly. Relaxation and physical well-being are two of the benefits of this practise. When it comes to positive psychology, "Hope" is usually encouraged. The human spirit's ability to see the bright side of every situation. Additionally, Emily Dickinson supports optimism by focusing on "hope" as a key aspect in the advancement of human existence. In her poem "Hope," she uses a feathered object as a metaphor for hope. According to her, hope has wings and lives in the hearts of all people. Without words, the "bird of hope" sings and chirps. An important distinction is worth noting here: optimism contains the beauty of melody and rhythms, but they can't be heard or seen since optimism offers the human mind and spirit a sooth-ness that can only be felt. As a result, an adjective like "wisdom" is introduced to you since you are optimistic. Even those difficulties that seem to be

insurmountable may be solved in a logical manner thanks to this book's methodical approach. Pessimism and wisdom don't go hand in hand, and a smart man can never be both. Optimism also breeds knowledge, and wisdom in turn breeds more optimism. Optimism, according to Martin Seligman, is the capacity to face adversity with a feeling of confidence and competence.

Positive Psychology, Prevention, and Positive Therapy are all topics that Martin Seligman wrote about in a book he co-authored. As the adage goes, "prevention is better than cure," and this essay proves that. In his paper, Martin Seligman revealed what inspired him to pursue a career in Positive Psychology. He narrated a scene in which he and his daughter were weeding in the garden, and the youngster was spreading the uprooted weeds in the air while they spoke. Angry with his daughter, Seligman pushed her out of the garden. She returned and reminded her father of a behaviour she picked up when she was only a little girl of three (3). Do you recall how often I used to moan and complain? When I was five, I could moan like nobody's business (5). As a follow-up question, the daughter asked her father whether she could quit being grumpy at the age of even if it was difficult for her to do so (50). Nikki, a five-year-old prodigy, had a lightbulb moment and left her father speechless. The most important thing in life is not to hide one's flaws, but rather to focus on developing one's strengths. After Martin's election as president of the American Psychological Association, the movement of Positive Psychology began. There is no need to wait for psychological problems to occur before treating patients with treatments if attitudes can be changed and safeguards can be taken, as he inferred from the talk. Preventative measures are preferable than therapy and treatment. Optimism sees life's setbacks as only a blip on the road. From the Latin word "optimum," which means "the best." As a general rule of thumb, optimism is defined as an expectation of the best possible result in any given circumstance. "A Bogey Beast" by Flora Annie Steal has been studied by scholars using Martin

Seligman's theory of Positive Psychology (Optimism). He has scoured the short narrative for positive psychology components (optimism).

REVIEW OF RELATED LITERATURE

Flora Annie Steele and Positive Psychology have been the subject of a slew of study publications and studies (Optimism). Researchers will examine the work of other researchers in this area.

Walt Whitman: The Optimism of an Evolutionary Pantheist was the focus of Hulst (2001). Optimism was the subject of this piece by Walt Whitman. Despite the ills of the world, Whitman maintained a hopeful outlook on God and the Universe's laws. Although Whitman had accepted all of the societal taboos and bad social circumstances that existed at the time, the author still had immense faith that things would improve in the future. The poem Leaves of Grass by Walt Whitman, in which he articulated the idea of evolutionary optimism, was cited in the study. His profound confidence in the rules of the universe and his notion that the world was on its way to becoming a perfect place. Whitman, who was followed by Emerson in expressing optimism about the future of society, offered a vision of progress. The research concludes that Whitman's Optimism was considered naive by many opponents, yet he remained steadfast in his beliefs and provided Americans a better future via his philosophy of Positive Evolution and optimism.

"George Orwell's Socialist Commitment and Movement of Political Optimism" was the title of an essay by Wintrop (2004). George Orwell's work has been criticised for conveying a message of doom, but the fact is that it acts as a catalyst for readers to embrace optimism; that is, his writings have been proven as socialist movements that encourage readers to embrace positivism. According to the report, there is a method for optimism despite Orwell's pessimism.

Abdullah (2006) studied William Golding's *Lord of the Flies* and the conflict between pessimism and optimism. An ongoing battle between evil, pessimism, and good and optimism was the subject of the paper. While some characters in the tale are pessimistic and nasty, others are optimistic and cheerful. Ralph, Piggy, and Simon portrayed a long-distance race of good existence in the face of evil pursuit. Humans may be both good and bad, pessimistic and optimistic, according to this study. The article praised William Golding's work for effectively encouraging optimism.

