Middle East Journal of
Positive Psychology

مجلة الشرق الأوسط
لعلم النفس الإيجابي

Perspectives

Psychological Strategic Well-Being for Decision-Making and Fulfillment: A Proposed New Model

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Citation: Abou El Majd, B. (2025). Perspectives: Psychological strategic well-being for decision-making and fulfillment: A proposed new model. *Middle East Journal of Positive Psychology, 11*(1), 47-60.

Abstract: In today's increasingly complex and uncertain environment, decision-making has become a process requiring the integration of psychological well-being, social dynamics, and technological change. While game theory provides a rigorous framework for understanding strategic interactions and positive psychology advances insights into human flourishing, both approaches often overlook the spiritual dimension, essential for fostering inner alignment and long-term coherence. This paper presents the Psychological Strategic Well-Being (PSW) Model, an integrative framework that synthesizes principles from positive psychology, game theory, and spirituality to enhance decision-making quality. Developed through conceptual synthesis and systems-oriented analytical reasoning, the PSW Model harmonizes psychological resilience, strategic adaptability, and existential meaning in one theoretical structure. Avenues for empirical validation, including the formulation of testable hypotheses and the prospective use of psychometric instruments, are offered. By establishing a coherent and interdisciplinary foundation, the PSW Model offers a novel paradigm for holistic, high-impact decision-making that integrates performance, well-being, and ethical integrity.

في بيئتنا الحالية التي تتسم بالتّعقيد والتّقلبات المتزايدة، أصبح اتخاذ القرارات عملية متعددة الأبعاد تتطلب دمج الرّفاهة النفسية والديناميات الاجتماعيّة والتّغيير التكنولوجي. في حين توفّر نظرية اللعب إطارًا علميًا محكمًا لفهم التفاعلات الاستراتيجيّة، ويُقدّم علم النفس الإيجابي رؤى حول الرفاهية البشريّة، غالبًا ما يتجاهل كلا النهجين البعد الروحي الذي يُعدّ أساسيًا لتعزيز الانسجام الداخلي والتّماسك على المدى الطويل. تقدم هذه الورقة نموذج الرفاهية النفسية الاستراتيجية ، وهو إطار مفاهيمي تكاملي يجمع بين مبادئ علم النفس الإيجابي ونظرية اللعب والقيم الروحية لتعزيز جودة عملية صنع القرار. تم تصميم هذا النموذج من خلال التوليف المفاهيمي والتفكير التحليلي الموجه نحو النظم، ويهدف إلى تحقيق التوازن بين المرونة النفسية والقدرة على التكيف الاستراتيجي والمعنى الوجودي ضمن هيكل نظري موحد. تحدد الورقة أيضًا السبل المحتملة للتحقق التجريبي، بما في ذلك صياغة فرضيات قابلة للاختبار والاستخدام المحتمل لأدوات قياس نفسية لتقييم التفاعل بين الرفاهية والتفكير الاستراتيجي والإنجاز الشخصي. وتقدم تطبيقات توضيحية في مجالات القيادة وحل النزاعات واتخاذ القرارات الأخلاقية، مما يدل على الأهمية العملية للنموذج في سياقات العالم الحالي. ومن خلال إرساء أساس متماسك ومتعدد التخصصات، يقدم هذا النموذج منهجًا جديدًا لاتخاذ قرارات شاملة وذات تأثير كبير تجمع بين الأداء والرفاهية والنزاهة الأخلاقية، ويمهد الطريق لإجراء أبحاث تجريبية في المستقبل.

Keywords: Game Theory; Positive Psychology; Decision-Making; Spirituality; Well-Being

