

# CROSS-CULTURAL REPLICABILITY OF WAYS TOWARD HAPPINESS CLUSTERS

Andreja Avsec - University of Ljubljana SLOVENIA  
Tina Kavčič - University of Primorska SLOVENIA  
Aaron Jarden – Auckland University of Technology, NEW ZEALAND

# Paths to Happiness

- Pleasure – hedonic tradition:
  - Increasing happiness through pleasure or positive emotions
  - Life goal: To experience the maximum amount of pleasure and the minimum amount of pain
- Meaning – eudaimonic tradition:
  - Happiness results from engagement in meaningful activities and actualization of individual's human potentials
  - Eudaimonia - when activities are congruent with one's most basic values and are incorporated into one's actions
- Engagement - Csikszentmihalyi's conception of flow:
  - Optimal balance between individual's abilities and demands of the situation
  - A source of intrinsic motivation for the activity and of subjective well-being

# Variable-Centred Approach

- Possible co-variation of three paths to happiness within individual:
  - The full life individuals
  - The empty life individuals
- Interaction effects in regression analyses
- Measurement problems - reduced statistical power after accounting for first-order effects

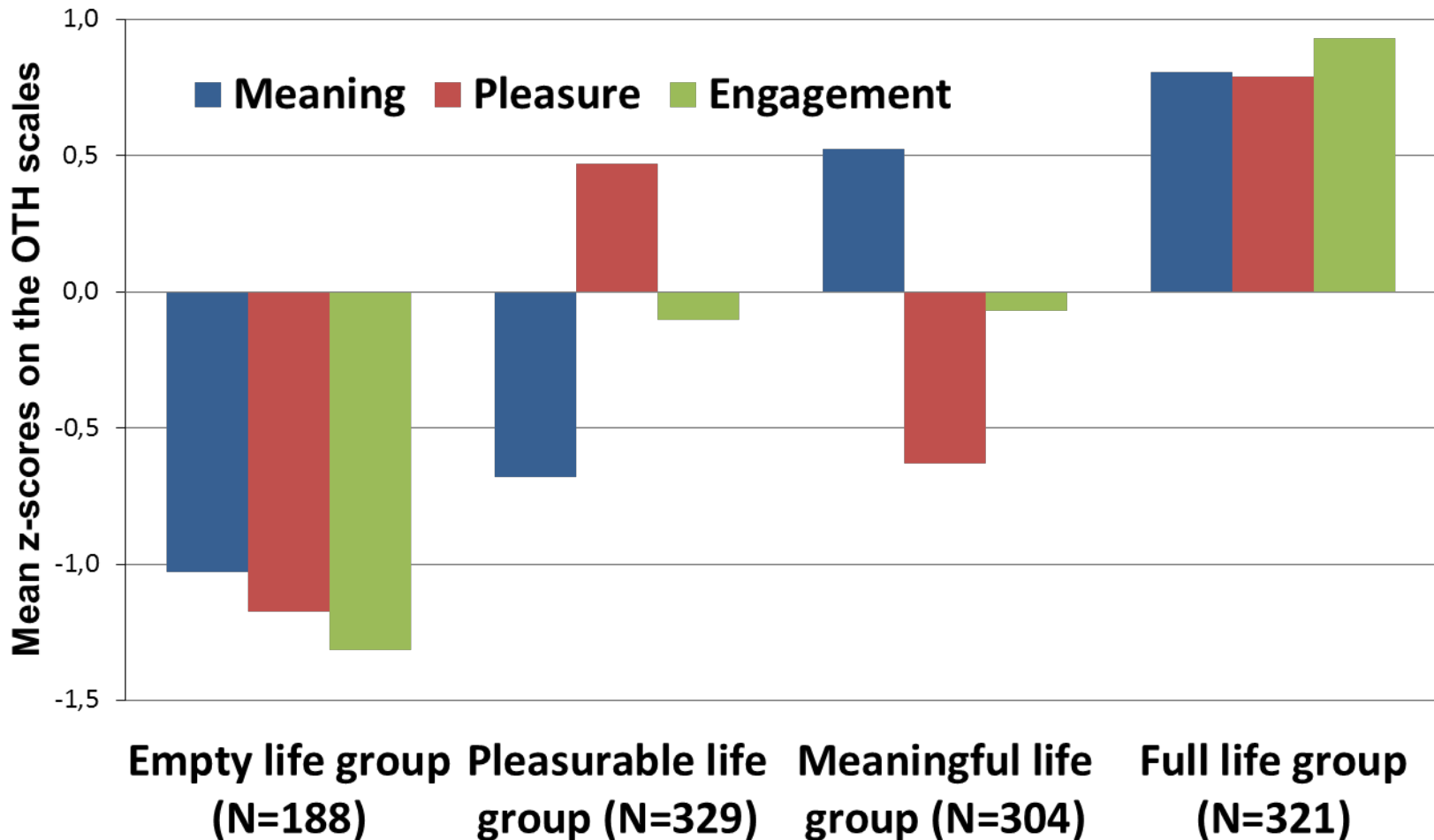
# Person-Centred Approach

- A pattern of specific dimensions within individuals
- Identification of groups of individuals with similar configurations of specific dimensions
- The predictive power of types
- Other benefits of person-centred approach:
  - Intra-individual structure of personality
  - Facilitation of the search for moderator variables
  - Practical advantage – more understandable for lay people

