

Free pdf Gratitude and hedonic and eudaimonic well being in vietnam [PDF]

Handbook of Eudaimonic Well-Being The Best Within Us The Eudaimonic Turn Subjective Well-Being Eudaimonic Ethics Protective Resources for Psychological Well-Being of Adolescents Health and Well-being, Quality Education, Gender Equality, Decent work and Inequalities: The contribution of psychology in achieving the objectives of the Agenda 2030 Eudaimonic Ethics Measuring Well-being Handbook on Well-Being of Working Women The Happy Mind: Cognitive Contributions to Well-Being Infrastructure, Wellbeing and the Measurement of Happiness Social Belongingness and Well-Being: International Perspectives Routledge Handbook of Well-Being Personality and Social Psychology Research Toward an Integrated Science of Wellbeing Positive Balance The Routledge Handbook of Media Use and Well-Being Cross-cultural Perspectives on Well-Being and Sustainability in Organizations Leisure and Wellbeing Universal Access in Human-Computer Interaction. Users Diversity The Routledge Handbook of Philosophy of Well-Being Handbook of Research Methods and Applications in Happiness and Quality of Life Understanding Motivation and Emotion The Pope of Happiness Research Handbook on Work and Well-Being WELL-BEING Embracing Well-Being in Diverse African Contexts: Research Perspectives Positive Psychology: Theory, Research and Applications Well-being Genetics of Psychological Well-being Mental Well-Being Positive Psychology in the Clinical Domains Can yoga improve one's well-being? Shared aims of psychology and yoga Subjective Well-Being and Life Satisfaction Scientific Concepts Behind Happiness, Kindness, and Empathy in Contemporary

Society Nature and Environment: The Psychology of Its Benefits and Its Protection Language and culture in organization and consumer behaviors The Science of Well-being

Handbook of Eudaimonic Well-Being

2016-10-18

this handbook presents the most comprehensive account of eudaimonic well being to date it brings together theoretical insights and empirical updates presented by leading scholars and young researchers the handbook examines philosophical and historical approaches to the study of happy lives and good societies and it critically looks at conceptual controversies related to eudaimonia and well being it identifies the elements of happiness in a variety of areas such as emotions health wisdom self determination internal motivation personal growth genetics work leisure heroism and many more it then places eudaimonic well being in the larger context of society addressing social elements the most remarkable outcome of the book is arguably its large scale relevance reminding us that the more we know about the good way of living the more we are in a position to build a society that can be supportive and offer opportunities for such a way of living for all of its citizens

The Best Within Us

2015-05-09

the nature of well being has been a subject of long standing concern in psychology much of the work on the topic has been directed toward subjective accounts of well being the contributors to this volume in varying ways have sought to expand the understanding of well being beyond subjective

indices directing the attention of the field to psychological qualities that are now subsumed under the umbrella of eudaimonic functioning as part of the growth of positive psychology the past decade has seen a marked increase in attention paid to distinctions between hedonic and eudaimonic concepts this book is devoted to exploring the breadth of theory and research regarding eudaimonic well being in order to help us better understand where this field has been where it is now and what may be possible in the future another of the goals underlying the construction of this book was the prospect of increasing dialogue between psychologists and philosophers on themes of mutual interest this book is intended for a broad audience in the social sciences with an interest in the nature of happiness and well being and in the empirical research that has been conducted with the goal of better understanding what constitutes a life well lived preface psycinfo database record c 2013 apa all rights reserved

The Eudaimonic Turn

2013

in much of the critical discourse of the seventies eighties and nineties scholars employed suspicion in order to reveal a given text s complicity with various undesirable ideologies and or psychopathologies construed as such interpretive practice was often intended to demystify texts and authors by demonstrating in them the presence of false consciousness bourgeois values patriarchy orientalism heterosexism imperialist attitudes and or various neuroses complexes and lacks while it proved to be of vital importance in literary studies suspicious hermeneutics often compelled scholars to interpret

