

What is happiness and can it be measured?

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Psychological Approaches to Happiness

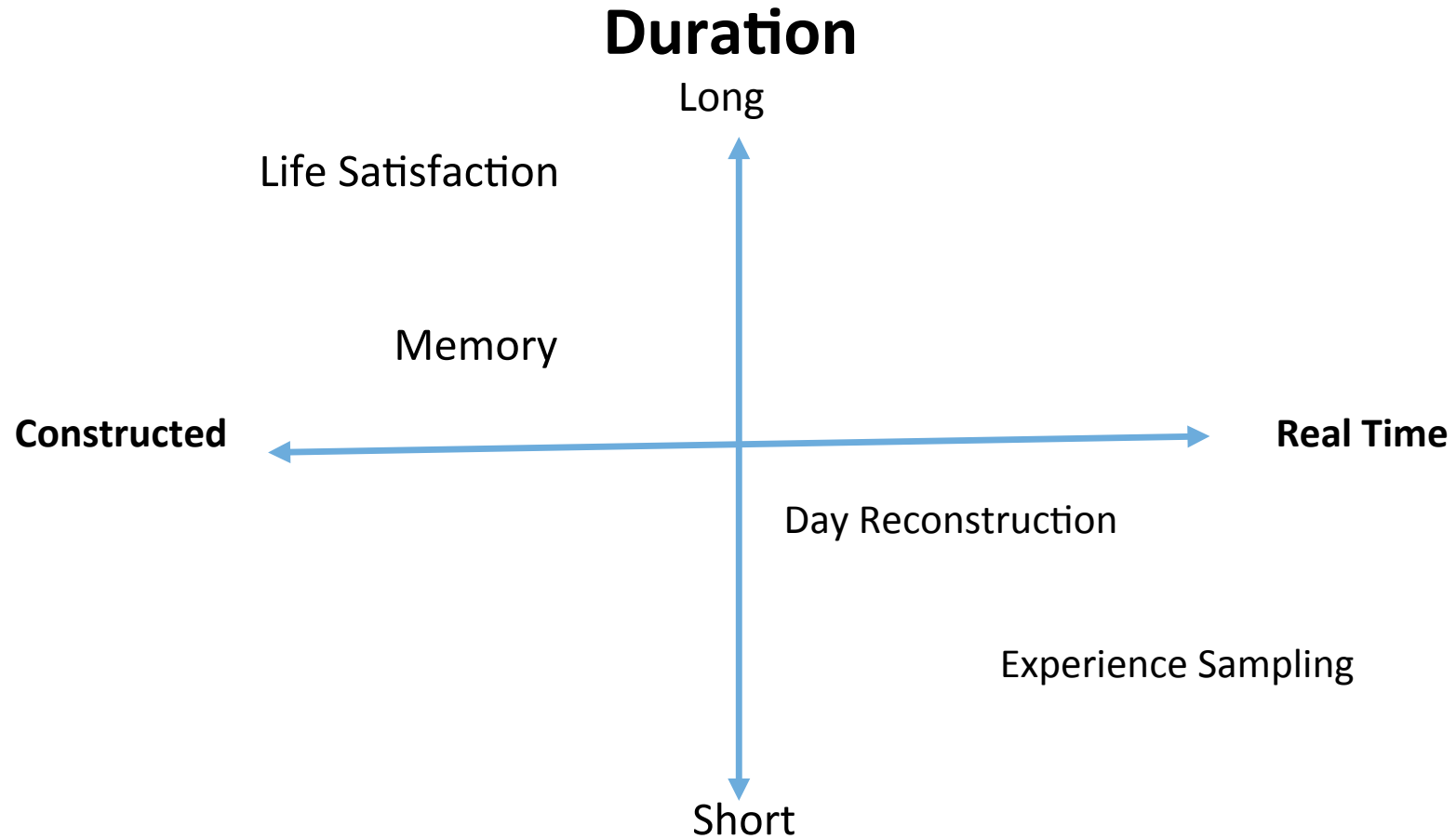
Subjective Well-Being:

