POSITIVE PSYCHOLOGY:

HAPPINESS

FIB QUIZ POWERPOINT NOTES
INTRODUCTION & POSITIVE EMOTIONS

• Positive psychology is concerned with the __1__ life, the __2__ life and the __3__ life.

• Peterson’s study found that orientations to engagement and meaning were __4__ strongly associated with life satisfaction than orientation to pleasure.

• There are 2 distinct types of positive emotions concerned with the present: __5__ pleasures and more enduring __6__.

• Gratifications differ from pleasures in that they entail states of absorption or __7__ that come from engagement in activities that involve using our signature __8__.
A wide range of data have shown that emotional experience can be best described by broad dimensions. Some researchers (Larsen, Diener, Averill) have labeled these dimensions (1) “activation or ___10___” and (2) “pleasant/___11___ to unpleasant/___12___”.

Some researchers (Watston, Tellergen) suggest 2 dimensions, ___13___ and ___14___ affectivity (emotional experiences) captures the combinations of these two broad dimensions. Positive and negative affectivity can be assessed with the Positive and Negative Affect Schedule (PANAS).

Positive and negative affectivity is moderately ___15___.

Positive affectivity is associated with greater job satisfaction and marital satisfaction

People with high positive affectivity tend to have ___16___ life styles and better ___17___ strategies.
POSITIVE AFFECTIVITY & HAPPINESS

• Positive affectivity may be enhanced through:
  • engagement in regular physical __18__,
  • maintaining a regular and adequate pattern of __19__,
  • making and maintaining strong __20__ an socializing frequently with supportive friends
  • through working towards __21__(3 words).

• Positive affectivity is one aspect of __22__

• Diener assessed data of happiness and well-being from over a million people all over the world. He concluded that the average person is __23__ happy (6.75 on a scale of 1-10).

• Fordyce, Diener and Alfonso have all developed scales to measure happiness. Experience sampling methods (ESM) provide moment to moment measures of happiness.
THE EFFECTS OF HAPPINESS

• Seligman has argued that __24__ emotions narrow our attentions to the source of a __25__ and prepare us for zero-sum games in which there is a winner and a __26__.

• In contrast, __27__ emotions __28__ our attention so we become aware of the wider physical and social environment. This broadened attention prepares us to be __29__ to new ideas and practices an be more __30__ than usual.

• Negative emotions facilitate highly focused defensive critical thinking and decision making where the objective is to __31__ and fix what is “__32__”. Positive emotions facilitate creative tolerant thinking and productivity.
BROADEN AND BUILD THEORY

• Fredrickson’s _33_(3 words)_theory states that positive emotions broaden momentary thought-action repertoires. This offers opportunity for building __34__ personal resources, which in turn offers the potential for personal __35__ and transformation by creating positive or _36_(2 words) for emotion, cognition and action.

• Laboratory studies show that (positive) induced mood states lead to more creative and __37__ thought and behavior.

• Positive mood states help people to build enduring personal resources.

• Lyubomirsky has bound that positive emotions lead to better adjustment in the broad domains of work, __38__, and health.

• In the famous “Nun Study”, Danner (2001) found that the happiness expressed in essay that nuns wrote about as they entered a religious order in early adulthood was associated with their __39__.
CAUSES OF HAPPINESS

• Lyubomirsky has argued that 3 classes of factors determine our level of happiness: (1) __40__ point; (2) __41__; (3) __42__ activities.

• It has been estimated that 40 % of individual differences in happiness are the result of _43__ that people intentionally carry out so people have _44_(2 words)__to enhance their well-being.

• The idea of a happiness set-point suggests that our “trait happiness” (happy personality) is determined by __45__.

• Lykken has concluded that while happiness is __46__% heritable, so there is considerable latitude to enhance happiness, the upper-limit of how happy we can feel is almost completely (98%) __47__ determined.
CIRCUMSTANCES AND HAPPINESS

- Research suggest 48% variables about 10% of the variance in overall happiness.

- Geographical variables that have been related to happiness or well-being include, safety & fertility of surroundings, quality of housing and distance to amenities.

- For instance, having to commute long distances, living in areas with limited access to parks and green spaces, noise an air pollution all 49 well being.

- Mean levels of subjective well-being is higher in cultures in which there is 50 (2 words). There is also higher subjective well-being in countries in which there are satisfactory relationships between citizens and members of the bureaucracy.

