

## **ABSTRACT**

The study examines the immediate and long term functions of positive affect. It comprises of two sections. The first section explores cognitive broadening and flexibility as immediate functions of positive affect. Positive, negative, and neutral performance feedback is used to experimentally induce desired affect state. Cognitive broadening and flexibility are measured on a modified version of global-local task (Kimchi & Palmer, 1982). Results reveal that, despite of global precedence over local processing across affect groups; positive affect group demonstrated greater cognitive flexibility as compared to negative and neutral affect group. These findings suggest that immediate function of positive affect cannot be explained in terms of global/local bias rather it is better understood through cognitive flexibility in information processing. Therefore, the findings address the existing theoretical and empirical inconsistency concerning the influence of positive affect on cognition. The second section examines the long term functions of positive affect on physical and psychological well being. The study also examines the mediating role of psychological resilience and moderating role of emotional intelligence, extraversion, neuroticism, and openness to experience in the concerned framework. Data were collected from 511 participants, using standardized measures, to examine the variables under study. Results demonstrate that positive affect positively influences physical health and psychological well being through increasing psychological resilience. Results further show that emotional intelligence, openness to experience, and neuroticism significantly moderate the linkage between positive affect and psychological resilience in the hypothesized direction. In contrast, the moderating effect of extraversion is not found in the hypothesized direction. Altogether, the findings suggest that positive affect via its immediate influence on cognition leads to long term physical and psychological well being contributing to human survival and growth. The study has

major implications in theoretical advancement of positive affect, designing of resilience development programs, and development of positive therapeutic techniques. Future research is necessary to overcome the limitations of the study and gain advanced conclusions.

**Keywords:** Positive affect, cognitive broadening, cognitive flexibility, psychological resilience, emotional intelligence, extraversion, openness to experience, neuroticism, physical health, psychological well being