



The Science of Happiness

Dr Liz Blagrove

Department of Psychology

(e.l.Blagrove@warwick.ac.uk)

**UNIVERSITY
OF WARWICK**



What makes you HAPPY?



What
makes us
happy?

If we're
happy, **how**
do we know
it?

What
is
happiness?

Why do
things
make us
happy?

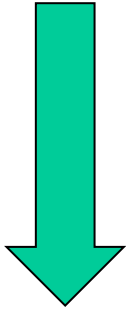


'Research Questions'...

What is Happiness?



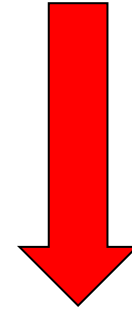
Hedonic Happiness



Life Satisfaction

Moods & Emotions

Eudaimonic
Happiness



Character
Strengths

Meaning & Purpose

Self Determination

High 😊 + Low ☹️ + High life Satisfaction = High Subjective Wellbeing

★ What are your *Strengths*..?

Happiness: *What Happens?*

- Facial Expression
- Temperature
- Heart rate
- Speech
- Posture
- Approach behaviour...

MR. HAPPY

by Roger Hargreaves



Any other behaviour?



Focus on...



Hedonic Happiness (SWB)

What makes us Happy? Why?

- **Income ?**

- General relationship; more £, more 😊
- Basic needs?
- Gender and Marital Status



- **Relationships?**

- Social interaction?
- Personality traits
- Marriage



- **Work?**

- How do you see your work..?
- Job? Career? Vocation?



Is it in our Genes...?

- Evolutionary/genetic 'set point'?



- Forecasting?

- Unique to humans...
- Thinking about the future
- Not so important!



- Surprise & Variety !

- So, how could you 'shake things up'?



Focus on...



Eudaimonic Happiness

Self-Determination Theory

- Order & Predictability
 - Evolutionary function
 - Basic Need?

→ Three Components

1) Autonomy

- Personal choice...not forced

2) Competence

- Ability to affect the environment
- Consistent with our goals...

3) Relatedness

- Connection with /caring for group peers
- How does this fit in with needing 'personal freedom'?



Life Meaning & Purpose

- *Meaning for our Lives...*
 - Essential for fulfilment
 - More relevant than “search for happiness”?
- *Viktor Frankl's work*
 - Logotherapy → ‘Existential analysis’
 - 7 major sources of meaning...

Achievement

Intimacy

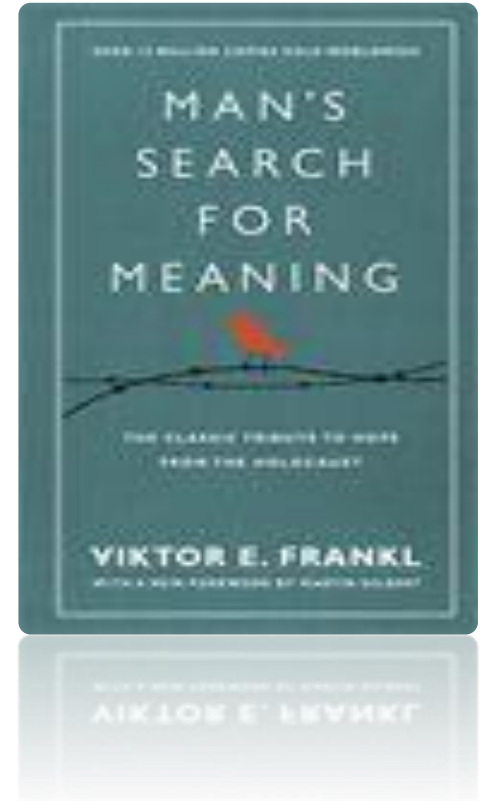
Acceptance

Religion

Fairness

Relationships

Self-transcendence



Q: Why are we not more Happy?

(‘The American Paradox’)

- Relative Standards Model
 - Social comparison
 - Links with personality
- Affluenza
 - Materialistic values spreading *virally*
 - Dissatisfaction & worthlessness
- Paradox of Choice
 - Tyranny of Freedom
 - Satisficers vs Maximizers



What are *Personality Strengths*?

Sense of ownership, authenticity & motivation

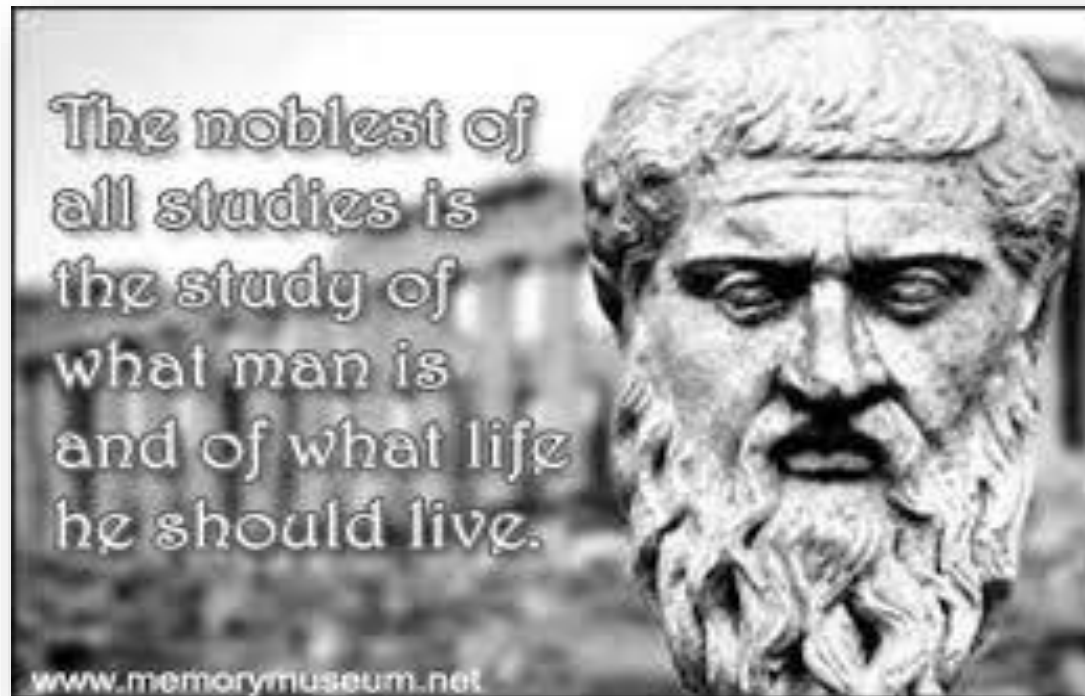
→ personality strength (Peterson et al., 2004)

- ▶ Usually between 2-5 PSs;
6 categories (*or virtues*)
- ▶ Wisdom & knowledge (e.g. creativity)
- ▶ Courage (e.g., perseverance)
- ▶ Humanity (e.g., kindness)
- ▶ Justice (e.g., fairness)
- ▶ Temperance (e.g., self-control)
- ▶ Transcendence (e.g., spirituality)



Using your Character Strengths

- **Gratitude...what is it?**
- *Father of all Virtues*- **Cicero**
- Why?



How can we **use** this in our everyday lives...?



<https://www.youtube.com/watch?v=9FBxfd7DL3E>



You might like to listen to Martin Seligman in this TED talk ...
(Many thanks to Dr Sam French for suggesting this resource!)



Any questions...

