

# PSYC 3302 - POSITIVE PSYC

## WK 3-1: EMOTIONS OVER TIME

Jan 19/15

- Wirtz et al. (2003)

- experiencing self vs. remembering self
  - ↳ 'online' experience vs. recalled experience ("subjective-subjective experience → how you remember")
- hypothesized that remembered experience predicts future choices
- one of the main goals of this research was to study a more "real world" context over longer time period
- assess predictions, online experience, and remembered experience
  - ↳ compare them
- see which predict future intentions

methodology: • Positive Affect (PA), Negative Affect (NA) & overall enjoyment (predicted, experience + remembered)  
• future choice item (5 weeks after trip)

results: - Positive Affect

- ↳ predictions & recall 'better' than experience → more 'intense' (negative affect followed a similar pattern)
- Remembered most related to future choice (significant)
- expectations affect what we remember over what we actually experience

conclusions: - actual experience less intense than predicted + remembered (positive/negative)

↳ neutral moments neglected?

- remembered emotions predict choices

implications: - objective experience not necessarily more useful  
- applying this to real life

limitations: - small, unrepresentative sample  
- non-behavioural 'choice'

- we can distinguish between predicted, experienced & remembered emotions

- although related, the differences may be important  
- remembered emotions may predict choices

(2)

## • AFFECTIVE FORECASTING

- 'predicted emotions' have spawned much research in recent years
- notion that prediction errors impede happiness maximization
- a few systematic errors found
- some additional, idiosyncratic errors found

## - IMPACT BIAS

- tendency to over-estimate intensity or duration of emotional reactions
    - e.g. pregnancy tests, tenure decisions, sports games, elections, exams, loss-aversion (gambling), etc.
  - Immune Neglect: under-estimating all we do to cope with bad experiences (adaptation)
  - Focalism: failing to consider the "full picture"
- ↳ some method concerns about understanding of questions (in general vs. event)



## PSYC 3302 POSITIVE PSYC

## WK 3-2: DEFINING HAPPINESS

Jan 21/15

## → AFFECTIVE FORECASTING

- comparisons
- examples:
  - interacting with stranger vs. partner
  - insult by friend vs. stranger
  - items with return policy or not
- a number of systematic ways we mispredict events in the future (emotions)
- overestimate events to motivate ourselves [i.e. tenure] could be useful

## → HAPPINESS

- state vs. 'trait' [stability]
- Subjective well-being
  - positive affect
  - negative affect
  - life satisfaction (cognitive component)
- typically self-report; corroborated by other means [ex. recalling positive events]

## \* THE AFFECT CIRCUMPLEX

- Positive Affect vs. Negative Affect in High Activation & Low Activation Dimensions
- [level of activation combined with pleasantness]

## → SUBJECTIVE WELL-BEING [SWB]

- relatively stable over time
- moderate associations with personality
- moderately heritable: twin studies [ex. Height 90% heritable - can change]
- small associations with circumstances: marriage, age, income & employment [not super important; don't want to understate]

## → EUDAIMONIA (vs. HEDONIA)

- SWB often described as the 'hedonic' approach [things are pleasant or unpleasant; feels good / doesn't feel good]
- many view this as insufficient
- consensus that psychological health is broader [i.e. being prosocial]
- ↳ Ryff's 6 dimensions
- much less consensus on what eudaimonia is, exactly



(2)

## • ARISTOTLE'S EUDAIMONIA

— ~~Is~~ Living up to true potential

- not just feeling good → but being good
- based on virtue + efforts (similar to idea of self-actualization)
- includes society's values

— 'Objective' good life

- e.g., assessed by others at the end (death)
- skepticism about subjective experience

— Sometimes only loosely related to modern approaches

## ↳ RYFF'S PSYCHOLOGICAL WELL BEING [1995]

- some 'demographic' differences but similar to SWB

Six Dimensions: 1) Self-Acceptance: aware of positive/negative and okay with that

2) Positive Relations with Other People: has strong, trusting close others & can navigate socially

3) Autonomy: self-determining + independent

4) Environmental Mastery: can effectively navigate their environment

5) Purpose in Life: has goals & a sense of direction; aims & objectives for living

6) Personal Growth: feelings of continual development

## ↳ HUTA'S MOTIVES (HEMA)

"The why" we do what we do

Hedonic reasons: - seeking relaxation - seeking enjoyment  
- seeking pleasure - seeking fun

Eudaimonic reasons: - seeking to develop a skill, learn, or gain insight into something  
- seeking to do what you believe in  
- seeking to pursue excellence or a personal idea

## ↳ HEDONIA vs. EUDAIMONIA

~~= eudaimonia~~ eudaimonia & happiness; eudaimonia is more like well-being

- hedonia vs. 'hedonistic'

- correlations high among constructs (may be able to distinguish)