

Happiness and Communication

Overview

Part 1:

- Conceptualizing happiness

Part 2:

- Theories of Happiness
- Measuring Happiness

Part 3:

- Consequence of Happiness
- Boosting happiness
- Happiness and communication



Conceptualizing Happiness



Individual Level:

1. Pursuit of pleasure-- Hedonism (Max pleasure/ Min Pain)
2. Eudaimonia (Pursuit of what is best in oneself. Use talents for the greater good)
3. Engagement—Pursuit of flow
4. Pursuit of victory

If you're happy and you know it. . .

Four views of "happy"

Conceptualizing Happiness



Dyadic Level

- › Relational satisfaction
- › Dyadic adjustment
- › Marital happiness

Group Level

- › Group morale
- › Group satisfaction (Task & Relational)
- › Group cohesion

If you're happy and you know it. . .

Happy individuals = Happy couple?