# Identification of OTH Types

- Kavčič & Avsec (2014). Happiness and Pathways to Reach It: Dimension-Centred Versus Person-Centred Approach. *Social Indicators Research*.
- N = 1142 Slovene adults (33% male);  $M_{age} = 38$
- Two-step cluster analysis (Asendorpf et al. 2001):
- Four-cluster solution was selected as
  - it had the highest estimated replicability
  - the obtained four profiles were meaningful
  - all clusters had substantive membership
  - the four types differed significantly across three paths

# OTH Types in Slovene Sample



# Aims of the Present Study

- Replication of the four types in a cross-cultural sample
- Differences between groups in well-being
- Cross-cultural differences



# Method - Participants

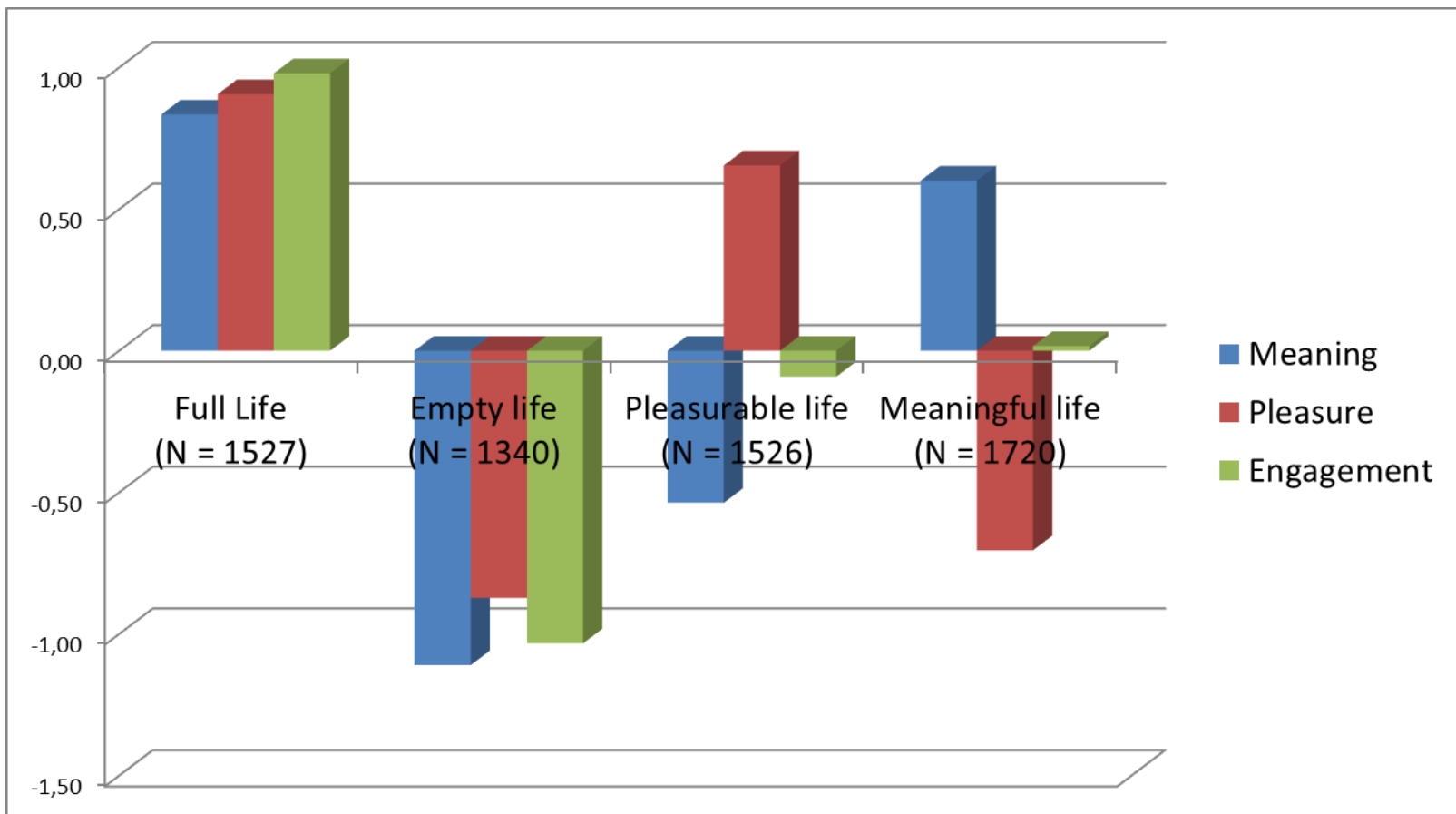
Country	N	% of Females	Age (M)
AUSTRALIA	331	82%	43
CANADA	106	86%	39
CHINA	185	59%	20
COLOMBIA	197	76%	34
CZECH REPUBLIC	236	82%	27
GERMANY	99	74%	29
GREECE	173	86%	20
HUNGARY	1052	84%	32
MEXICO	304	75%	35
NEW ZEALAND	1560	84%	39
NORWAY	75	73%	32
PHILIPPINES	103	92%	22
RUSSIA	148	76%	26
SLOVAKIA	85	82%	25
SLOVENIA	271	83%	23
UK ENGLAND	365	78%	33
USA	823	81%	43
Total	6113	80%	34



