

HAPPINESS



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<https://pin.it/mIYZeAa>

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Happiness

- 1.the state of feeling or showing pleasure
- 2.the state of being satisfied that something is good or right

Happiness. happiness noun - Definition, pictures, pronunciation and usage notes | Oxford Advanced Learner's Dictionary at OxfordLearnersDictionaries.com. (n.d.).
[https://www.oxfordlearnersdictionaries.com/definition/english/happiness#:~:text=%E2%80%8Bhappiness%20\(about%20with%20something,good%20or%20right%20synonym%20satisfaction](https://www.oxfordlearnersdictionaries.com/definition/english/happiness#:~:text=%E2%80%8Bhappiness%20(about%20with%20something,good%20or%20right%20synonym%20satisfaction)



<https://pin.it/5OEn3I3>

Happiness

Happiness is the feeling of joy, contentment, or positive well-being, accompanied by the belief that one's life is valuable, meaningful, and fulfilling.



Lyubomirsky, S. (2008). *The how of happiness: A new approach to getting the life you want*. Penguin Books.

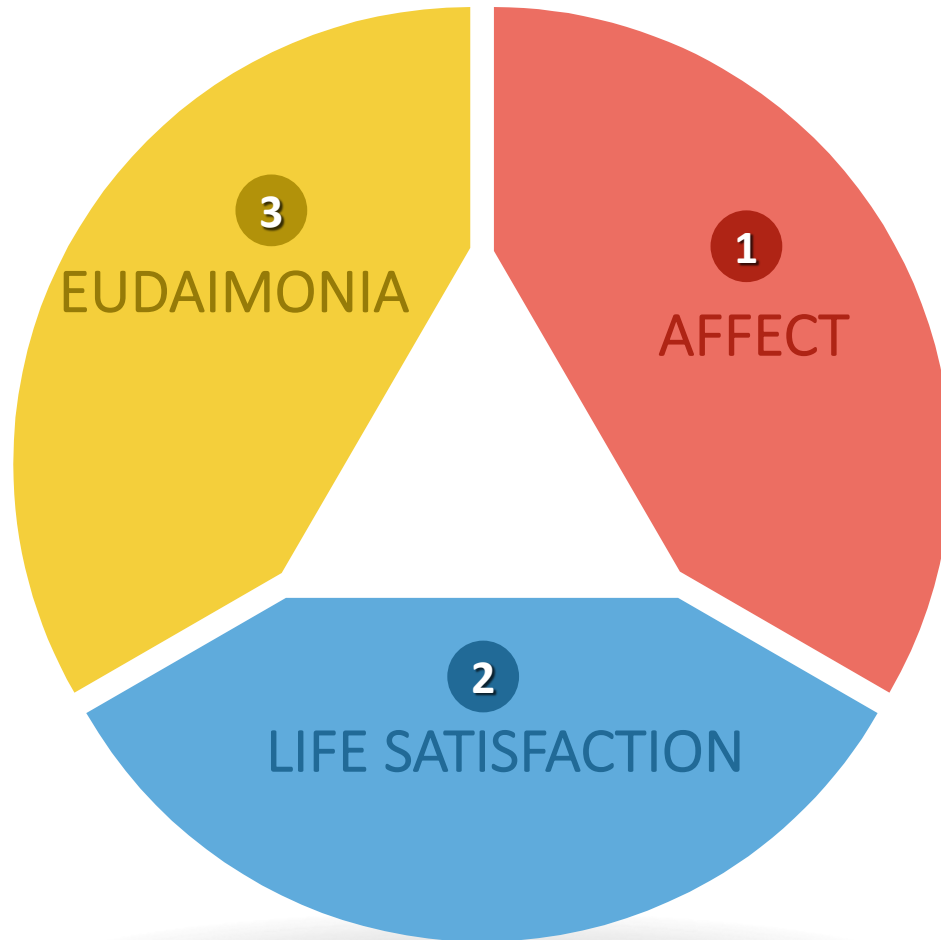
Subjective Well-Being



It is crucial to note that happiness is occasionally regarded as synonymous with subjective well-being (SWB). In recent years, there has been a notable increase in research attention towards subjective well-being.

