

Moments Worth Holding: Reclaiming Psychological Well-Being Through Appreciation of Everyday Beauty

Angela Olivia Lubis¹, Zarina Akbar¹ and Mira Ariyani¹

¹ Master of Psychological Science, Faculty of Educational Psychology, State University of Jakarta
Rawamangun Muka Raya Street, East Jakarta, Jakarta, Indonesia

[1angela.olivia@mhs.unj.ac.id](mailto:angela.olivia@mhs.unj.ac.id); [2zarina_akbar@unj.ac.id](mailto:zarina_akbar@unj.ac.id); [3mira_ariyani@unj.ac.id](mailto:mira_ariyani@unj.ac.id)

Abstract: In our fast-paced and distracted modern lives, simple moments of aesthetic significance are often overlooked, even though everyday beauty has significant potential to strengthen individuals' psychological well-being. This study aims to examine how appreciation of everyday beauty contributes to the restoration and strengthening of mental health. Using a literature review approach, 27 national and international scientific articles published from 2015-2025 were thematically analyzed from various databases such as Google Scholar, PubMed, ScienceDirect, EBSCO, and Scopus. The studies covered the themes of aesthetic experience, positive emotions, self-reflection, psychological resilience, and meaning-making in everyday contexts. The results show that appreciation of everyday beauty - whether in the form of nature, art, moral actions, specific achievements or accomplishments, or social relationships - contributes to increased positive affect, gratitude, meaning in life, and emotional flexibility. In addition, aesthetic experience-based interventions such as beauty journaling and narrative reflection were found to be effective in increasing happiness and reducing stress symptoms. These findings confirm that Appreciation of Beauty and Excellence (ABE) is a relevant character strength as a humanistic, low-cost, inclusive, and contextualized psychological recovery mechanism, and can be an important foundation for the development of promotive strategies in the mental health of Indonesians.

Keywords: Appreciation of Beauty, Psychological Wellbeing, Aesthetic Experience, Simple Moments, Self-Reflection, Positive Psychology

1 INTRODUCTION

In the fast-paced and stressful landscape of modern life, individuals' psychological well-being is increasingly threatened by the rhythm of life that demands high productivity, relentless achievement, and burdensome social expectations. Many people are caught up in hectic routines, drowning in digital distractions, and losing connection with simple moments of meaning. As a result, the phenomenon of existential crisis and the increasing prevalence of stress, anxiety, and feelings of alienation are now in the global spotlight, including in Indonesia (World Health Organization, 2022; Basrowi, et al., 2024). These lives that are increasingly detached from natural rhythms and contemplative values distance humans from their basic capacity to be fully present - both to themselves and to the world around them. Time to notice the light filtering through a morning window, hear a friend's laughter, or simply enjoy the movement of a leaf in the breeze is often overlooked. When awareness of the beauty of daily life is lost, the emotional value of life is diminished, and psychological well-being is displaced (Tajab, et al., 2025). In response to this complexity, positive psychology introduces a variety of character strengths that can support individual well-being. One of these is Appreciation of Beauty and Excellence (ABE) - the ability to notice, admire and absorb beauty and excellence in simple and extraordinary forms around us (Proyer et al., 2016). This concept goes beyond the aesthetic experience of works of art or natural landscapes, and includes the emotional experience that arises when one is aware of and grateful for the existence of ordinary, meaningful moments, such as tasting hot tea, seeing the smile of a loved one, or witnessing a small act of kindness (Ahrens & Cloutier, 2019; Diessner et al., 2006). This appreciation of everyday beauty is not only a form of momentary pleasure, but also plays an important role as a psychological buffer - an emotional shield that can strengthen resilience, enhance positive affect, and deepen the process of finding meaning in life (Keltner & Haidt, 2003; Braswell & Prichard, 2023). It even has the potential to be a simple yet significant promotive strategy in supporting community mental health, as it is inexpensive, inclusive, and can be practiced by anyone without requiring access to clinical resources. In this sense, the restoration of psychological well-being is not just about clinical interventions or stress management techniques, but also about the ability to 'pause', be fully present, and rediscover the magic in the mundane. However, appreciation of beauty is not an ability that happens automatically, especially amidst the dominance of instant culture, consumerism, and the pressure to

always appear productive. The challenge of cultivating ABE becomes even more complex when society begins to disconnect from its roots of spirituality, family values, and closeness to nature - values that have long been embedded in Indonesian tradition, as reflected in the concept of *Tri Hita Karana*. This Balinese philosophy of life emphasizes the importance of harmony between humans and God (*Parahyangan*), fellow humans (*Pawongan*), and nature (*Palemahan*), as pillars of prosperity and a meaningful life (Putra, 2024). When such harmony is displaced by the demands of modern lifestyles, the individual's capacity to feel beauty deeply is weakened.

