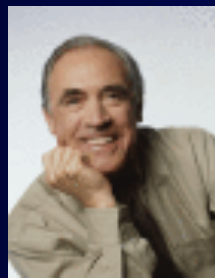




# Positive Psychology and The Scientific Pursuit of Happiness



# Negative versus positive words in psychology abstracts since 1887

135,140 on “depression”	7,467 on “happiness”
42,547 on “fear”	2,010 on “courage”
17,717 on “anger”	2,708 on “joy”

# A more positive psychology for the twenty-first century?

Martin Seligman's "three pillars" of positive psychology:



- *Positive subjective well-being*
  - *life satisfaction/happiness/optimism*
- Positive strengths and virtues
  - creativity/courage/compassion/integrity/wisdom/self-control/spirituality/forgiveness
- Positive institutions
  - healthy families/neighborhoods/schools/media



From R. D. Rusk & L. E. Waters, *Journal of Positive Psychology*, 2013



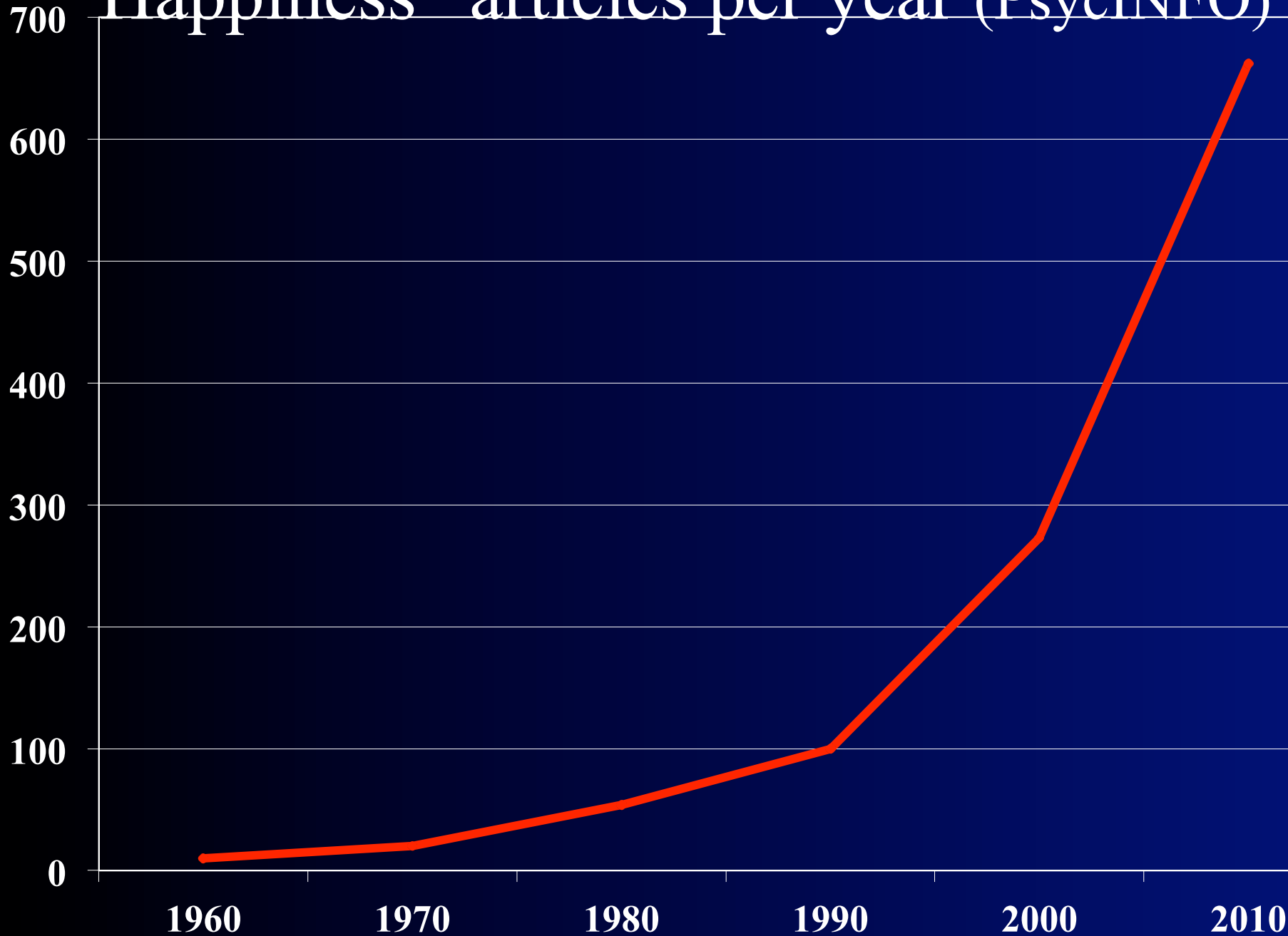
**TABLE 3** Examples of Positive Psychology

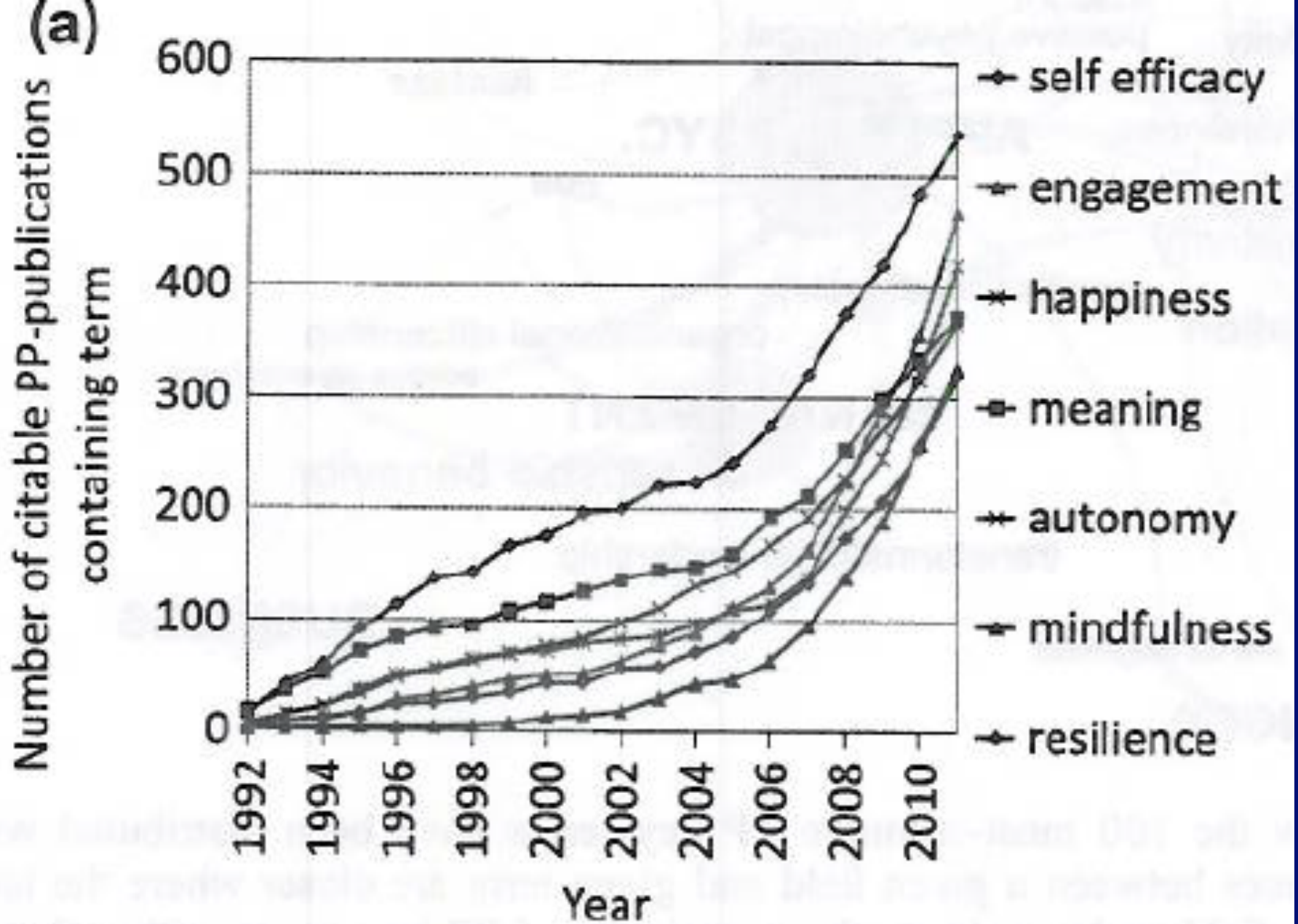
Coverage of **positive psychology** topics can be found in the following chapters:

<b>Topic</b>	<b>Chapter</b>
Altruism/Compassion	4, 9, 12, 13, 15
Coping	11
Courage	13
Creativity	8, 12, 13
Emotional intelligence	9, 13
Empathy	4, 7, 11, 13, 15
Flow	10
Gratitude	10, 11, 13
Happiness/Life Satisfaction	4, 10, 11
Humility	13
Humor	11, 13
Justice	13
Leadership	10, 12, 13, App B
Love	4, 5, 10, 11, 12, 13, 14, 15
Morality	4
Optimism	11, 12
Personal control	11
Resilience	4, 11, 13, 15
Self-discipline	4, 10, 12
Self-efficacy	11, 12
Self-esteem	10, 12
Spirituality	11, 13
Toughness (grit)	9, 10
Wisdom	3, 4, 9, 12, 13

From D.G. Myers,  
*Exploring Psychology,*  
*9<sup>th</sup> Edition* (2013)

# “Happiness” articles per year (PsycINFO)





From R. D. Rusk & L. E. Waters, *Journal of Positive Psychology*, 2013

# What Is “Well-Being”?

1. **Feeling happy:** “Taking all things together, how would you say things are these days — would you say you are very happy, pretty happy, or not too happy?”



# What Is “Well-Being”?

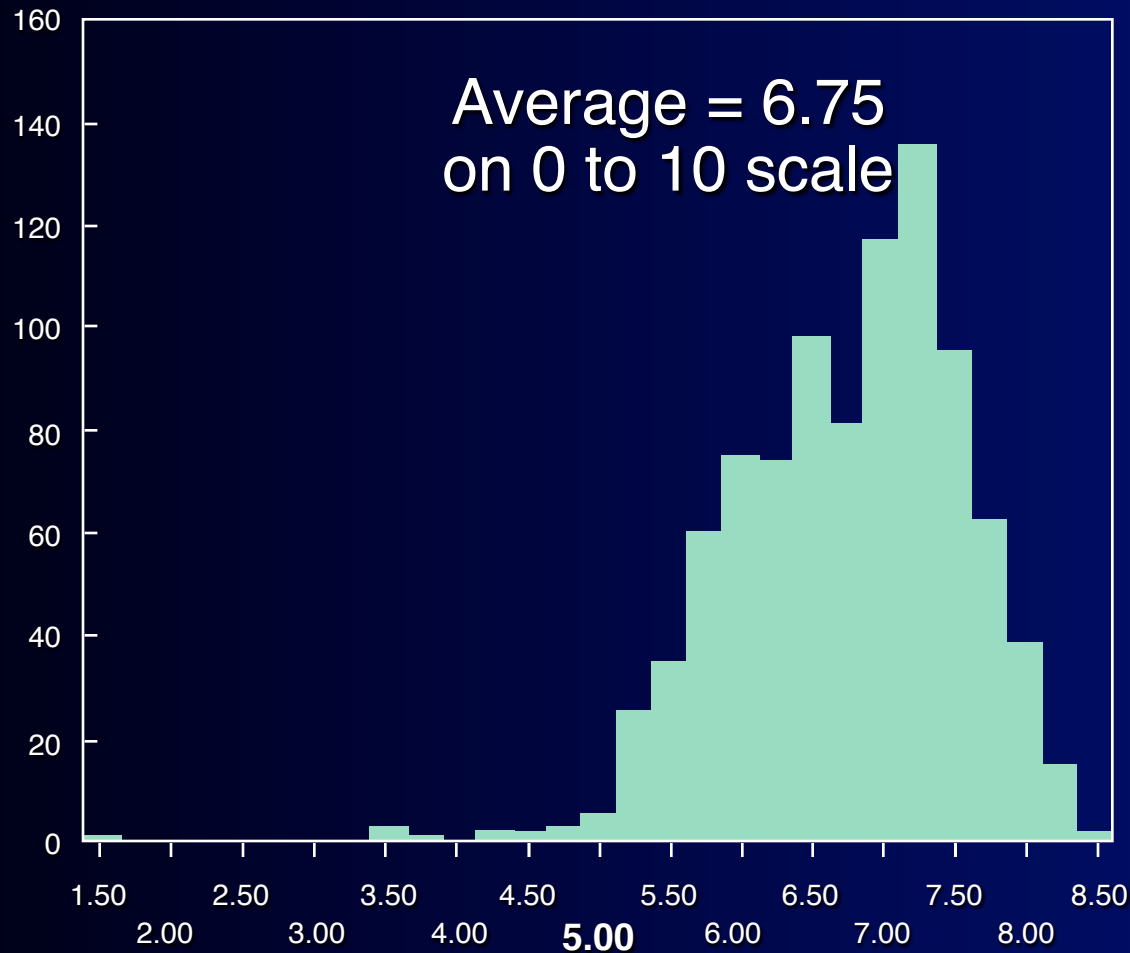
2. **Thinking life is satisfying:** “How satisfied are you with your life as a whole these days?”