Optimism, hope and subjective well-being: A literature overview - dergipark.
(n.d.-a). <https://dergipark.org.tr/en/download/article-file/1799809>

Components of Subjective Well-Being



1

Affect refers to the emotions, moods, and feelings a person has. These can be all positive, all negative, or a combination of both positive and negative.^[13] Some research shows also that feelings of reward are separate from positive and negative affect

2

Life satisfaction (global judgments of one's life^[15]) and satisfaction with specific life domains (e.g. work satisfaction) are considered cognitive components of SWB

3

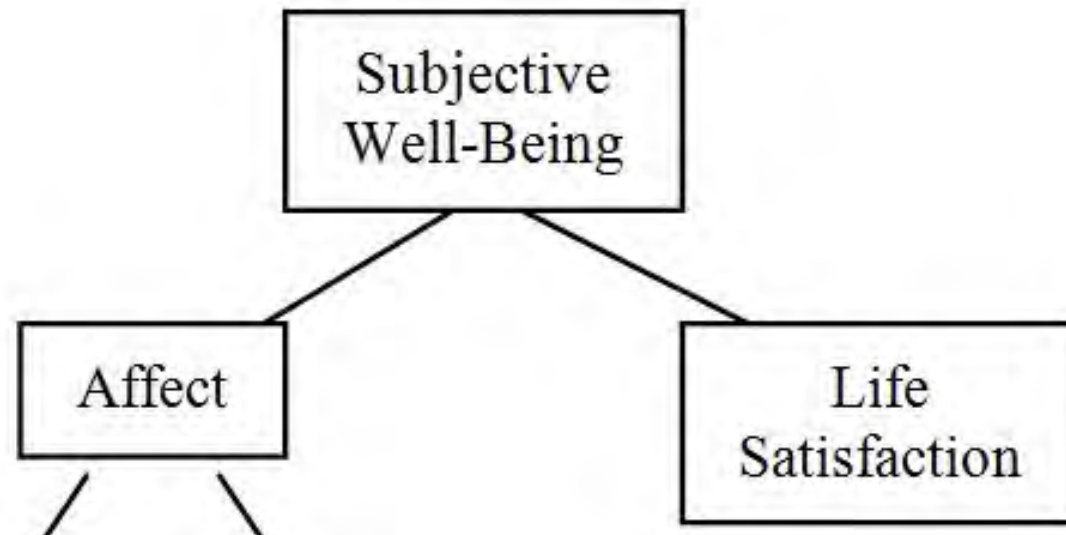
Eudaimonic measures seek to quantify traits like virtue and wisdom as well as concepts related to fulfilling our potential such as meaning, purpose, and flourishing. It is unclear whether measures of meaning are really measures of wellbeing and little data has been collected on them.^[18]

Proctor, C. (2014). Subjective well-being (SWB). *Encyclopedia of Quality of Life and Well-Being Research*, 6437–6441.

https://doi.org/10.1007/978-94-007-0753-5_2905

Subjective Well-Being

It includes measures of current experience/ affect (emotions, moods, and feelings) and of life satisfaction.



Shahnaz, I., & Karim, A. K. (2014). The impact of internet addiction on life satisfaction and life engagement in young adults. *Universal Journal of Psychology*, 2(9), 273–284.

<https://doi.org/10.13189/ujp.2014.020902>

AFFECT MEASUREMENT

Positive and Negative Affect Schedule (PANAS-SF)

Indicate the extent you have felt this way over the past week.		Very slightly or not at all	A little	Moderately	Quite a bit	Extremely
PANAS ₁	Interested	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS ₂	Distressed	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS ₃	Excited	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS ₄	Upset	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS ₅	Strong	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS ₆	Guilty	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS ₇	Scared	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS ₈	Hostile	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS ₉	Enthusiastic	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS ₁₀	Proud	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS ₁₁	Irritable	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS ₁₂	Alert	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS ₁₃	Ashamed	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS ₁₄	Inspired	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS ₁₅	Nervous	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS ₁₆	Determined	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS ₁₇	Attentive	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS ₁₈	Jittery	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS ₁₉	Active	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PANAS ₂₀	Afraid	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: the PANAS scales. *Journal of personality and social psychology*, 54(6), 1063.