In the context of urban Indonesia, which is increasingly driven by competitive lifestyles, the practice of realizing beauty in daily life can be a form of counterculture that brings back inner calm, spiritual awareness, and a more authentic relationship with self and others. For example, a study in Bogor City found that simple activities such as walking and sitting in urban green spaces significantly increased relaxation, reduced anxiety and improved psychological well-being - demonstrating the potential of ABE as a form of emotional buffering (Sari, et al., 2023). Cultivating ABE also has long-term implications, particularly in the process of optimal aging. Individuals who are accustomed to recognizing and celebrating everyday beauty will find it easier to maintain life satisfaction, positive affect, and psychological flexibility when facing transitions and experiences in old age. Thus, ABE can ideally serve as the foundation for a full and meaningful life, from today to old age (Diessner et al., 2012). Unfortunately, although ABE has been widely researched in the context of Western and global positive psychology, this approach has rarely been systematically addressed in the local literature, especially in relation to restoring the psychological well-being of Indonesians. Yet, amidst the increasing need for humanistic and contextualized approaches in mental health, appreciation of everyday beauty offers an alternative pathway worth considering - both as a personal strategy and as part of a more empathic and sustainable psychological intervention design. Against this backdrop, this study aims to present a comprehensive literature review on how appreciation of everyday beauty can significantly contribute to restoring and strengthening individuals' psychological well-being in the midst of stressful modern life. This study will also examine the challenges and opportunities in its application in the lives of urban Indonesians, with the hope of enriching academic discourse, providing practical inspiration, and opening up space for the design of contextualized, simple, and meaningful promotive interventions.

2 MATERIALS AND METHODS

This study used a literature review approach, which is a systematic review of scientific literature sources relevant to the topic of study. The main focus was to explore the relationship between appreciation of everyday beauty and psychological well-being. Data were collected from 27 national and international scientific journal articles published between 2015 and 2025, obtained through Google Scholar, PubMed, ScienceDirect, EBSCO, and Scopus databases.

The search was conducted using keywords in English and Indonesian, including: "appreciation everyday beauty", "aesthetic experience", "positive psychology and micro-moments", "daily aesthetic experience", and "self-reflection through simple things". Inclusion criteria included articles that addressed the relationship between aesthetic experience and psychological well-being, were available in full-text, written in Indonesian or English, and were of decent methodological quality. Non-scientific articles, not fully accessible, or systematic reviews were excluded from the review. The selection process was conducted through three stages: initial identification through titles and abstracts, screening by year and text accessibility, and content and relevance assessment. Data analysis was conducted using the narrative synthesis method, which categorizes articles based on key themes such as the role of beauty in fostering positive affect, the creation of meaning in life, and the challenges of aesthetic awareness in modern life.

The results of this synthesis are used to develop an in-depth understanding of how beauty in daily life can be a psychological mechanism that strengthens the quality of life. With this approach, this study is expected to enrich the contextual and applicable discourse of positive psychology.

3 RESULTS

During the process of searching and filtering literature that meets the inclusion criteria, the researcher obtained 27 articles that were used as the core material for discussion in this study. However, in the data extraction table below, we will only list a total of 10 relevant articles, as follows:

Table 1. Results of Analysis of Studies Included in the Review

NO	ARTICLE TITLE, AUTHOR	PURPOSE	METHOD & SAMPLE	RESEARCH RESULTS
1.	The Emergence of Meaning From Meaningful Moments in Life Authors: Jacky van de Goor, Anneke M. Sools, and Gerben J. Westerhof (2025)	This research aims to develop a unified framework of how individuals experience and shape meaning from meaningful moments in everyday life through narratives of personal experiences and subjective interpretations of the development of meaning over time.	This study used a narrative approach by analyzing nine purposively selected personal experience stories from highly educated middle-aged adults who have an interest or profession in personal development.	The results identified five main themes in the process of meaning emergence - discovery, creation, contrast, letting go, and long-term impact - which are interrelated in shaping understanding, life direction, and personal growth through reflection on meaningful experiences in daily life.
2.	Beauty in Art as Commodity: Its Impact on Human Culture, Morals, and Civilization Authors: Tri Aru Wiratno and Sudibyo (2025)	This research examines the impact of instrumentalistic aesthetics on art, culture, and morals in a capitalist society, highlighting how the commodification of art weakens its reflective and liberatory functions, and promotes cultural homogenization, dehumanization, and loss of social identity in the context of globalization.	This research uses a qualitative method with a literature study approach, analyzing classical and contemporary philosophical thoughts and examples of commodified art to examine the impact of instrumentalistic aesthetics in the context of capitalism and globalization.	The results show that instrumentalistic aesthetics has reduced art to a materialistic commodity that causes the loss of reflective, spiritual, and humanistic values, triggers dehumanization, cultural homogenization, and a crisis of aesthetic experience, so it is necessary to restore the humanitarian function of art through ethical, moral values, and orientation to social change.
3.	No Tension. David Hume's Solution to Everyday Aesthetics Author: María Jesús Godoy (2021)	This research aims to bridge the two approaches to everyday aesthetics - the extraordinary and the ordinary - by integrating David Hume's functionalist aesthetics, especially through the role of sympathy and the affective experience of otherness, in order to build a more reflective theoretical basis for the field.	This research is a theoretical study that analyzes and synthesizes David Hume's aesthetic thought as well as the literature of everyday aesthetics to reconcile two aesthetic approaches - the extraordinary and the ordinary - through an emphasis on the concepts of sympathy and affective experience.	The results show that the tension between the two variants of everyday aesthetics - that which elevates the ordinary to the extraordinary and that which emphasizes habitual function - can be reconciled through David Hume's functionalist aesthetics, with sympathy as the mechanism that enables the aesthetic experience of functional objects through the imagination of others' perceived benefits.
4.	Beyond Oneself: The Ethics and Psychology of Awe Authors: Steve Paulson, Lisa Sideris, Jennifer Stellar, and Piercarlo Valdesolo (2020)	This research aims to explore how awe and wonder shape views of self and others, and contribute to meaning in life, ethical development, and moral transformation through the psychological processes underlying these universal emotions.	This article is a transcript of an exploratory panel discussion between a professor of religious studies and two psychologists who synthesized the concepts of awe and wonder from the perspectives of psychology, ethics and religion based on a literature review, without involving new empirical research.	Awe and wonder are epistemic emotions that arise from the violation of expectations, with awe having a self-transcending nature that strengthens social connectedness, triggers prosociality, humility, and the search for meaning, and has the potential to promote collective awareness and concern for global issues through openness to uncertainty and limited understanding.

5.	Magic Moments: Determinants of Stress Relief and Subjective Wellbeing from Visiting a Cultural Heritage Site Authors: Enzo Grossi, Giorgio Tavano Blessi, and Pier Luigi Sacco (2018)	This study experimentally evaluated the impact of aesthetic experiences, particularly visual arts in a cultural heritage environment, on stress reduction (via cortisol levels) and well-being enhancement, and identified the physiological and psychological mechanisms underlying subjective and non-conscious responses to aesthetic stimuli.	The study used a cross-sectional observational approach with experimental evaluation, involving 100 volunteers aged 19-81 years from around the Province of Cuneo, Italy, with a balanced gender proportion.	Results showed that aesthetic experiences at cultural heritage sites significantly lowered cortisol levels and improved subjective well-being, with effects influenced by level of cultural participation, baseline stress, health conditions, religiosity, and gender, and supported by neurobiological activation of the brain's reward system suggesting complementary yet relatively independent mechanisms of stress and well-being.
6.	Trait Appreciation of Beauty: A Story of Love, Transcendence, and Inquiry Authors: Rhett Diessner, Rico Pohling, Shawnee Stacy, and Angelika Güsewell (2018)	This article comprehensively reviews the Appreciation of Beauty (AoB) trait as a multidimensional construct encompassing perceptual, cognitive, emotional, and value aspects, integrating findings from various fields - including psychology, philosophy, and neuroesthetics - and highlighting the four pathways of beauty appreciation and their linkages with love, transcendence, and curiosity.	This is an interdisciplinary literature review that summarizes empirical studies from various countries and cultures - including Russia, Hong Kong, Switzerland, Cyprus, Germany, Iran, Croatia, Samoa, the United States, and India - to comprehensively understand the Appreciation of Beauty trait.	The results showed that Appreciation of Beauty (AoB) is a multidimensional construct with a neurobiological basis that plays a role in well-being, prosociality, and psychological adaptation, positively correlates with meaning in life and spirituality, and shows gender differences and potential for effective interventions in increasing happiness and pro-environmental behavior.
7.	Reframing The Ordinary: Imagining Time as Scarce Increases Well-Being Authors: Kristin Layous, Jaime Kurtz, Joseph Chancellor and Sonja Lyubomirsky (2017)	This study aims to test whether imagining time as scarce can increase psychological well-being by encouraging appreciation of everyday moments, and explores the role of basic psychological need fulfillment as an underlying mechanism for this effect.	The study used a two-group controlled experimental design, involving 139 undergraduate students from a large Mid-Atlantic university in the US, the majority of whom were female and white.	Results showed that imagining time as scarce significantly improved psychological well-being - both immediately and two weeks after the intervention - through fulfilling basic needs (autonomy, competence, connectedness), as well as encouraging appreciation of everyday moments and overcoming hedonic adaptation effects.
8.	Nine Beautiful Things: A Self-Administered Online Positive Psychology Intervention On The Beauty in Nature, Arts, and Behaviors Increases Happiness and	This study examined the effectiveness of an ABE-based positive psychology intervention through the "9 beautiful things" online program in increasing happiness and decreasing depressive symptoms up to six months post-intervention, and	The study used a randomized controlled online experimental design with a seven-day self-intervention, involving 113 German-speaking adults (mean age 43.8 years) who wrote down nine beautiful things each day in three categories, with	The results showed that the "9 Beautiful Things" intervention significantly increased happiness and decreased depressive symptoms up to one month after the intervention, especially in participants with more vulnerable baseline conditions, although the effects tended to decline after that, so habit reinforcement is needed to maintain long-term impact.

