



# **Approaches to happiness, life goals and well-being**

# Well-being

- **hedonic conceptions of well-being**
- **eudaimonic conceptions of well-being**



## **HEDONIC APPROACH**

- **creating high levels of happiness**
- **finding and fostering positive emotionality**

Kahnemann, Diener & Schwartz, 1999.

## **EUDAIMONIC APPROACH**

- **expanding potentials**
- **cultivating personal growth**

Ryan & Deci, 2001.

# Hedonic approach



# Eudaimonic approach



# Well-being

- ***subjective well-being*** – hedonic aspects
- ***psychological well-being*** – eudaimonic aspects



# Precursors of well-being

- Approaches to happiness
- Life goals



# **Approaches to happiness**

**Seligman, 2002**

- **Pleasant life**
- **Engaged life**
- **Meaningfull life**



# Pleasant life

- **consists of having as many pleasures as possible and skills to amplify the pleasures**



# Engaged life

- **comes through deep engagement, using one's strengths and virtues in activities that one finds challenging and rewarding**



# Meaningfull life

- **consists of using one's strengths in the service of something that one believes is larger than oneself**



# Types of life goals

## Extrinsic

- **financial success**
- **physical attractiveness**
- **social fame/popularity**

## Intrinsic

- **emotional intimacy**
- **community service**
- **personal growth**

# **Intrinsic and extrinsic life goals**

**Kasser & Ryan, 1993, 1996, 2001**

- **intrinsic goals are associated with enhanced well-being**
- **extrinsic goals do not enhance and often detracts from well-being**

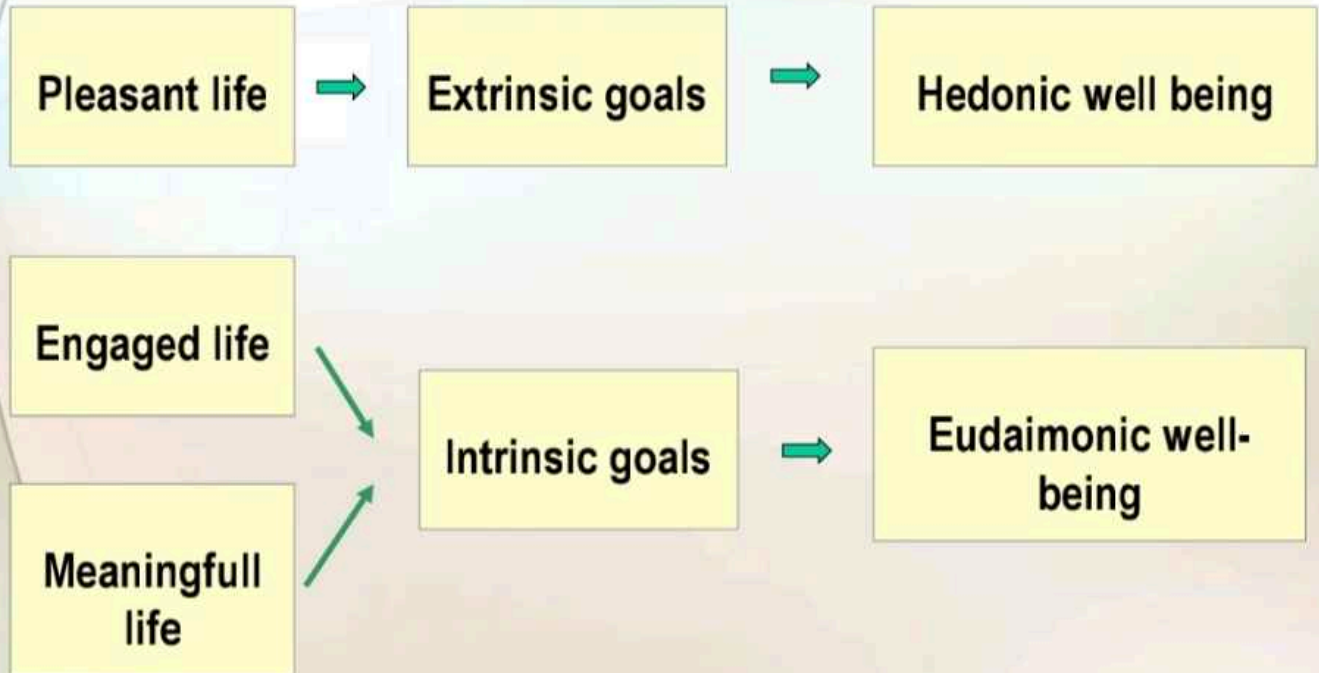
# **Aim**

**To examine the relationship between**

- approaches to happiness**
- intrinsic and extrinsic life goals**
- hedonic and eudaimonic well-being**