# How Happy Are People?

1. Self-reports are mostly positive

# Subjective Well-Being

916 Surveys in 45 Nations

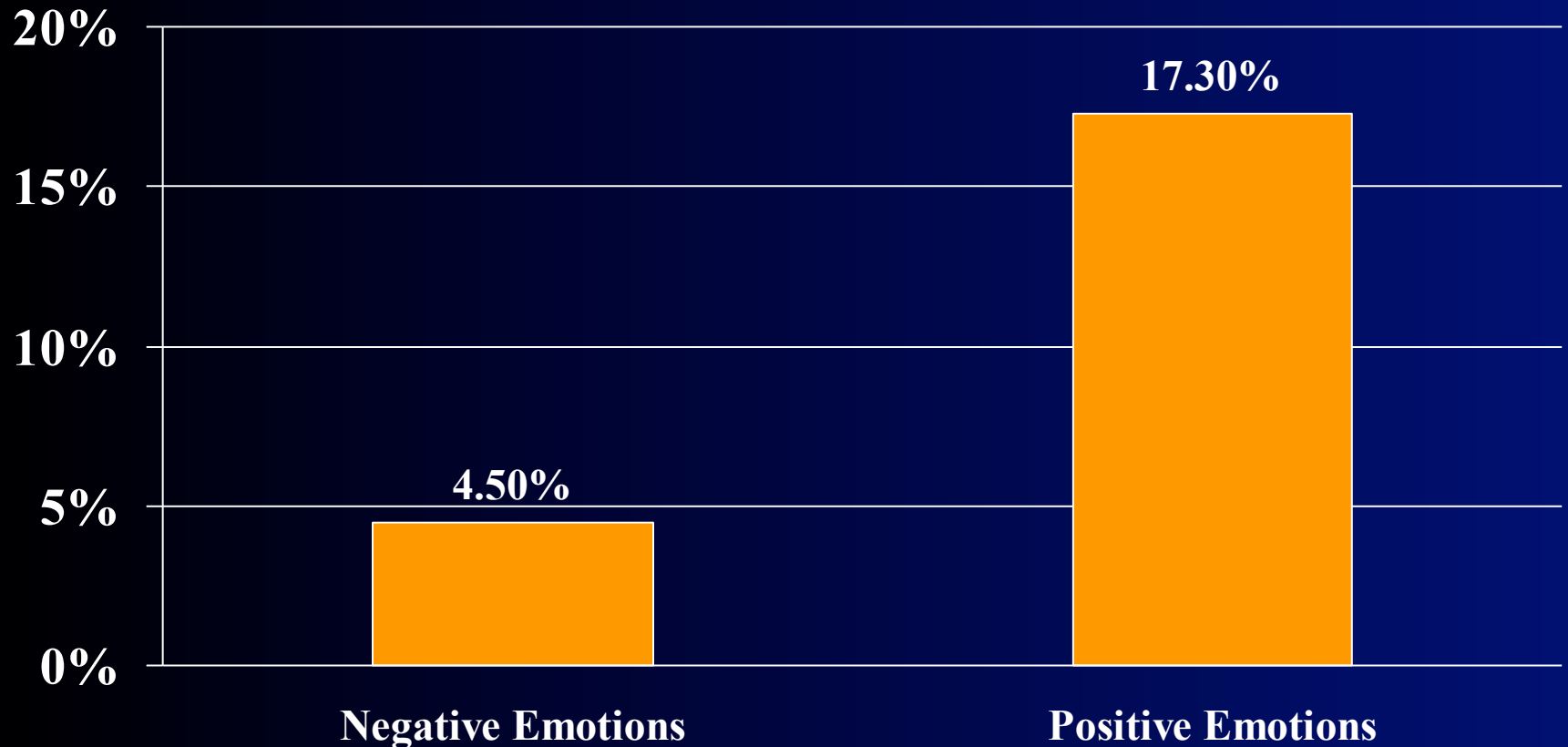


# The distribution of life-satisfaction levels among British people



**Source:** BHPS, 1997-2003, N = 74,481 (courtesy Andrew Oswald)

# 10,126 momentary moods reported by 226 SMU students (Watson, 2000)



**% of Time Average Emotion Felt "Very Much" or "Extremely"**



**83%** of Americans reported themselves to be in a good mood



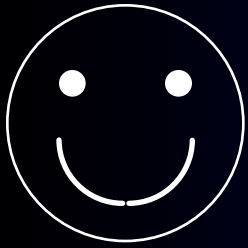
**9%** described their mood as "neither good nor bad"



**7%** said they were in a bad mood at the time they were asked

Source: Gallup Poll

By Lori Joseph and Quin Tlan, USA TODAY



**20%**



**46%**



**27%**



**4%**



**2%**



**1%**



**0%**

# Gallup World Poll, 2013

Yesterday, did you “feel well-rested,” get “treated with respect,” smile/laugh, learn/do something interesting, experience enjoyment?

Percent saying “yes” to all:

- 86% Paraguay
- 86% Venezuela.....
- 78% Norway
- 77% United States....
- 47% Iraq
- 46% Syria



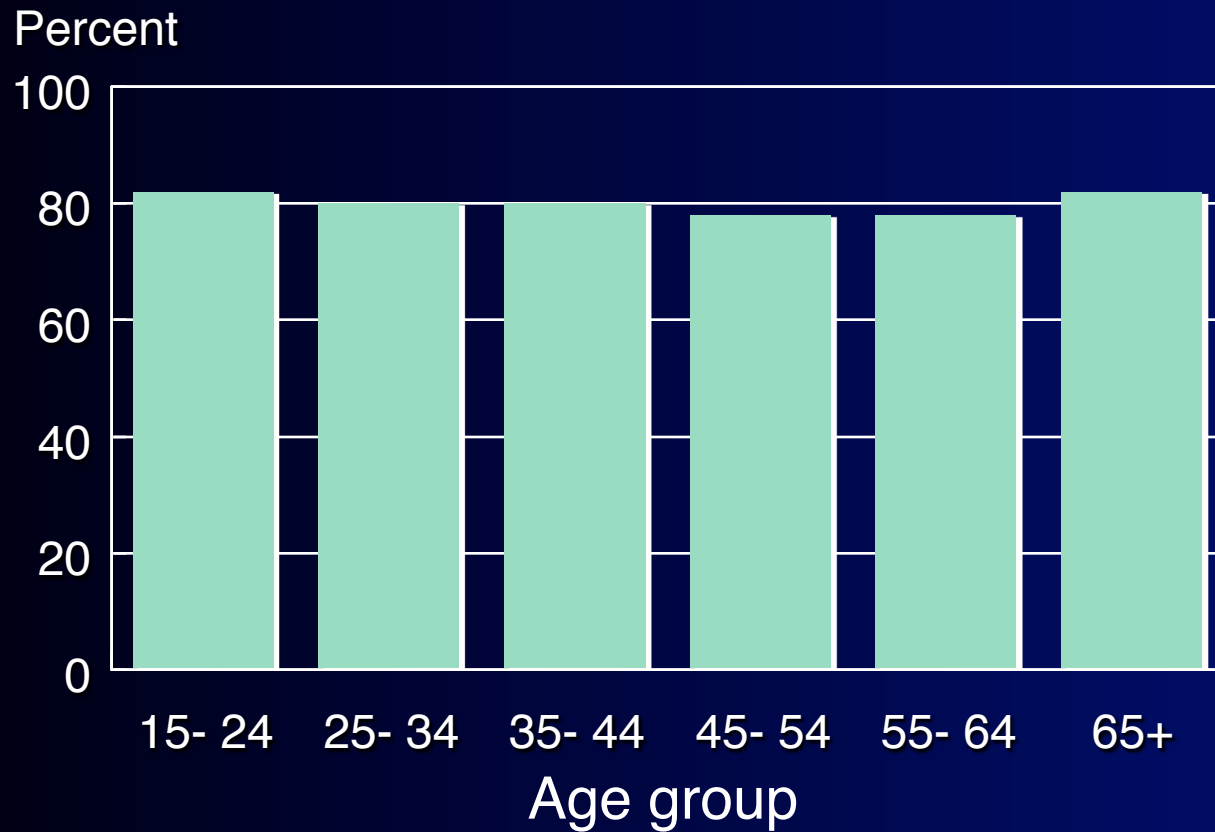
# Can we trust these self-reports?

- Are happy people “in denial”?
- The happiness thermometers may read a little high, yet . . .
- Self-report measures are:
  - reliable
  - correlated with experience samplings
  - correlated with positive indicators
  - correlated with others’ reports
  - the only measures of *subjective* well-being

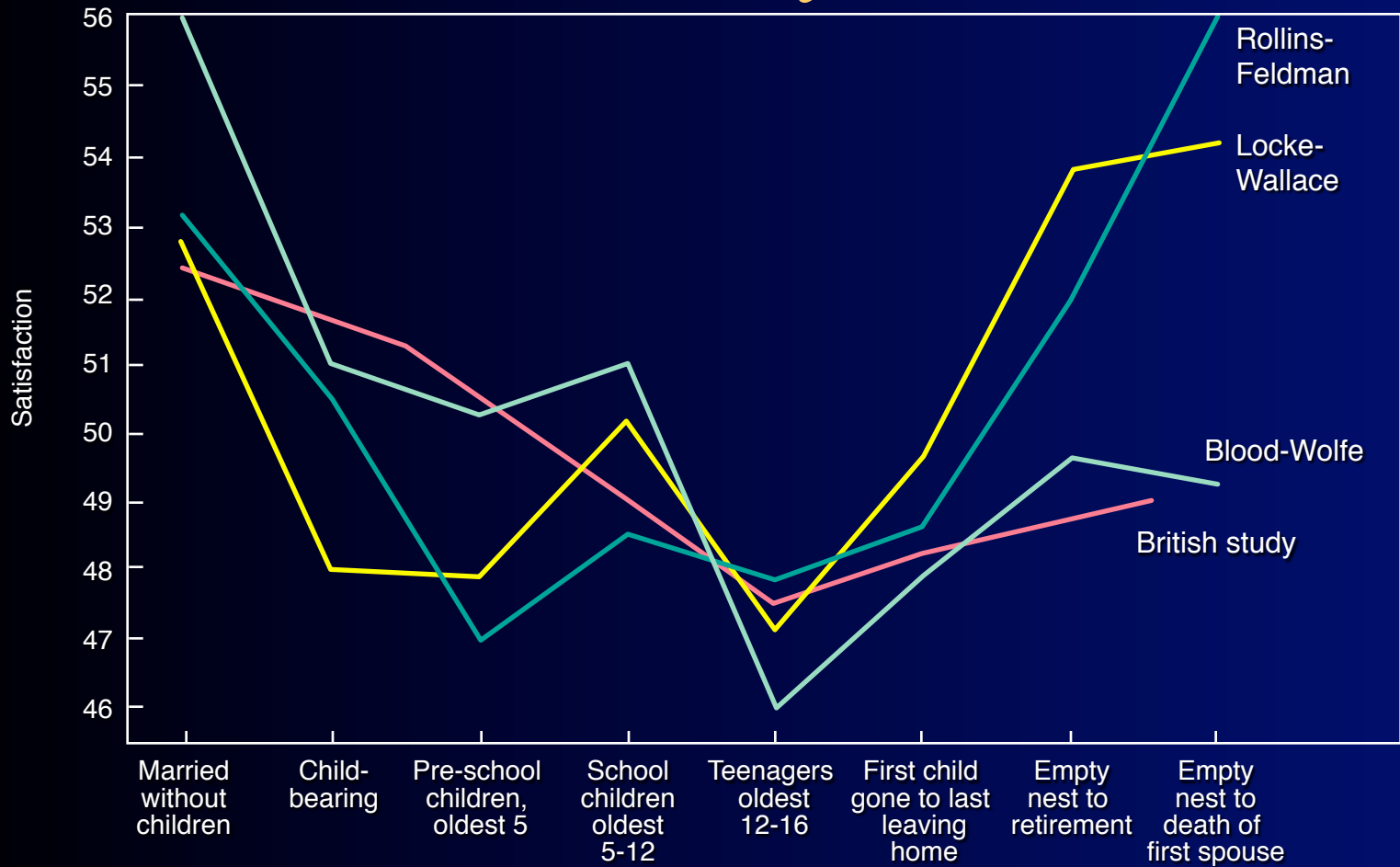
# Who Is Happy?

1. Young, middle-aged, or old?

# Percent “Satisfied” or “Very Satisfied” with Life as a Whole



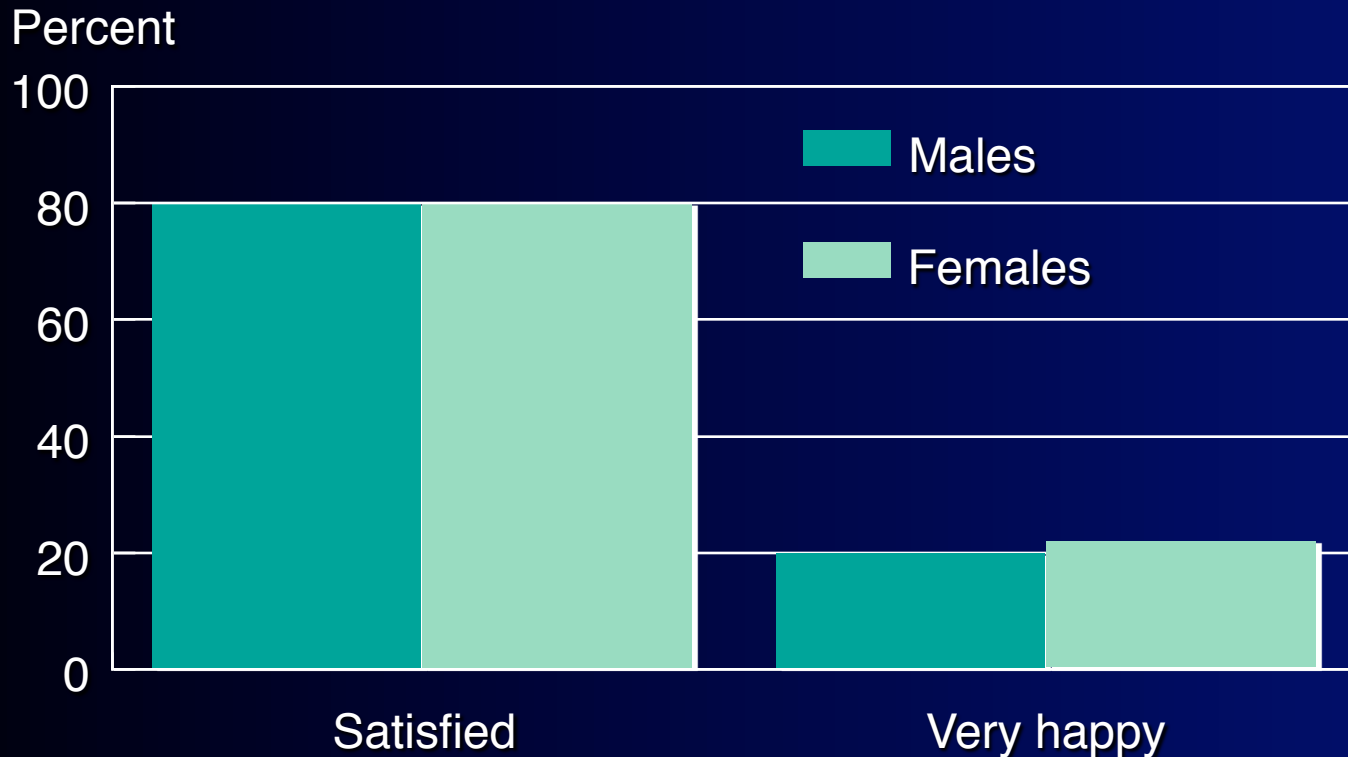
# Marital Satisfaction and the Family Life Cycle