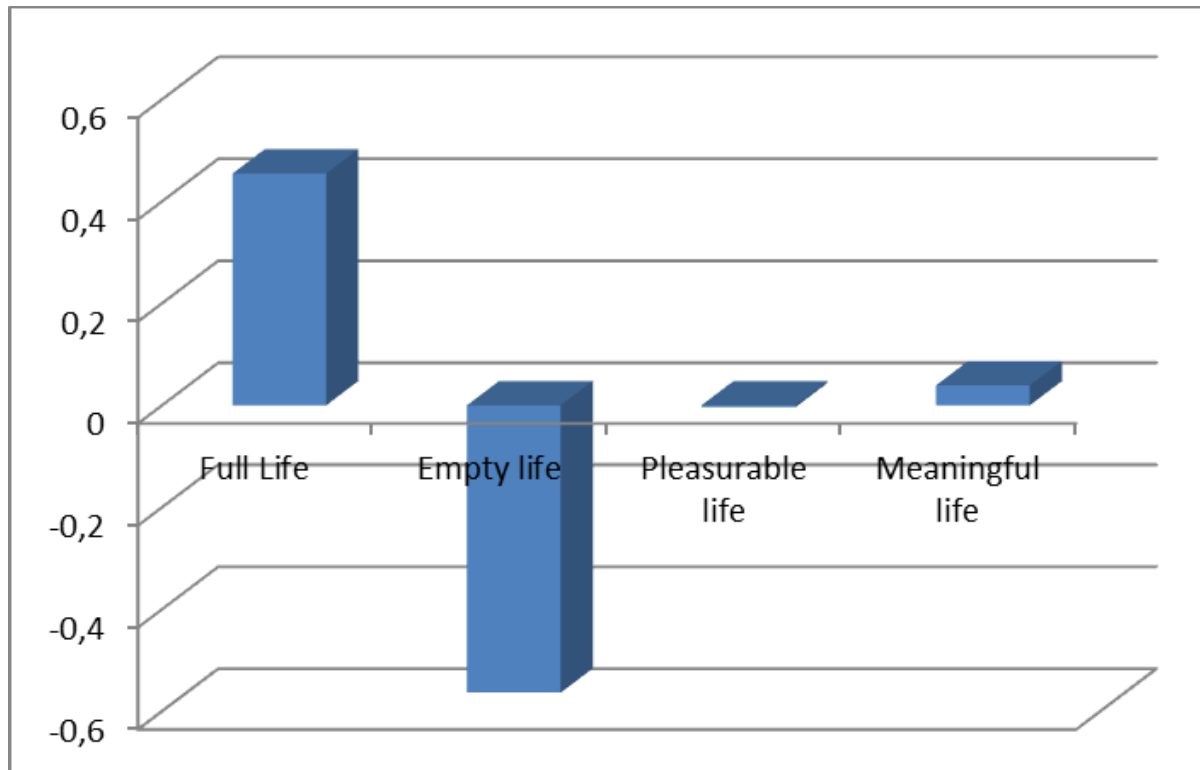
# Method

- Questionnaires:
  - Orientations to Happiness Questionnaire (OTH; Peterson, Park in Seligman, 2005) – 18 items
  - Subjective Happiness Scale (Lyubomirsky & Lepper, 1999) – 4 items
  - Ryff`s Psychological Well-Being Scales (1989) – 18 items
- Procedure: Participants filled out the questionnaires on the site [www.wellbeingstudy.com](http://www.wellbeingstudy.com)