eudaimonia or well being variously conceived in pathologized terms at the end of the twentieth century however literary scholars began to see the limitations of suspicion conceived primarily as the discernment of latent realities beneath manifest illusions in the last decade often termed the post theory era there was a radical shift in focus as scholars began to recognize the inapplicability of suspicion as a critical framework for discussions of eudaimonic experiences seeking out several alternative forms of critique most of which can be called despite their differences a hermeneutics of affirmation in such alternative reading strategies scholars were able to explore configurations of eudaimonia not by dismissing them as bad politics or psychopathology but in complex ways that have resulted in a new eudaimonic turn a trans disciplinary phenomenon that has also enriched several other disciplines the eudaimonic turn builds on such work offering a collection of essays intended to bolster the burgeoning critical framework in the fields of english comparative literature and cultural studies by stimulating discussions of well being in the post theory moment the volume consists of several examinations of literary and theoretical configurations of the following determinants of human subjectivity and the role these play in facilitating well being values race ethics morality aesthetics class ideology culture economics language gender spirituality sexuality nature and the body many of the authors compellingly refute negativity bias and pathologized interpretations of eudaimonic experiences or conceptual models as they appear in literary texts or critical theories some authors examine the eudaimonic outcomes of suffering marginalization hybridity oppression and or tragedy while others analyze the positive effects of positive affect still others analyze the aesthetic response and or the reading process in inquiries into the role of language use and its impact on well being or they explore the complexities of strength resilience and other positive character traits in the face of struggle suffering and othering

Subjective Well-Being

2014-01-01

subjective well being refers to how people experience and evaluate their lives and specific domains and activities in their lives this information has already proven valuable to researchers who have produced insights about the emotional states and experiences of people belonging to different groups engaged in different activities at different points in the life course and involved in different family and community structures research has also revealed relationships between people s self reported subjectively assessed states and their behavior and decisions research on subjective well being has been ongoing for decades providing new information about the human condition during the past decade interest in the topic among policy makers national statistical offices academic researchers the media and the public has increased markedly because of its potential for shedding light on the economic social and health conditions of populations and for informing policy decisions across these domains subjective well being measuring happiness suffering and other dimensions of experience explores the use of this measure in population surveys this report reviews the current state of research and evaluates methods for the measurement in this report a range of potential experienced well being data applications are cited from cost benefit studies of health care delivery to commuting and transportation planning environmental valuation and outdoor recreation resource monitoring and even to assessment of end of life treatment options subjective well being finds that whether used to assess the consequence of people s situations and policies that might affect them or to explore determinants of outcomes contextual and covariate data are needed alongside the subjective well

being measures this report offers guidance about adopting subjective well being measures in official government surveys to inform social and economic policies and considers whether research has advanced to a point which warrants the federal government collecting data that allow aspects of the population s subjective well being to be tracked and associated with changing conditions

Eudaimonic Ethics

2014-02-03

in this book lorraine besser jones develops a eudaimonistic virtue ethics based on a psychological account of human nature while her project maintains the fundamental features of the eudaimonistic virtue ethical framework virtue character and well being she constructs these concepts from an empirical basis drawing support from the psychological fields of self determination and self regulation theory besser jones s resulting account of eudaimonic ethics presents a compelling normative theory and offers insight into what is involved in being a virtuous person and acting well this original contribution to contemporary ethics and moral psychology puts forward a provocative hypothesis of what an empirically based moral theory would look like

Protective Resources for Psychological Well-Being of

Adolescents

2020-05-29

the united nations 2030 agenda has defined 17 goals to promote sustainable development on a global scale it s based on five critical dimensions known as the 5ps people prosperity planet partnership and peace many of the goals can be connected to psychology or educational sciences for example improving health and well being sdg3 ensuring quality education sdg4 promoting gender equality sdg5 and decent work sdg8 and reducing inequality sdg10 this means that researchers in the field of psychology or related sciences can give substantial contributions to support the achievement of the goals of agenda 2030 research on the contribution of psychology and educational sciences in achieving these goals should be encouraged

Health and Well-being, Quality Education, Gender Equality, Decent work and Inequalities: The contribution of psychology in achieving the objectives of the Agenda 2030