Donaldson (2010) works on Positive Organizational Psychology, behaviour, and scholarship; a study of the expanding literature and evidence basis. 'The importance of what he dubbed "beyond orthodox psychology" was brought up in his discussion of the function of positive psychology. He found that scholars and practitioners are focusing on a wide range of topics and questions. According to Donaldson, Positive Psychology has grown tremendously in the last several decades (Optimism). For the purpose of considerable changes in working life and organisational advancement, the Positive Psychology has bolstered the practical application of psychology.

The essay "Realistic Optimism in Robert Frost" was written by Ashapure (2016). To begin, the author discusses how India's first Prime Minister, Jawaharlal Nehru, was influenced by Frost's Optimism throughout his life. 'The Death of the Hired Man,' a poem by Robert Frost, has been referenced in this article because of its abundance of Optimism. The poem's central theme was the transformation of a pessimistic spouse into one who is more optimistic. Optimism is a common topic in Robert Frost's work, according to the Paper's conclusion. Instead of escaping and whining, he recommended leading a life of optimism and confidence in the dark side of life that would eventually change.

"Positive Psychology and English Literature Hand in Hand" is the title of a 2016 essay authored by Salma and Sara. It was explained in the study how Positive Psychology may transform one's life from one of despair to one of pleasure and happiness. Researchers listened to "The Old Man and the Sea" by Earnest Hemingway and examined the notion of Positive Psychology that he applied in the book.. To make money, he had to catch fish, and he failed many times. However, his positive outlook on life kept him from worrying about his failures, and he would sleep comfortably at night and begin fishing again the next day. The paper's conclusion is that the protagonist's Positive Psychology keeps him from losing faith in a brighter future and shields him from a variety of mental illnesses.

Thomas (2018) wrote an essay titled "Robert Browning's Optimistic Spirit." The article examined all of Robert Browning's works in depth and distilled the central subject of optimism. The author explored Robert Browning's Optimistic Spirit in his poems such Rabbi Ben Ezra and Andrea Del Sarto, which were documented in the article. As a compensation for living in the broken arcs of this world, we humans must believe in the perfection of the skies, a belief that can only be discovered in the poem Rabbi Ben Ezra. In another poem, 'The Last Ride Together,' published in the same periodical, Robert Browning is shown as being upbeat about his love life. As a result of his optimism, Robert Browning is a notable writer of his day and has an advantage over other authors.

Suwasono (2019) wrote an essay titled "Paulo Coelho's The Alchemist: An Optimistic View of Life. According to the article, the novel's message of hopefulness was communicated via the creative use of symbols. After conducting a thorough investigation of symbols, the researchers finished the piece with a few more information. It was determined that faith, power, struggle, hope, respect, and positive thinking were all part of the symbols used by the researchers

to categorise characters as either pessimistic or optimistic. There were also an additional eighteen items to be discovered, including four symbols of optimism in people, two signals of optimism in things, and six emblems of things themselves. The researchers determined that Paulo's message of hope is conveyed via the use of symbols.

Researchers have yet to discover the subjects they've chosen to study. Uncovered in "The Bogey Beast" is Positive Psychology (Optimism), which will be unearthed by researchers.

Purpose of the Research

In general, the study's goals may be broken down into the following two categories:

As an example of positive psychology, the Bogey Beast should be studied (optimism).

To demonstrate Flora Annie Steele's storey, The Bogey Beast, in which she portrays the benefits of optimism.

METHODOLOGY

Because this is a qualitative inquiry, a literary theory is imposed on the subject's skeleton. Martin Seligman's Positive Psychology (Optimism) has been used by experts to analyse Flora Annie Steele's tale, The Bogey Beast. The narrative has been examined in the context of Martin Seligman's Positive Psychology (Optimism). An in-depth investigation of Positive Psychology (Optimismminute)'s details was undertaken by the researchers in this study. When it comes to cases, evidences, as well as thematically linked concepts, the theory picked and the tale decided for have a perfect match. The narrative is well-crafted, demonstrating that Martin Seligman's idea has been fully met and fulfilled by the storey under investigation's plot. Researchers have conducted a textual study, avoiding the use of numerical data and solutions. The study is a pure qualitative investigation of a literary work that just required a factual analysis based on Martin Seligman's theory. The researchers gathered information from the story's monologue and utilised

Martin Seligman's theory of Positive Psychology to complete their study by stressing the positive impacts of optimism on the story's protagonist, a female protagonist.

