Abstract

The primary goal of the present study was to investigate the impact of self-actualization and peak experience on positive mental health and to explore the association among self-actualization, peak experience and positive mental health. The sample comprised on 344 individuals in which included 141 male and 203 female, their age range 20 to 60 years ($M=$ 1.60, $SD=$ .55). Characteristics Self-Actualization Scale (Kaufman, 2018) used to measure self-actualization in individuals; Positive Mental Health Instrument: (Vaingankar et al,. 2011) used to measure mental health in individuals; Peak Experience Scale (Mathes et al,. 1982) used to measure peak experiences in individuals. All these variables were significantly correlated and multiple regression analysis was also run and finding suggested that self-actualization and peak experience were significant predictors of positive mental health.