2024-02-07

in this book lorraine besser jones develops a eudaimonistic virtue ethics based on a psychological account of human nature while her project maintains the fundamental features of the eudaimonistic

virtue ethical framework virtue character and well being she constructs these concepts from an empirical basis drawing support from the psychological fields of self determination and self regulation theory besser jones s resulting account of eudaimonic ethics presents a compelling normative theory and offers insight into what is involved in being a virtuous person and acting well this original contribution to contemporary ethics and moral psychology puts forward a provocative hypothesis of what an empirically based moral theory would look like

Eudaimonic Ethics

2014-02-03

this edited volume explores conceptual and practical challenges in measuring well being given the bewildering array of measures available and ambiguity regarding when and how to measure particular aspects of well being knowledge in the field can be difficult to reconcile representing numerous disciplines including psychology economics sociology statistics public health theology and philosophy contributors consider the philosophical and theological traditions on happiness well being and the good life as well as recent empirical research on well being and its measurement leveraging insights across diverse disciplines they explore how research can help make sense of the proliferation of different measures and concepts while also proposing new ideas to advance the field some chapters engage with philosophical and theological traditions on happiness well being and the good life some evaluate recent empirical research on well being and consider how measurement requirements may vary by context and purpose and others more explicitly integrate methods and

synthesize knowledge across disciplines the final section offers a lively dialogue about a set of recommendations for measuring well being derived from a consensus of the contributors collectively the chapters provide insight into how scholars might engage beyond disciplinary boundaries and contribute to advances in conceptualizing and measuring well being bringing together work from across often siloed disciplines will provide important insight regarding how people can transcend unhealthy patterns of both individual behavior and social organization in order to pursue the good life and build better societies

Measuring Well-being

2021

this handbook provides an overview and synthesis of relevant literature related to the issue of the well being of working women this focus addresses a gap that currently exists in the quality of life and well being fields the work of the authors answers the following broad questions does gender matter in the well being of working women do prejudices against and stereotypes of women still play a role in inter personal interactions in the workplace that could hinder women from flourishing professionally does the organizational context such as organizational culture reward systems and leadership contribute to the well being of working women what impact does the national context have on the well being of working women and finally how can public policies help enhance the well being of working women these are important issues for academics researchers and graduate students interested in gender issues in the fields of management sociology psychology social psychology

economics and quality of life studies policy makers and practitioners will also find this book beneficial equitable treatment and outcomes for all regardless of gender remains a challenging goal to achieve with various barriers in different contexts and different cultures and this book provides strong coverage of this important topic of well being of working women

Handbook on Well-Being of Working Women

2015-07-27

this edited volume focuses on different views of happiness and well being considering constructs like meaning and spirituality in addition to the more standard constructs of positive emotion and life satisfaction a premise of the volume is that being happy consists of more than having the right things happen to us it also depends on how we interpret those events as well as what we are trying to achieve such considerations suggest that cognitive emotional factors should play a fairly pronounced role in how happy we are the present volume pursues these themes in the context of 25 chapters organized into 5 sections the first section centers on cognitive variables such as attention and executive function in addition to mindfulness the second section considers important sources of positive cognition such as savoring and optimism and the third section focuses on self regulatory contributions to well being finally social processes are covered in a fourth section and meaning related processes are covered in the fifth what results is a rich and diverse volume centering on the ways in which our minds can help or hinder our aspirations for happiness

The Happy Mind: Cognitive Contributions to Well-Being

2017-06-28

this book takes an interdisciplinary approach to our understanding of infrastructure and its influence on happiness and wellbeing by examining the concept from economic human development architectural urban planning psychological and ethical points of view providing insights from both research and practice the volume discusses how to develop happier cities and improve urban infrastructure for the wellbeing of the whole population the book puts forth the argument that it is only in understanding the true nature of infrastructure's reach how it connects supports and enlivens human beings that we can truly begin to understand infrastructure's possibilities it connects infrastructure to that most elusive of human qualities happiness examining the way infrastructure is fundamentally tied to human values and human well being the book seeks to suggest novel approaches identify outmoded undertakings and define new possibilities in order to maximize infrastructure's impact for all people with a focus on diversity inclusion and equity in seeking to define infrastructure broadly and examine its possibilities systematically this book brings together theory and evidence from multiple disciplinary perspectives including sociology urban studies architecture economics and public health in order to advance a startling claim that our lives and the lives of others can be substantively improved by greater adhesion to the principles and practices of infrastructure design for happiness and wellbeing