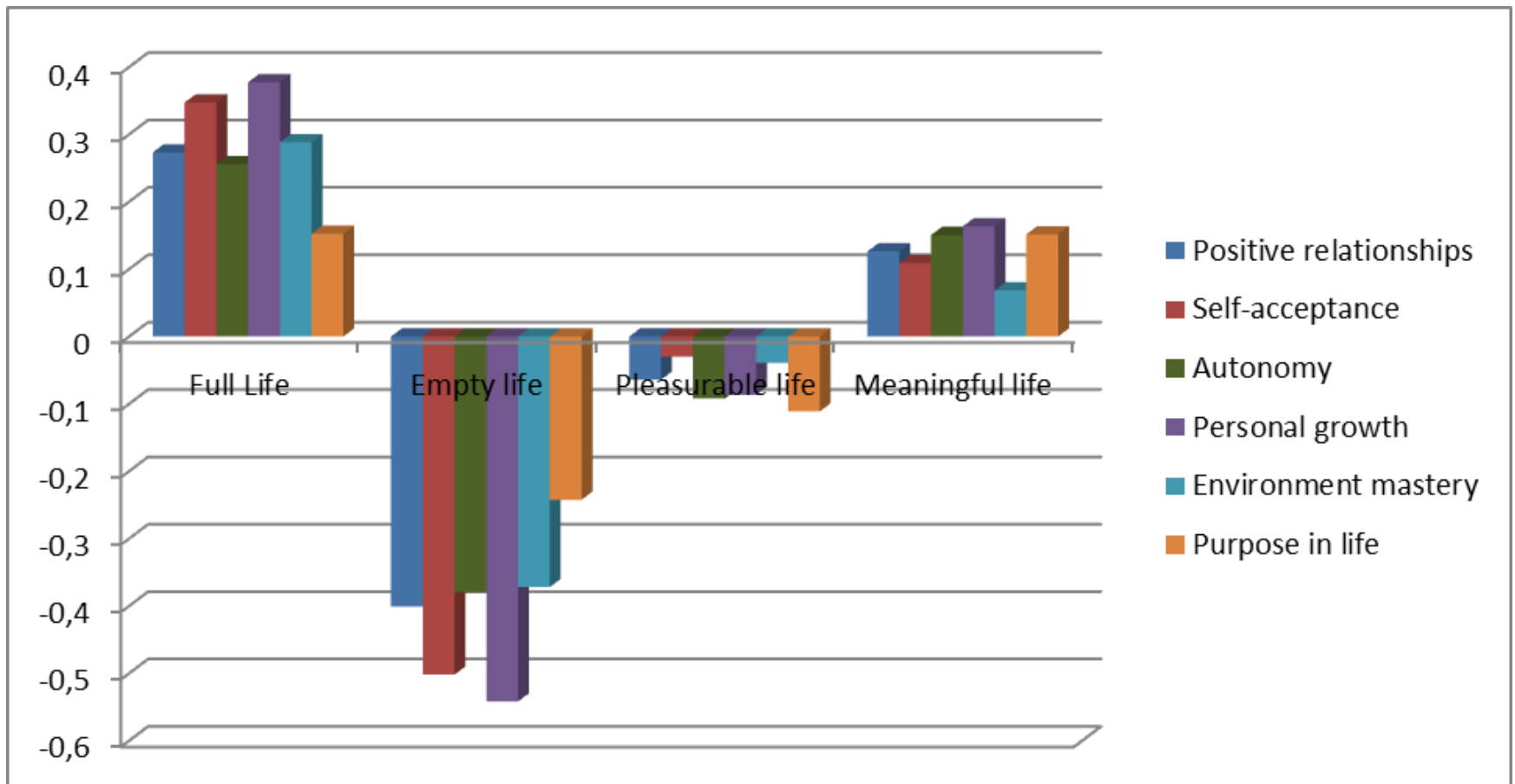
# Cross-Cultural OTH Types



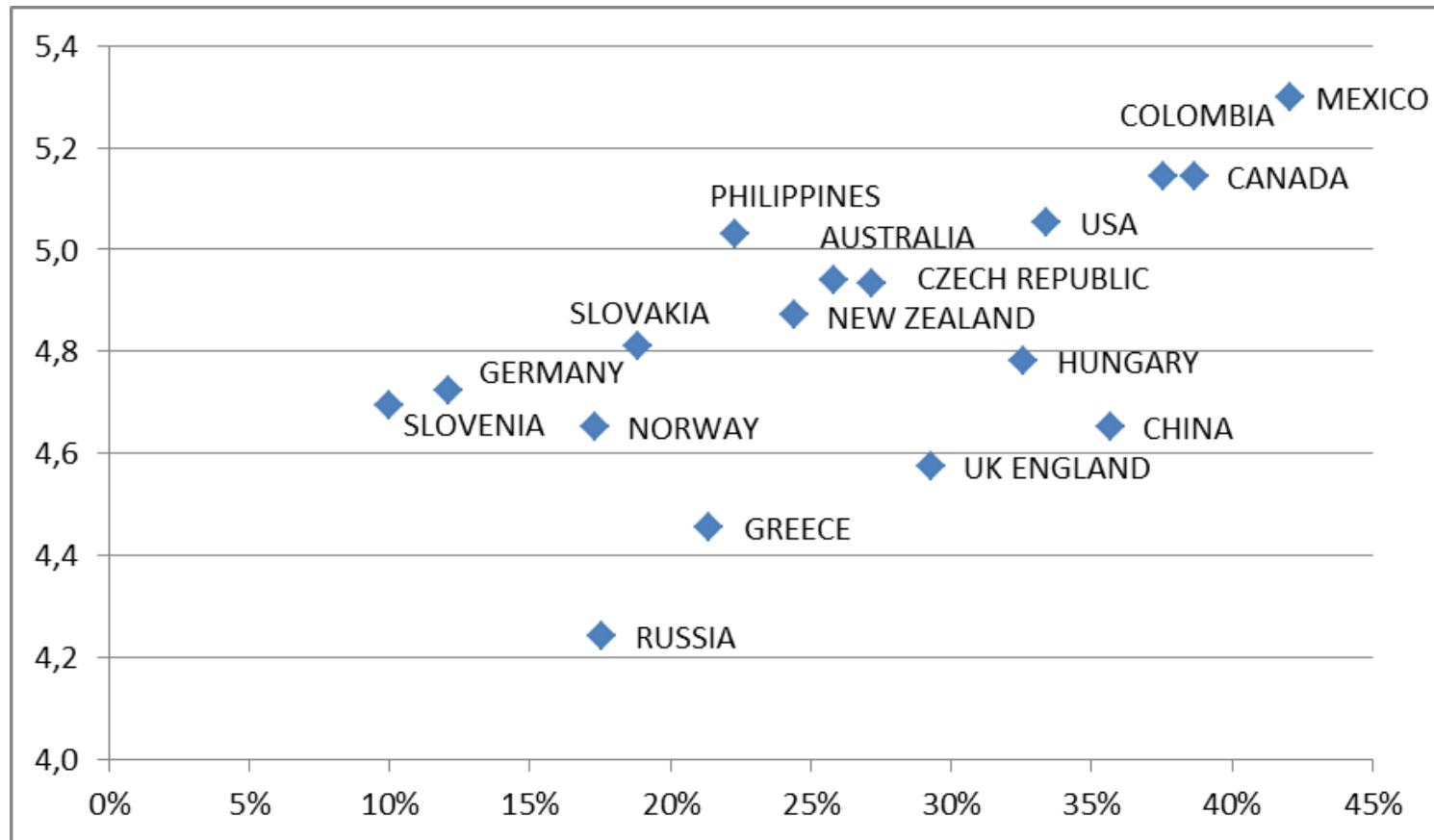
# Differences among OTH Types in Subjective Happiness



