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The Psychology of Harmony and Harmonization: Advancing the Perspectives for the Psychology of Sustainability and Sustainable Development

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Abstract

After delineating the roots of harmony in the literature from both the Eastern and the Western perspectives, the paper introduces the new Psychology of harmony in terms of harmonization that widens the perspective calling for psychological contributions regarding components, processes and building strengths in a preventive perspective. The complex construction of Harmony from a psychological perspective underlines the concept of relationality. Harmony results at three main points, with oneself, with others, and with nature/the natural world, also taking into account the spatial and temporal perspectives. The Psychology of harmony as harmonization represents a pillar for a new research area in the psychology of sustainability and sustainable development, considering harmonization in geographical and temporal perspectives, including meaningful construction processes from the past, to the present, and into the future using reflexivity processes at the individual, group, community, social, and national levels. Introducing the innovative psychology of harmony as harmonization the present article offers promising perspectives for research and intervention with the aim to individuate and foster new strengths from a preventive perspective.

Keywords: harmonization, psychology of sustainability, sustainable development, relationality, interpersonal r

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