1. Global Assessment of Life: Life Satisfaction
2. Momentary Feelings: Positive and Negative Emotion

Other Approaches:

1. The feeling of meaning and purpose
2. Sense of connectedness
3. Appreciation of autonomy/independence

Measurement



Global Judgments of Life Satisfaction

1 year stability = .56

Multiple item stability

Convergence with non-self report measures = .42 (peer report)

Societal evidence (u shaped trend, prisoners)

Effects of mood (74%/16%/10%)

Happiness as an Emotion

1. Intensity - U shaped curve
2. Frequency- Good predictor

Happiness is frequency, not intensity, of positive versus negative affect

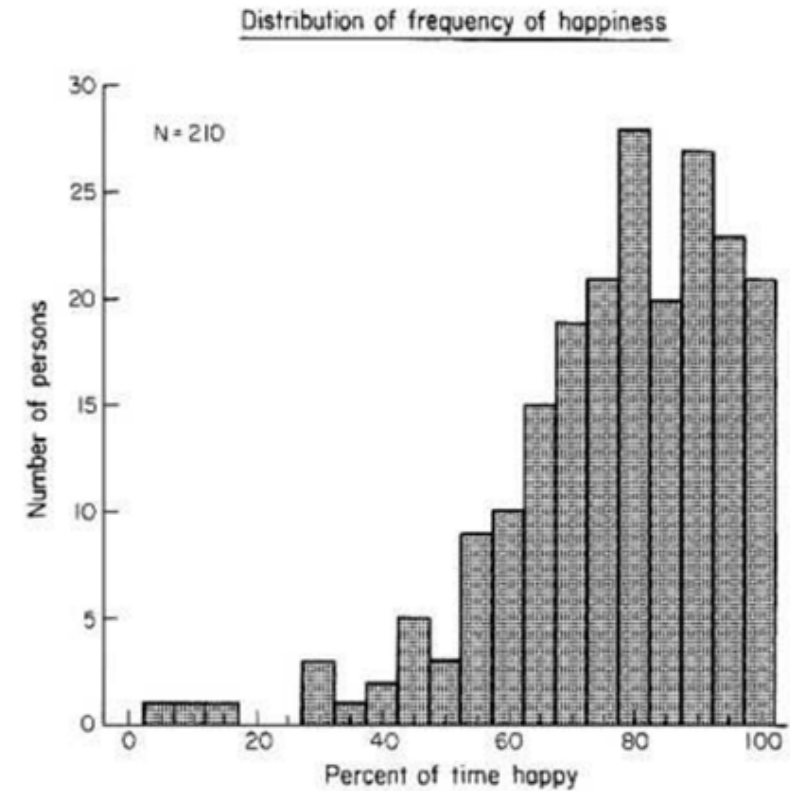
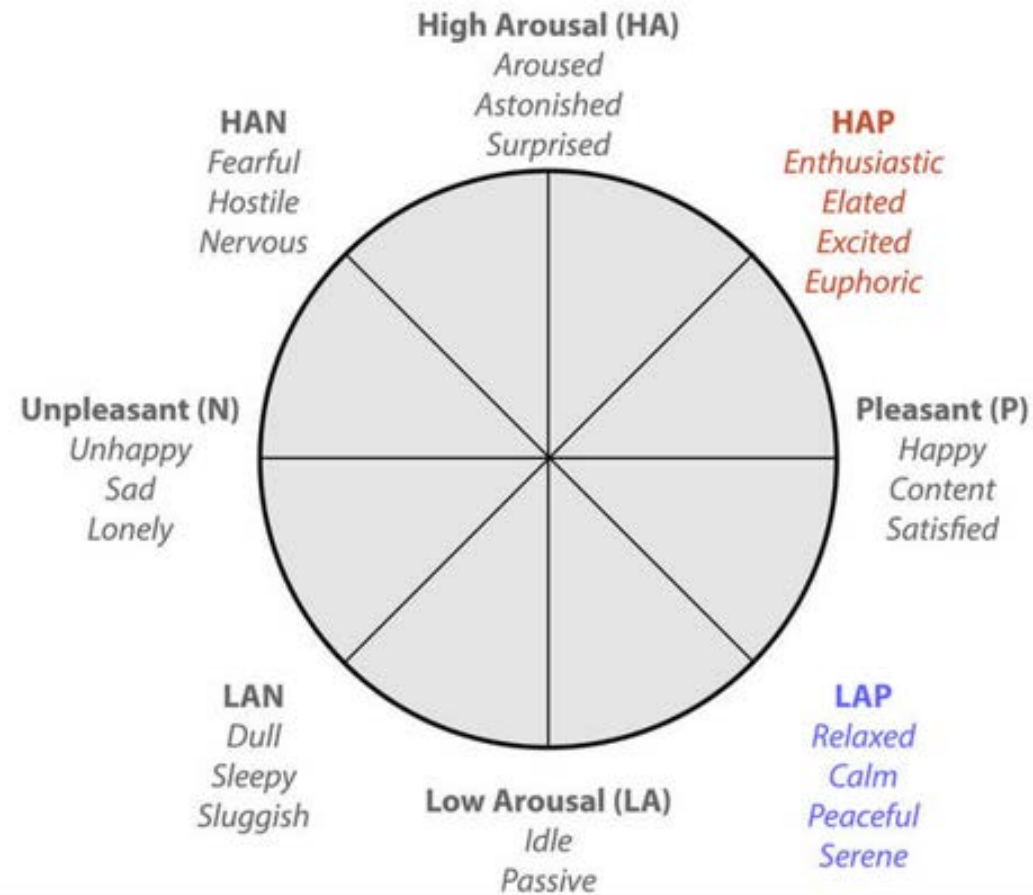
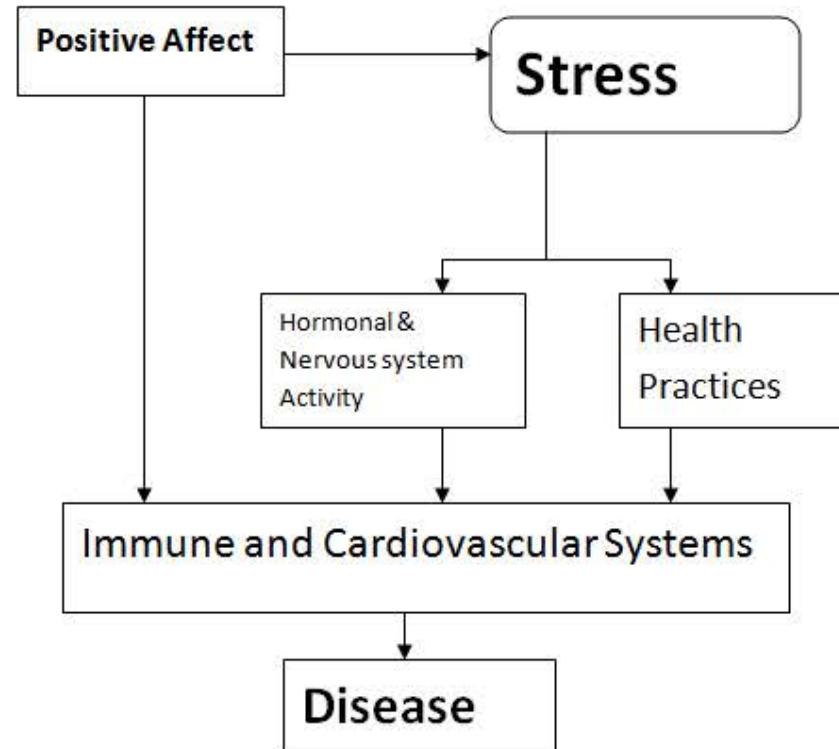