Theorizing and Deliberation

The realities of human existence are those of suffering, misery, and denial. Every person has difficulties and poor experiences that stoke up negative emotions, but by acknowledging them, the harm they may do can be lessened. If these unpleasant feelings are not dealt with in a timely manner, they may have a severe impact on a person's character. Hopelessness, a whiny disposition, and ungratefulness may lead to a broken identity, a disordered outlook on life, and a disordered life skeleton or pattern.

An optimist's actual battle is to live with scars when suffering and afflictions are unavoidable. It's up to the victim of abuse to decide whether or not to continue living in the same awful circumstances, or whether or not to leave the environment and do something better. Optimists tend to live longer, happier lives, and are in better health. Another example that may be used in conjunction with the explanation above is that of a person from a middle-class household. Instead than whining about what he lacks in comparison to others, the person is thankful for all the blessings he has received in his life and refuses to dwell on the negative aspects of others' lives.

For The Bogey Beast's elderly lady is characterised as a single bread-winner. Her persona is portrayed as a lone life fighter who has no other means of generating income or saving money except to travel the world and sample the delicacies she finds. The reader is taken completely by surprise by the contagious optimism she exudes. There are numerous levels to our civilization, and each layer has its own set of hardships, pleasures, results, loss, and gain. The level of social standard determines the intensity of each item a society has. The individual in the narrative is left

to fend for himself, and it's a widely held view that loneliness is a major contributor to mental illness. Because she is the only one in the narrative, it's easy to assume that being alone would sap the old woman's optimism, but that doesn't happen until the very end of the novel, and she continues to accept and suffer every good and terrible occurrence with open arms.

While scanning the area, she came up empty-handed. As she continued, she said, "Maybe there's a hole in it." "I'll bring it back to my place" Text 11-12 on pg1:

Martin Seligman's Positive Psychology may be seen in this phrase (Optimism). In spite of potential distortions, the main character intends to maintain it any way. This comment exemplifies the woman's unstoppable good character traits. In the beginning of the tale, a lady sees a black pot lying in a hole dug alongside the road as she makes her way home. When she saw the pot, she went in search of its owner, but when she couldn't locate him, she saw a chance for herself. She wondered for a long whether the black pot had been placed here because of a flaw in it because of the feeling of potential and positive vibrations it exuded. It might have any flaws that would have rendered it useless to someone else. After this, she had the bright idea that just because something has a flaw or defect doesn't mean it's useless. Still, it'll work for me since I can insert a flower in it and display it in my window as a decoration. This phrase clearly demonstrates the woman's positive outlook on life, which is a hallmark of Positive Psychology. Stuff with flaws is normally thrown away because of its lack of value, yet this lady uses the black pot to decorate a flower. A flower is an internationally recognised symbol of peace. When a flower is used in this way, readers are taken on a journey that is both beautiful and uplifting.

"At this point, she had become something of a treasure to her." "I've never!"... "An enormous piece of silver" (Line 29 pg. 2).

Flora When it comes to making her readers feel as though reading "The Bogey Beast" is a waste of time, Annie Steele doesn't hold back. Throughout her work, readers will be compelled to keep reading because of the tense variations in each line. Martin Seligman's Positive Psychology seems to have a clear correlation with these milestones (Optimism). After putting the lead into the black pot, the lady discovered gold. She begins to pull the pot back to her house one by one. When she wakes up, she discovers that the gold money she had been carrying had been transformed into silver coins while she was sleeping. At first, she is taken aback and wonders whether she would have been happier if she had dreamed of gold money instead of silver; but, as time passes, she comes to appreciate the silver coins and realises that they represent good fortune for her since they cannot be stolen. Silver is simpler to manage than gold since it is less bothersome. The gold may have been taken and the thieves could have injured me while taking the gold pieces, and I would have been murdered as a result. Martin Seligman's Positive Psychology (Optimism) research is an excellent fit for her because of her positive thoughts about the silver lump.