SATISFACTION WITH LIFE SCALE

LIFE SATISFACTION MEASUREMENT

Reference:

Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction with Life Scale. *Journal of Personality Assessment*, 49, 71-75.

Scale:

Instructions: Below are five statements that you may agree or disagree with. Using the 1 - 7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

- 7 - Strongly agree
- 6 - Agree
- 5 - Slightly agree
- 4 - Neither agree nor disagree
- 3 - Slightly disagree
- 2 - Disagree
- 1 - Strongly disagree

___ In most ways my life is close to my ideal.

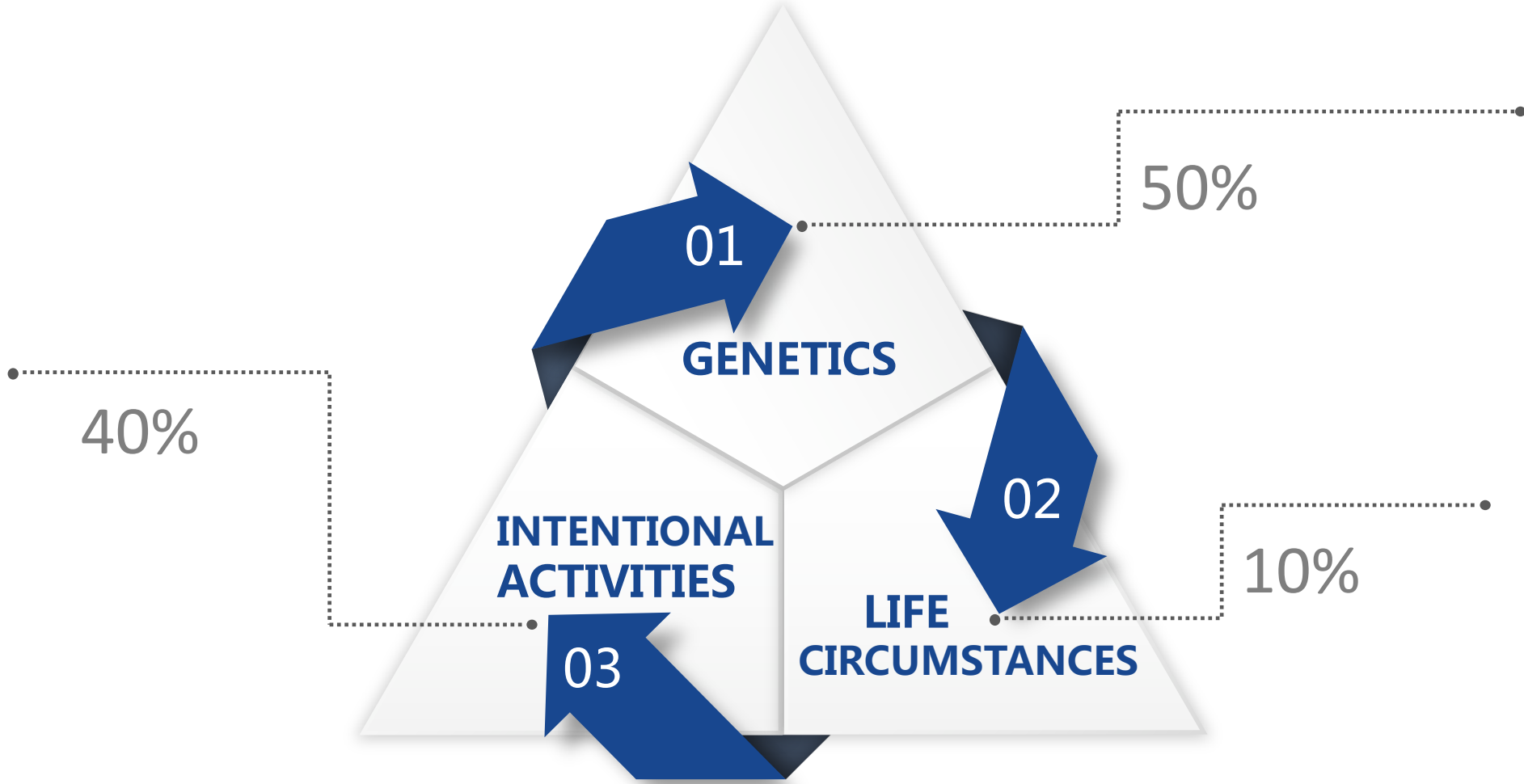
___ The conditions of my life are excellent.