# Who Is Happy?

2. Women or men?

# Gender and Well-Being in Sixteen Nations



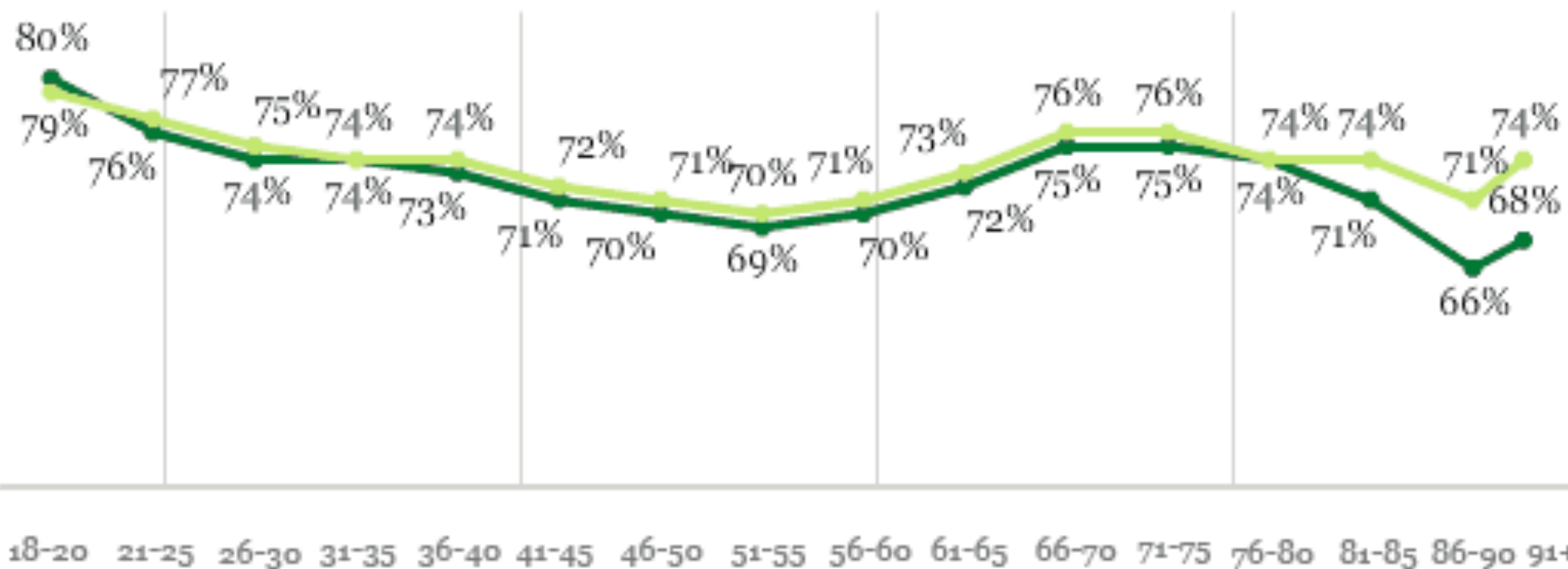
Pooled data from 169,776  
interviews.

*Percentage Who Say They Experienced Happiness, Enjoyment, and Smiling or Laughter During a Lot of the Day "Yesterday," January 2008-September 2009*

By age and gender

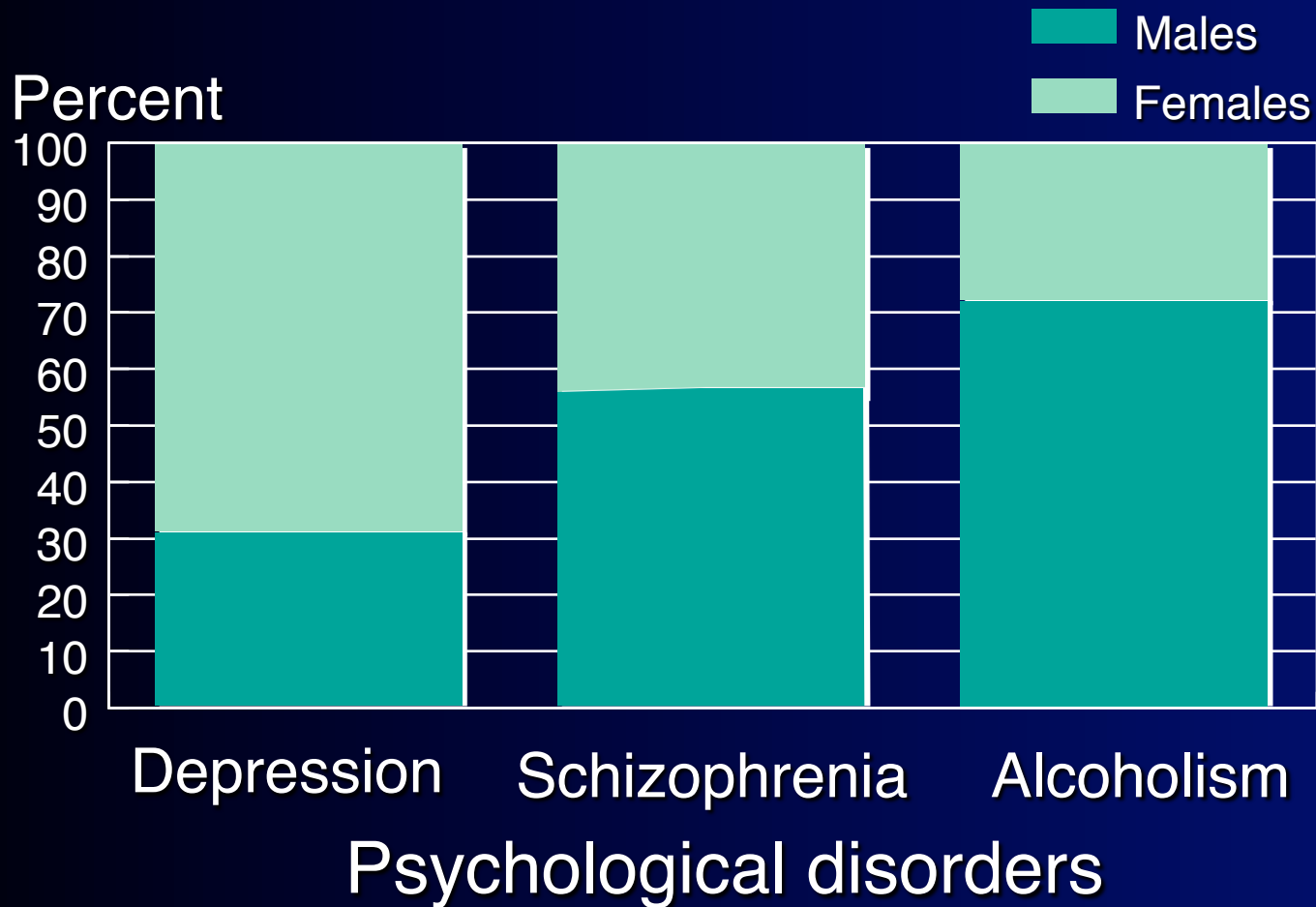
■ Men

■ Women



GALLUP POLL (608,221 Americans, 2008 and 2009)

# Selected Disorders, by Sex



Data from M. Argyle, 1987.



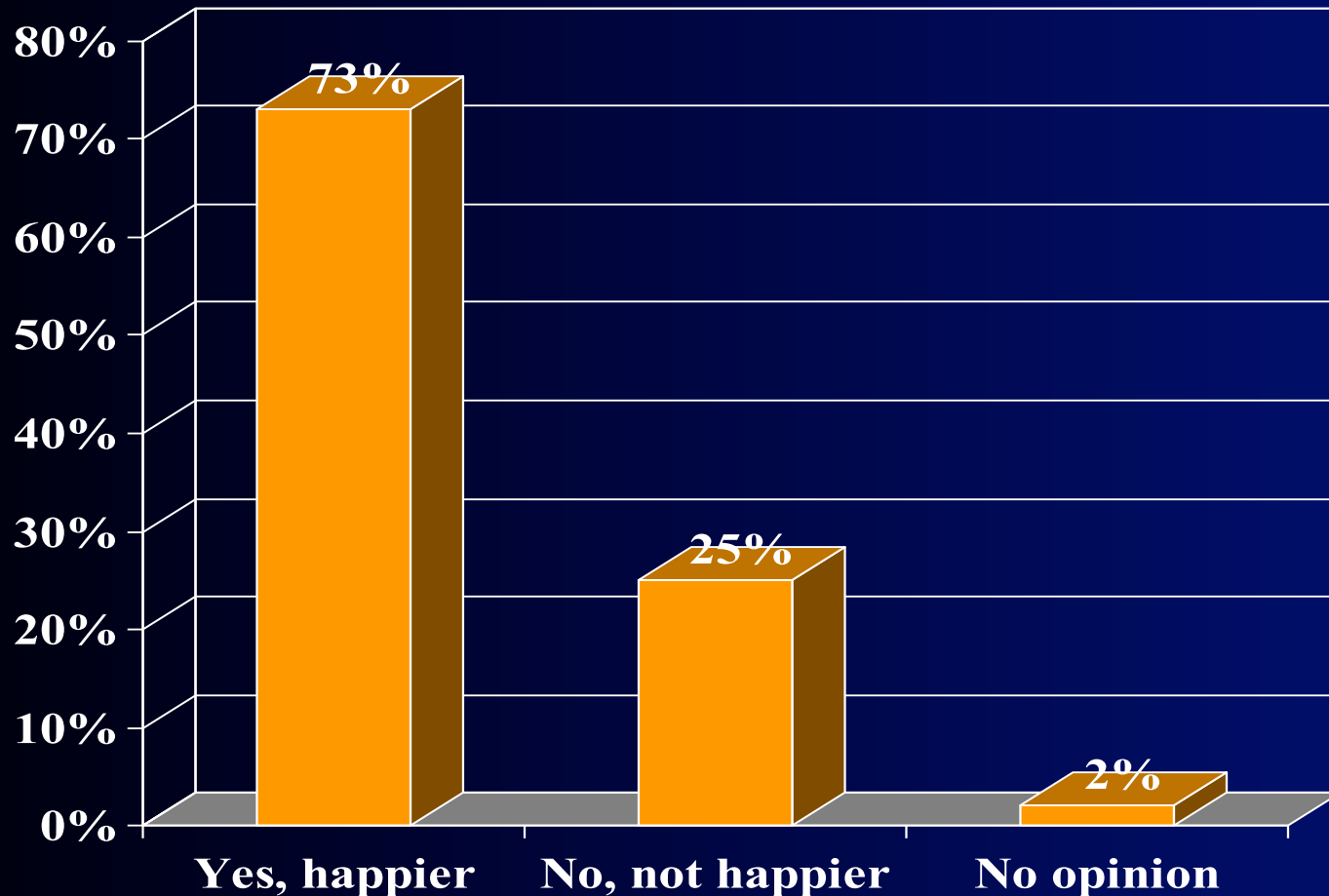
# Well-Being and Being Well-Off

A. The presumption that  
money buys happiness

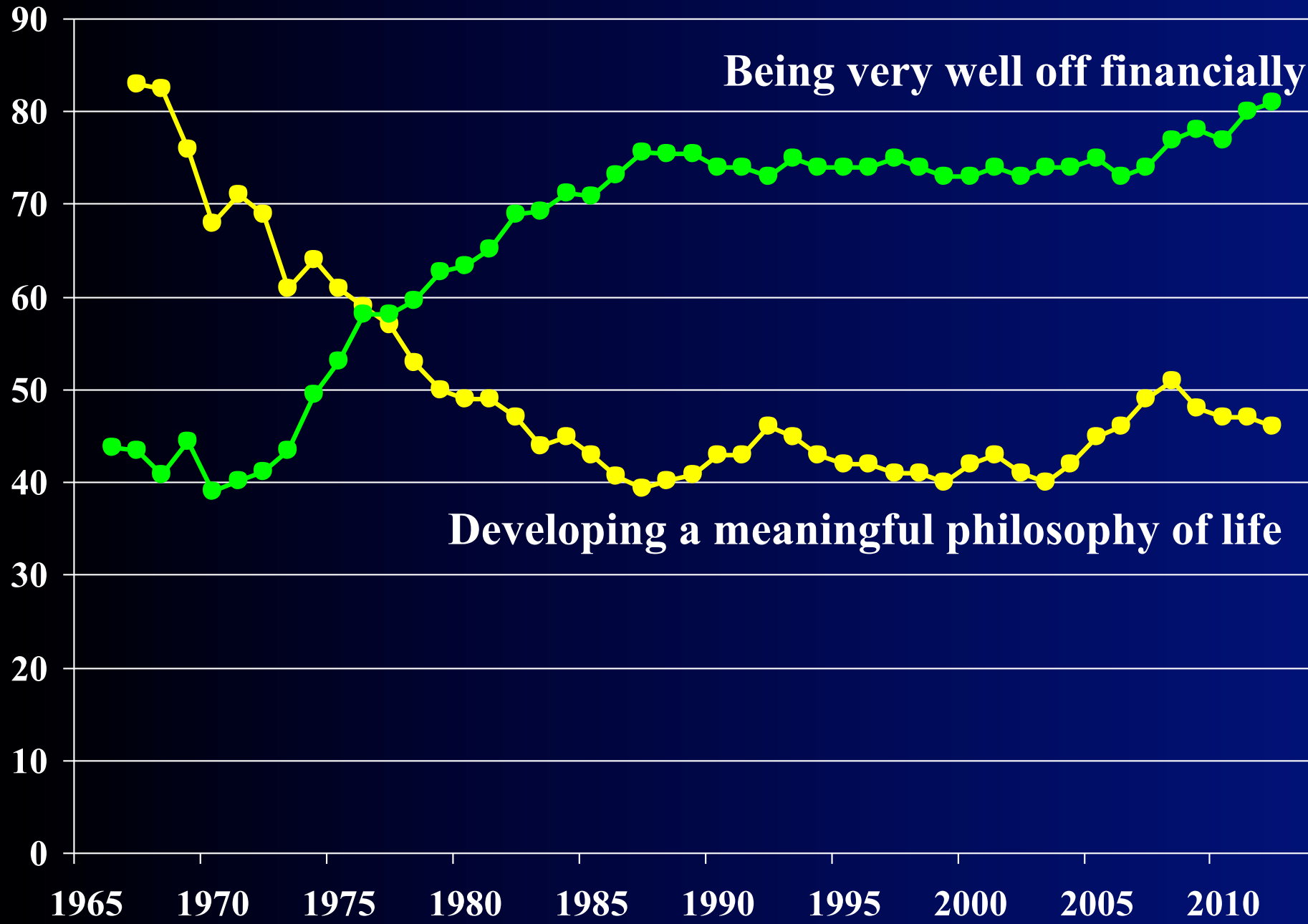


# “Would you be happier if you made more money?”

(Gallup Survey, July, 2006)



# % "Very important or essential"



**Being very well off financially**

**Developing a meaningful philosophy of life**

# Your Key to Happiness the **MONEY** way!

HOW?  
in **3** SIMPLE STEPS!

**1** Get lots of MONEY!



YEAH,  
BUT  
**NOW**  
WHAT?

**2** Exchange that MONEY for goods and services.



OK...

**3** Sit back and enjoy the GOOD LIFE !!



HEY, THANKS,  
MONEY!