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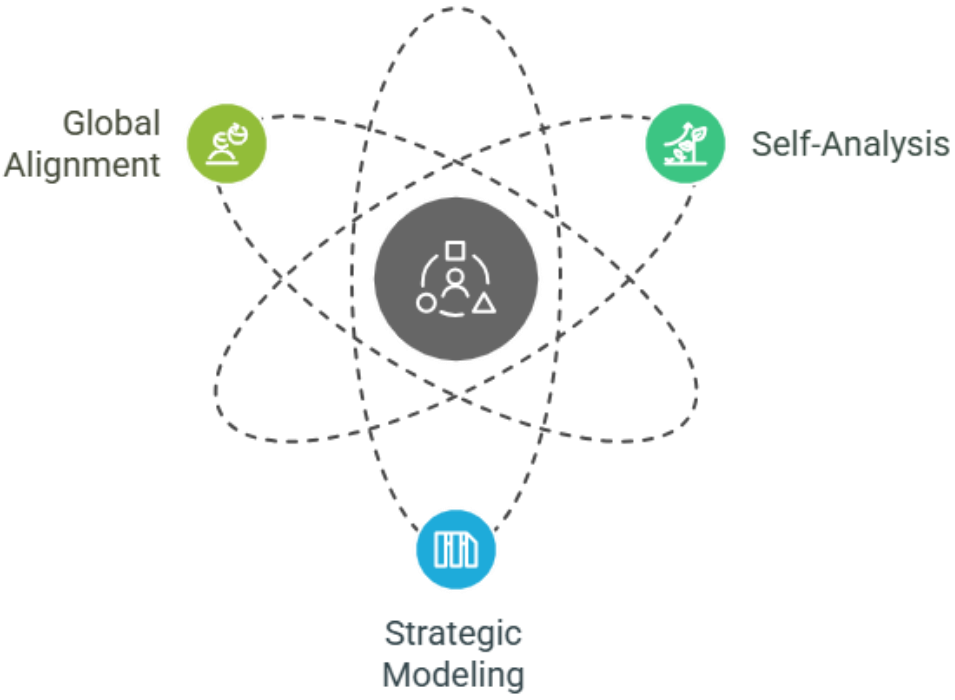
In a world where every decision, interaction, and strategic choice shapes both personal and collective trajectories, life can be seen as a complex decision-making process governed by explicit and implicit rules (Von Neumann & Morgenstern, 1944). This perspective is more than a metaphor; it encapsulates the psychological, strategic, and existential dimensions that drive human behavior. Traditional game theory has provided profound insights into strategic interactions and decision-making in interdependent contexts (Osborne & Rubinstein, 1994). However, its emphasis on rational optimization and competitive strategies often overlooks emotional, ethical, and existential dimensions influencing real-world choices (Camerer, 2011). Conversely, positive psychology focuses on well-being, resilience, and personal growth (Seligman & Csikszentmihalyi, 2000) but lacks a structured approach to strategic decision-making in dynamic social environments. Meanwhile, spirituality, a key driver of meaning-making and value alignment (Van Cappellen et al., 2016), is often examined separately from analytical models of behavior (Koenig, 2012).

Figure 1

Framework of holistic decision-making: Positive psychology, game theory, and spiritual alignment



The PSW Model is structured around three dimensions (Figure 1). The first, Self-Analysis, draws upon the principles of positive psychology to cultivate self-awareness, emotional regulation, and value clarity. Through practices such as mindfulness and reflective inquiry, individuals can

understand their internal states, align their motivations with intrinsic values, and foster emotional balance (Fredrickson, 2001; Kabat-Zinn, 2003). This internal work forms the psychological core of the PSW Model. The second dimension, Strategic Modeling, integrates insights from game theory to enhance adaptive decision-making, cooperation, and conflict resolution. By applying frameworks inspired by the works of Nash (1950) and Axelrod (1984), this dimension encourages individuals and organizations to anticipate interactions, optimize outcomes, and balance competition with collaboration. It positions strategy not as a purely rational pursuit, but as a dynamic and context-sensitive process informed by ethical and relational awareness. Together, these three dimensions form an integrated system that connects self-mastery, intelligent action, and moral coherence.

The optimization process comprises iterative strategy adjustments between two players, integrating territory splitting, game-theoretic optimization, psychological adaptation, and equilibrium verification to achieve a balance between individual well-being and collective stability. Research in multidisciplinary design optimization (Abou El Majd, 2007, 2010, 2015; Armanfar et al., 2024) has sought to resolve competing objectives within complex engineering systems, such as balancing aerodynamic efficiency with structural integrity in aircraft design. Accordingly, principles derived from game theory, including Nash Equilibrium (Nash, 1950) and Stackelberg games (von Stackelberg, 1934), have been investigated as mechanisms to facilitate mutual adaptation and hierarchical decision-making among interdependent components. This line of inquiry explores the potential transposition of mathematical and strategic frameworks to human and organizational systems. Asking whether the principles that optimize interactions among complex engineering subsystems could also be extended to enhance decision-making, interpersonal coordination, and psychological well-being prompted the development of the PSW Model. By merging insights from positive psychology, strategic theory, and spirituality, the model offers a structured yet adaptable paradigm to guide decision-making in complex, dynamic environments, extending the notion of optimization from the technical domain to the human and ethical dimensions of strategic behavior.