Infrastructure, Wellbeing and the Measurement of Happiness

2022-10-17

the routledge handbook of well being explores diverse conceptualisations of well being providing an overview of key issues and drawing attention to current debates and critiques taken as a whole this important work offers new clarification of the widely used notion of well being focusing particularly on experiential perspectives bringing together leading authors from around the world routledge handbook of well being reflects on what it is that is experienced by humans that can be called well being what we know about how to understand it how well being is manifested in human endeavours through a wide range of disciplines including the arts this comprehensive reference work will provide an authoritative overview for students practitioners researchers and policy makers working in or concerned with well being health illness and the relation between all three across a range of disciplines from sociology healthcare and economics to philosophy and the creative arts

Social Belongingness and Well-Being: International Perspectives

2021-10-18

this new book presents new and important research in attitudes and social cognition and addresses those domains of social behavior in which cognition plays a major role including the interface of cognition with overt behavior affect and motivation it also deals with interpersonal relations and group processes focusing on psychological and structural features of interaction in dyads and groups in addition it covers personality processes and individual differences

Routledge Handbook of Well-Being

2018-05-15

there has always been interest in understanding what constitutes the good life starting with early philosophical writings sustainable wellbeing at multiple scales from physical and psychological health through to the societal and environmental has been a fundamental goal much has been written at each of these scales from the perspectives of psychology medicine economics social science ecology and political science however their interconnections have received far less attention even though the identification of these interdependencies is critical to the comprehensive understanding and advancement of wellbeing

Personality and Social Psychology Research

2008

the book provides a new theory of well being designed to integrate many disparate concepts of well being such as subjective well being personal happiness mental well being emotional well being psychological well being hedonic well being social well being life satisfaction domain satisfaction and eudaimonia it lays the foundation for a new a theory of mental well being based on a hierarchical perspective of positive mental health and guided by the concept of positive balance written by a well known expert in the field this book addresses the issue of positive balance related to physiological emotional cognitive meta cognitive developmental and social ecological levels of an individual and analyses the factors at each level that contribute to an individual s positive mental health experience it discusses in detail the effects of neurochemicals such as dopamine serotonin or cortisol positive and negative affect satisfaction in salient and multiple life domains vis à vis dissatisfaction in life domains positive versus negative evaluations about one s life using certain standards of comparison positive psychological traits of personal growth and intrinsic motivation etc vis à vis negative traits like pessimism and impulsiveness and perceived social resources like social contribution and social actualization vis à vis perceived constraints like exclusion and ostracism this original work is of interest to students researchers and practitioners of quality of life and wellbeing studies positive psychology developmental psychology and mental health

Toward an Integrated Science of Wellbeing

2023

the routledge handbook of media use and well being serves as the first international review of the

current state of this fast developing area of research the volume provides a multifaceted perspective on the beneficial as well as the detrimental effects of media exposure on psychological health and well being as a first mover it will define the field of media use and well being and provide an essential resource for research and teaching in this area the volume is structured along four central considerations processes presents concepts that provide a theoretical bridge between media use and well being such as psychological need satisfaction recovery from stress and strain self presentation and self enhancement or parasocial interactions with media characters providing a comprehensive understanding of the underlying processes that drive psychological health and well being through media moderators examines both risk factors that promote negative effects on well being and protective factors that foster positive media effects contexts bridges the gap between theory and real life by illustrating how media use can influence well being and satisfaction in very different life domains covering the full spectrum of everyday life by addressing the public private and work spheres audiences takes a look at the influence of life phases and life situations on the interplay of media use and well being questioning whether various user groups differ with regard to the effects of media exposure bringing together the expertise of outstanding international scholars from multiple disciplines including communication media psychology social psychology clinical psychology and media education this handbook sheds new light on the role of media in influencing and affecting emotions

