

Psychology

Query paper:

Title: On Happiness and Human Potentials: A Review of Research on Hedonic and Eudaimonic Well-Being

Abstract: Well-being is a complex construct that concerns optimal experience and functioning. Current research on well-being has been derived from two general perspectives: the hedonic approach, which focuses on happiness and defines well-being in terms of pleasure attainment and pain avoidance; and the eudaimonic approach, which focuses on meaning and self-realization and defines well-being in terms of the degree to which a person is fully functioning. These two views have given rise to different research foci and a body of knowledge that is in some areas divergent and in others complementary. New methodological developments concerning multilevel modeling and construct comparisons are also allowing researchers to formulate new questions for the field. This review considers research from both perspectives concerning the nature of well-being, its antecedents, and its stability across time and culture.

Candidate papers:

- Title:** Situating psychological well-being: Exploring the cultural roots of its theory and research

Abstract: Psychological well-being is a seminal concept in counseling and yet it is seldom discussed, researched, or critiqued; this article examines the cultural values and assumptions underlying its theory and research. Contemporary understandings of psychological and subjective well-being are placed in cultural and historical context to illuminate their Euro-American cultural roots. Approaches to psychological well-being are shown to presuppose ontological and liberal individualism as notions of the self and as normative prescriptions for the good or ideal person. It is argued that culture-free theories or measures of well-being are unattainable; all understandings of psychological well-being are based on moral visions.
- Title:** Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being.

Abstract: Human beings can be proactive and engaged or, alternatively, passive and alienated, largely as a function of the social conditions in which they develop and function. Accordingly, research guided by self-determination theory has focused on the social-contextual conditions that facilitate versus forestall the natural processes of self-motivation and healthy psychological development. Specifically, factors have been examined that enhance versus undermine intrinsic motivation, self-regulation, and well-being. The findings have led to the postulate of three innate psychological needs—competence, autonomy, and relatedness—which when satisfied yield enhanced self-motivation and mental health and when thwarted lead to diminished motivation and well-being. Also considered is the significance of these psychological needs and processes within domains such as health care, education, work, sport, religion, and psychotherapy.
- Title:** In pursuit of wellness.

Abstract: The need to build future research and program development around the concept of psychological wellness, as an alternative to past emphases on the diagnosis and repair of established disorders, is stressed. Factors that operate to enhance or impede wellness for different groups and at different points in the life span are considered. This analysis suggests

that a comprehensive approach to the promotion of wellness requires active pursuit of complex and divergent strategies. Four concepts, each with a promising, established research base, that hold potential for advancing a richer psychology of wellness are identified. These concepts are competence, resilience, social system modification, and empowerment.

4. **Title:** Factor structure of mental health measures.

Abstract: This study investigated the factor structure of 18 scales that measure personal growth, subjective well-being, stress-resistant personality, self-deceptive positivity, and demographics. The sample of 338 persons was drawn from university students and community residents. A principal-components analysis with oblique rotation found a large factor for measures of subjective well-being as well as smaller factors for measures of personal growth, gender and age, and personality integration and education. Results provided support for the hypothesis that subjective well-being and personal growth are related, but not identical, constructs. Implications are discussed.

5. **Title:** Happiness among Young Adults Living in Poverty in South Korea

Abstract: Given the increasingly unstable labor market, South Korean young adults are facing a variety of difficulties. This study investigates health, financial, psychological, and social factors affecting happiness among South Korean young adults in poverty. Using a sample of 722 young adults in poverty receiving welfare benefits, multiple regression analysis results indicate that financial stress, employment hope, perceived health condition, social capital, family support, and resilience are significantly associated with happiness level. Particularly, the psychological and social factors are strongly associated with happiness. These findings highlight the necessity and importance of intervention to empower psychological strengths and social relationships to improve happiness among vulnerable young adults in poverty.