Enjoy the Bountiful Goodness of **MONEY**

## B. Does Money Buy Happiness?

1. Are people happier if they live in rich countries?

# National Bureau of Economic Research Working Paper, 12/2008

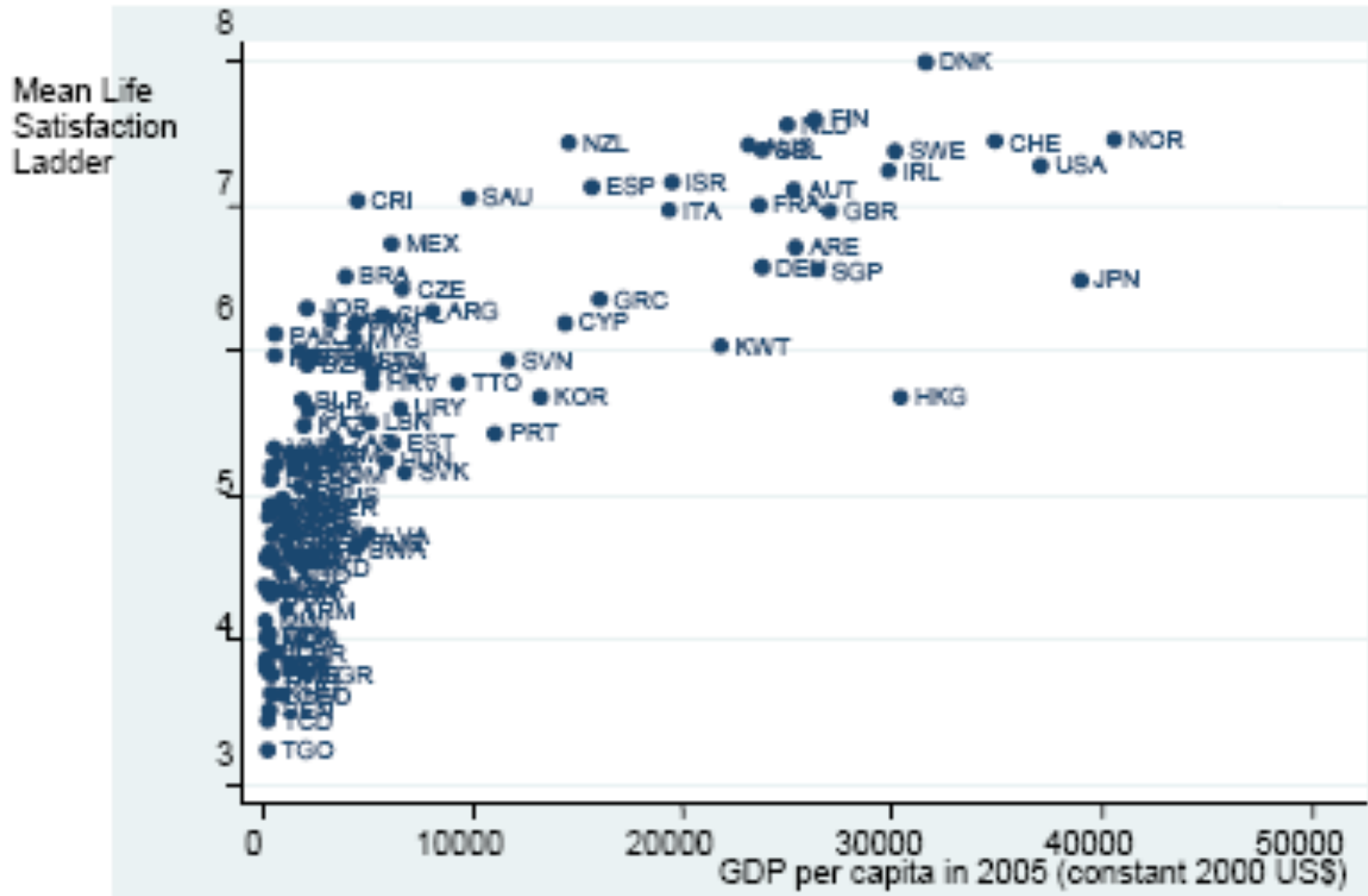


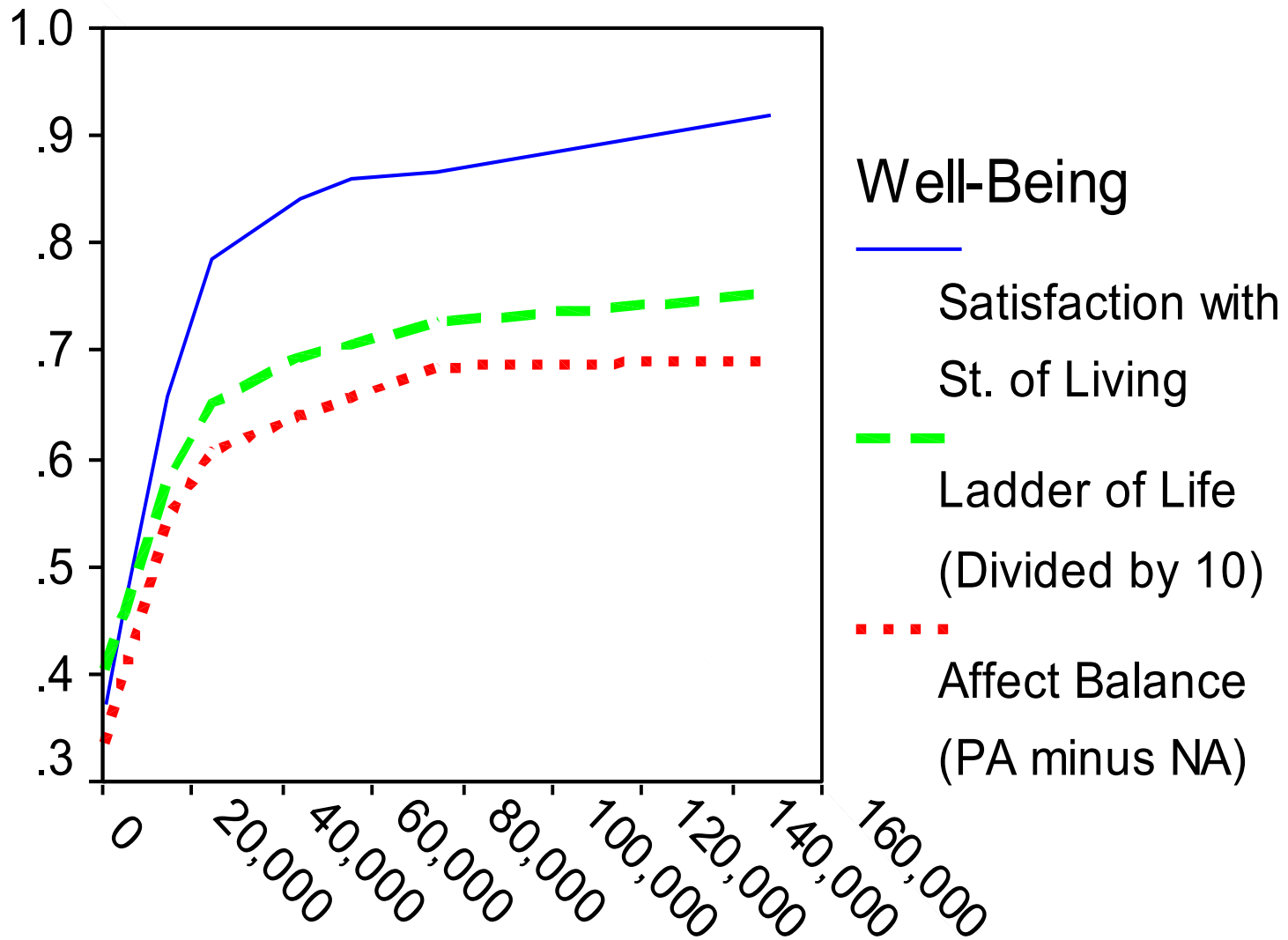
Figure 3:

*The Cross-Section from the Gallup Poll: Happiness and GDP per capita, both measured in 2005*