Positive Balance

2020-06-18

well being

The Routledge Handbook of Media Use and Well-Being

2016-06-23

this book explores a new area of psychology of sustainability and sustainable development with specific focus on organizations and introduces a range of advanced perspectives for healthy business harmonization and decent work split into two parts the first half presents cross cultural contributions that study in depth the benefits and drawbacks of sustainability while the second half discusses theoretical approaches and empirical research that offer new prospects for innovation in prevention science gathering research from leading scholars and researchers from around the globe this book

offers an essential reference guide that will benefit researchers professionals students and policy makers interested in promoting better business harmony and sustainability



2022-03-23

this book provides an interdisciplinary collection of theoretical and methodological contributions critically exploring the connections between leisure and wellbeing it expands the field of leisure studies to highlight the contribution of international scholars to a developing agenda in leisure and wellbeing research authors from many different countries engage with the complexity of subjective wellbeing through the lenses of diverse leisure cultures collectively the chapters represent rigorous high quality social science research informed by innovative methods that can build knowledge about the intricate ways leisure cultures and subjective wellbeing are related to each other the book serves to deepen the knowledge and understanding of the complexity of wellbeing experiences and the diversity of contexts in which wellbeing is enhanced or reduced through taking part in leisure pursuits the chapters in this book were originally published as a special issue of the journal leisure studies

Cross-cultural Perspectives on Well-Being and Sustainability

in Organizations

2022-01-22

the four volume set Incs 6765 6768 constitutes the refereed proceedings of the 6th international conference on universal access in human computer interaction uahci 2011 held as part of hci international 2011 in orlando fl usa in july 2011 jointly with 10 other conferences addressing the latest research and development efforts and highlighting the human aspects of design and use of computing systems the 70 revised papers included in the second volume were carefully reviewed and selected from numerous submissions the papers are organized in the following topical sections user models personas and virtual humans older people in the information society designing for users diversity cultural and emotional aspects and eye tracking gestures and brain interfaces

Leisure and Wellbeing

2022-09-05

the concept of well being is one of the oldest and most important topics in philosophy and ethics going back to ancient greek philosophy following the boom in happiness studies in the last few years it has moved to centre stage grabbing media headlines and the attention of scientists psychologists and economists yet little is actually known about well being and it is an idea that is often poorly articulated the routledge handbook of philosophy of well being provides a comprehensive outstanding

guide and reference source to the key topics and debates in this exciting subject comprising over 40 chapters by a team of international contributors the handbook is divided into six parts well being in the history of philosophy current theories of well being including hedonism and perfectionism examples of well being and its opposites including friendship and virtue and pain and death theoretical issues such as well being and value harm identity and well being and children well being in moral and political philosophy well being and related subjects including law economics and medicine essential reading for students and researchers in ethics and political philosophy it is also an invaluable resource for those in related disciplines such as psychology politics and sociology

Universal Access in Human-Computer Interaction. Users Diversity

2011-06-18

offering a thorough assessment of recent developments in the economic literature on happiness and quality of life this major research handbook astutely considers both methods of estimation and policy application luigino bruni and pier luigi porta s refreshing and constructively critical approach emphasizes the subject s integral impact on latter day capitalism expert contributors critically present in depth research on a wide range of topics including the history of the idea of quality of life and the impact of globalization links between happiness and health comparisons between hedonic and eudaimonic well being the relational and emotional side of human life including subjective indicators

of well being genetic and environmental contributions to life satisfaction the impact of culture fine arts and new media accessible and far reaching the handbook of research methods and applications in happiness and quality of life will prove an invaluable resource for students and scholars of welfare and economics as well as practicing psychologists and researchers

The Routledge Handbook of Philosophy of Well-Being

2015-07-30

the past ten years have seen an explosion of useful research surrounding human motivation and emotion new insights allow researchers to answer the perennial questions including what do people want and why do they want what they want by delving into the roots of motivation the emotional processes at work and the impacts on learning performance and well being this book provides a toolbox of practical interventions and approaches for use in a wide variety of settings in the midst of the field s golden age there has never been a better time to merge new understanding and practical application to improve people s lives useful in schools the workplace clinical settings health care sports industry business and even interpersonal relationships these concepts are profoundly powerful incorporated into the state of the art intervention programs detailed here they can enhance people s motivation emotion and outlook while answering the core questions of any human interaction