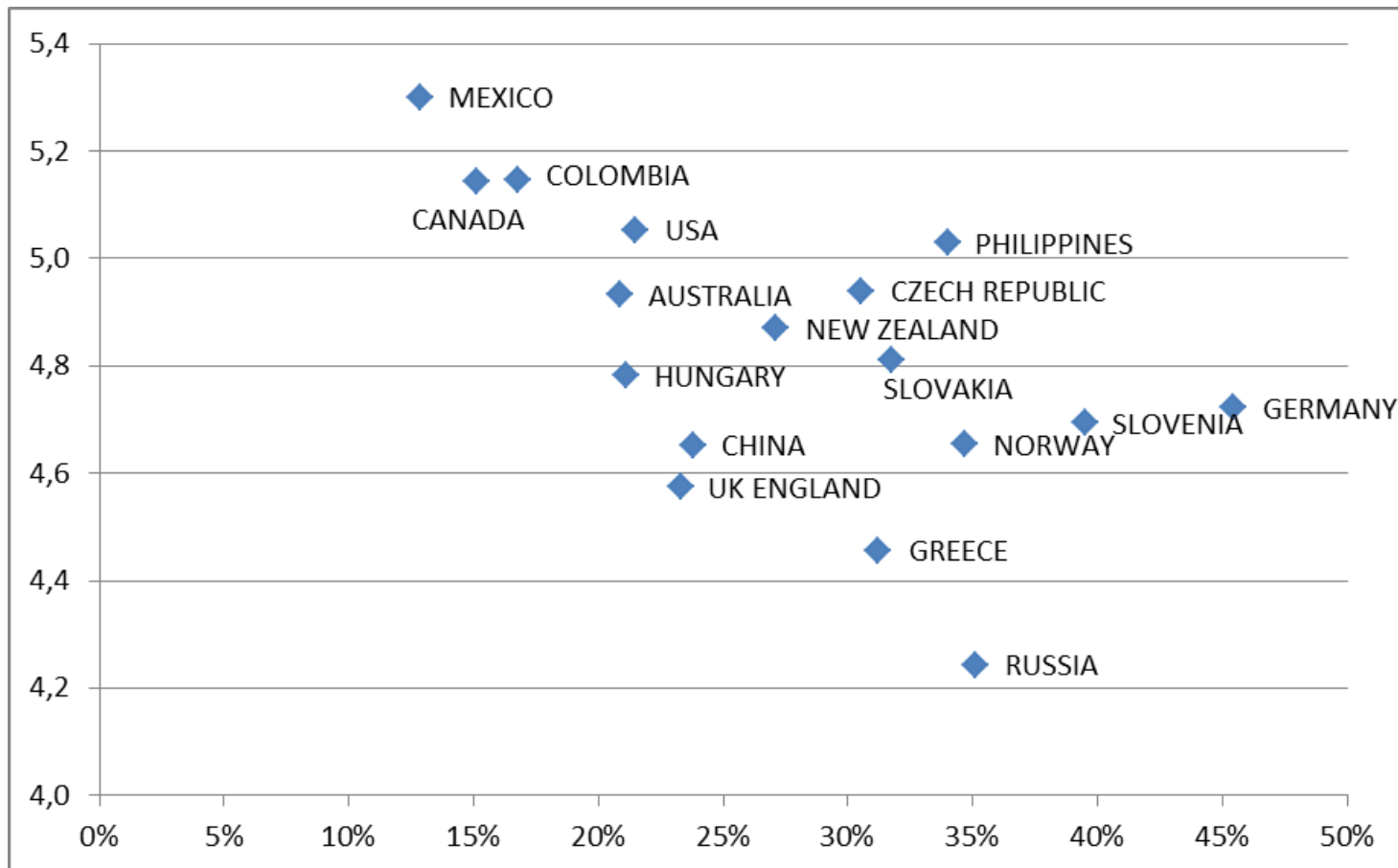
# Differences among OTH Types in Psychological Well-Being



