

# PSYC 3302 - POSITIVE PSYC

## wk 4-1 : HAPPY PEOPLE

Jan. 26/15

'trade off' - how much heritability or environment account for the variability [50/50, 20/80...]

→ HEDONIA vs. EUDAIMONIA (cont.)

- Causes + Consequences

- positive affect + meaning, authenticity
- pro-social sources of pleasure
- 'Happiness' vs. cause/consequence

- 'Very Happy People' - Ed Diener + Martin Seligman

- identify people in top 10% of happiness with multiple indicators
- compare to lowest 10% + 'middle' group
  - ↳ personality, emotions, events, relationships...etc

• Measures: - SWLS

- Global Affect Balance
- Informant Affect Balance
- Daily Affect Balance
- Life Event Recall Balance
- Suicidal Thoughts (reversed)
- Trait Adjectives

• Results: - Social Relationships

- ↳ friend, family, romantic; peer rating; time
- Personality: E, N, A (C + O not as significant/not significant); MMPI Pathology
- Daily Emotions (but full range for all)

\* Social ties necessary, but no sufficient factor

\* No major effects of circumstances/activities

- ↳ pos/neg events; exercise; religious activity; smoking/drinking; TV; sleep; physical attractiveness

\* Very happy differ from others, particularly in:

- ↳ social relationships, personality

\* No sufficient single factor

\* Very happy people → not delusional (full mood range)

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- Limitations: - all student; modest sample size
  - other measures not included
  - correlational approach, not causation
- Implications: - many factors, yet social ties appear key
  - usefulness of focusing on (very) happy in research
  - can borrow general approach from study of 'negative'

→ 'HAPPY PERSONALITY'

- big 5
- motives, goals, needs
- self-esteem
- Ryff scales
- etc....

Extraversion → Potential Levels + processes  
genes all the way to culture



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## WK 4-2: MONEY & HAPPINESS

Jan. 28/15

Review - How were the 'very happy people' identified?  
positive event recall, peer reports, daily affect balance, life satisfaction scale + suicidal thoughts

- What factors were necessary/sufficient to be very happy?  
strong social relationships was necessary but not sufficient
- Which of the big 5 traits were associated with very happy people? Extraversion, Agreeableness, Neuroticism (neg.)

### → EXAMPLE OF EXTRAVERSION DOMAIN [cont.]

- Many potential levels + processes (Instrumental vs. Temperamental)
- Genes [derived from twin studies]
- Physiology (e.g., BAS, Arousal)
- Sociable/reward behaviour [selection, evocation, manipulation]
- Cognitive Bias (e.g., memory, homophones) one, sweet, peace, board, dye, pane, presence
- Self-regulation (mood)
- Culture (individualistic vs. collectivist)

### → MONEY & HAPPINESS

- considerably complex
- within nations vs. between nations [usually studied at a macro-level]
  - ↳ find a stronger correlation between countries
- components of SWB [positive, negative, satisfaction]
- what gets done with money also important
- money has diminishing returns
  - ↳ small amounts - bigger impact on lower income; takes more money to increase happiness for higher income earners
- Gallop World Poll [GWP]
  - representative sample of 95% world population (!)
  - survey approach
  - SWB - PA, NA, 'ladder' satisfaction
    - social resources (respect, using skills, learning...)

### ↳ LIFE SATISFACTION

- money is mostly correlated to life satisfaction
- ↳ GWP Example Countries Table
- Useful to look at the different kinds of indicators

(2)

## L GWP MAJOR FINDINGS

- money predicts SWB, more for satisfaction
  - L increasing standard of living increases satisfaction
- Feelings more impacted by social resources (ex. learning)
- National income predicts above individual
  - L it's nice to live in a rich society
  - L some, but small, 'relative deprivation' [likely a 'world standard']
- Rising incomes over time can increase SWB

- Generally, money has benefits

- But, what we do with it is important

- Consider materialism (+SWB)

L obsessing over money is correlated with being less happy

## → PRO-SOCIAL SPENDING

- spending money on others seems to facilitate happiness

- Initial study in Science

- U.S. Survey Data

- Longitudinally, before/after bonus 'windfall'\*

- Experimentally (\$5 vs. \$20; self vs. other)

L A 'double' affective forecasting error

- sharing/giving has similar effects in young (generalize)