Handbook of Research Methods and Applications in Happiness and Quality of Life

2016-04-29

this book honors the work of ruut veenhoven who has been a pioneer and leader in the field of happiness studies for the past 50 years it brings together experts in the field discussing veenhoven s work as well as taking up themes from his workshops over the years to analyze how and where the field has expanded following his research veenhoven s contributions include developing theories and measuring instruments creating the world s first and largest database of happiness research founding the world s first and most frequently cited journal of happiness studies and student development in and popularization of the field of happiness studies he has extensive publications through the international sociological association and the international society for quality of life studies and the research field of happiness studies would not have become as broad today without his enormous contributions friends and former students of veenhoven provide both academic and anecdotal discussions in this festschrift which is important for anyone interested in the development of happiness research

Understanding Motivation and Emotion

2018-01-18

almost every person works at some point in their lives the research handbook on work and well being examines the association of particular work experiences with employee and organizational health and performance

The Pope of Happiness

2021-04-29

this book is the second edition of well being productivity and happiness at work that shows how to improve well being in organizations as with its predecessor this new edition is remarkably timely it explores the latest findings in the research on wellbeing and offers practical guidelines to the reader on how to promote well being productivity and happiness at work high levels of well being at work are good for the employee and the organization it means lower sickness absence levels better retention and more satisfied customers people with higher levels of well being live longer pursue happier lives and are easier to work with this updated edition provides an extensive overview of resilience at work and how this affects wellbeing it introduces new topics such as what organizations need to consider about wellbeing in the context of an ageing workforce it provides new case studies that have been conducted in the last few years including a case study on health and wellbeing in the civil service

Research Handbook on Work and Well-Being

2017-02-24

this is the first volume providing a research platform to showcase research in the field of positive psychology and well being science in african contexts next to enhancing context sensitive theory and practice on the african continent it also contributes to the global discourse in positive psychology and facilitates the development of a science that reflects and is relevant to complexity and diversity in a globalising society this volume brings together work from african scholars featuring research on theoretical perspectives on well being in africa measurement of well being in africa manifestations and dynamics of well being in africa and well being promotion in africa it stimulates further research in positive psychology and well being science in the african context and globally and emphasises the interconnectedness and situatedness of human functioning and well being contributing to a more balanced perspective on well being in an international perspective the volume benefits researchers students and practitioners in africa and other international contexts who study or apply the science of positive psychology and well being in diverse contexts chapter 1 is available open access under a creative commons attribution 4 0 international license via link springer com

WELL-BEING

2017-10-15

the second edition of positive psychology features ground breaking evidence and thinking on the topics of happiness flow optimism motivation and more discover how to increase happiness levels what obstacles to flourishing affect our day to day lives and how to apply positive psychology to diverse professional disciplines the authors map the key positive psychology interventions available and discuss their merits with an emphasis on practice and evaluation ilona boniwell and aneta tunariu skilfully combine a breadth of information about positive psychology with reflective questions critical commentary and up to date research written in a witty engaging and contemporary manner this new edition includes chapter summaries to help you check your understanding and speed up your revision experiments boxes to highlight research methodologies and contextualize the latest psychological findings personal development exercises to enhance your skills in wellbeing review questions to test your knowledge suggested resources to make your study time more efficient time out boxes to highlight key concepts and thinkers think about it boxes to develop your critical thinking skills measurement tools to introduce you to current thinking and debates mock essay questions to help you practise for your exam further reflection topics to delve deeper links to media materials within as well as beyond the typical academic literature end of chapter quizzes to help you check your understanding positive psychology is essential reading for students taking modules in positive psychology and wellbeing will be of interest to students of applied coaching and sports psychology and can help develop practising psychologists coaches counsellors and researchers interested in this burgeoning field of mental wellbeing and human happiness a highly recommended resource for teaching and studying positive psychology up to date incorporating both the history and the latest developments in this field very clearly laid out with key topics and concepts explained well along with practical learning activities for the use in classroom and or for students individual learning vanessa

king mapp upenn board member action for happiness

Embracing Well-Being in Diverse African Contexts: Research Perspectives

2022-05-19

high levels of well being at work is good for the employee and the organization it means lower sickness absence levels better retention and more satisfied customers people with higher levels of well being live longer have happier lives and are easier to work with this book shows how to improve well being in your organization