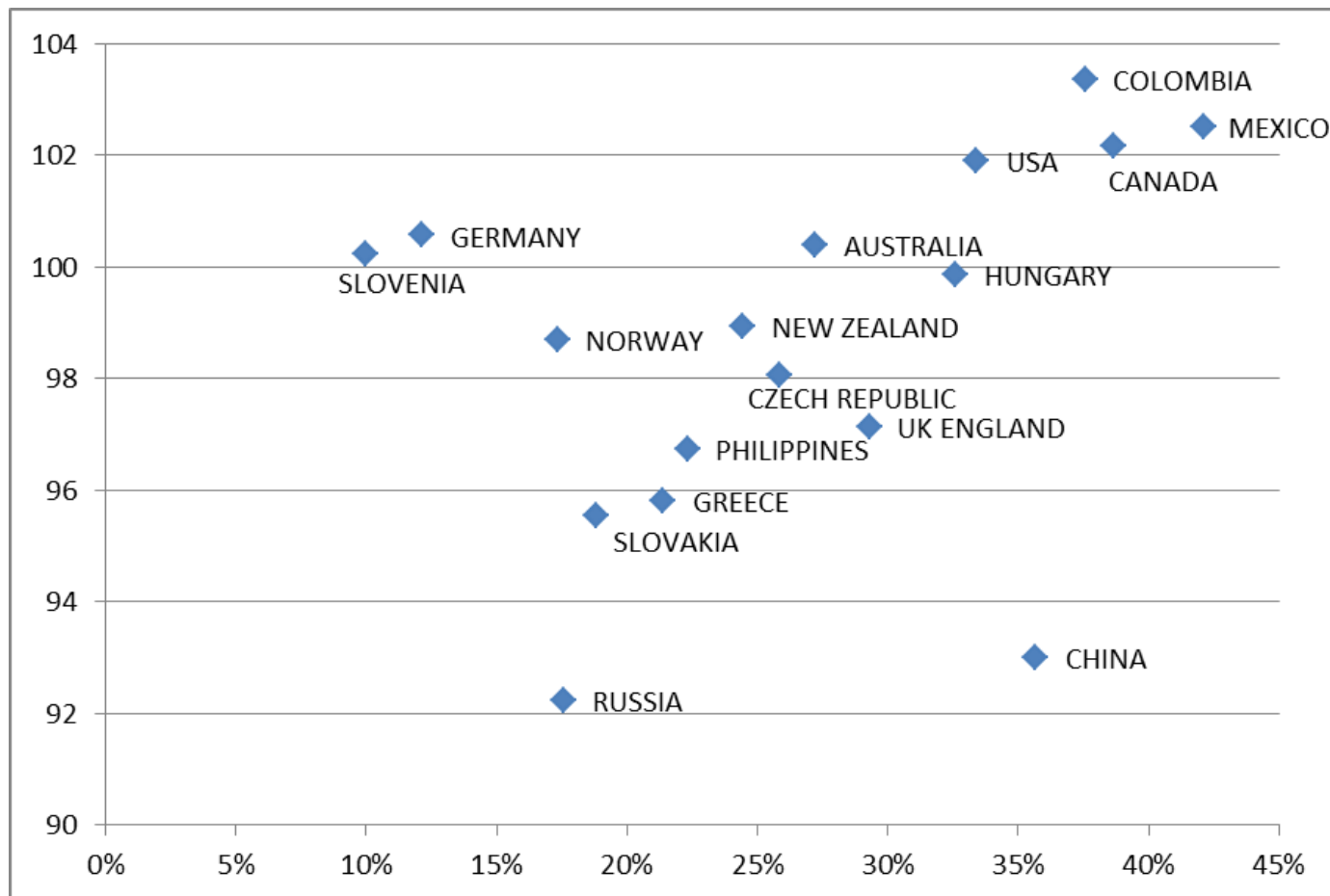
## Percent of the Meaningful Life Type Individuals and Subjective Happiness ( $r = .62^{**}$ )



