CROSS-CULTURAL REPLICABILITY OF WAYS TOWARD HAPPINESS CLUSTERS

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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

- 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

Mean z-scores on the OTH scales

Empty life group (N=188)  Pleasurable life group (N=329)  Meaningful life group (N=304)  Full life group (N=321)
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

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<thead>
<tr>
<th>Country</th>
<th>N</th>
<th>% of Females</th>
<th>Age (M)</th>
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<tr>
<td>AUSTRALIA</td>
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<tr>
<td>CANADA</td>
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</table>
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
Cross-Cultural OTH Types

- Full Life (N = 1527)
- Empty life (N = 1340)
- Pleasurable life (N = 1526)
- Meaningful life (N = 1720)

Legend:
- Meaning
- Pleasure
- Engagement
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 ($r = -0.60^*$)
Percent of the Meaningful Life Type Individuals and Psychological Well-Being ($r = .37$)
Percent of the Pleasurable Life Type Individuals and Psychological Well-Being \((r = -0.42)\)
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

- 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