FIG. 7.1. Amount of time individuals experience positive versus negative affect

Two-Dimensional Map of Affective States



Happiness & Health

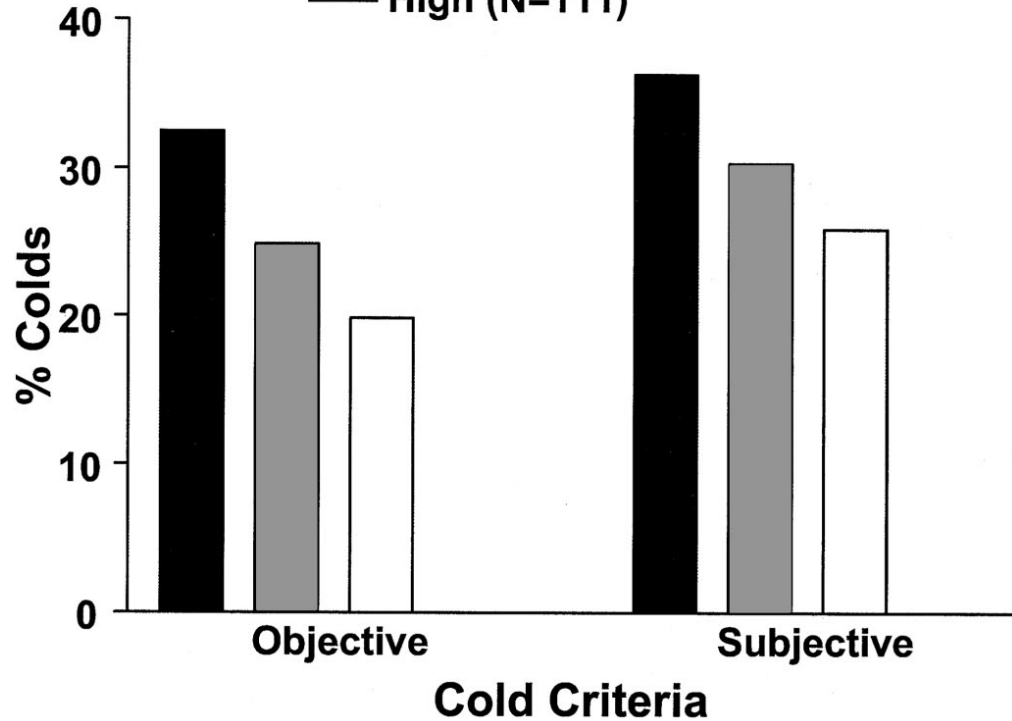


Positive Emotional Style

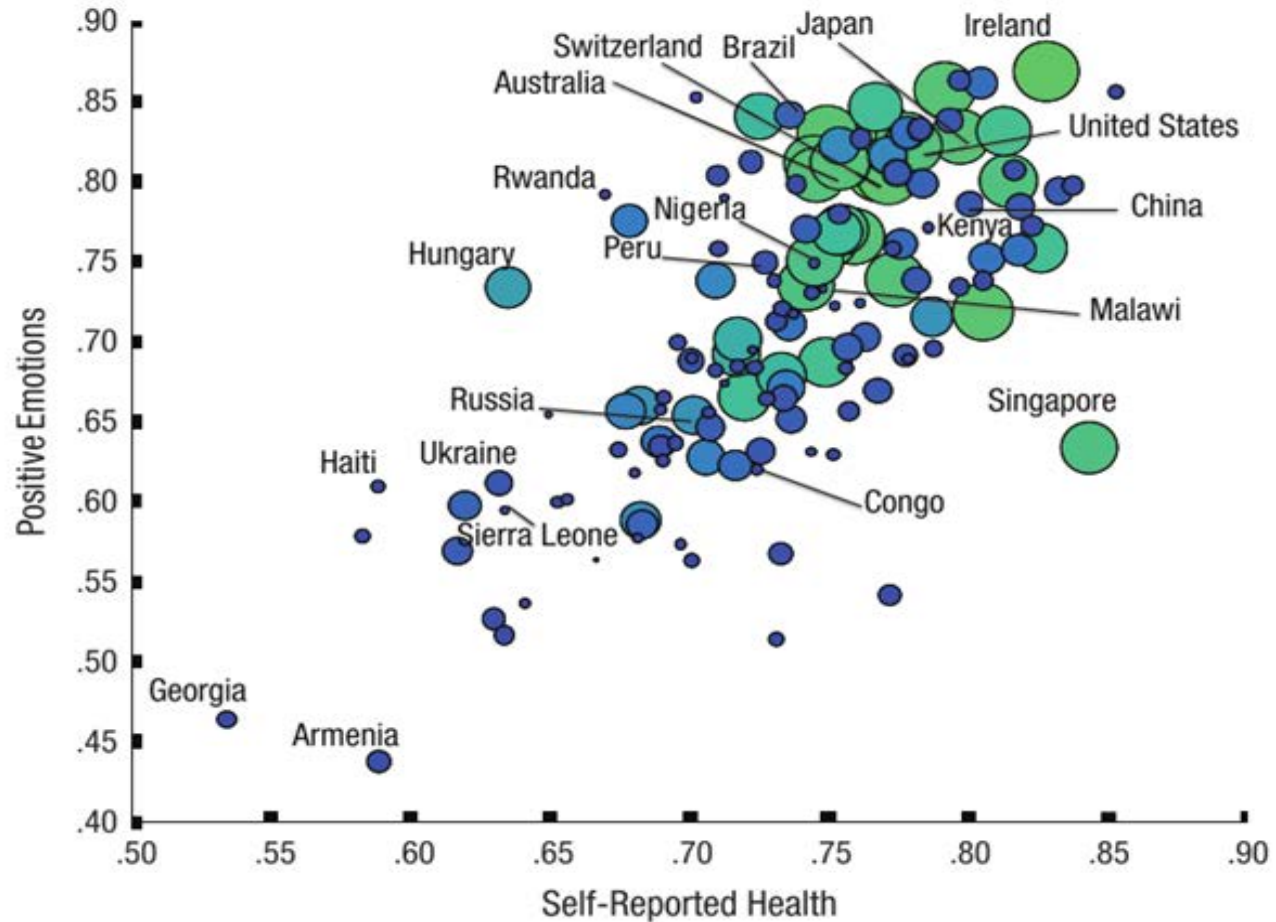
■ Low (N=112)