## B. Does Money Buy Happiness?

2. Within a country, are the richest the happiest?

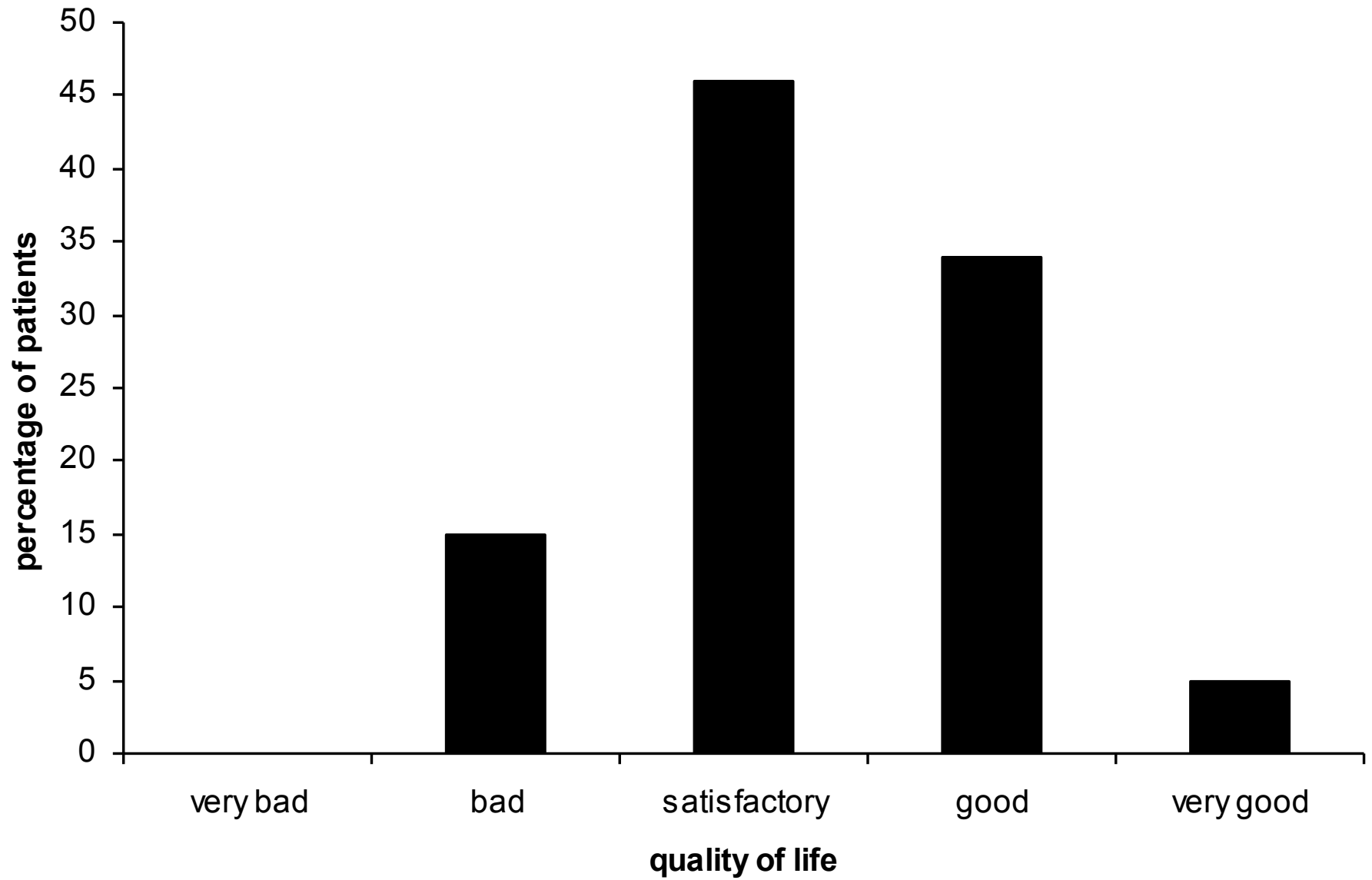
# Gallup World Poll, 2005-2006



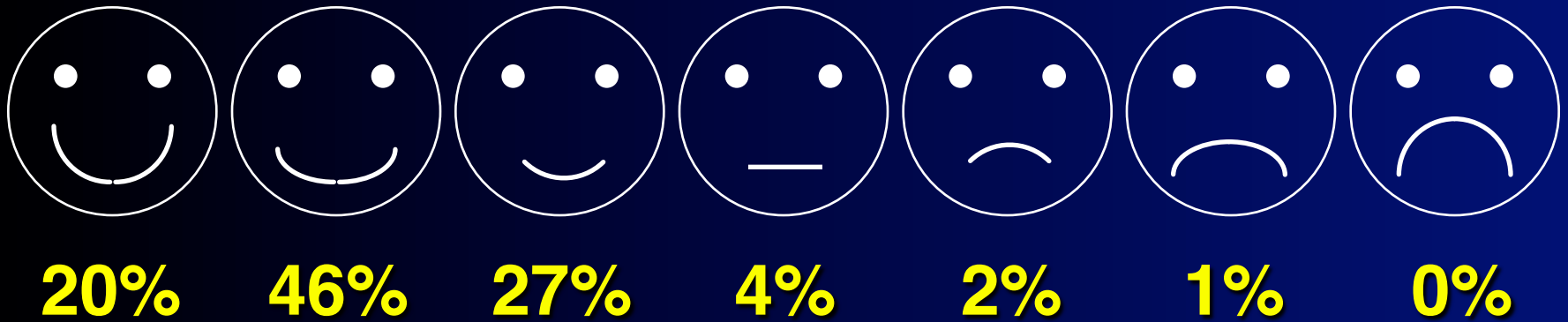
Income in USA Dollars

From Diener, Ng, & Tov, 2009





**ALS patients** (from Kübler et al, 2005)

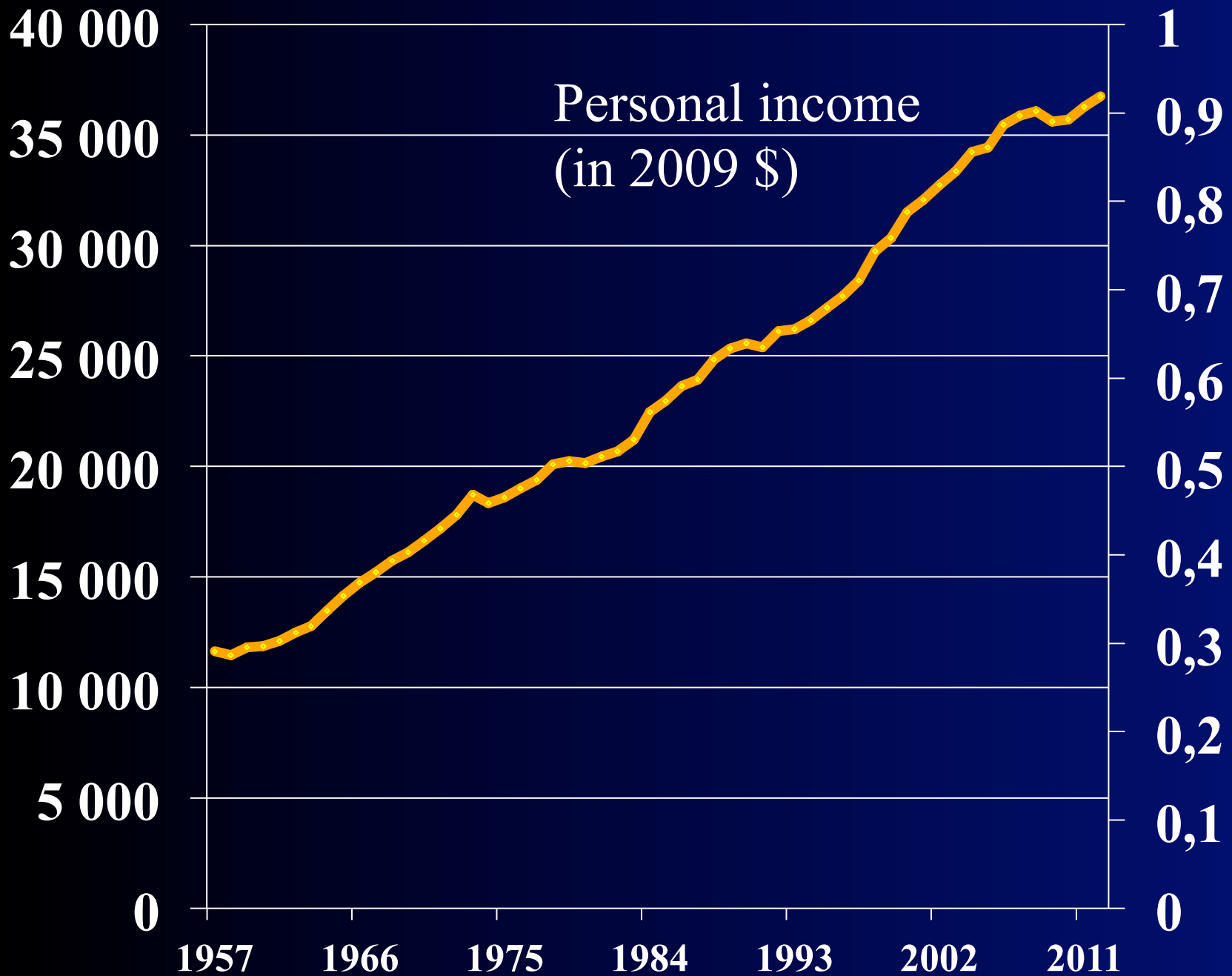


99 impoverished trash pickers, rubbish dumps, Leon, Nicaragua



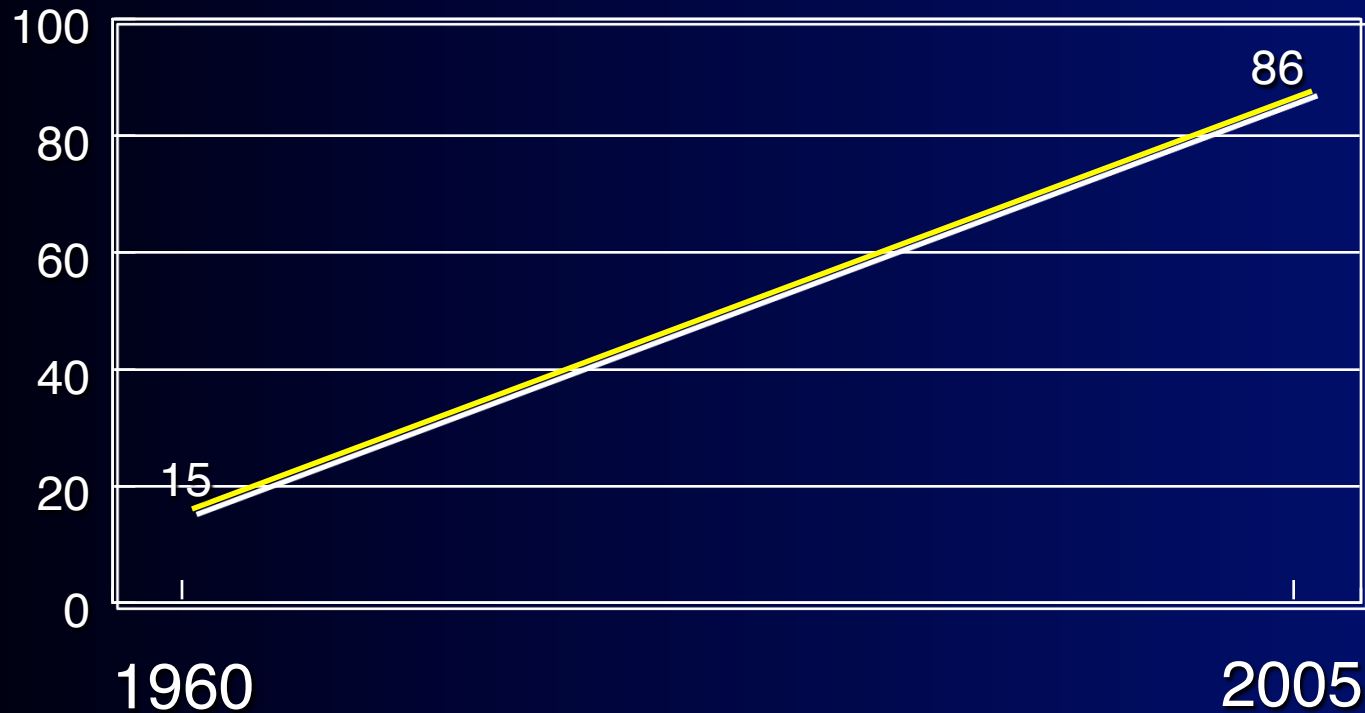
## B. Does Money Buy Happiness?

3. Does the happiness of a people rise with their affluence?



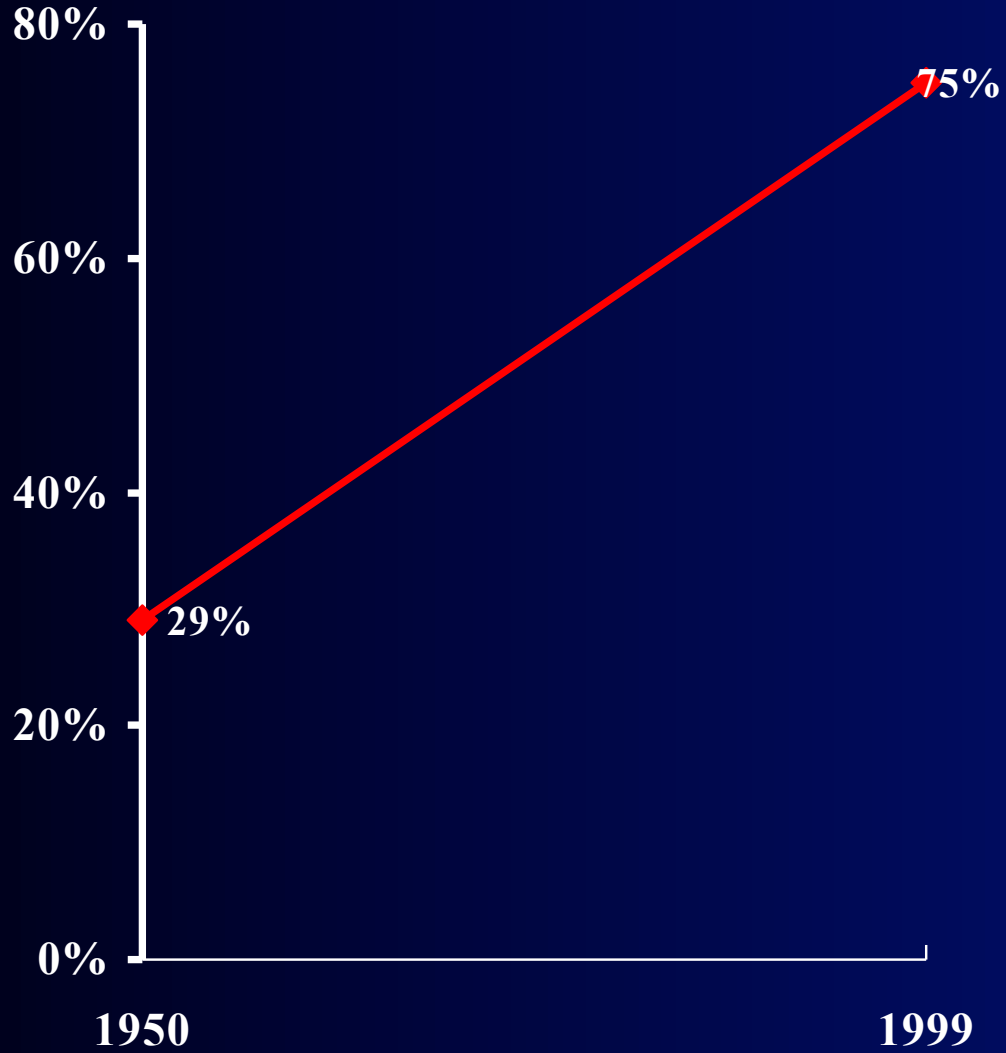
# % Homes with Air Conditioning

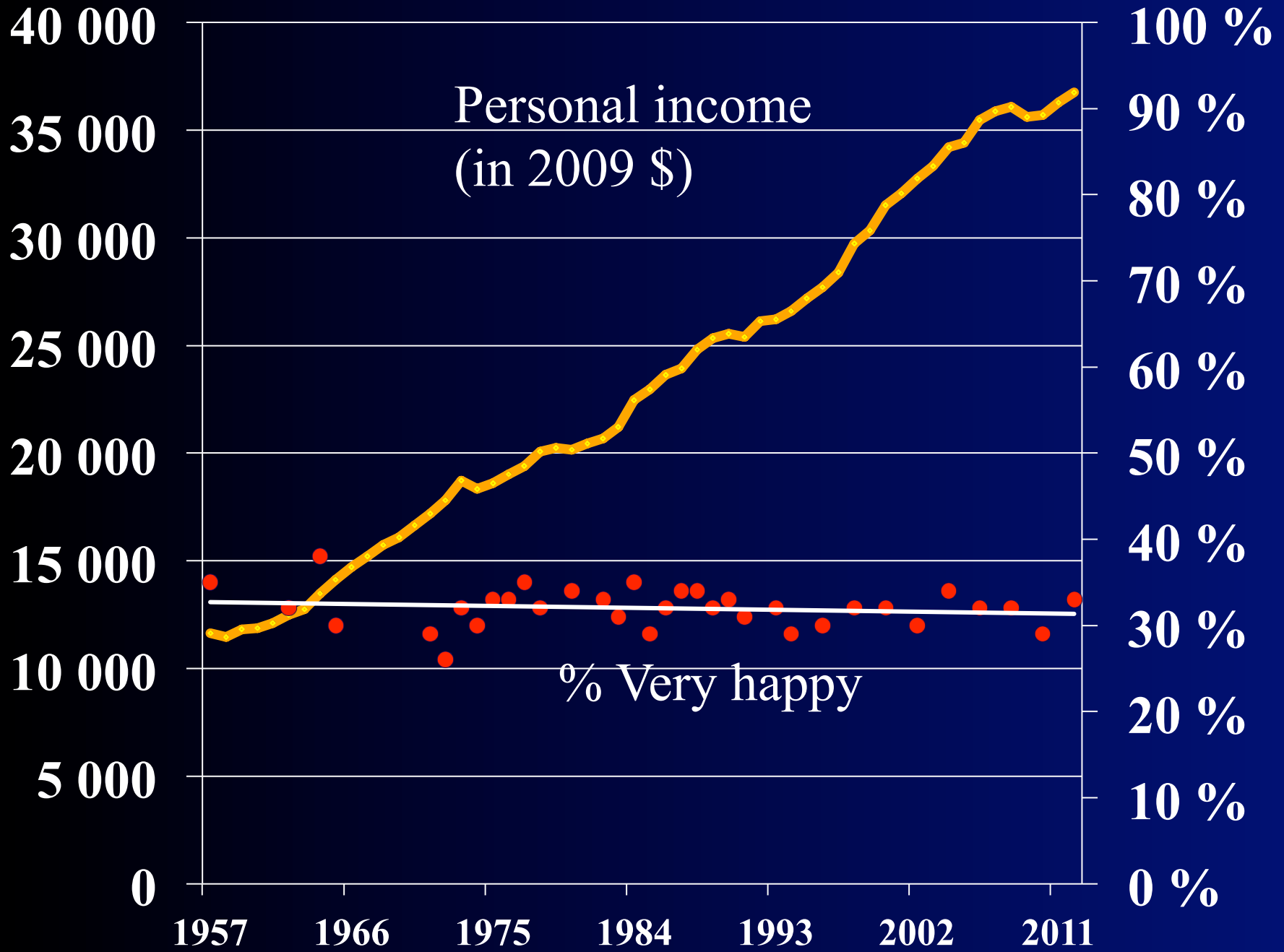
Percent



# Percent Showering Daily

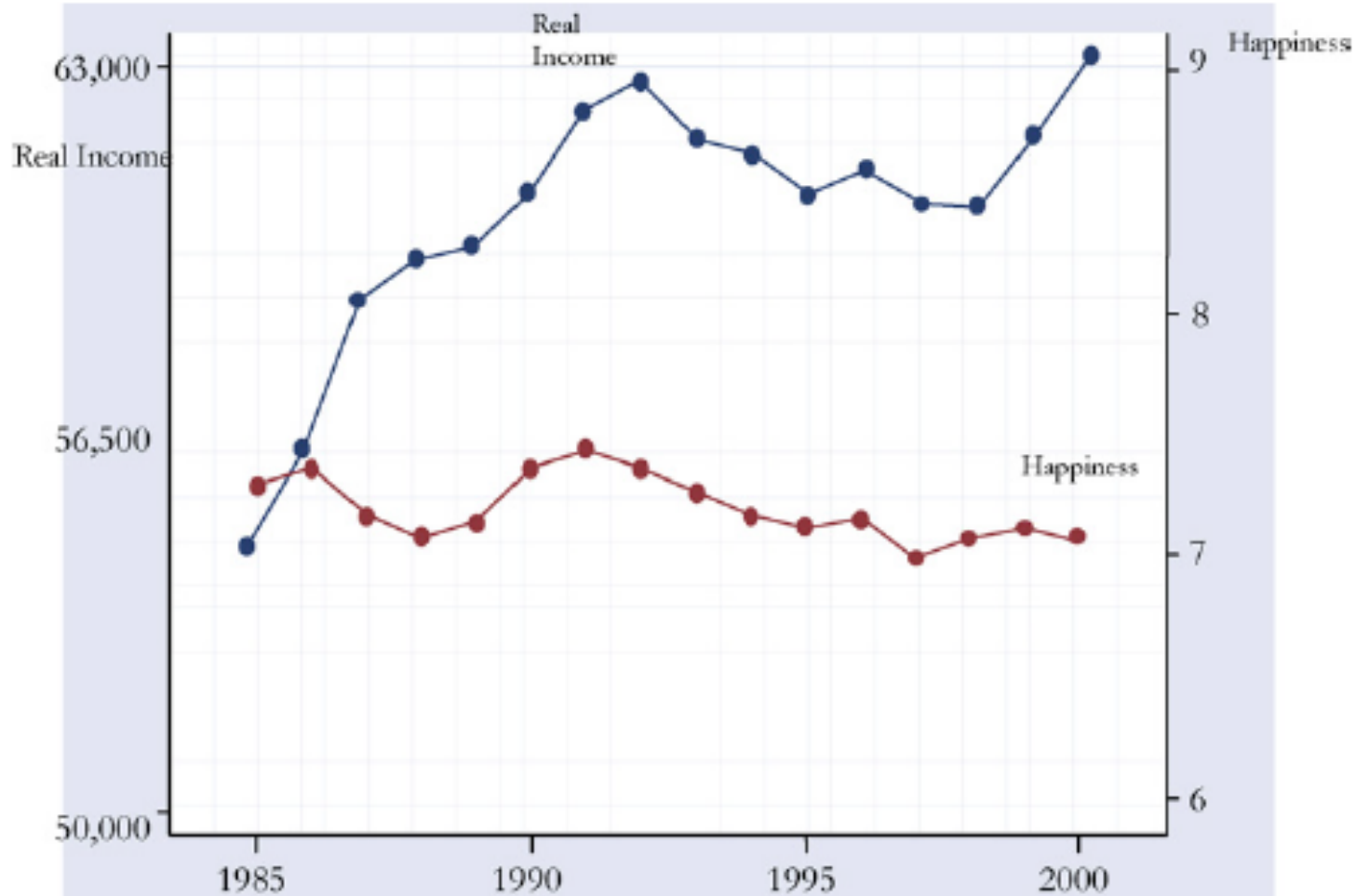
(Gallup surveys)