## Percent of the Pleasurable Life Type Individuals and Subjective Happiness ( $r = - .60^*$ )

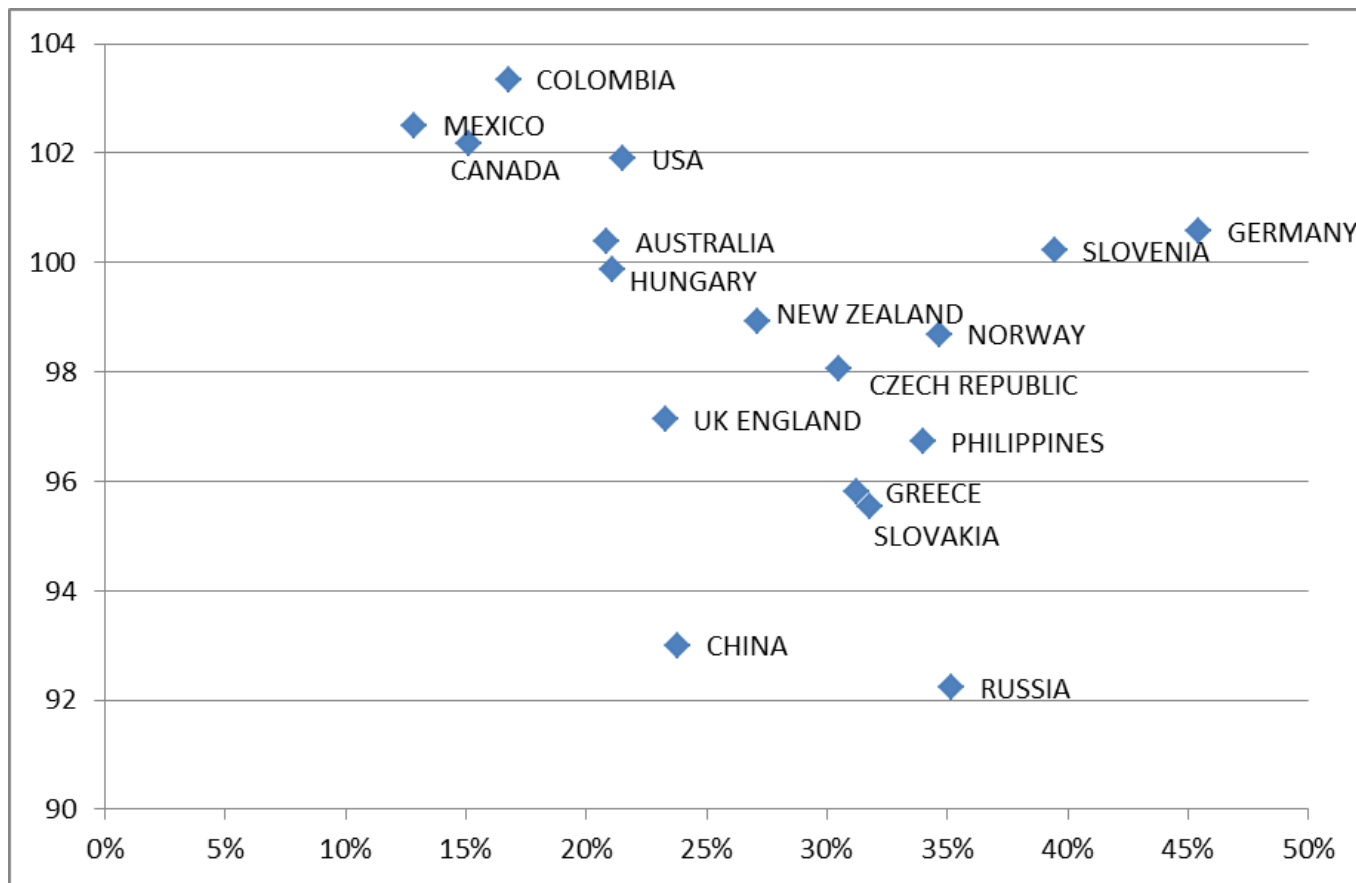


# Percent of the Meaningful Life Type Individuals and Psychological Well-Being ( $r = .37$ )





# Percent of the Pleasurable Life Type Individuals and Psychological Well-Being ( $r = - .42$ )



# Conclusions

- Four types - in accordance with the theory and previous studies –no engagement cluster
- Differences between meaningful life and pleasurable life OTH type in well-being
- The proportion of the life OTH types and well-being – the country level
- Limitations: samples, psychometric characteristics, standardization method
- Suggestions for further studies - examining clusters in each country separately

# References

- Asendorpf, J. B., Borkenau, P., Ostendorf, F., & van Aken, M. A. G. (2001). Carving personality description at its joints: Confirmation of three replicable personality prototypes for both children and adults. *European Journal of Personality*, 15, 169–198.
- Avsec, A. & Kavčič, T. (2012). Psychometric properties of the Slovene version of the orientations to Happiness Questionnaire. *Horizons of Psychology*, 21(1), 7–18.
- Chen, G.-H. (2010). Validating the Orientations to Happiness Scale in a Chinese sample of university students. *Social Indicators Research*, 99, 431–442.
- Chen, L. H., Tsai, Y.-M., & Chen, M.-Y. (2009). Psychometric analysis of the orientations to happiness questionnaire in Taiwanese undergraduate students. *Social Indicator Research*, 98, 239–249.
- Henderson, L. W., Knight, T., & Richardson, B. (2013). The hedonic and eudaimonic validity of the Orientations to Happiness Scale. *Social Indicators Research*, doi: 10.1007/s11205-013-0264-4.
- Huta, W., & Ryan, R. M. (2010). Pursuing pleasure or virtue: The differential and overlapping well-being benefits of hedonic and eudaimonic motives. *Journal of Happiness Studies*, 11, 735–762.