	Ameliorates Depressive Symptoms	compared it with a placebo control group that wrote childhood memories.	similar demographic characteristics between groups.	
	Authors: René T. Proyer, Fabian Gander, Sara Wellenzohn, and Willibald Ruch (2016)			
9.	Appreciation of Beauty and Excellence: Relationship with Personality, Prosociality and Well-Being	This study aims to develop and validate an ABE instrument that includes three main dimensions: beauty, moral excellence, and non-moral excellence; and to examine their associations with Big Five personality, prosociality, and psychological well-being.	The study was conducted in three stages - item development and exploratory factor analysis, confirmatory factor analysis and reliability testing, and temporal stability testing - with an initial sample of 154 predominantly Spanish participants aged 18-80 years and predominantly female.	Results showed that the three-dimensional model of ABE was valid and reliable, positively correlated with prosociality, psychological well-being, as well as several personality dimensions (openness, extraversion, agreeableness), and negatively correlated with materialism, thus confirming ABE as a unique character strength and contributing significantly to individual happiness.
10.	Engagement With Beauty: Appreciating Natural, Artistic, and Moral Beauty	This study aims to develop and validate the Engagement With Beauty Scale (EBS) to measure an individual's engagement in appreciating natural, artistic, and moral beauty, and test its validity, reliability, and relationship with character strength, gratitude, spirituality, and arts engagement.	The research utilized quantitative methods through three main studies with a homogenous sample of students from Lewis-Clark State College, USA, who were predominantly young, female, Caucasian, and Christian, including a comparison between music-arts and psychology students in the third study.	The results showed that the Engagement With Beauty Scale (EBS) has strong reliability and validity, with its three-factor structure confirmed, positively correlates with gratitude, spiritual transcendence, and life satisfaction, and differentiates groups by major, gender, and age, while capturing moral emotions that promote prosociality and personal aspirations.
	Authors: Rhett Diessner, Rebecca D. Solom, Nellie K. Frost, Lucas Parsons, and John Davidson			

Studies have shown that appreciation of everyday beauty - whether in the form of nature, art, morality, certain achievements or accomplishments, or social interactions - has a significant contribution to improving an individual's psychological well-being. This concept, known in positive psychology as Appreciation of Beauty and Excellence (ABE), has been shown to be positively associated with positive affect, life satisfaction, meaning in life, and even post-traumatic growth. Individuals with high ABE tendencies tend to exhibit prosocial behavior, openness to experience, and deep spirituality, and have lower levels of materialism. These findings support ABE as a unique character strength that is not solely determined by personality, but rather as an active attitude of embracing the beauty in life (Martínez-Martí et al., 2015; Diessner et al., 2018).

A number of ABE-based positive psychology interventions have also shown promising effectiveness in promoting psychological well-being. Simple programs like "Nine Beautiful Things" - which encourages participants to write down beautiful things they encounter in their daily lives - can increase happiness and reduce symptoms of depression, especially for individuals with low levels of well-being (Proyer et al., 2016). Cognitive strategies such as imagining time as limited have also been shown to enhance individuals' ability to appreciate ordinary moments and strengthen psychological well-being through the fulfilment of basic needs such as autonomy, competence and social connectedness (Layous et al., 2017).