Methodological Framework

The PSW Model was constructed in three stages. First, a theoretical synthesis was performed through a selective review of key constructs from positive psychology (e.g., well-being, flourishing, resilience), game theory (e.g., strategic interaction, equilibrium), and spirituality (e.g., alignment, meaning) to identify complementary principles that could be integrated into a coherent framework. Second, systems-based reasoning was applied to integrate these constructs guided by principles of systems engineering and multidisciplinary optimization. This approach ensured conceptual coherence across the three dimensions. Third, potential applications were proposed in domains such as leadership, conflict resolution, and ethical decision-making. This methodology establishes a foundation for eventual empirical validation using psychometric instruments, scenario-based experiments, multi-agent simulations and optimization approaches, aligning with standards for conceptual model development in interdisciplinary behavioral science.

The Four Levels of the Game

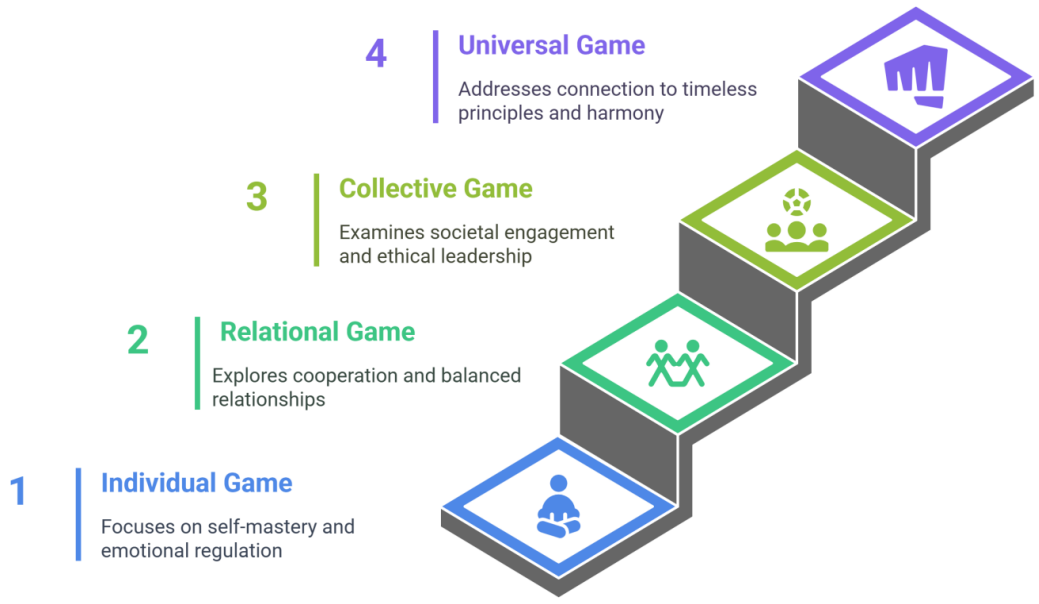
The PSW Model identifies four progressive levels (Figure 2): the Individual Game, which focuses on self-mastery, emotional regulation, and cognitive clarity; the Relational Game, which

explores cooperation, influence, and the construction of balanced relationships; the Collective Game, which examines societal engagement, governance, and ethical leadership; and the Universal Game, which addresses connection to timeless principles and wisdom. It captures the complexity of human interactions, fostering well-being at personal, social, and transcendental levels.

The Individual Game: Alignment and Self-Mastery. Individual decision-making involves a continuous process of balancing emotions, cognition, and personal values. In daily life, individuals navigate between internal motivations, external constraints, and the search for meaning. This dynamic equilibrium is often challenged by cognitive biases, fears, and uncertainties that distort the perception of available options and influence behavioral outcomes. From an interdisciplinary perspective, insights from positive psychology, game theory, and spirituality provide complementary tools to better understand and improve this process. Within the field of positive psychology, the regulation of emotions and the identification of individual strengths are essential for making decisions consistent with personal well-being (Peterson & Seligman, 2004). Cultivating qualities such as optimism, gratitude, and resilience mitigates the influence of irrational fears and enhances self-confidence when facing complex or uncertain situations (Fredrickson, 2001).

Figure 2

The Four Progressive Levels of the Game



From the standpoint of game theory, decision-making is approached as a strategic process in which individuals weigh immediate rewards against long-term outcomes. Analytical frameworks such as the theory of games (Von Neumann & Morgenstern, 1944) and the theory of real options (Trigeorgis, 1996) support this reflection by emphasizing gradual adaptation and the evaluation of potential scenarios rather than abrupt transitions. This rational modeling helps structure complex

decisions through the anticipation of consequences and the optimization of trade-offs between risk and reward.