6. **Title:** A Japanese subjective well-being indicator based on Twitter data

Abstract: This study presents for the first time the SWB-J index, a subjective well-being indicator for Japan based on Twitter data. The index is composed by eight dimensions of subjective well-being and is estimated relying on Twitter data by using human supervised sentiment analysis. The index is then compared with the analogous SWB-I index for Italy in order to verify possible analogies and cultural differences. Further, through structural equation models, we investigate the relationship between economic and health conditions of the country and the well-being latent variable and illustrate how this latent dimension affects the SWB-J and SWB-I indicators. It turns out that, as expected, economic and health welfare is only one aspect of the multidimensional well-being that is captured by the Twitter-based indicator.

Exemplary analysis:

1. **Relevance:** It supports the argument that well-being, whether hedonic or eudaimonic, cannot be fully understood without considering the cultural values and assumptions that underlie its theory and research.

Reason for Citation: This paper is likely cited to address the cultural and historical contexts that shape understandings of psychological well-being, emphasizing the query paper's discussion on how well-being is perceived and measured across different cultures.

2. **Relevance:** Self-determination theory (SDT) is central to the eudaimonic perspective of well-being, as it posits that fulfilling innate psychological needs (competence, autonomy, and relatedness) leads to enhanced well-being.

Reason for Citation: This citation likely supports the query paper's exploration of the eudaimonic approach by providing a theoretical framework that links self-realization and full functioning to well-being.

3. **Relevance:** It discusses the importance of focusing on psychological wellness and the factors that enhance or impede it, which aligns with the query paper's goal of reviewing research on well-being from both hedonic and eudaimonic perspectives.

Reason for Citation: This paper may be cited to highlight the need for a comprehensive approach to promoting well-being that incorporates strategies for competence, resilience, social system modification, and empowerment.

4. **Relevance:** It could serve to illustrate the complexity of well-being constructs and the need for nuanced measurement tools that can capture both hedonic and eudaimonic dimensions.

Reason for Citation: The query paper might cite this study to discuss methodological aspects of well-being research, specifically how well-being is measured and the relationship between subjective well-being and personal growth.

5. **Relevance:** This study provides empirical evidence on the factors affecting happiness in a specific demographic and socio-economic context, which could be used in the query paper to discuss how external conditions like poverty impact well-being.

Reason for Citation: It might be cited to illustrate the hedonic aspect of well-being and how psychological and social factors play a role in happiness even in challenging circumstances.

6. **Relevance:** It demonstrates how researchers are formulating new questions and employing novel methods to understand the nature of well-being, its antecedents, and its stability across time and culture.

Reason for Citation: This innovative approach to measuring well-being through social media sentiment analysis might be cited in the query paper to discuss new methodological developments in well-being research mentioned in the abstract.

Exemplary ranking: Ranked order: paper 2, paper 1, paper 4, paper 3, paper 5, paper 6

1. **Explanation:** The cultural dimension of well-being is critical for a comprehensive understanding of happiness and human potentials. This paper's focus on the cultural underpinnings of well-being theories makes it essential for research aiming to explore well-being across different cultural contexts.

2. **Explanation:** This paper provides a crucial theoretical framework (Self-Determination Theory) that is central to understanding eudaimonic well-being. Given its foundational role in linking psychological needs with well-being, it is highly relevant for any research exploring the nuances of eudaimonic perspectives on happiness and human potential.

3. **Explanation:** This paper's comprehensive approach to psychological wellness, including factors that enhance or impede well-being, aligns with the broad scope of the query paper. It is likely to be cited for its relevance in discussing strategies to promote both hedonic and eudaimonic aspects of well-being.

4. **Explanation:** Methodological insights into how well-being is measured are vital for any follow-up research. This paper's discussion on the factor structure of mental health measures can inform the development or refinement of tools for assessing hedonic and eudaimonic well-being.
5. **Explanation:** While more specific in its focus, this paper provides valuable empirical evidence on how socio-economic conditions impact happiness. It could be cited to illustrate the real-world implications of theoretical discussions on well-being, especially in the context of adversity.
6. **Explanation:** Although innovative in its methodological approach, this paper might be less directly relevant to a follow-up study unless the research specifically aims to explore new methods of measuring well-being or the role of social media in understanding well-being. It is ranked last primarily due to its narrow methodological focus compared to the broader theoretical and empirical contributions of the other papers.