More specifically, the literature review shows that PWB can be enhanced through several key factors that are interrelated with the appreciation of everyday beauty:

1. **Meaningful Moments:** Aesthetic experiences in everyday life significantly facilitate self-transcendence, self-reflection, and meaning-making. Narrative and phenomenological studies reveal that meaningful moments often arise from simple experiences—such as positive social interactions, natural beauty, or engagement with works of art—which then trigger existential insights and strengthen life direction (van de Goor et al., 2025; Magon & Cupchick, 2023). Even intense emotional responses, such as the urge to cry while enjoying art, have been linked to deep aesthetic engagement and transformational experiences (Pelowski, 2015).
2. **Social Support and Positive Relationships:** Appreciating beauty enables individuals to more easily grasp the concept of unity-in-diversity, or beauty emerging from diversity, particularly in social environments such as educational settings. This guides them to build positive relationships with various parties, including teachers, peers, and family. The quality of these positive relationships has repeatedly been proven to enhance overall well-being, even maintaining health and happiness in the long term. Appreciation also plays a role in proactively maintaining relationships, enhancing positivity resonance and a sense of being valued, which are crucial for relationship satisfaction.
3. **Connection with Nature and the Environment:** The beauty of nature, such as forests or landscapes, can foster a sense of awe and connectedness, which plays an important role in enhancing personal growth and life satisfaction. Even in limited conditions, such as for terminal cancer patients, enjoying the beauty of nature from a hospital room overlooking a garden can provide inspiration and comfort.
4. **Engagement with Art and Culture:** Poetry and visual art have been shown to foster reflection, empathy, and psychological resilience, especially when presented creatively and contextually (Sudarwo, 2024; Mastandrea et al., 2019). Even music can enhance creativity and inner peace. Cross-cultural and neuroaesthetic studies show that aesthetic experiences involve brain activity in areas related to the reward system and emotional regulation, producing sensory pleasure and strengthening overall emotional balance (Løvoll et al., 2020; Paulson et al., 2020).
5. **The Role of Values and Ethics:** Moral and ethical aspects, closely linked to character strengths such as appreciation of beauty, also contribute to PWB. Cultures that prioritize empathy, hospitality, and values of politeness and humanity can create environments that support positive relationships and well-being.

However, the literature also notes that appreciation of beauty does not develop automatically, especially in cultures dominated by materialistic logic, speed, and performativity. The commodification of art, social pressure, and monotonous routines often hinder authentic aesthetic experiences and reduce beauty to mere status symbols (Wiratno & Sudibyo, 2025). This is reflected in terminally ill cancer patients, who, despite their need for appreciation of beauty, have limited access to facilities in hospitals to meet this need, such as a lack of recreational facilities or access to nature. Therefore, it is important to restore humanistic values and aesthetic awareness into daily practices, including through contextual aesthetic education and art-based therapy that integrates somatic, emotional, and social aspects (Samaritter, 2018; Ye et al., 2025).

Overall, the findings of these studies reinforce that the appreciation of everyday beauty can serve as an important foundation for recovery and enhancement of psychological well-being. ABE is not only subjective and emotional nature but also has neurological, social and moral foundations, enabling it to develop as an affordable, humanistic and inclusive approach – especially in addressing the psychological challenges of modern society, which often loses connection with meaning, self and the surrounding world.

4 DISCUSSIONS

This literature review reveals that appreciation of everyday beauty - embodied in the character strength of Appreciation of Beauty and Excellence (ABE) - has a significant contribution in restoring and strengthening individuals' psychological well-being, especially in the midst of stressful and distracting modern life. Findings from various studies show that ABE is not only closely associated with increased positive affect, gratitude, meaning of life, and post-traumatic growth, but also plays a role in fostering prosocial behavior and reflective capacity. Sensitivity to beauty - whether in the form of visual aesthetics, morality, specific achievements or accomplishments, or socio-emotional interactions - encourages one to be more present in small, meaningful moments that are often missed in the hustle and bustle of life (Martínez-Martí et al., 2015; Diessner et al., 2018).

ABE-based interventions, such as the Nine Beautiful Things or beauty journaling, have been shown to be effective in increasing happiness and reducing depressive symptoms, especially in individuals with low levels of well-being. This approach emphasizes the importance of mindfulness to recognize the beautiful things in daily life - from the morning sunshine to the laughter of friends. When done consistently, this practice opens up space for the formation of meaning in

life and reinterpretation of reality, making it not just a positive technique, but also a deep-rooted contemplative process (Proyer et al., 2016; Layous et al., 2017).

Conceptually, aesthetic experiences not only provide momentary pleasure, but also facilitate the process of self-transcendence and self-realization. The experience of beauty - in the context of art, nature, moral action, achievement, and genuine social connection - often triggers existential reflection, spiritual awareness, and a sense of connectedness that enriches psychological balance. In this sense, beauty is not simply sensory, but an active process involving attention, affection and deep value judgments (Magon & Cupchik 2023; van de Goor et al., 2025).