Finally, spirituality introduces a reflective and ethical dimension to decision-making. Contemplative practices such as mindfulness and meditation promote detachment from social conditioning, foster clarity of intention, and reinforce the alignment of choices with core personal values (Kabat-Zinn, 2003). Moreover, spiritual awareness contributes to emotional regulation and stress reduction, thus supporting decisions grounded in serenity and integrity (Emmons, 2005). These disciplinary perspectives show that decision-making is not only a cognitive or strategic process but an integrative act involving emotional intelligence, rational analysis, and ethical awareness.

The Relational Game: Cooperation & Influence. Human interactions are grounded in processes of exchange, influence, and cooperation. Building harmonious relationships requires a balance between strategic reasoning and empathy in order to enhance the quality of communication and prevent conflict escalation. Understanding the mechanisms that govern these interactions offers insight. From the perspective of positive psychology, the development of emotional intelligence and empathy constitutes a central pillar of constructive interpersonal relationships (Goleman, 1995). The ability to identify, understand, and manage emotions fosters authenticity and mutual respect, reducing the likelihood of misunderstandings and improving the quality of social exchanges.

In parallel, game theory offers a strategic lens through which interpersonal relationships can be analyzed as systems of cooperation and negotiation. Frameworks such as Axelrod's iterated games (1984) demonstrate that reciprocity and trust are essential mechanisms for maintaining long-term cooperation. By emphasizing strategies that maximize mutual benefits rather than individual gain, this approach supports sustainable and equitable interaction patterns.

Finally, spirituality enriches the understanding of human relationships by integrating ethical and compassionate dimensions. Active listening and compassion foster benevolence and moral integrity in communication (Kristeller & Johnson, 2005). A spiritual perspective encourages alignment between intentions and actions, enabling individuals to cultivate relationships characterized by authenticity, respect, and shared meaning. Together, these perspectives illustrate that human connection transcends mere social exchange; it represents a multidimensional process integrating emotional intelligence, strategic awareness, and ethical consciousness.

The Collective Game: Strategies for Societal Engagement. Individual and relational choices unfold within a broader social context where they collectively influence group dynamics, organizational cultures, and institutional structures. Adopting a strategic and ethical perspective contributes to building societies that are sustainable and harmonious. The integration of insights provides a comprehensive framework for understanding and guiding collective behavior toward shared well-being. Within positive psychology, concepts such as transformational leadership and community engagement emphasize the importance of creating environments that foster collective flourishing and social innovation (Diener & Biswas-Diener, 2008). By promoting positive organizational cultures and prosocial values, these approaches enhance individual fulfillment while reinforcing cohesion and trust within larger social systems.

Game theory posits that collective interactions are modeled as complex systems of cooperation and competition in which individuals must balance personal interests with collective outcomes. The study of social dilemmas and cooperative strategies offers tools for optimizing the

management of shared resources and sustaining long-term collaboration (Ostrom, 1990). A nuanced understanding of incentives, reciprocity, and strategic interdependence helps prevent exploitation and promotes fairness in collective contributions.

Once more, spirituality frames collective action within a vision of interconnectedness and moral responsibility, encouraging decisions that align with universal principles of justice and compassion (Wilber, 2001). Spiritual awareness thus nurtures responsible leadership and inspires a commitment to goals that advance individual and societal well-being. These perspectives converge toward a model of collective harmony in which strategic intelligence, psychological flourishing, and spiritual integrity coalesce to support sustainable social progress.

The Universal Game: Connection & Transcendence. Beyond social and collective interactions, individuals pursue a sense of meaning and purpose that transcends immediate goals. The connection to universal principles and the quest for transcendence allow individual and collective choices to be situated within a holistic framework, where personal fulfillment, ethical coherence, and collective well-being converge. In positive psychology, concepts such as flow and eudaimonic well-being highlight the importance of deep engagement and self-actualization in achieving lasting fulfillment (Csikszentmihalyi, 1990). Cultivating intrinsic motivation allows individuals to derive satisfaction from purpose-driven activity, reinforcing autonomy and authentic self-expression. From game theory, the notion of the infinite game emphasizes continuity, adaptability, and long-term cooperation as principles of sustainable human interaction (Carse, 1986). Moving from finite, competitive objectives to an infinite, collaborative mindset encourages the emergence of resilient and interconnected communities capable of navigating complexity while maintaining coherence and mutual growth. In parallel, spirituality provides the foundation for decisions guided by universal values and principles (Tolle, 1999).