■ Middle (N=111)

□ High (N=111)

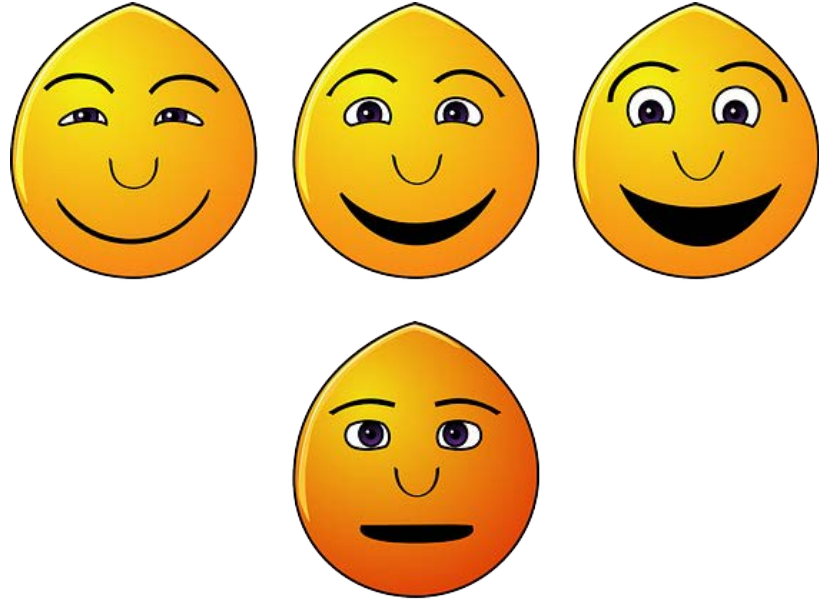


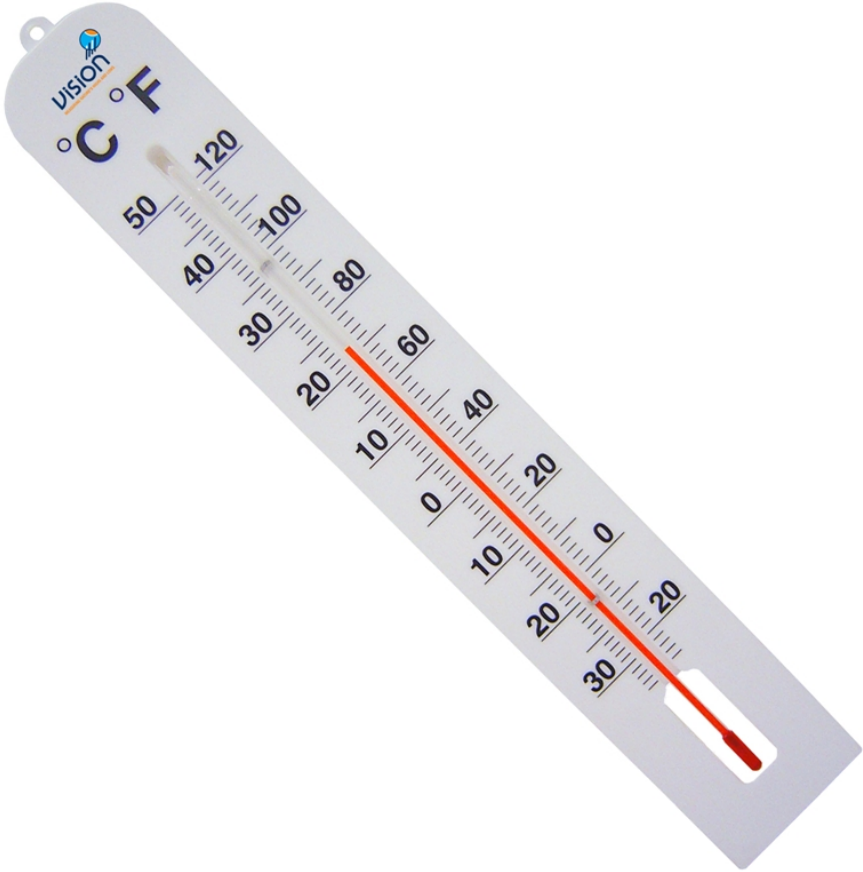
Pressman, Gallagher & Lopez, 2013







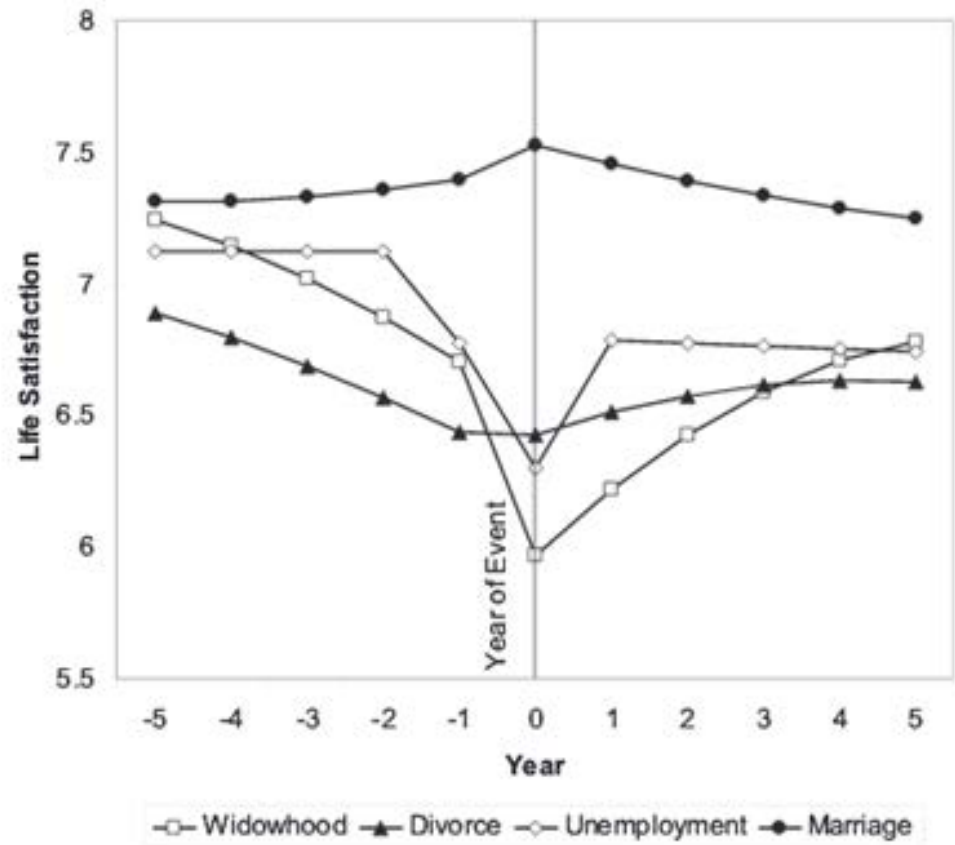