Positive Psychology: Theory, Research and Applications

2019-06-20

in the past decade there has been an explosion of research into the psychology of well being however it is only recently that researchers have started to investigate the specific genetic factors that influence well being this landmark book summarizes the state of knowledge regarding heritability and molecular genetics in positive psychology

Well-being

2011-04-27

this book provides a new generation of research in which scholars are investigating mental health and human development as not merely the absence of illness or dysfunction but also the presence of subjective well being subjective well being is a fundamental facet of the quality of life the quality of an individual s life can be assessed externally and objectively or internally and subjectively from an objective standpoint other people measure and judge another s life according to criteria such as wealth or income educational attainment occupational prestige and health status or longevity nations communities or individuals who are wealthier have more education and live longer are considered to have higher quality of life or personal well being the subjective standpoint emerged during the 1950s as an important alternative to the objective approach to measuring individual s well being subjectively individuals evaluate their own lives as evaluations made in theory after reviewing summing and weighing the substance of their lives in social context research has clearly shown that measures of subjective well being which are conceptualized as indicators of mental health or mental well being are factorially distinct from but correlated with measures of symptoms of common mental disorders such as depression despite countless proclamations that health is not merely the absence of illness there had been little or no empirical research to verify this assumption research now supports the hypothesis that health is not merely the absence of illness it is also the presence of higher levels of subjective well being in turn there is growing recognition of the personal and social utility of subjective well being both higher levels of hedonic and eudaimonic wellbeing increased subjective

well being has been linked with higher personal and social goods higher business profits more worker productivity greater employee retention increased protection against mortality increased protection against the onset and increase of physical disability with aging improved cognitive and immune system functioning and increased levels of social capital such as civic responsibility generativity community involvement and volunteering this edited volume brings together for the first time the growing scientific literature on positive mental health that is now being conducted in many countries other than the usa and provides students and scholars with an invaluable source for teaching and for generating new ideas for furthering this important line of research

Genetics of Psychological Well-being

2015

this book builds the bridge between the fields of clinical and positive psychology research and practice it presents a variety of interventions aimed at promoting positivity in clinical populations although clinical psychology has addressed issues such as happiness resilience and optimal functioning the field has stuck to the medical model and paid more attention to distress and negativity in human existence positive psychology on the other hand has been considered a psychology for all and has devoted attention and resources to the investigation of positivity in general populations only recently the relationships between positivity distress and psychopathology have been investigated this book integrates research and practice from both fields its first part provides a theoretical framework for describing concepts such as hedonic and eudaimonic wellbeing resilience

character's strengths positive health and positive functioning with a special reference to their clinical implications and their psychosomatic underpinnings the second part provides a review of positive interventions in clinical practice and psychotherapeutic settings these interventions are derived from positive psychology as well as from longstanding traditions in clinical psychology and psychiatry and from eastern clinical and philosophical approaches

Mental Well-Being

2012-11-08

scientific essay from the year 2018 in the subject psychology ancillary science grade 71 100 distinction university of east london applied positive psychology coaching psychology language english abstract this paper explores how yoga could enrich the field of positive psychology the author briefly defines positive psychology and yoga and addresses their shared aims the paper critically views recent studies on yoga within psychology touching on general findings following by an investigation of the distinct benefits of yoga related to positive psychology after that the continued need for further research to recognise untapped opportunities within the yogic tradition beyond the benefits of physical postures asana is discussed the author concludes that a spiritual development might indeed be sparked through the present approach to yoga in the west since the early days of western psychology at the beginning of the 20th century the science of the soul has been drawn to eastern traditions since then interest in eastern traditions especially in yoga has increased exponentially today over 37 million people practice yoga in the us and 0.5 million in the uk alone in

order to cultivate aspects of physiological and psychological wellbeing within psychology interest in wellbeing concepts marked the beginnings of positive psychology the science and practice of improving wellbeing has started to investigate the benefits of yoga yoga and positive psychology share this strong interest in increased wellbeing within positive psychology this encompasses optimal functioning self actualisation and flourishing referring to the condition of our existence we wish to experience and the aim of our quest in yoga the idea of cultivating overall psychological wellbeing is very much in line with the notion of positive psychology which vouches for an approach that welcomes all emotions

