

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__.

POSITIVE AND NEGATIVE AFFECTIVITY

- A wide range of data have shown that emotional experience can be best described by __9__ 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, Tellergeren) 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__ and 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 and 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 found 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 essays 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 _76_ 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

- **_83_ 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.