Ultimately, the PSW Model serves as a paradigm for sustainable well-being and positive societal transformation through conscious, purpose-driven decision-making.

Proposed Model

The PSW Model is built on the integration of three complementary disciplines—positive psychology, game theory, and spirituality—each playing a distinct role in optimizing decision-making and fostering sustainable well-being. This tripartite framework provides a structured, dynamic model for understanding and improving human interactions across multiple dimensions.

Systems of Systems (SoS): A Framework for Well-Being Optimization. Systems of Systems (SoS) refers to a class of complex systems where independent but interrelated subsystems collaborate to achieve overarching objectives. Unlike monolithic systems, SoS are characterized by operational and managerial independence, geographical distribution, emergent behavior, and evolutionary development (Maier, 1998). These systems arise in domains including engineering, economics, healthcare and social sciences, where interdependent components dynamically interact to maintain functionality and optimize performance (DeLaurentis & Callaway, 2004). A feature of SoS is the balance between local autonomy and global coordination. Each subsystem has its own objectives and constraints, yet its performance is influenced by interactions with other subsystems. This interconnectedness leads to outcomes that cannot be predicted solely by analyzing individual factors (Boardman & Sauser, 2006). To manage complexities, methodologies like optimization techniques,

game theory, and multi-agent systems have been used to model interactions and facilitate decision-making (Keating et al., 2003).

Intrapersonal SoS: The Individual as an Adaptive System. Just as an engineered system is composed of interdependent components, the human psyche is understood as a system of interacting subsystems that include emotions, cognition, motivation, and values. Optimal functioning of this psychological architecture depends on the dynamic balance among these elements, which together determine the coherence and stability of human behavior. When this balance is disrupted—such as when short-term desires conflict with long-term aspirations—internal tension arises, leading to cognitive dissonance and psychological fragmentation (Haidt, 2012). Game theory posits that these inner negotiations can be modeled as strategic interactions among competing drives and objectives, providing a framework for understanding how individuals arbitrate between impulses, emotions, and rational thought in the pursuit of coherence and goal-directed behavior (Camerer, 2011; Tversky & Kahneman, 1974).

Interpersonal SoS: Social Interactions as Strategic Systems. Human relationships can be conceptualized as operating within a networked system in which individuals interact strategically to cooperate, negotiate, and resolve conflicts (Axelrod, 1984). The dynamics of these interactions are shaped by psychological factors and the context in which they occur. Insights from positive psychology offer tools such as emotional intelligence, trust-building, and effective conflict resolution, which enhance the quality and stability of social connections (Goleman, 1995). Simultaneously, game theory models the strategic adaptations individuals employ in social contexts, allowing the anticipation of others' actions and the optimization of cooperative outcomes (Bowles & Gintis, 2011). Thus, interpersonal behavior can be understood as the outcome of coordinated cognitive, emotional, and strategic processes that promote harmonious and mutually beneficial relationships.

Collective SoS: Society as a Multi-Layered System. At the macro level, organizations, communities, and institutions are interdependent social systems that shape and constrain individual and collective decision-making (Christakis & Fowler, 2009; Ostrom, 1990). Their functioning depends on the alignment of structural, strategic, and ethical factors that influence how resources are managed, goals pursued, and interactions coordinated. Insights from organizational studies and social psychology show that practices such as ethical leadership, participatory governance, and social network analysis play a role in optimizing decision-making for collective well-being (Dignum, 2019; Putnam, 2000). By promoting transparency, accountability, and cooperative behavior, such approaches enhance the efficiency of social systems and sustainability of shared outcomes.

Transcendence SoS: Spirituality & Meaning as a Regulating System. Individuals often seek alignment with universal principles through philosophical reflection, spiritual practices, or existential exploration (Van Cappellen et al., 2016; Wilber, 2001). This dimension is conceptualized as an overarching system that integrates personal fulfillment, ethical responsibility, and a sense of interconnectedness (Davidson & Vago, 2013). Thus, decision-making processes are guided not only by immediate goals or social considerations but also by enduring values and principles.