# Real income and happiness for 7,812 individuals followed from 1985 to 2000

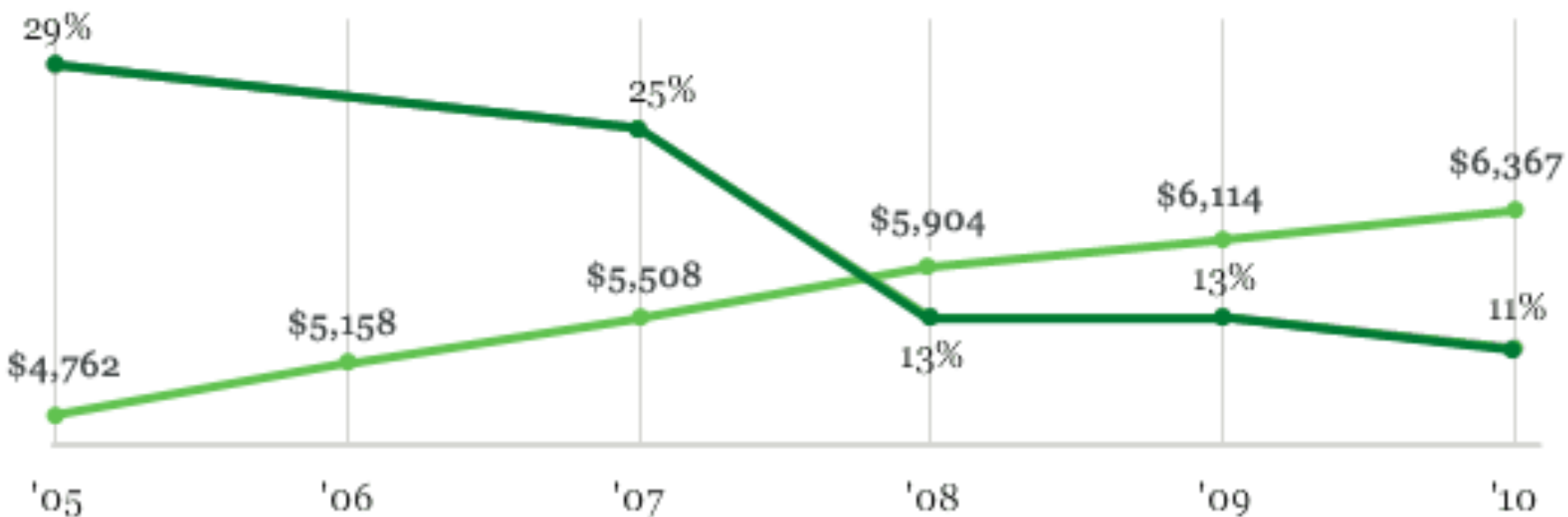
*R. Di Tella et al. / Journal of Economic Behavior & Organization 76 (2010) 834–852*





# Egypt: Recent Trends in Percentage "Thriving" and GDP per Capita (PPP)

■ Thriving    ■ GDP per capita (PPP)



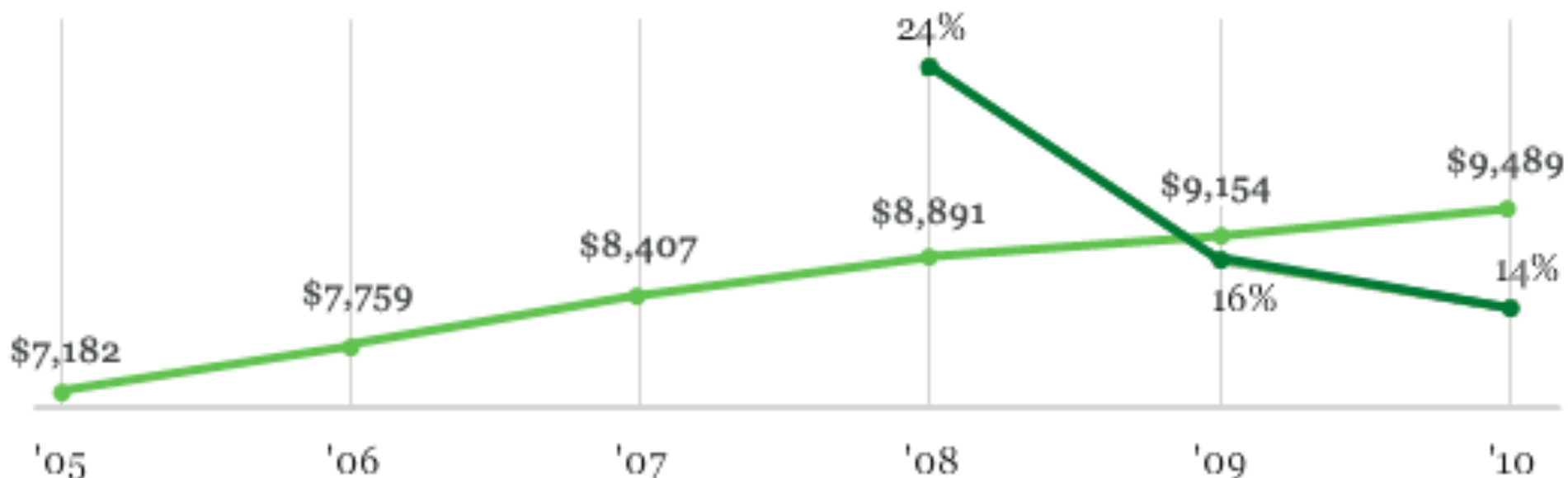
2005-2010

GDP per capita (ppp) estimates are from the International Monetary Fund's World Economic Outlook database.

GALLUP®

## Tunisia: Recent Trends in Percentage "Thriving" and GDP per Capita (PPP)

■ Thriving    ■ GDP per capita (PPP)

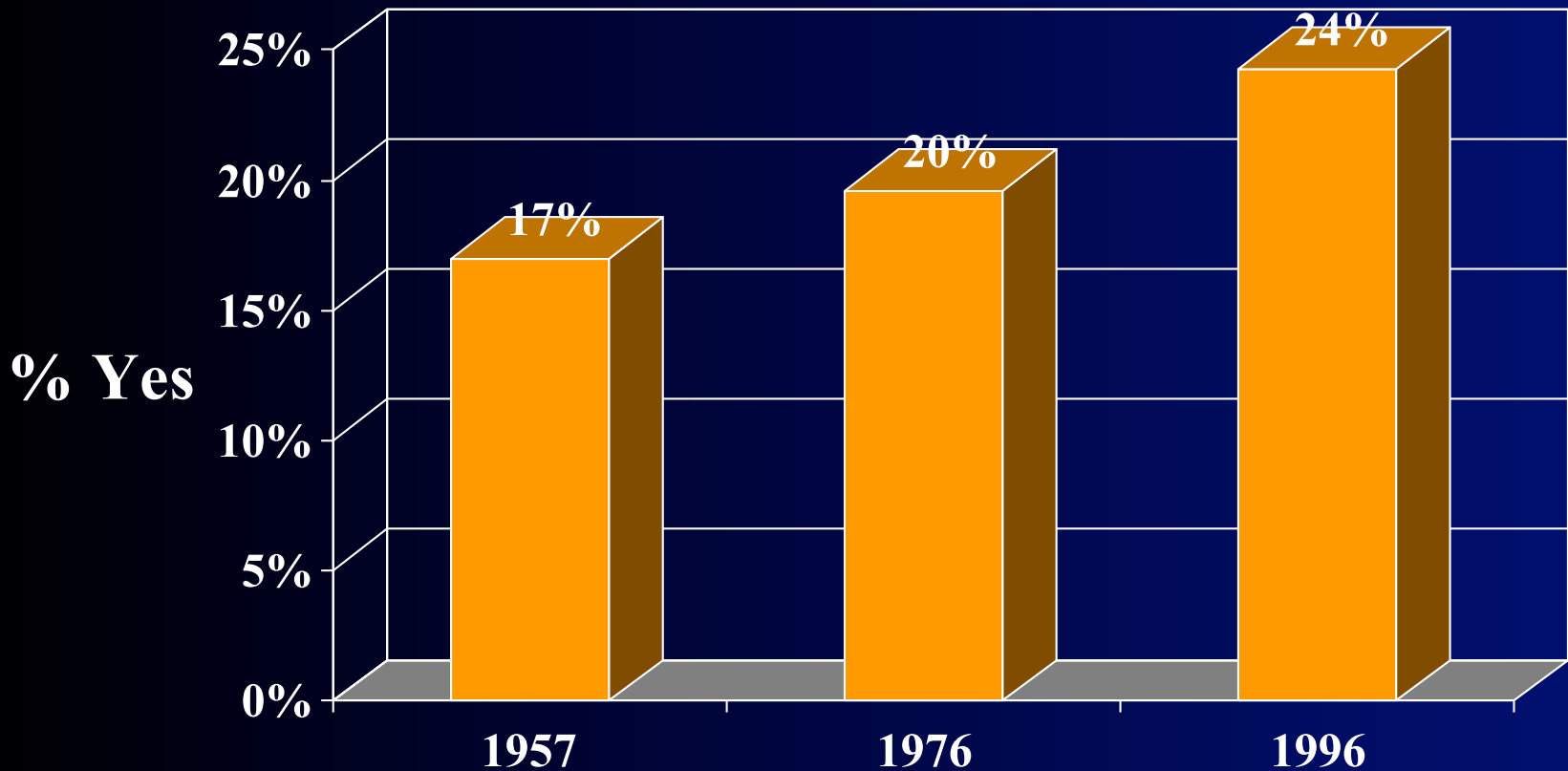


2005-2010

GDP per capita (ppp) estimates are from the International Monetary Fund's World Economic Outlook database.

GALLUP

# "Have you ever felt that you were going to have a nervous breakdown?"



(from ISR and NORC surveys of Americans, adjusted for demographic changes)

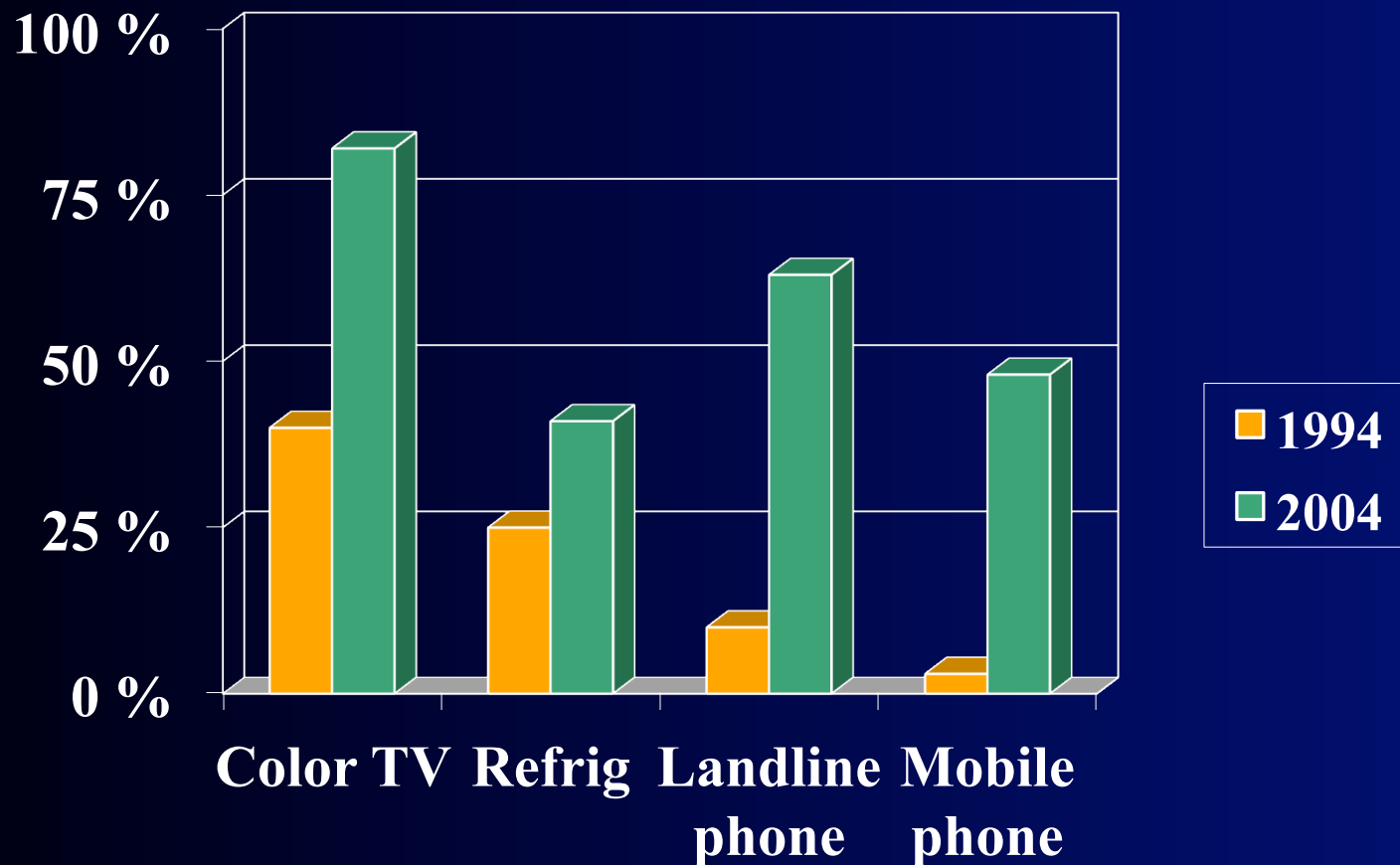
# Teens from affluent families suffer elevated rates of

