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the life orientation test lot is a standard psychological instrument that assesses one's dispositional level of optimism providing meaningful insight into possible interventions such as those to address harmful thought patterns the primary purpose of this paper is to review recent research examining the beneficial effects of optimism on psychological and physical well being the review focuses on research that is longitudinal or prospective in design one of the most common used instruments to measure optimism both in psychological and medical research is the life orientation test lot and the revised version lot r the lot was developed by scheier carver 1985 the life orientation test lot scheier carver 1985 was developed as a measure of dispositional optimism optimism has been linked to positive life outcomes and is associated with psychological carver gains 1987 scheier carver 1985 and physical scheier carver 1987 scheier et al 1989 well being the life orientation test lot was developed to assess individual differences in generalized optimism versus pessimism this measure and its successor the lot r have been used in a good deal of research on the behavioral affective and health consequences of this personality variable the primary purpose of this paper is to review recent research examining the beneficial effects of optimism on psychological and physical well being the review focuses on research that is longitudinal or prospective in design background objective the most common used instrument to measure optimism both in psychological and medical research is the life orientation test revised lot r a multi countries study using the future item from the lot r found that level of optimism varied between countries the revised life orientation test lot r scheier carver bridges 1994 is a 10 item version of the life orientation test lot that assesses individual differences in optimism and pessimism 4 items are filler so scores and analyses are based only on items 1 2 4 6 8 and 10 one of the most common used instruments to measure optimism both in psychological and medical research is the life orientation test lot and the revised version lot r the lot was developed by scheier carver 1985 this study aimed to explore the current status of activities of daily living adls life orientation and health related quality of life hrqol among older people in nursing homes and to further examine the mediating role of life orientation in the impact of adls on hrqol distinguishing optimism from neuroticism and trait anxiety self mastery and self esteem a reevaluation of the life orientation test journal of personality and social psychology 67 1063 1078 internationally the life orientation test revised lot r scheier carver bridges 1994 is the tool used most often for measuring dispositional optimism the lot r is a 10 item scale that comprises three items reflecting optimism that are scored positively three items reflecting pessimism that are reversed scored and four filler items life orientation is the study of the self in relation to others and to society it addresses skills knowledge and values about the self the environment responsible citizenship a healthy and productive life social engagement the life orientation test revised scheier carver bridges 1994 is a widely used self report measure of optimism the present study examined the test's psychometric properties in a japanese cultural context 448 japanese university students completed a japanese version of the life orientati life orientation is aimed at developing and engaging learners in personal psychological neuro cognitive motor physical moral spiritual cultural and socio economic areas so that they can achieve their full potential in the new democracy of south africa department of education 2002 2003 9 orientated life orientation curriculum are highlighted focusing on the teaching learning strategies of a selected sample of life orientation teachers strengthen the merit for suggesting a multi faceted framework to enhance curriculum outcomes and teaching quality regarding life skills education health promotion as part of life orientation aspires to promote a healthy lifestyle and equip learners with the knowledge and skills to attain and maintain a healthy lifestyle this research project consists of 10 pages amajuba district common research project grade 12 life orientation research project issuance date 20 march 2024 submission date 12 april 2024 life orientation common research project research project grade 12 2024 assessment task 3 marks 90 duration 3 weeks due date 12 april 2024 topic democracy life orientation is a philosophy that focuses on personal growth and self awareness it helps individuals understand their strengths weakness values and goals setting goals and this research study attempts to explore the experiences of life orientation teachers focusing specifically on the role that context plays in their implementation of the curriculum teachers working in the fet phase grades 10 12 within two different contexts were selected to participate

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the life orientation test lot was developed to assess individual differences in generalized optimism versus pessimism this measure and its successor the lot r have been used in a good deal of research on the behavioral affective and health consequences of this personality variable

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background objective the most common used instrument to measure optimism both in psychological and medical research is the life orientation test revised lot r a multi countries study using the future item from the lot r found that level of optimism varied between countries

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life orientation is a philosophy that focuses on personal growth and self awareness it helps individuals understand their strengths weakness values and goals setting goals and

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this research study attempts to explore the experiences of life orientation teachers focusing specifically on the role that context plays in their implementation of the curriculum teachers working in the fet phase grades 10 12 within two different contexts were selected to participate

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