From Engineering Optimization to Strategic Psychology: A Systems of Systems Approach

Our approach originates in engineering optimization, particularly in the design of aircraft wings, where multiple conflicting objectives, such as minimizing aerodynamic drag for efficiency and

maximizing structural strength for safety, must be reconciled. This challenge is emblematic of Systems of Systems (SoS), where interdependent subsystems interact to achieve a global equilibrium (DeLaurentis & Callaway, 2004; Maier, 1998). Here, game theory has proven instrumental in resolving trade-offs, modeling interactions between competing constraints, and ensuring that optimal solutions emerge through strategic adaptation (Myerson, 2013; Von Neumann & Morgenstern, 1944). This analogy extends to human psychology where individuals are viewed as complex adaptive systems, where emotions, cognition, and values interact within changing social landscapes (Prezenski et al., 2021). Just as in engineering, well-being optimization requires a structured, interdisciplinary approach that accounts for internal (personal development, emotions, cognition) and external (social relationships, cultural and ethical considerations) dynamics (Ryan & Deci, 2017).

Strategic Adaptation: A Multi-Layered Equilibrium. A key challenge lays in identifying optimal strategies to coordinate interactions. By integrating positive psychology, game theory, and spirituality, we introduce a novel framework that captures the strategic (rational optimization, decision-making) and experiential (meaning-making, well-being, emotional intelligence) dimensions of human behavior. This convergence fosters a stable and sustainable equilibrium, aligning rational strategic thinking with long-term well-being rather than short-term maximization (Ryan & Deci, 2017; Seligman, 2011). By viewing individuals and societies through the Systems of Systems (SoS) lens, we propose a structured, adaptable model that enhances self-regulation, interpersonal relationships, collective decision-making, and existential fulfillment, offering a transformative way to navigate the complexities of human life (Prezenski et al., 2021).

Between Strategy and Well-Being

The PSW Model conceptualizes individuals as adaptive agents navigating a dynamic system, continuously optimizing and adjusting their choices in response to evolving circumstances. Individuals pursue distinct objectives, such as happiness, success, security, or growth, while iteratively refining their strategies based on environmental feedback. This process resembles machine learning algorithms, where individuals learn from past experiences, update their behaviors, and develop more effective decision-making over time. Yet, a purely strategic approach is insufficient. Traditional game theory posits that equilibrium can be reached without optimizing collective well-being (Myerson, 2013). To balance individual success with social harmony, the model includes two components. Positive psychology functions as an optimization mechanism, serving as a self-regulating process that strengthens resilience, adaptability, and self-awareness while mitigating cognitive biases (Seligman, 2011). Research in intrinsic motivation suggests that well-being is not solely derived from external achievements but from alignment with personal values and goals (Ryan & Deci, 2017). By fostering long-term engagement and self-determination, positive psychology supports sustainable fulfillment. Spirituality also provides equilibrium. Balance requires more than strategic adaptation; it necessitates a higher sense of meaning, ethical responsibility, and internal coherence. Equilibrium is thus not determined solely by external conditions but must also be anchored in internal stability.

A Computational and Decision-Making Framework

To formalize the PSW Model within a computational framework, agents are defined as individuals or groups pursuing distinct objectives, such as maximizing well-being, aligning with

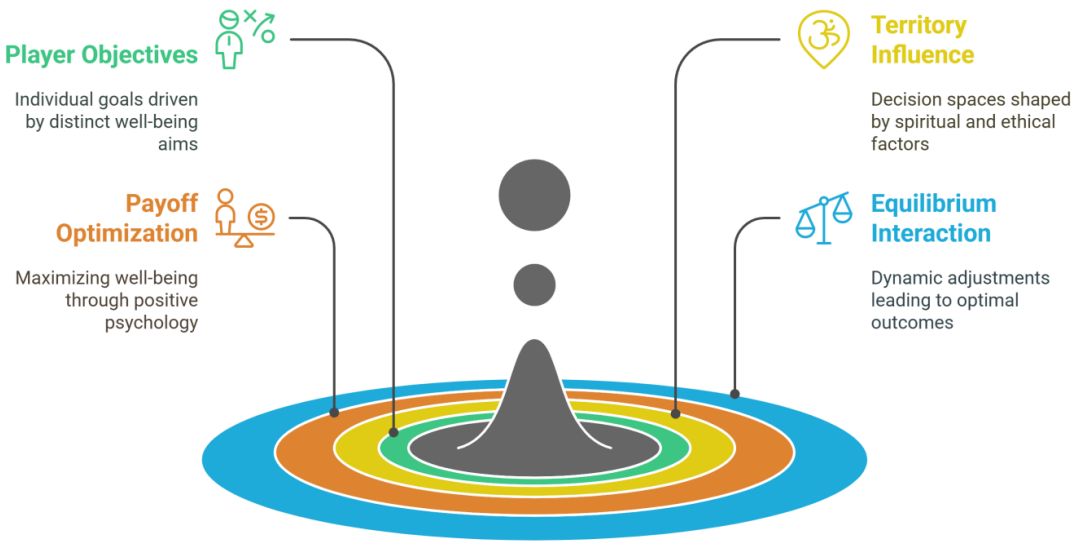
personal values, or optimizing social impact. Their decision-making processes are structured around three interdependent components. Positive psychology functions as an adaptive algorithm, continuously refining choices to enhance resilience, intrinsic motivation, and emotional well-being. Game theory serves as an interaction model, providing a framework for strategic trade-offs and adaptive decision-making, ensuring effective responses to evolving social and environmental conditions. Spirituality acts as a stabilizing force, promoting convergence toward sustainable equilibrium, preventing purely utilitarian decision-making, and reinforcing ethical alignment.