However, in the context of a fast-paced urban society, access to meaningful aesthetic experiences faces challenges. Performative culture, social pressures, and the dominance of digital devices often deprive individuals of the space to slow down and fully experience the moment. In this situation, beauty does not have to be interpreted as something spectacular, but instead comes in the seemingly ordinary: an empathetic conversation, a genuine smile, or even everyday objects that hold personal meaning (Godoy, 2021).

This perspective suggests that aesthetic experience requires the skill to "see the ordinary in extraordinary ways". By developing aesthetic literacy in daily life, individuals can build low-cost, inclusive, and culturally relevant psychological recovery mechanisms. In the Indonesian context, local values such as gotong royong, daily spirituality and harmony with nature are social capital that can strengthen the contextual and meaningful application of ABE interventions (Putra, 2024; Samaritter, 2018).

This discussion also highlights the relational dimension and beauty, where beauty does not only come from the object itself, but also from the perspective of the well-being of others. Hume's aesthetic notion of sympathy suggests that something can be considered beautiful because it reflects or invokes human values, as well as empathy, care and solidarity (Godoy, 2021). Thus, appreciation of everyday beauty cannot be separated from social experience and emotional engagement.

Appreciation of beauty, then, is not just an aesthetic preference, but the foundation for sustained and meaningful psychological recovery. It invites individuals to reclaim moments worth grasping - moments that are simple yet touching and evoke a full awareness of life and the feeling of life itself. This aesthetic literacy, if cultivated through strategies such as mindfulness, journaling, narrative reflection, and personal projects, can become a contemplative movement that counters the instantaneous, meaningless, and disconnected logic of modern life.

5 CONCLUSIONS

In the midst of fast-paced and stressful modern life, many individuals lose the ability to be fully present and realize the meaning of small moments in daily life. This study shows that appreciation of everyday beauty - whether in the form of visual aesthetics, moral excellence, sensory experiences, specific achievements or accomplishments, or human connections - is a character strength that can restore and strengthen psychological well-being. Through the Appreciation of Beauty and Excellence (ABE) approach, individuals not only experience increased positive affect, gratitude, and meaning in life, but also develop resilience, warm social relationships, and a more reflective and transcendent life orientation. Findings from 27 critically reviewed articles suggest that deep aesthetic experiences can serve as a bridge to self-transcendence and self-realization. Simple interventions such as journaling beauty, imagining time as scarce, or developing meaningful personal projects have been shown to increase happiness, reduce depressive symptoms, and generate social and spiritual connectedness. While challenges remain - especially in the context of urban Indonesia where distraction and productivity logic dominate - opportunities to foster aesthetic awareness remain wide open, especially if aligned with local cultural values that uphold harmony, social sensitivity, and simplicity. Thus, appreciation of everyday beauty is not just an emotional preference, but also a relevant psychological and existential strategy to reclaim the quality of a full life. It invites us to slow down, be fully present, and grasp simple moments that actually hold transformational power. This aesthetic literacy can be part of a humanistic, low-cost, contextual and inclusive mental health movement - an alternative path worth cultivating in our increasingly complex and fast-paced society.

ACKNOWLEDGEMENTS

With gratitude, the researcher would like to thank all lecturers, especially lecturers of the Positive Psychology course, for the direction, input, and reflection space that has been provided during the process of preparing this literature review.

Gratitude is also extended to all authors and previous researchers whose works have become the foundation of knowledge in this study.

In particular, the researcher is grateful to the family, friends, and community of learners who always present "small beauties" in everyday life - which became the main source of inspiration in the preparation of this paper. Hopefully, this work will not only benefit the development of academic discourse in the field of positive psychology, but also serve as a simple reminder that moments worth grasping are often present in the most ordinary forms.