"She saw... a bit of iron," he said. 'Well! ...!...!...' Her words, "rolling wealthy," are repeated (Line 38-42, pg2).

The fundamental idea of Happy Psychology is to maintain a positive outlook and to accept the inherent flaws in one's own life. The protagonist of the narrative is a devout adherent of the Positive Psychology school of thought popularised by Martin Seligman (Optimism). The protagonist is struck by good fortune again and over throughout the course of the novel, but she refuses to allow her optimism and gratitude get the better of her. She finally accepts the change and begins lugging the pot full with silver pieces this time after her checked gold was converted into silver on the way back to her house. She takes a break on the way back to her house so she

may relax and check to see whether the treasure she was carrying was still there. It takes her by surprise when she discovers that her silver jewellery has turned to iron. It's only at this time that she acknowledges her mistake and labels it "luck" once again. Coins made of iron are more useful than those made of silver or gold because they cannot be stolen or robbed, and secondly, because I may get pennies bits of iron that I can sell and therefore become wealthy and richer.

That one time, there was a huge rock. 'Well! ... 'I never!'..... She sobbed happily... "God bless" (Line 46-49, pg. 3).

Martin Seligman's Positive Psychology appears everywhere in this novel (Optimism). It was clear that the elderly lady had mastered the art of positive psychology (optimism). She was unstoppable because of her unflinching acceptance of poor fortune and her willingness to embrace life's ups and downs. In the wake of discovering the iron pieces, she begins to plot a way to transform her life for the better. She takes a break once again. Once she'd had some time to recuperate, she took a peek around to make sure her pot wasn't in danger. She grins when she receives a large stone. Using the stone in a constructive manner is what she recommends. As a precaution, she places the stone in front of her gate. Overjoyed to be able to keep her gate open with the aid of the stone she intends to carry home, she exclaims. Every time she receives a disappointing outcome, she takes a moment to reflect on her good fortune. After finding the stone, she deems her good fortune a wonderful thing she already has.

It was the elderly lady's turn to laugh. 'Well!' 'I'm in luck,' she said with a grin. The plot revolves on an elderly woman who finds it exhausting to go even a short distance. When she begins to drag the stone, she intends to use it as a barrier to keep the gate open. To make sure the gate wouldn't be locked, she was hurrying back home. In the meanwhile, she untied the stone she had tucked inside her shawl from her cottage's door and returned to the cottage. When she

returns, she is surprised to see that things is just as it was before. She came to a halt while she was removing the stone's tie. The stone suddenly morphed into a naughty guy with large ears, a long tail, and tiny legs who was giggling hysterically. Laughing with the cheeky kid, the elderly mother peered in wonder at the scene.

Martin's Positive Psychology may be observed in the elderly woman's celebration of a beast as her good fortune. She thought of herself as the happiest person in the world because even though she had a crush on the Bogey Beast, she had managed to liberate herself from its clutches. She referred to it as "GRAND" once it entered her life.

Throughout the narrative, the elderly lady does not express any grief or sorrow. Regardless of what the journey brought her, she was ready to embrace it wholeheartedly. Every step she took, she chanted, "It's a good day," no matter how bad things seemed to be going. As a result of the elderly character's optimism, the story's readers are left with a positive outlook. However, every word in the novel has been carefully chosen to leave the reader with an awe-inspiring sense of gratefulness and optimism.

Seligman's Positive Psychology (Optimism) is a proponent of proactive measures to avoid negative outcomes. Martin's Positive Psychology brought the concept of illness prevention to psychology, which had hitherto focused on sickness and therapy. "Prevention is better than treatment," he said, and he urged his students to stay optimistic in the face of any obstacle that comes their way. The character of the elderly lady who doesn't lament every loss that comes her way every now and then exemplifies the impact of Martin's Positive Psychology in the novel *The Bogey Beast*. She has no rays of hope, but she makes her life worth living by thinking about gratitude and patience in order to avoid the continual depressing sense of having nothing to live

with. Like the elderly lady in the narrative, anyone's life may benefit from Martin Seligman's Positive Psychology (Optimism).