The model is designed to achieve a dual equilibrium. At the individual level, intrapersonal decision-making is optimized, fostering clarity, emotional stability, and long-term fulfillment. At the collective level, the model ensures coherence and equitable distribution of psychosocial resources, supporting ethical and sustainable social structures. This interdisciplinary approach holds potential for applications in fields such as applied psychology, neuroscience, leadership, and management sciences. It offers a transformative perspective on human decision-making, strategic adaptation, and sustainable well-being, particularly in increasingly complex and interconnected environments.

Modeling Strategic Well-Being: A Two-Player Framework. A computational model of the PSW is proposed within a two-player framework (Figure 3). Two agents, Player 1 (Y1) and Player 2 (Y2), represent individuals or groups with distinct well-being objectives, with each operating within a defined decision space. The optimization of well-being is formalized through payoff functions, Payoff1 and Payoff2, for each player. The process unfolds iteratively, with each agent adjusting strategies based on the observed decisions of the other. This dynamic adaptation continues until a state of equilibrium is reached, representing an optimal balance in which neither player can improve outcomes unilaterally.

Figure 3

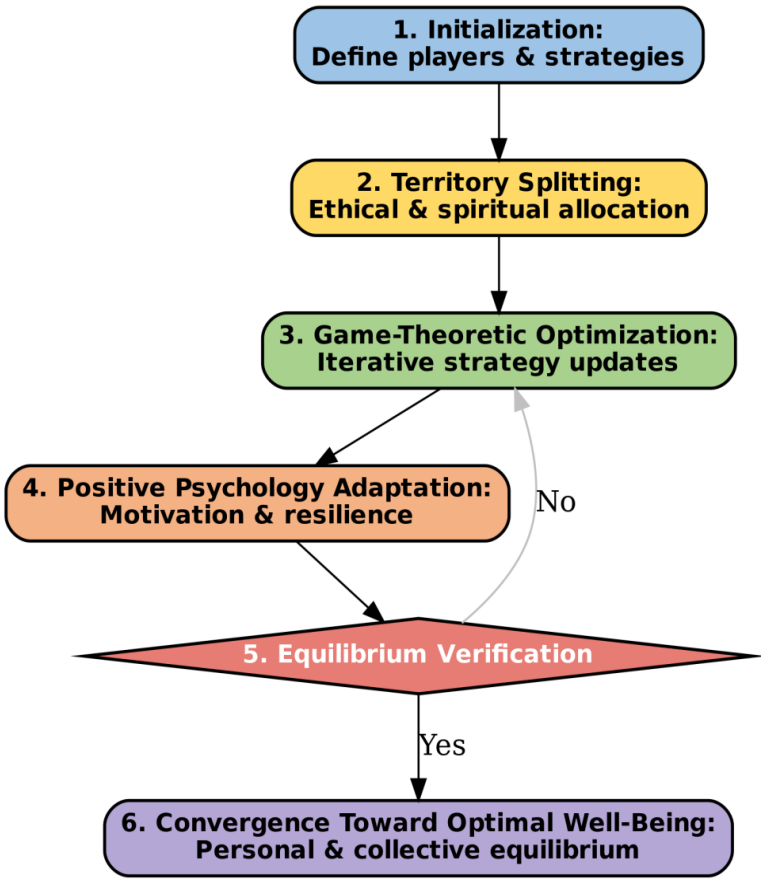
Modeling Strategic Well-Being: A Two-Player Framework