REFERENCES

- Ahrens, A.-H., & Cloutier, D. (2019). Acting for Good Reasons: Integrating Virtue Theory and Social Cognitive Theory. *Social and Personality Psychology Compass*, 13. <https://doi.org/10.1111/spc3.12444>
- Basrowi, R. W., Wiguna, T., Samah, K., Moeloek, N. D. F., Soetrisno, M., Purwanto, S. A., Ekowati, M., Elisabeth, A., Rahadian, A., Ruru, B., & Pelangi, B. (2024). Exploring Mental Health Issues and Priorities in Indonesia Through Qualitative Expert Consensus. *Clinical Practice & Epidemiology in Mental Health*, 20, 1-9. <http://dx.doi.org/10.2174/0117450179331951241022175443>
- Braswell, J. M., & Prichard, E. C. (2023). Awe Correlates with Resilience To COVID-19 Stressors Independent of Religiosity. *Psychology Reports*, 128(3). <https://doi.org/10.1177/00332941231165240>
- Diessner, R., Rust, T., Solomon, R. C., Frost, N., & Parsons, L. (2006). Beauty and Hope: A Moral Beauty Intervention. *Journal of Moral Education*, 35(3), 301-317. <https://doi.org/10.1080/03057240600874430>
- Diessner, R., Solom, R. D., Frost, N. K., Parsons, L., & Davidson, J. (2012). Engagement With Beauty: Appreciating Natural, Artistic, and Moral Beauty. *The Journal of Psychology: Interdisciplinary and Applied*, 142(3), 303-332
- Diessner, R., Stacy, S., Pohling, R., & Güsewell, A. (2018). Trait Appreciation of Beauty: A Story of Love, Transcendence, and Inquiry. *Review of General Psychology*, 22(4), 377-397. <http://dx.doi.org/10.1037/gpr0000166>
- Fu, Y.-N., Feng, R., Liu, Q., He, Y., Turel, O., Zhang, S., & He, Q. (2022). Awe and Prosocial Behavior: The Mediating Role of Presence of Meaning in Life and the Moderating Role of Perceived Social Support. *International Journal of Environmental Research and Public Health*, 19(11), 6466. <https://doi.org/10.3390/ijerph19116466>
- Godoy, M. J. (2021). No Tension. David Hume's Solution to Everyday Aesthetics. *SPES*, 10(2), 11-24.
- Grossi, E., Blessi, G. T., & Sacco, P. L. (2018). Magic Moments: Determinants of Stress Relief and Subjective Wellbeing from Visiting a Cultural Heritage Site. *Cult Med Psychiatry*. <https://doi.org/10.1007/s11013-018-9593-8>
- Hill, T. G., Coughlan, E. C., & Mackinnon, S. P. (2023). Crafting Happiness From Everyday Life: Personality, Personal Projects, Basic Psychological Need Satisfaction, and Well-Being. *International Journal of Personality Psychology*, 9, 47-60. <https://doi.org/10.21827/ijpp.9.39811>
- Keltner, D., & Haidt, J. (2003). Approaching Awe, a Moral, Spiritual, and Aesthetic Emotion. *Cognition and Emotion*, 17(2), 297-314. <https://doi.org/10.1080/02699930302297>
- Komariah, M., Adriani, D., Indrayani, D., & Gartika, N. (2020). Spiritual Needs in Patients with End Stage Cancer. *Silampari Nursing Journal*, 4(1), 1-10.
- Kusuma, A. T., Safitri, N. N., Prilani, D. M., & Pramudita, N. T. (2023). Art Appreciation: A Means of Self Compassion Character Development. *Journal of Social Humanities*, 3(1), 24-36. <https://doi.org/10.26593/jsh.v3i01.6317>
- Layous, K., Kurtz, J., Chancellor, J., & Lyubomirsky, S. (2017). Reframing the Ordinary: Imagining Time as Scarce Increases Well-Being. *The Journal of Positive Psychology*. <https://doi.org/10.1080/17439760.2017.1279210>
- Li, J.-J., Dou, K., Wang, Y.-J., & Nie, Y.-G. (2019). Why Awe Promotes Prosocial Behaviors? The Mediating Effects of Future Time Perspective and Self-Transcendence Meaning of Life. *Frontiers in Psychology*, 10:1140. doi: 10.3389/fpsyg.2019.0114
- Løvoll, H. S., Sæther, K.-W., & Graves, M. (2020). Feeling at Home in the Wilderness: Environmental Conditions, Well-Being and Aesthetic Experience. *Frontiers in Psychology*, 11, 402. <https://doi.org/10.3389/fpsyg.2020.00402>
- Magon, R., & Cupchik, G. (2023). Examining the Role of Aesthetic Experiences in Self-Realization and Self-Transcendence: A Thematic Analysis. *Creativity. Theories - Research - Applications*, 10(1-2), 69-89. <https://doi.org/10.2478/ctra-2023-0006>
- Martínez-Martí, M. L., Hernández-Lloreda, M. J., & Avia, M. D. (2015). Appreciation of Beauty and Excellence: Relationship with Personality, Prosociality and Well-Being. *Journal of Happiness Studies*. <https://doi.org/10.1007/s10902-015-9709-6>
- Mastandrea, S., Fagioli, S., & Biasi, V. (2019). Art and Psychological Well-Being: Linking the Brain to the Aesthetic Emotion. *Frontiers in Psychology*, 10:739. doi: 10.3389/fpsyg.2019.00739
- Pałęga, A. K. (2015). Creative Engagement in Everyday Life: Learning from Aesthetic Experience. *Creativity. Theories - Research - Applications*, 2(2), 213-227. <https://doi.org/10.1515/ctra-2015-0021>
- Passmore, H.-A., & Krause, A. N. (2023). The Beyond-Human Natural World: Providing Meaning and Making Meaning. *International Journal of Environmental Research and Public Health*, 20(12), 6170. <https://doi.org/10.3390/ijerph20126170>
- Paulson, S., Sideris, L., Stellar, J., & Valdesolo, P. (2020). Beyond Oneself: The Ethics and Psychology of Awe. *Annals of the New York Academy of Sciences*, 1-18. doi: 10.1111/nyas.14323
- Pelowski, M. (2015). Tears and Transformation: Feeling Like Crying as an Indicator of Insightful or "Aesthetic" Experience with Art. *Frontiers in Psychology*, 6:1006. doi: 10.3389/fpsyg.2015.01006
- Piff, P. K., Feinberg, M., Dietze, P., Stancato, D. M., & Keltner, D. (2015). Awe, the Small Self, and Prosocial Behavior. *Journal of Personality and Social Psychology*, 108(6), 883-899. <http://dx.doi.org/10.1037/pspi0000018>
- Proyer, R. T., Gander, F., Wellenzohn, S., & Ruch, W. (2016). Nine Beautiful Things: A Self-Administered Online Positive Psychology Intervention on the Beauty in Nature, Arts, and Behaviors Increases Happiness and Ameliorates Depressive Symptoms. *Personality and Individual Differences*, 94, 189-193. <https://doi.org/10.1016/j.paid.2016.01.028>