A woman with two distinct paths she can take in life. The first thing she does in life is whine about the things she doesn't have and fill her mind with all the things she doesn't have. Another option is to live a contented and contented life with the material possessions that life provides, and to avoid mental illness in the long race to attain intangible desires. In order to complain about life and its resources, one has to have a lot of unfulfilled desires, which in turn leads to depression and mental illness in an individual. Even though the old woman in "The Bogey Beast" wants to be wealthy, she doesn't make that her sole motivation in life. Lucky companionship plays a significant role in her optimism, which no one who is cynical can appreciate or experience.

You know what? I'm feeling... fantastic. So she went... guffawing at one's own fortunate fortune (Line 66, pg. 3).

Flora's concise storey When it comes to literature, Annie Steele has everything. It was shown to be quite helpful in the instance of the elderly lady, Martin Seligman's Positive Psychology (Optimism). The last lines of the narrative illustrate the deep connection between the elderly lady and her good fortune in this statement. Every time she takes a step and obtains a piece of fruit, the lady credits her good fortune. Luck, she termed it, since her gold money had converted into silver coins, which are less heavy on the brain than gold. Having lost her gold, she would be devastated. Silver transformed to iron in an instant, but this transition didn't upset her at all; instead, she planned to produce coins from them and sell them to get richer.

Despite the iron turning to stone, the stone to beast, and the beast to stone, she continued to laugh at her good fortune and consider herself a lucky person. If the elderly lady hadn't been

upbeat, she wouldn't have celebrated each milestone, would have moped around, and would have lamented the failures of her life. Instead, she kept upbeat and cheerful throughout the voyage, encouraging others to do the same. According to Seligman's Good Psychology (Optimism), we may learn from the elderly woman's positive attitude "Once upon a time... in the universe" (Line 1-5, pg. 1).

As soon as the opening sentence of the narrative is read, readers are hit with a wave of good energy, hinting at a profound lesson and topic to come. Martin Seligman's Positive Psychology (Optimism) permeates the plot (Optimism). The narrator introduces the reader to the elderly lady at the beginning of the narrative. The lady was characterised as being elderly, destitute, and alone. Because she was elderly and destitute, she had no real reason to be joyful, yet she would continue on living pleasantly nonetheless. Providing assistance to her neighbours would bring her little personal financial gain. She would seem cheerful, vibrant, and content despite the fact that she would just be receiving the necessities of her daily existence as compensation for her services. Her daily earnings would be used up each day, and she would have to work the following day to earn food for the next day. Her lack of savings was obvious from the start.

Life might be horrible and depressing for anybody in the above-mentioned situation, yet there was no pessimism to be found in the elderly woman's spirit. With her unwavering faith and gratitude, she has infused positivity throughout her life. Optimism (Positive Psychology) by Martin Seligman is a lot like the old woman's ideas in The Bogey Beast. Without her positive outlook, the elderly lady might have succumbed to mental illnesses that may have lasted the rest of her life, but she was spared because of her gratitude.

Martin Seligman's Positive Psychology (Optimism) and the woman's character in the narrative have a one-to-one correlation, according to the debate. The woman used the word "luck" after every trail that came her way, but with the help of her positive energy, she saw every trail as an opportunity. If the elderly woman's life were void of positivity, she would be reduced to a state of misery, suffering, and whining, but she overcame this by dividing and multiplying the positive energy in her life in order to live a more contented existence. When she was a child, she always had a positive outlook on her future.

CONCLUSION

Martin Seligman's Positive Psychology (Optimism) has been used to analyse the narrative of *The Bogey Beast*, which includes a central theme of optimism. An in-depth analysis of the story's aged, impoverished lady character revealed that she had all the potentials necessary to live up to Martin's Positive Psychology. Positive Psychology (Optimism) by Martin Seligman ensures a better and happier existence, as shown by the fable, *The Bogey Beast*. The Positive Psychology school of thought contends that by altering one's way of life, one can evade the effects of mental illness and other life's hardships.

There are two options for coping with life's difficulties: depression, anxiety, sadness, and a feeling of ingratitude and hopelessness—or joy, happiness, and a sense of wholeness, gratitude, and hopefulness. The choice is entirely in your hands. Humans are machines that need to be operated as technically as they were made, and positive psychology encourages people to choose the latter options in order to lead a successful life. The character of the lady in the narrative, *The Bogey Beast*, followed the preventive and got a feeling of thankfulness, positivism, and acceptance that allowed her to have a peaceful existence with no complaints or mourns about her life.

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