The PSW Model follows a multi-step process designed to integrate strategic reasoning, psychological adaptation, and ethical consideration. The first step, referred to as territory splitting, involves partitioning the decision space (Y1, Y2) according to principles derived from spirituality. This approach emphasizes ethical and balanced allocation rather than purely utilitarian distribution, fostering cooperation and mutual benefit instead of competition. The second step, game-theoretic optimization, entails that each player develops a strategy to maximize individual payoff while accounting for the potential impact of their choices on others. In the third step, positive psychology functions as an adaptive mechanism. Players incorporate principles of emotional and cognitive well-being into the decision-making process, extending beyond rational analysis alone. By integrating resilience, self-awareness, and adaptive learning, this approach mitigates the risk of unstable or incomplete solutions and enhances overall well-being optimization. The fourth step involves equilibrium verification, where the system evaluates whether a stable state has been reached. In this state, no player can improve their outcome through unilateral changes in strategy. If equilibrium is not achieved, the process iterates, with strategies continuously adapted and refined.

Figure 4

Flowchart of the Psychological Strategic Well-Being (PSW) Model



Individual equilibrium ensures that each player optimizes personal well-being in accordance with individual needs and preferences. Collective equilibrium guarantees that the system as a whole achieves a harmonious distribution of psycho-social resources, promoting long-term stability. This dual equilibrium represents the cornerstone of ethical and sustainable optimization, distinguishing the PSW Model from approaches that prioritize short-term gains over enduring balance.

Limitations and Future Applications

Achieving a mathematical formalization of the interactions among psychological, strategic, and spiritual dimensions require refinement. The quantification of spirituality poses difficulties, as it necessitates the identification of precise and reproducible indicators to capture subjective and experiential phenomena. Long-term empirical validation is essential to assess the model's effectiveness and sustainability over time and across diverse contexts and populations. While it remains conceptual, prospective approaches for empirically assessing the model, including the hypotheses that can guide such investigations and anticipated methodological challenges, are offered.

Defining an Experimental Framework. Empirical validation of the PSW Model will require the development of structured experimental and computational methodologies to evaluate the robustness and applicability of its principles. One promising approach involves computational modeling, in which multi-agent simulations can be employed to observe the evolution of strategies, the dynamics of interactions, and the convergence towards equilibrium under varying initial conditions. In parallel, experimental studies in psychology could be designed to measure the effects of PSW-informed strategies on human decision-making, emotional regulation, cooperation, and overall well-being. Validation in organizational and social settings may also provide insights into the model's effectiveness in real-world contexts, such as leadership, conflict resolution, and team cohesion, thereby linking theoretical constructs to practical outcomes.

Hypotheses. To assess the Model's applicability and relevance, testable hypotheses are proposed. First, it is hypothesized that decision-making processes that integrate insights from positive psychology, strategic interactions, and spirituality will result in more stable equilibria compared to traditional rational decision-making models. Stability is expected to arise from the combined effects of emotional regulation, strategic foresight, and ethical alignment, which together reduce internal and external conflicts. Second, the inclusion of spiritual principles in decision-making is hypothesized to foster enhanced cooperation and to mitigate interpersonal conflicts. By promoting ethical awareness, long-term perspective, and a sense of interconnectedness, individuals are expected to engage more constructively with others, leading to improved social outcomes. Third, it is hypothesized that individuals adopting the PSW approach will develop greater resilience in the face of stressors. The integration of positive psychological practices and adaptive strategic reasoning provides mechanisms for emotional regulation, reflection, and recovery, which enhance the capacity to maintain performance and well-being under challenging conditions.

Future studies could empirically validate the model through real-world applications, comparative analyses with established frameworks and validated psychometric instruments in positive psychology and behavioral economics, and the use of multi-agent simulations to explore cooperation, equilibrium stability, and optimization dynamics. Empirical testing will be essential to

confirm the model's predictive validity and practical relevance, thereby transforming it from a theoretical framework into an actionable tool.

Conclusion

This article introduces a theoretical framework for human decision-making by integrating positive psychology, game theory, and spirituality. Drawing inspiration from engineering methodologies, particularly complex systems modeling, the PSW Model examines interaction dynamics and the emergence of sustainable equilibria. Traditional approaches, whether purely rational or focused exclusively on individual well-being, often fail to achieve long-term optimization. Incorporating a spiritual dimension, often omitted in conventional models, fosters ethical and existential alignment. By bridging strategic reasoning, personal development, and ethical coherence, the PSW Model offers a systemic and interdisciplinary approach to enhancing well-being and optimizing decision-making in complex environments, enriching the current literature in this space.

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