- Putra, N. P. I. B. L. (2024, November 26). *Tri Hita Karana: A World-Wide Philosophy of Harmonious Life*. Executive Magazine. Retrieved June 2025, from <https://eksekutif.com/tri-hita-karana-filosofi-kehidupan-harmonis-yang-mendunia/>
- Qaniah, F. A., Yutapratama, N., & Ismail, R. I. (2025). The Effect of *Strength* Character of Beauty Appreciation on Positive Relationships in College Students. *Journal of Jendela Pendidikan*, 5(1), 47-53.
- Samaritter, R. (2018). The Aesthetic Turn in Mental Health: Reflections on an Explorative Study into Practices in the Arts Therapies. *Behavioral Sciences*, 8(4), 41. <https://doi.org/10.3390/bs8040041>
- Sari, M., Fatimah, I. S., Pratiwi, P. I., & Sulistyantara, B. (2023). Psychological Impact of Casual Walking and Sitting in Urban Green Open Space Post-pandemic: A Case Study in Bogor City, Indonesia. *Journal of Contemporary Urban Affairs*, 7(1). <https://doi.org/10.25034/ijcua.2023.v7n1-1>
- Sudarwo, R. (2024). Exploring the Meaning of Life Through Poetry: Self-Reflection, Empathy, and Resilience in Education. *Metaphor: Journal of Language and Literature Learning*, 11(1), 220-227.
- Tajab, M., Setiawan, W., Abdi, Y. H., Estiningsih, D., & Rizkiana, A. 2025. The Impact of Digital Technology on Psychological Well-being. *E3S Web of Conferences INTERCONNECTS 2024*. <https://doi.org/10.1051/e3sconf/202562203013>
- van de Goor, J., Sools, A. M., & Westerhof, G. J. (2025). The Emergence of Meaning From Meaningful Moments in Life. *Journal of Humanistic Psychology*, 65(1), 192-218.
- Wiratno, T. A., & Sudibyo, S. (2025). Beauty in Art as Commodity: Its Impact on Culture, Morals, and Human Civilization. *Jurnal Seni Rupa Warna*, 13(1), 90-107. <https://doi.org/10.36806/jsrw.v13i1.671>
- World Health Organization. (2022, June 16). *World Mental Health Report: Transforming mental health for all* (ISBN 9789240049338). Geneva: WHO. Available at WHO website.
- Ye, L., Li, Y., & Zhang, N. (2025). The Impact of Aesthetic Education on University Students' Psychological Wellbeing: Exploring Mediating and Moderating Effects. *Frontiers in Psychology*, 16:1515671. doi: 10.3389/fpsyg.2025.1515671
- Zhao, H., & Zhang, H. (2023). Why Dispositional Awe Promotes Psychosocial Flourishing: an Investigation of Intrapersonal and Interpersonal Pathways Among Chinese Emerging Adults. *Current Psychology*, 42, 12682-12694. <https://doi.org/10.1007/s12144-021-02593-8>