Positive Psychology in the Clinical Domains

2017-02-17

the quality of people s relationships with and interactions with other people are major influences on their feelings of well being and their evaluations of life satisfaction the goal of this volume is to offer scholarly summaries of theory and research on topics at the frontier of the study of these social psychological influences both interpersonal and intrapersonal on subjective well being and life satisfaction the chapters cover a variety of types of relationships e g romantic relationships friendships online relationships as well as a variety of types of interactions with others e g forgiveness gratitude helping behavior self presentation also included are chapters on broader social issues such as materialism sexual identity and orientation aging spirituality and meaning in life subjective well being and life satisfaction provides a rich and focused resource for graduate students upper level

undergraduate students and researchers in positive psychology and social psychology as well as social neuroscientists mental health researchers clinical and counselling psychologists and anyone interested in the science of well being

Can yoga improve one's well-being? Shared aims of psychology and yoga

2019-07-02

significant progress has been made in the study of human psychology in recent years however the human pursuit of happiness through the use of scientific methods has yet to be fully examined scientific concepts behind happiness kindness and empathy in contemporary society is an essential reference source that offers in depth studies that anchor concepts of happiness kindness wellbeing and empathy from a scientific perspective featuring research on topics such as cognitive revolution neurobiology of wellbeing and rational emotive behavior therapy this book is ideally designed for sociologists academicians psychology professionals researchers and graduate level students seeking scientific coverage on happiness kindness and empathy

Subjective Well-Being and Life Satisfaction

2017-12-15

our research topic section entitled nature and the environment the psychology of its benefits and its protection will have two main lines the first line of articles will center upon cutting edge research showing how interacting with nature can affect health well being and overall improve cognition and affect articles in this line will stress in what ways nature can improve psychological functioning and health and also discuss the theories and evidence as to why nature can improve psychological functioning for this line we welcome submission of articles that discuss the psychological health and well being benefits from interacting with nature as well as submissions that focus on theoretical considerations and underlying mechanisms that lead to the restorative effects of interacting with nature given that nature can have a positive impact on psychological functioning and overall health it is also important to understand the variables that facilitate people s recognition of environmental issues that can help foster a more positive attitude towards the preservation of nature this brings us to the second line of articles which will center upon the psychological mechanisms that make individuals more or less likely to accept the seriousness of environmental challenges such as climate change given the new cutting edge research in this field we may be able to make individuals more proactive in the protection of the environment and more accepting of policy measures required to mitigate climate change we see this research topic as a way for psychological scientists to contribute substantially to an important area of public debate and policy for this line we welcome articles that will focus on ways in which people respond to various framings of policy relevant information and how morality may play into the individuals policy views that center on climate change and environmental protection

Scientific Concepts Behind Happiness, Kindness, and Empathy in Contemporary Society

2018-07-20

how much do we know about what makes people thrive and societies flourish while a vast body of research has been dedicated to understanding problems and disorders we know remarkably little about the positive aspects of life the things that make life worth living this landmark volume heralds the emergence of a new field of science that endeavours to understand how individuals and societies thrive and flourish and how this new knowledge can be applied to foster happiness health and fulfillment and institutions that encourage the development of these qualities taking a dynamic cross disciplinary approach it sets out to explore the most promising routes to well being derived from the latest research in psychology neuroscience social science economics and the effects of our natural environment designed for a general readership this volume is of compelling interest to all those in the social behavioural and biomedical sciences the caring professions and policy makers it provides a stimulating overview for any reader with a serious interest in the latest insights and strategies for enhancing our individual well being or the well being of the communities in which we live and work

Nature and Environment: The Psychology of Its Benefits and

Its Protection

2017-04-20

Language and culture in organization and consumer behaviors

2023-11-02

The Science of Well-being

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