- Religion: Pargament (2002) has concluded that religion that is internalized, intrinsically motivated and based on a 51 relationship with God is associated with 52 (Not associated with religion that is imposed or reflective of a tenuous relationship with God).
CIRCUMSTANCE AND HAPPINESS

• Religion appears to provide increased well-being by providing: (1) hope and __53__ for the future; (2) provides __54__ support and meets needs for belongingness; (3) is associated with healthier interpersonal __55__ and commitment to hard work; (4) induce __56 (2 word)__ such as joy, awe, compassion and transcendence.

• Wealth: Positive and (most) negative events have short-term effects on well-being. The term “__57 (2 words)__” describes the process (like with lottery winners) whereby people react with __58__ increases in happiness but return rapidly to their happiness set-point.

• Despite the benefits of material wealth, the correlation between wealth and happiness (in industrialized countries) is quite __59__ (p<.02).

• This maybe explained by __60 (2 words)__ theory which states that personal happiness is based on the perceived discrepancy (difference) between our own situation and that of __61__. (That is, people are often happier when they are wealthier than their neighbors…but are less happy if poorer than their neighbors, even if both are wealthy).
CIRCUMSTANCE AND HAPPINESS

• The counter intuitive finding that wealth is not always associated with happiness is known as the _62_(2 words)_.

• Recent analyses suggest that above a certain point, happiness increases more slowly than income, but _63_ point is ever reached beyond which income has no effect on happiness.

• **Marriage:** On average, married people are happier than unmarried people. This has been found in 40 nations around the world. The explanations for this are could be that _64_ people stay married (selection hypothesis) of that marriage provides benefits (home, affiliation, etc.) that lead to greater happiness (protection hypothesis).

• **Social Support:** _65_, supportive relationships are associated with greater well being, health, longevity and adjustment.

• Diener and Seligman (2002) found that very happy people spend time making and maintaining close _66_.

CIRCUMSTANCE AND HAPPINESS

- **Education**: The relationship between education and subjective well-being is particularly __67__ in poorer, underdeveloped countries.

- **Work**: Unemployment can lead to severe decreases in well-being and that even years after losing a job people may not return to the level of well-being they enjoyed before becoming unemployed.

- **Job satisfaction and happiness** are moderately correlated. Jobs that are most satisfying have considerable __68__, and __69__ discretion. Less satisfying jobs are tightly constrained by frequent, detailed directives by superiors.

- **Recreation**: Groups that involve dancing, music, volunteer charity work, or all-consuming __70__ are conducive to higher well-being. Groups may also increase happiness by meeting needs for __71__ and altruism; the need for excitement; the need for competition and __72__. 
CIRCUMSTANCE AND HAPPINESS

• **Age & Gender**: Blanchflower has concluded that well-being is higher among women, the young and the old. Across the life cycle, happiness follows a _73_-shaped trajectory.

• **Health**: While subjective ratings of health relate to happiness, _74_ ratings (like those made by physicians) do not.

• Most people (except the severely disabled) _75_ to their health problems and develop self-perceptions that are consistent with their level of happiness.
HAPPINESS ENHANCEMENT

- Enhancing can take place along by making changes along 9 “domains”:
  - Relationships
  - Environment
  - Physical State
  - Education and work
  - Recreation
  - Habituation
  - Comparisons
  - Inequitable reactions to losses and gains
  - Distressing emotions
HAPPINESS: OBSTACLES

• **Habituation:** Buss has argued that we are designed to quickly habituate or adapt to situation that give us _77_ because it was adaptive for our hunter and gathering ancestors.

• Habituation occurs less rapidly if the pleasurable experiences are __ apart.

• **Therefore…** it follow that to increase our happiness we should indulge ourselves in pleasures at _79_(3 words)_ (that is be moderate indulging/participating in those things we truly enjoy)

• **Negative social comparisons:** Happiness can be influenced by how we rate ourselves (on attractiveness, wealth, achievements etc) in _80_ to recent _81_, but also in comparison with those of _82_ (or the media).
HAPPINESS RESEARCH: RELATED CONCEPTS

• **Well-Being**: Refers to the achievement of one’s full psychological potential.
  - There are six dimensions: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self acceptance.

• **Social Well-Being**: refers to positive states associated with optimal functioning within one’s _84_(2 words) and _85_.
  - There are 5 dimensions: social integration, social contribution, social coherence, social actualization, and social acceptance.

• **86 of life**: covers multiple domains, including health status, capacity to carry out activities of daily living, social functioning access to health care, standard of living and general well-being.