___ I am satisfied with my life.

___ So far I have gotten the important things I want in life.

___ If I could live my life over, I would change almost nothing.

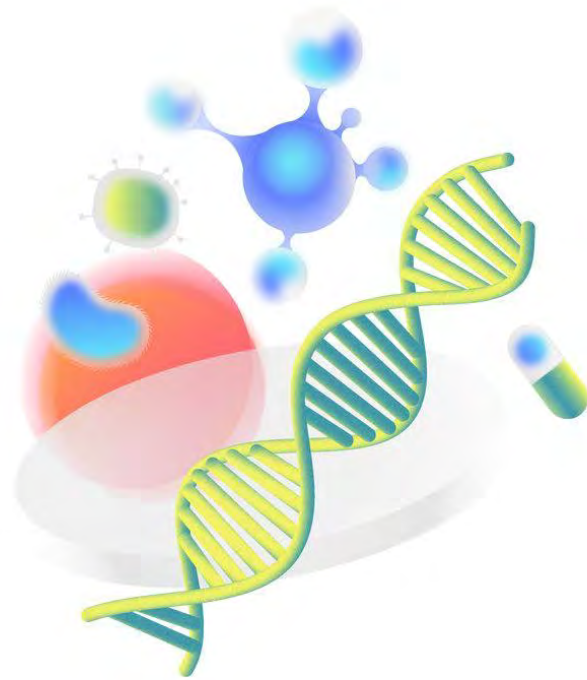
FACTORS CONTRIBUTING SUBJECTIVE WELL-BEING:



Lyubomirsky, S. (2010). *The how of happiness: A practical approach to getting the life you want*. Piatkus.

GENETICS

- FIXED AND STABLE
- UNCONTROLLABLE
- ECAMPLES OF TWIN STUDIES SUPPORT THIS FINDINGS



LIFE CIRCUMSTANCES

- RELATIVELY STABLE
- RELATIVELY CONTROLLABLE
- INCIDENTAL

CATEGORIES:

- REGION OF RESIDENCE
- INDIVIDUAL EXPERIENCE
- DEMOGRAPHICS
- LIFE STATUS

THE CIRCUMSTANCES THE MOSTLY PREDICTING HIGH SWB:



1
RELIGIOUS

2
EMPLOYED

3
HEALTHY

4
WEALTHY



Lec 23 : Sustainable happiness model.
YouTube. (2021, February 2).
https://youtu.be/_7ftZAp4f_E

Hedonic adaptation



Hedonic adaptation: Why you'll never have enough in life.
YouTube. (2022, January 28). <https://youtu.be/SdJSjj2A710>

INTENTIONAL ACTIVITIES

- EFFORTFUL ACTIONS/PRACTISES
- DO NOT HAPPEN BY ITSELF, REQUIRES ACTIONS
- CONTROLLABLE
- CONSCIOUS

INTENTIONAL ACTIVITIES

```
graph TD; IA[INTENTIONAL ACTIVITIES] -.-> B[BEHAVIORAL]; IA -.-> C[COGNITIVE]; IA -.-> V[VOLITIONAL]; B --- KA[KINDNESS ACTIONS]; C --- C1[1. THOUGHTS]; C --- C2[2. ATTITUDES]; V --- AG[ACHIEVING GOALS];
```

BEHAVIORAL

KINDNESS ACTIONS

COGNITIVE

- 1. THOUGHTS**
- 2. ATTITUDES**

VOLITIONAL

ACHIEVING GOALS

Lec 23 : Sustainable happiness model. YouTube. (2021, February 2). https://youtu.be/_7ftZAp4f_E