- Anxiety
- Depression
- Substance use
- Eating disorders

(related to *achievement pressures* and  
*isolation from adults*, suggests one analysis)

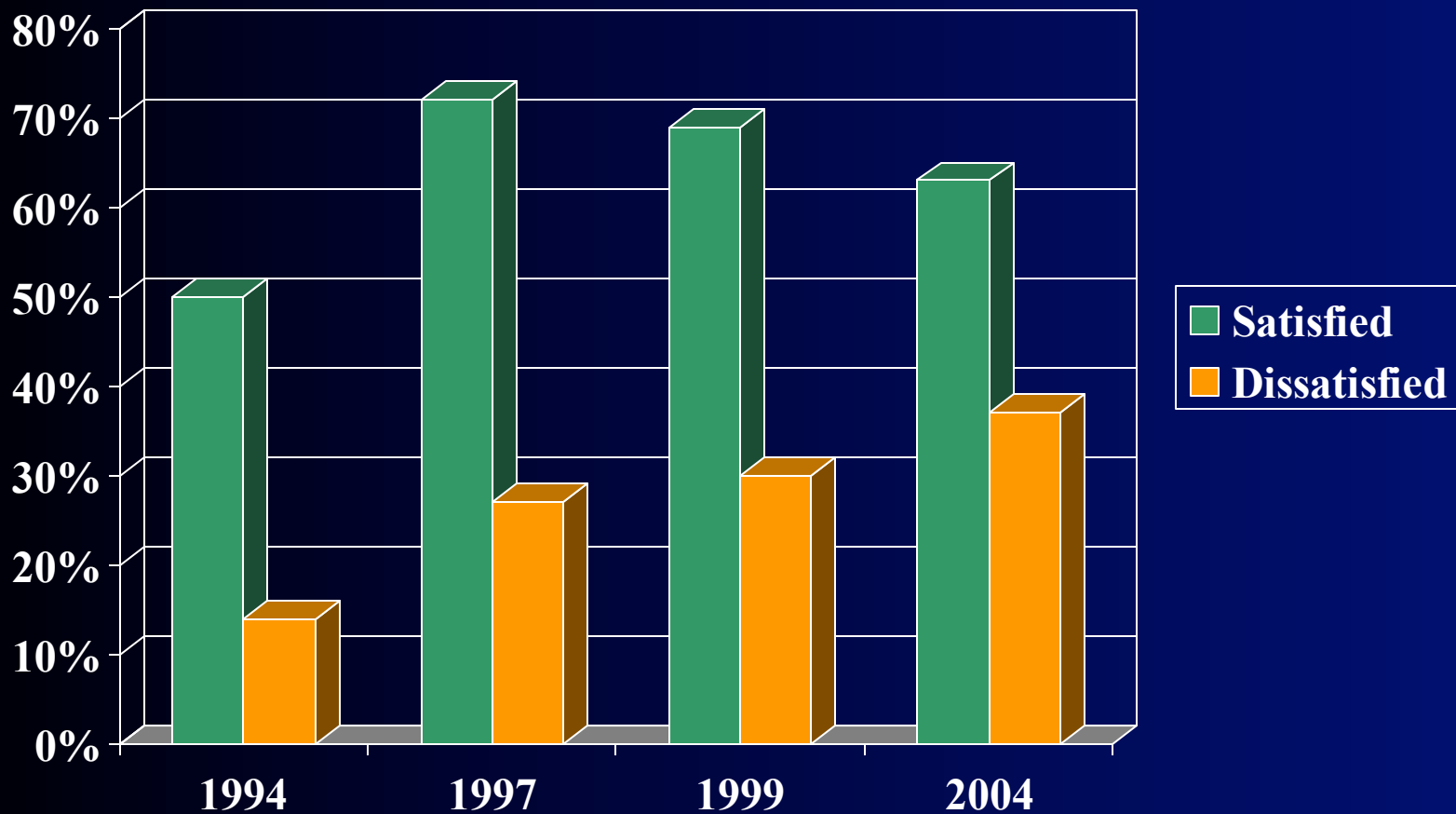
# China's households, 1994 and 2004

(Gallup nationwide surveys)



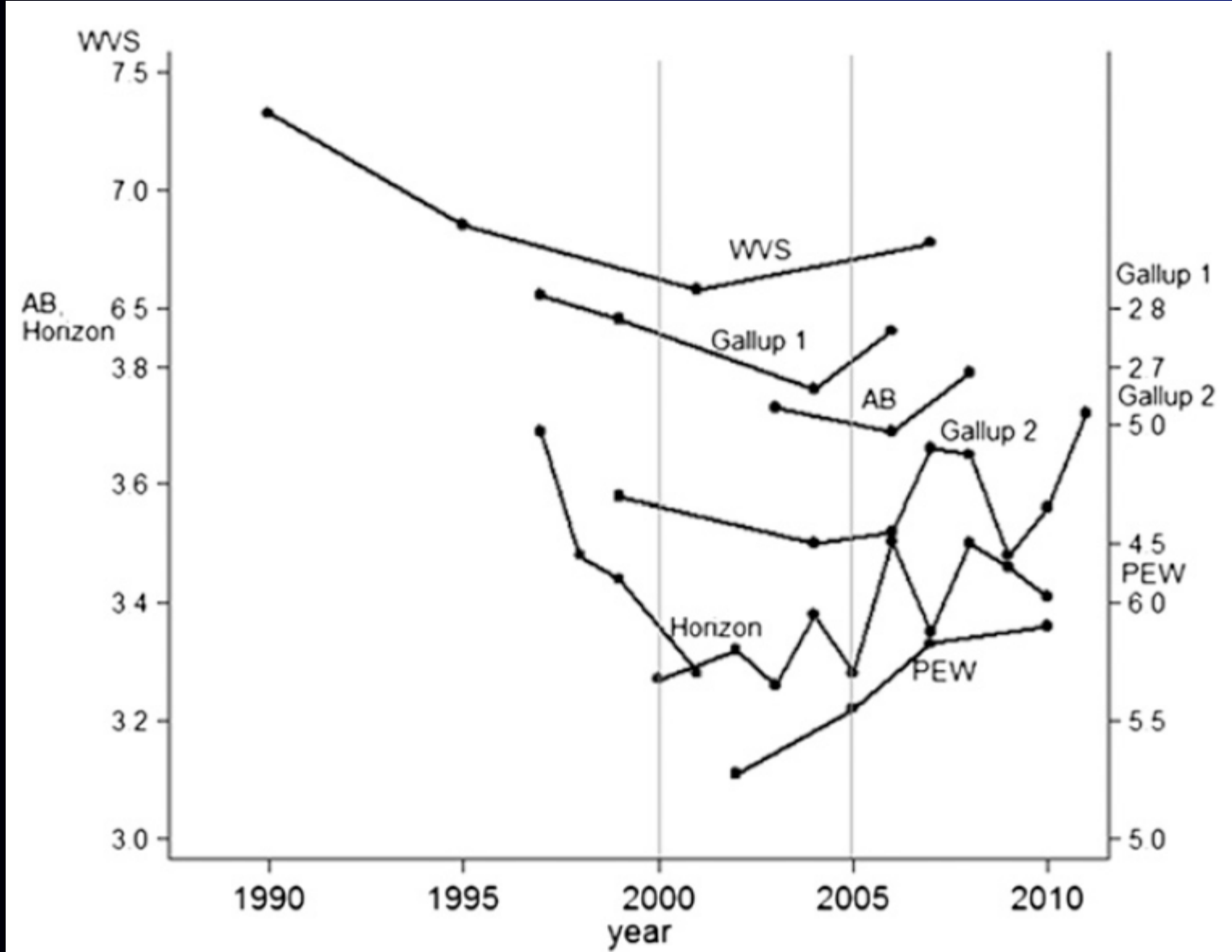
# Chinese satisfaction, 1994 and 2004

(“How satisfied or dissatisfied are you with the way things are going in your life today?”)



# Mean Life Satisfaction in China

(Six surveys over time, from Easterlin et al., 2012)



# Happiness

How Happy  
People Think  
They'll Be

"Affective Forecasting"  
Error

Reality

Natural **adaptation** we make to  
positive (and negative) events

Poor

Rich

Money You Have







"Money won't make you happy, Waldron. So instead of a raise, I'm giving a Prozac."

# Redefining Progress

**(1) Progress** = standard of living  
= material well-being  
= unsustainable development


**(2) Progress** = quality of life  
= total well-being (physical, mental,  
social and spiritual)  
= sustainable development

# The Traits of Happy People



“I’ve always been happy, but lately I’ve turned it up a notch or two.”

# FDA Approves Depressant Drug For The Annoyingly Cheerful



Are You Annoyingly Happy?  
Despondex Could Be  
Right For You.



101071-000-01  
**DESPONDEX**  
(Fluoxetine Syndrochloride)  
100 CAPSULES

Ask Your Doctor if Despondex  
is Right For You.

Important Despondex Information: Despondex (capsules) should not be taken by pregnant women. Children under the age of 18 should not take Despondex. Despondex may cause gas, indigestion, or other intestinal problems in some patients. Please always take Despondex for your Despondex. The most common side effects include: decreased appetite, dry mouth, dizziness, and changes in weight. In "Serious Risks" or "Serious Risks" Despondex has been linked to the following: heart attack, and irregular heartbeat. In doses of 60mg or higher it may cause a "high-pitched" sound in the ear. Serotonin syndrome may occur with high and possibly fatal doses.

**DESPONDEX** TM



# The Traits of Happy People

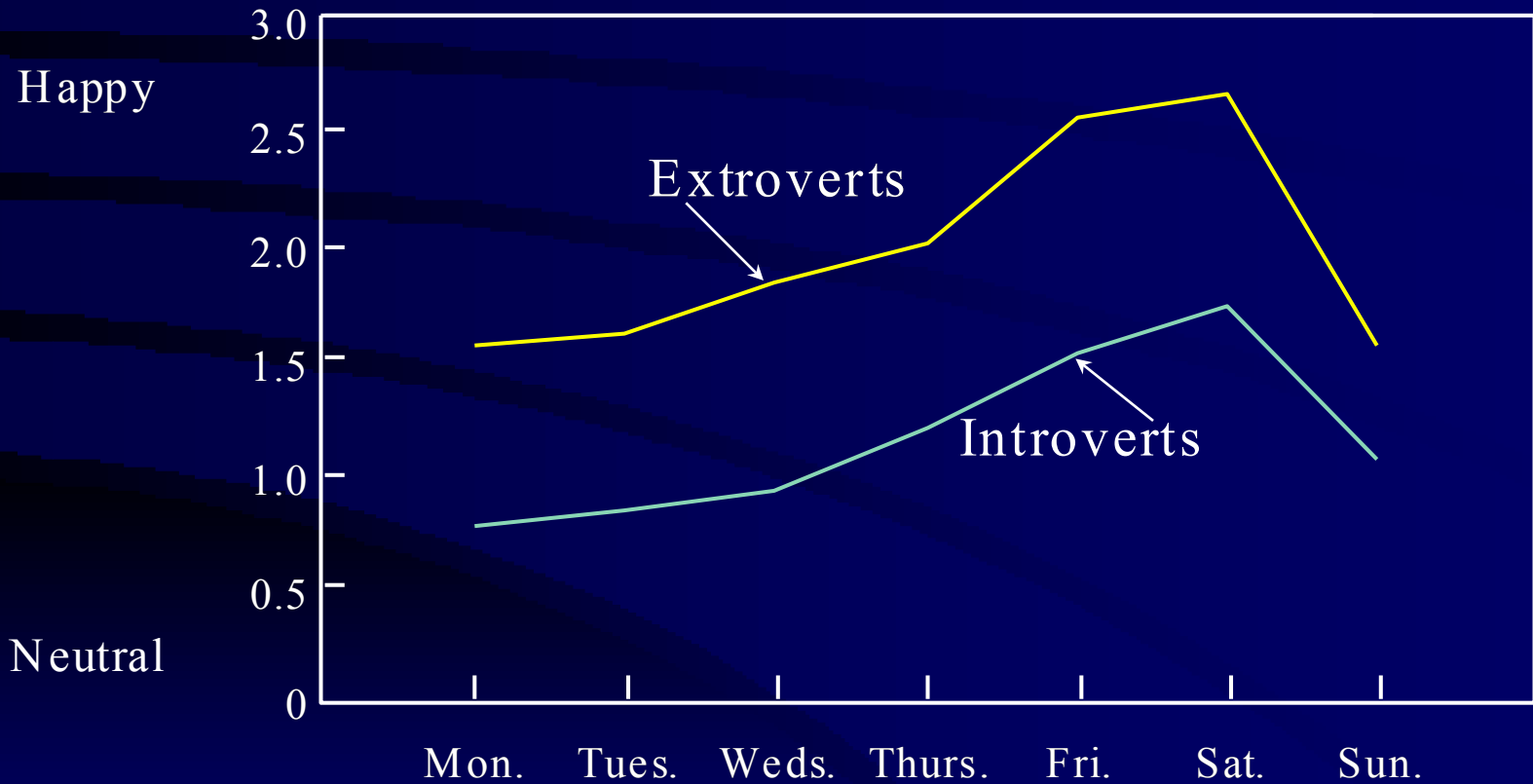
A. Self-esteem: Happy people like themselves

- Self-serving bias
- Roughly equivalent self-esteem and happiness among M/F, White/Black