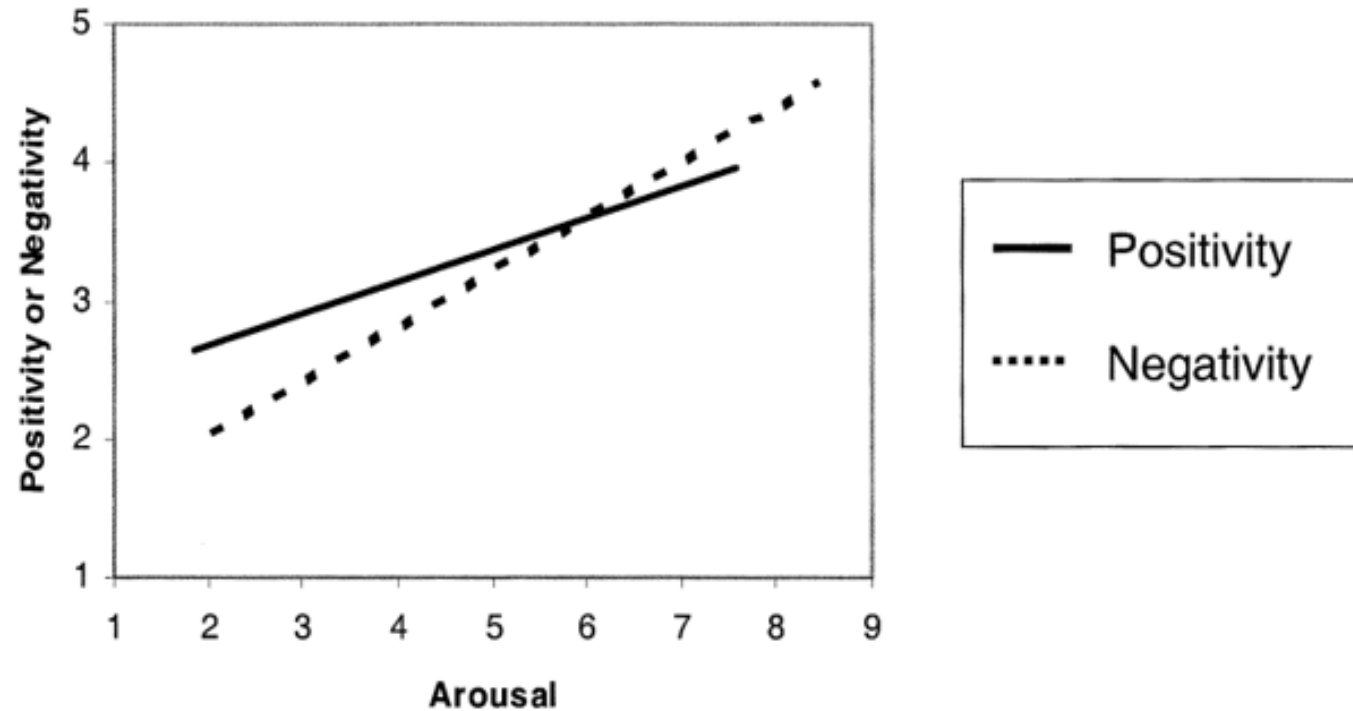
Conclusion



Figure 2
Adaptation to Good and Bad Events



Positivity Offset & Negativity Bias





Título del gráfico