SUSTAINABLE HAPPINESS MODEL

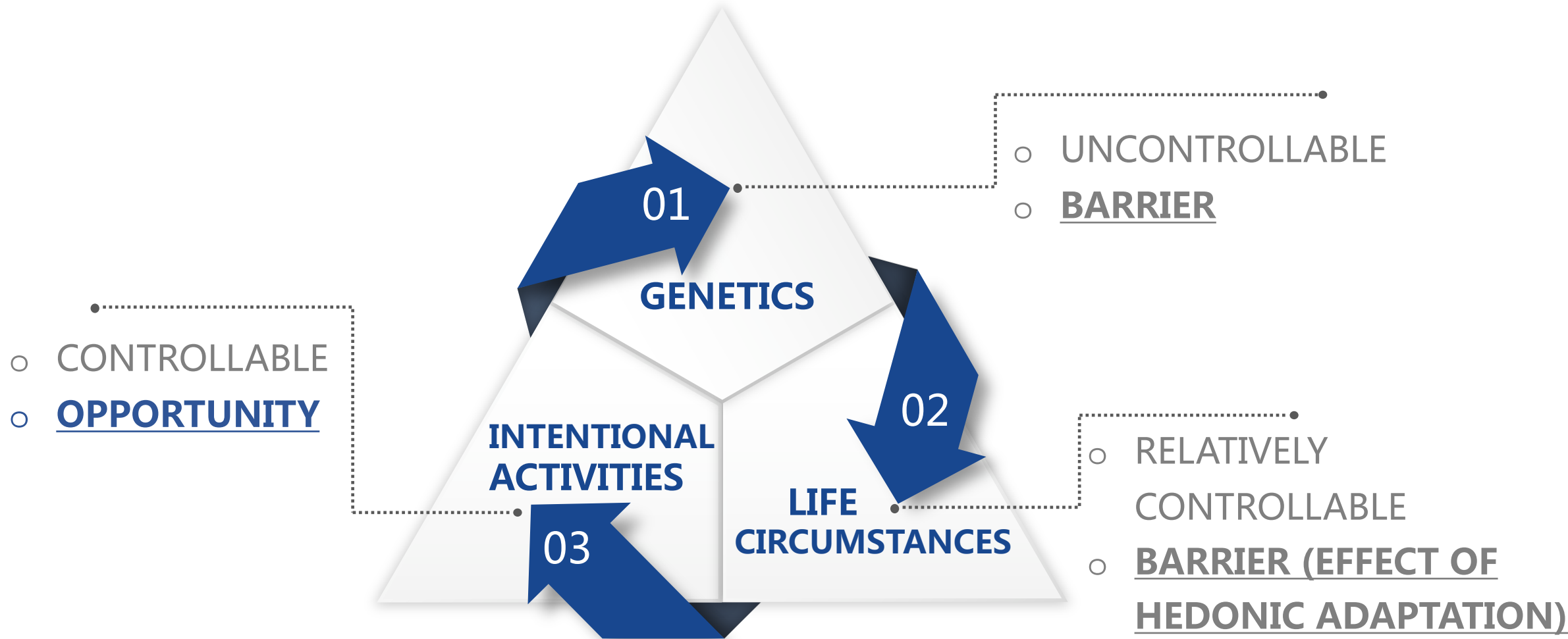
The sustainable happiness model (Lyubomirsky, Sheldon, & Schkade, 2005) provides a theoretical framework for experimental intervention research on how **to increase** and **maintain** happiness.



Boehm, J. K., & Lyubomirsky, S. (2009). The promise of sustainable happiness. In S. J. Lopez & C. R. Snyder (Eds.), *Oxford handbook of positive psychology* (pp. 667–677). Oxford University Press.

<https://pin.it/4m5fPf5>

SUSTAINABLE HAPPINESS BARRIERS :



• HOW TO BECOME HAPPIER?

Lyubomirsky, S. (2010). *The how of happiness: A practical approach to getting the life you want.* Piatkus.

INTENTIONAL ACTIVITIES - HAPPINES STRATEGIES



Express Gratitude



Cultivate Optimism



Avoid overthinking



Practicing Acts of
Kindness



Nurturing Social
Relationships



Developing
Strategies for
Coping



Learning to Forgive



Increasing Flow
Experiences



Savoring Life's Joys



Committing to Your
Goals



Practicing Religion
and Spirituality



Taking Care of Your
Body



The science of subjective well being, a.k.a happiness. YouTube.
(2016, August 18). <https://youtu.be/PPbjK3MmjL0>



Thank you