# Hypotheses

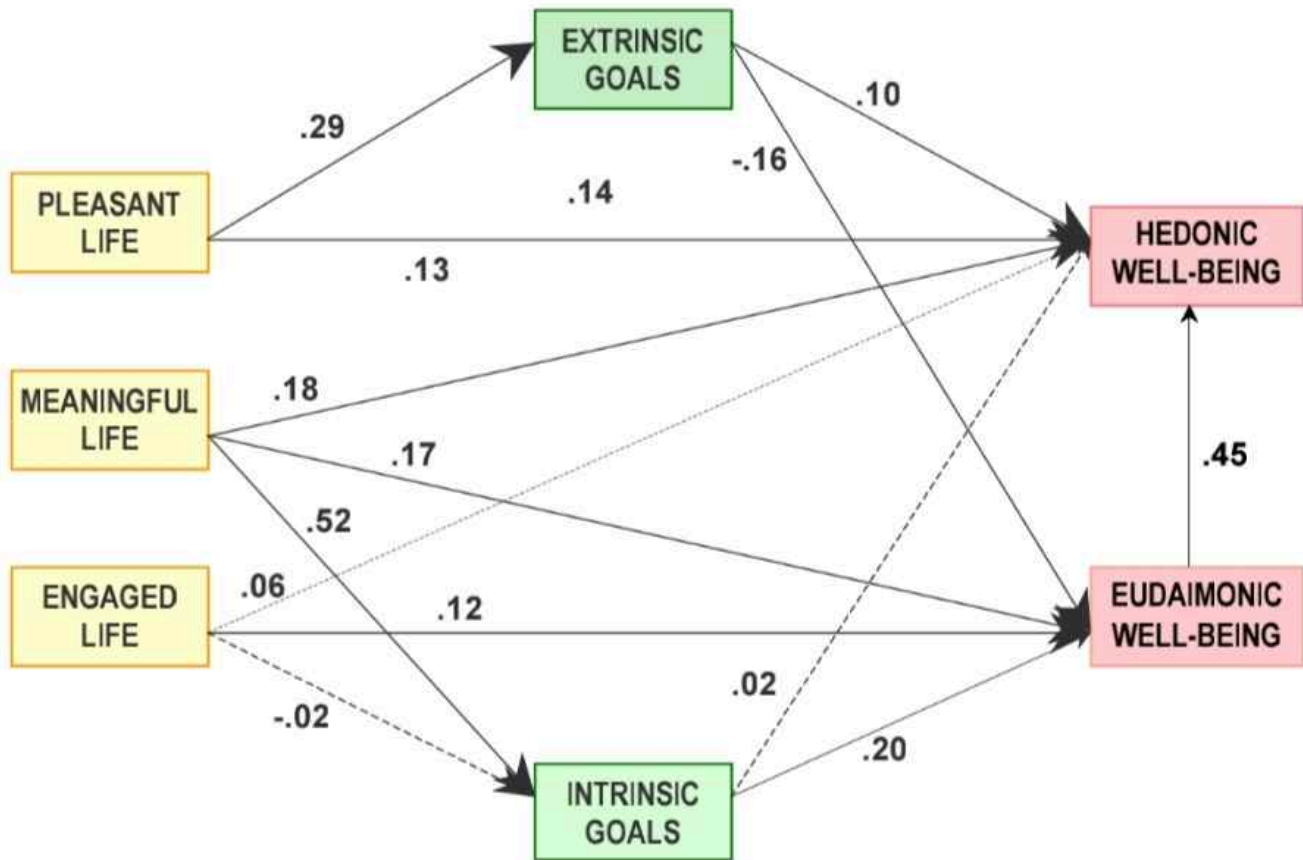


# Instruments

- **Ways of life questionnaire** (Peterson, Park & Seligman, 2005)
- **Aspiration Index** (Kasser & Ryan, 1996)
- **The Satisfaction With Life Scale** (Diener, 1985)
- **The Scales of Psychological Well-Being**  
(Ryff, 1989)

# Participants

- **776 students**
- **286 males and 490 females**
- **aged from 15 to 20 years**



- **Pleasant life is positively related only to hedonic well-being – directly and through extrinsic life-goals**
- **Engaged life is directly positively related only to eudaimonic well-being**
- **Meaningfull life is positively related to both hedonic and eudaimonic well-being, and postively to eudaimonic well-being through intrinsic life-goals**

# **Conclusions**

- **Different approaches to happiness are related to different types of well-being**
- **This relationship is to a certain extent mediated by different kinds of life goals**