- Keyes, C. L. M. (2005). Mental health and/or mental illness? Investigating axioms of the complete state model of health. *Journal of Consulting and Clinical Psychology*, 73, 539–548.
- Park, N., Peterson, C., & Ruch, W. (2009). Orientations to happiness and life satisfaction in twenty-seven nation. *The Journal of Positive Psychology*, 4, 273–279.
- Peterson, C., Park, N., & Seligman, M. E. P. (2005). Orientations to happiness and life satisfaction: The full life versus the empty life. *Journal of Happiness Studies*, 6, 25–41.
- Robitschek, C., & Keyes, C. L. (2009). Keyes's Model of Mental Health with Personal Growth Initiative as a Parsimonious Predictor. *Journal of Counseling Psychology*, 56, 321–329.
- Ruch, W., Harzer, C., Proyer, T. R., Park, N., & Peterson, C. (2010). Ways to happiness in German-speaking countries: The adaptation of the German version of the orientations to happiness questionnaire in paper-pencil and internet samples. *European Journal of Psychological Assessment*, 26, 227–234.
- Schueller, S. M., & Seligman, M. E. P. (2010). Pursuit of pleasure, engagement, and meaning: Relationships to subjective and objective measures of well-being. *The Journal of Positive Psychology*, 5, 253–263.
- Seligman, M. E. P., Parks, A. C., & Steen, T. (2005). A balanced psychology and a full life. In F. Huppert, B. Keverne and N. Baylis (Ed.), *The science of well-being* (pp. 275–283). Oxford: Oxford University Press.
- Vella-Brodrick, D. A., Park, N. in Peterson, C. (2008). Three ways to be happy: Pleasure, engagement, and meaning—Findings from Australian and US samples. *Social Indicators Research*, 90, 165–179.
- Vittersø, J., & Sørholt, Y. (2011). Life satisfaction goes with pleasure and personal growth goes with interest: Further arguments for separating hedonic and eudaimonic well-being. *Journal of Positive Psychology*, 6, 326–335.
- Waterman, A.S. (1993). Two conceptions of happiness: Contrasts of personal expressiveness (eudaimonia) and hedonic enjoyment. *Journal of*

# OTH Clusters – standardized for each country separately