# The Traits of Happy People

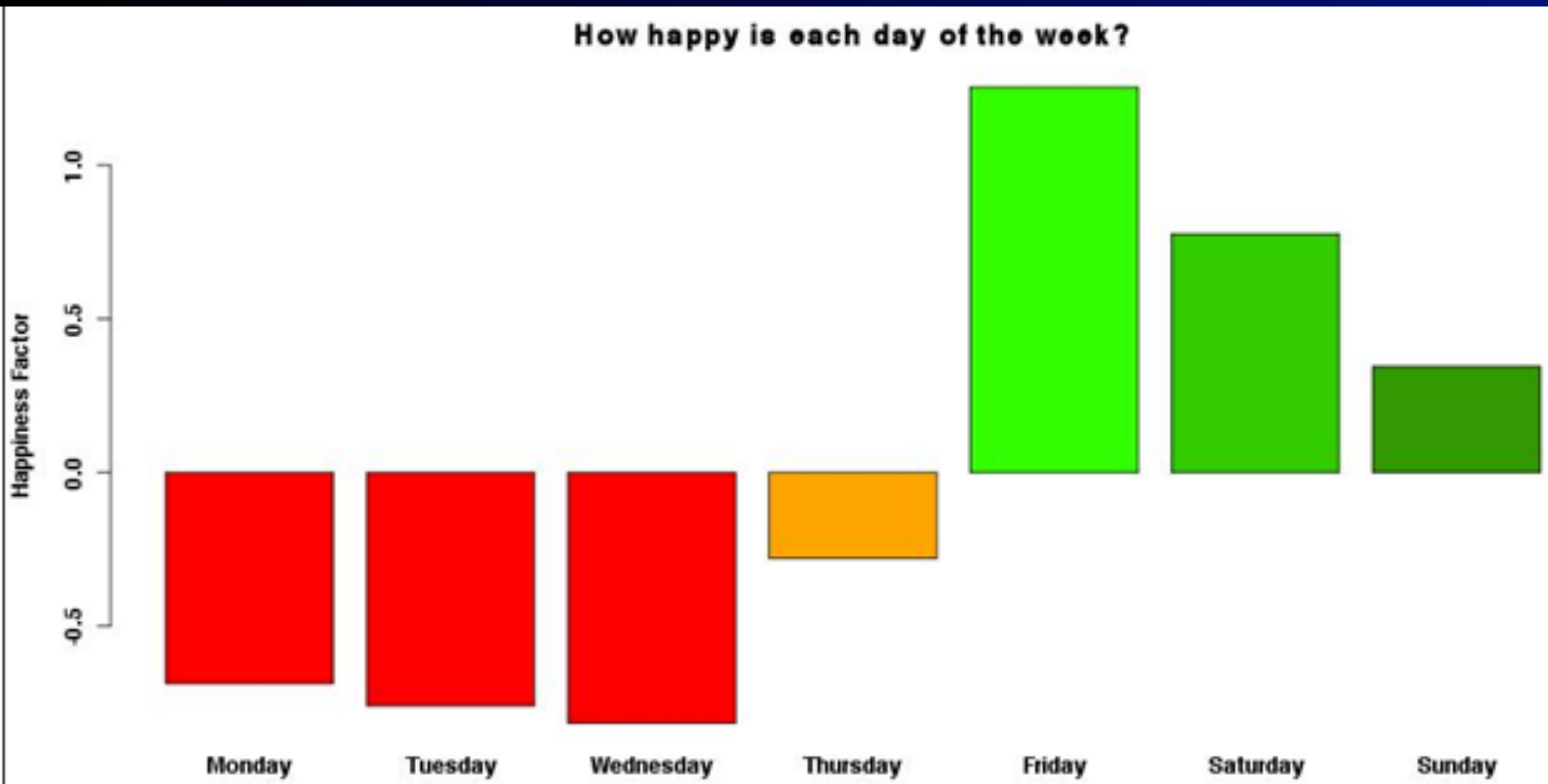
- B. Personal control: Happy people believe they choose their destinies
- C. Optimism: Happy people are hope-filled
- D. Extraversion: Happy people are outgoing

# Day by Day Well-Being of Introverted and Extroverted University Students



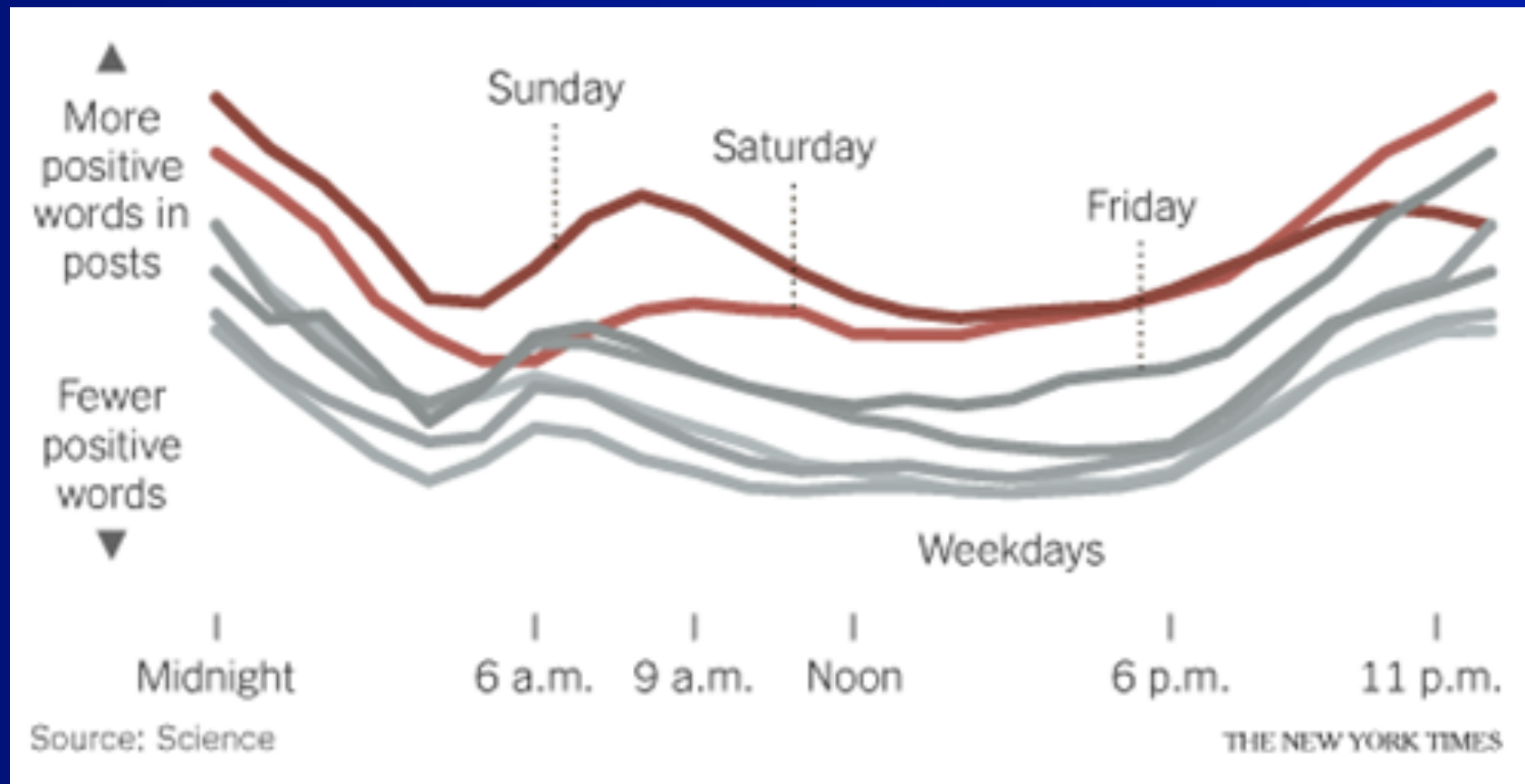


# Happiness (positive vs. negative words) on days of the week in “billions” of Facebook status updates (September 7, 2007 to November 17, 2010).



Courtesy Adam Kramer

# Moods over days and time in 509 million Twitter messages



Data from 2.4 million people in 84 countries (Golder & Macy, 2011)

# Social Support

A. Close relationships and health

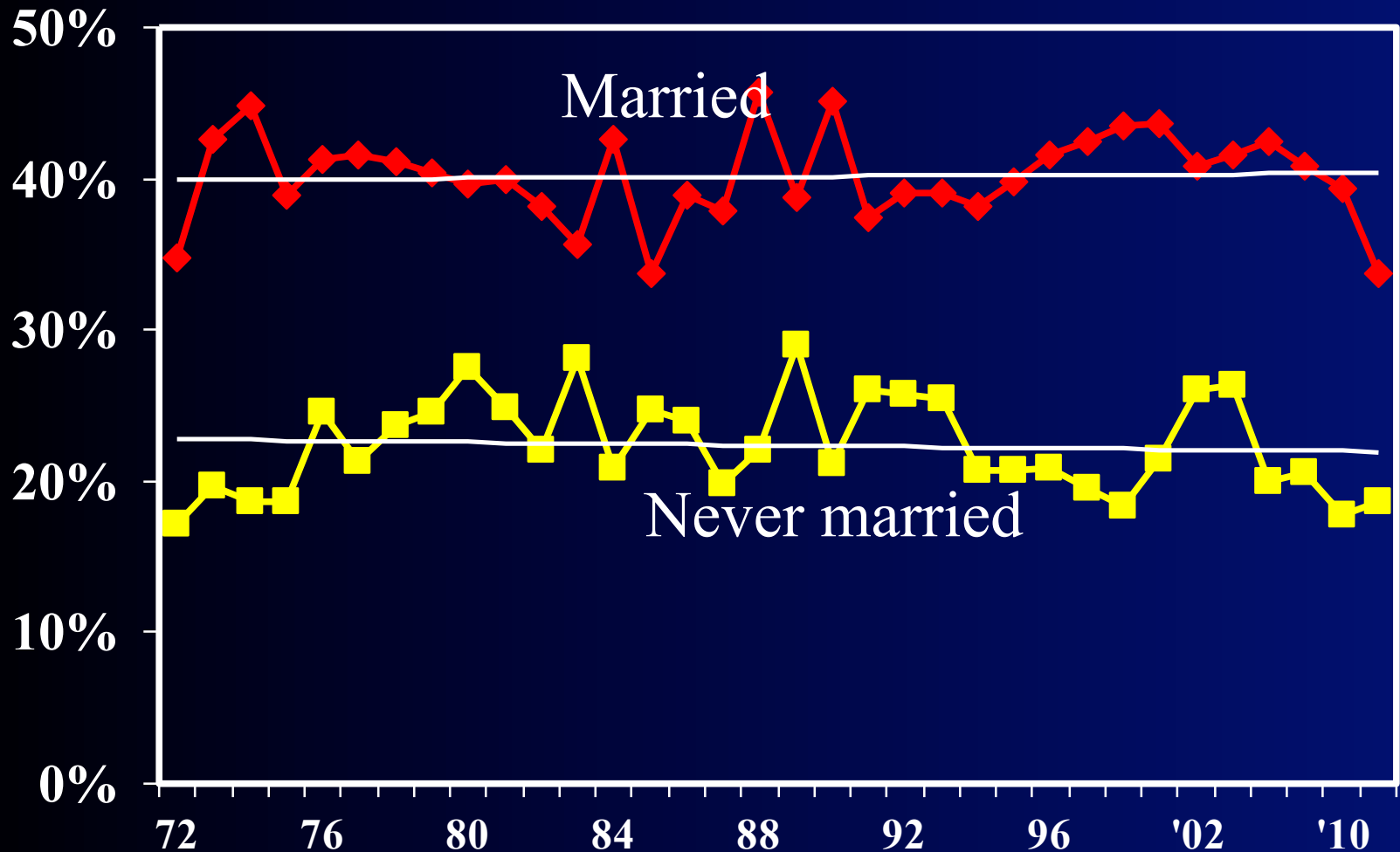
B. Close relationships and happiness



# Love and Marriage

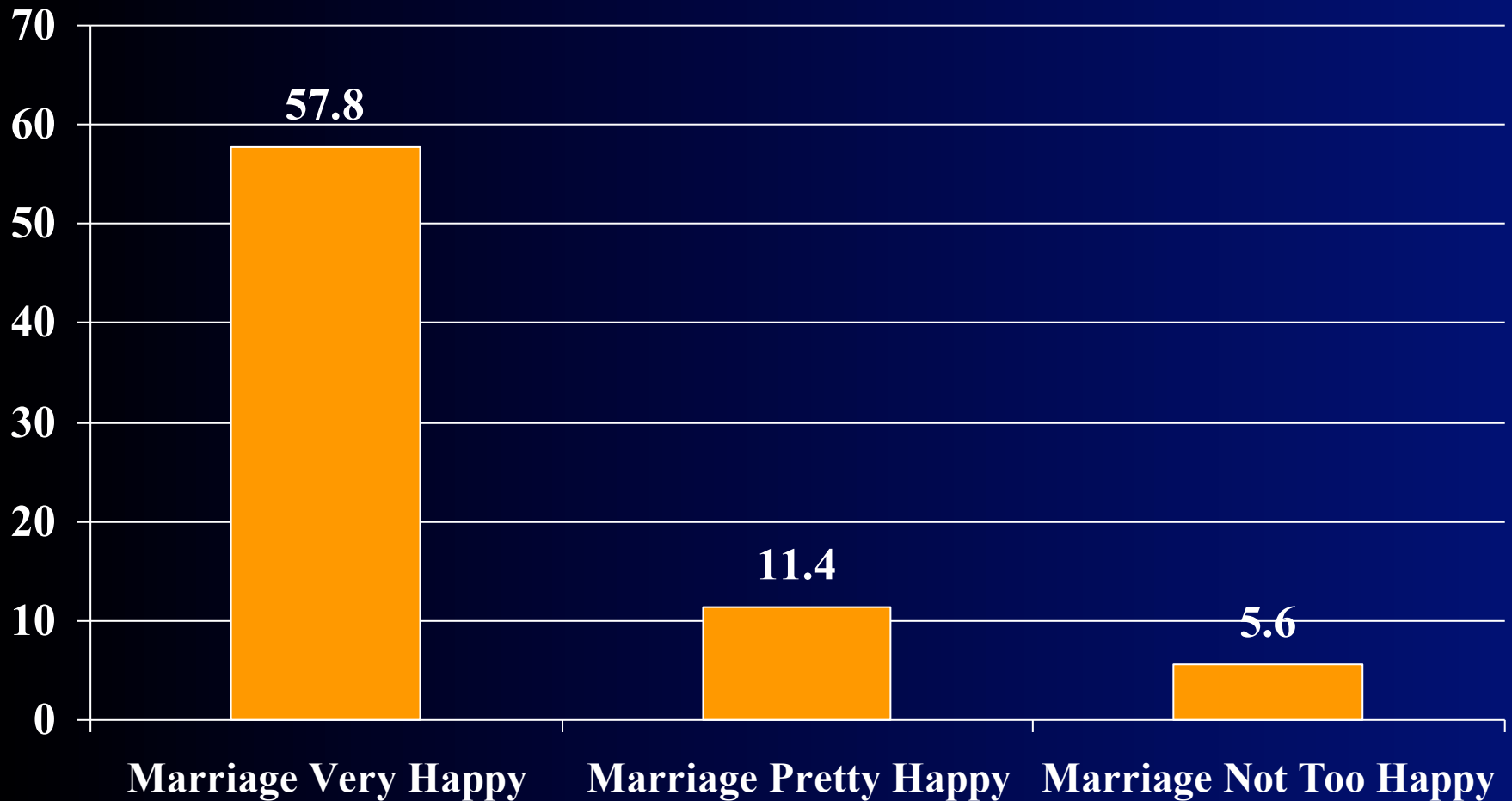
## A. Marriage and well-being

# Percent “Very Happy” among Married and Never Married Americans (NORC surveys, 1972-2012)



# **% Very Happy**

**(NORC: N = 26,239, 1972-2010)**



# Therapeutic lifestyle change

(Stephen Ilardi, University of Kansas)

- *Aerobic exercise*
  - *Adequate sleep*
  - *Light exposure*
  - *Social connections*
  - *Anti-rumination*
  - *Nutritional supplements*
- **greatly reduced depression**

**End Part II:  
Questions, Comments?**