

# *The Concept of Happiness*

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January 22, 2008

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What is happiness?



It may be hard to believe, but we can...

- **define** the word “happiness” in a precise and concrete way.

# Organization of the field



# Four qualities of life

	<i>Outer qualities</i>	<i>Inner qualities</i>
<i>Life chances</i>		
<i>Life results</i>		

Source: Veenhoven 2008.

# Four qualities of life

	<i>Outer qualities</i>	<i>Inner qualities</i>
<i>Life chances</i>	Livability of environment	Life-ability of the person
<i>Life results</i>	Utility of Life	Appreciation of life (e.g. happiness)

```
graph TD; A[Livability of environment] --> D[Appreciation of life (e.g. happiness)]; B[Life-ability of the person] --> D; C[Utility of Life] --> D;
```

Source: Veenhoven 2008.

# Happiness is a specific type of QOL

- Happiness is realized QOL (*life results*)
- Happiness is QOL in the eye of the beholder (*inner quality*)

# Four qualities of life

	<i>Outer qualities</i>	<i>Inner qualities</i>
<i>Life chances</i>	Livability of environment	Life-ability of the person
<i>Life results</i>	Utility of Life	Appreciation of life (e.g. happiness)

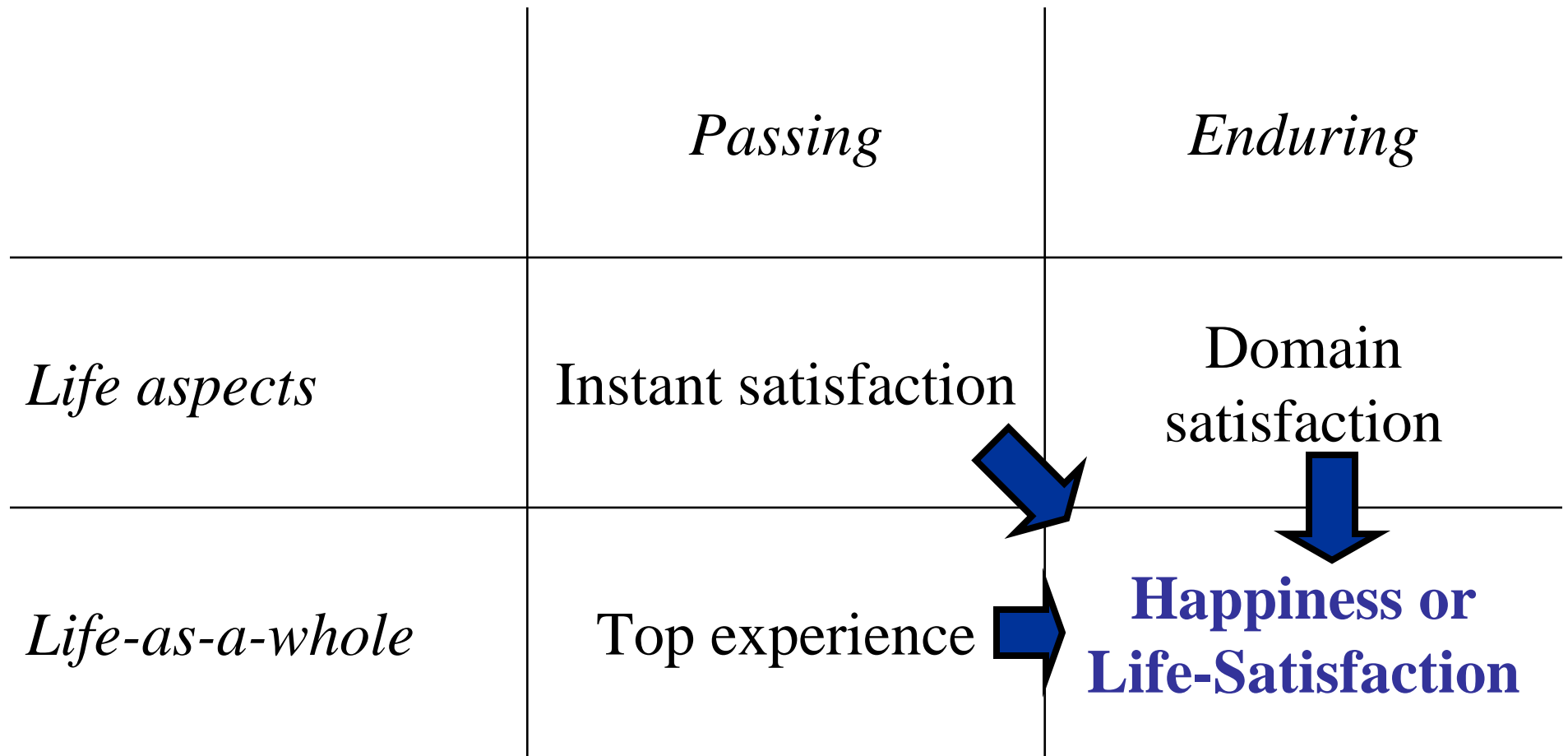
Source: Veenhoven 2008.

# Appreciation or subjective enjoyment of life

	<i>Passing</i>	<i>Enduring</i>
<i>Life aspects</i>		
<i>Life-as-a-whole</i>		

Source: Veenhoven 2008.

# Appreciation or subjective enjoyment of life



Source: Veenhoven 2008.

Happiness can be **defined** in a precise way

Specific type of QOL:

- Realized QOL in the eye of the beholder

Specific type of SWB:

- Enduring appraisals about life-as-a-whole



# Overall happiness

- “Degree to which an individual judges the overall quality of his/her own life-as-a-whole favorably.”

*Source:* Veenhoven 2008.



# Affective and cognitive happiness

- **Hedonic level of affect:** “degree to which various affects that someone experiences are pleasant in character.”
- **Contentment:** “degree to which an individual perceives his/her aspirations are met.”

# What isn't happiness?

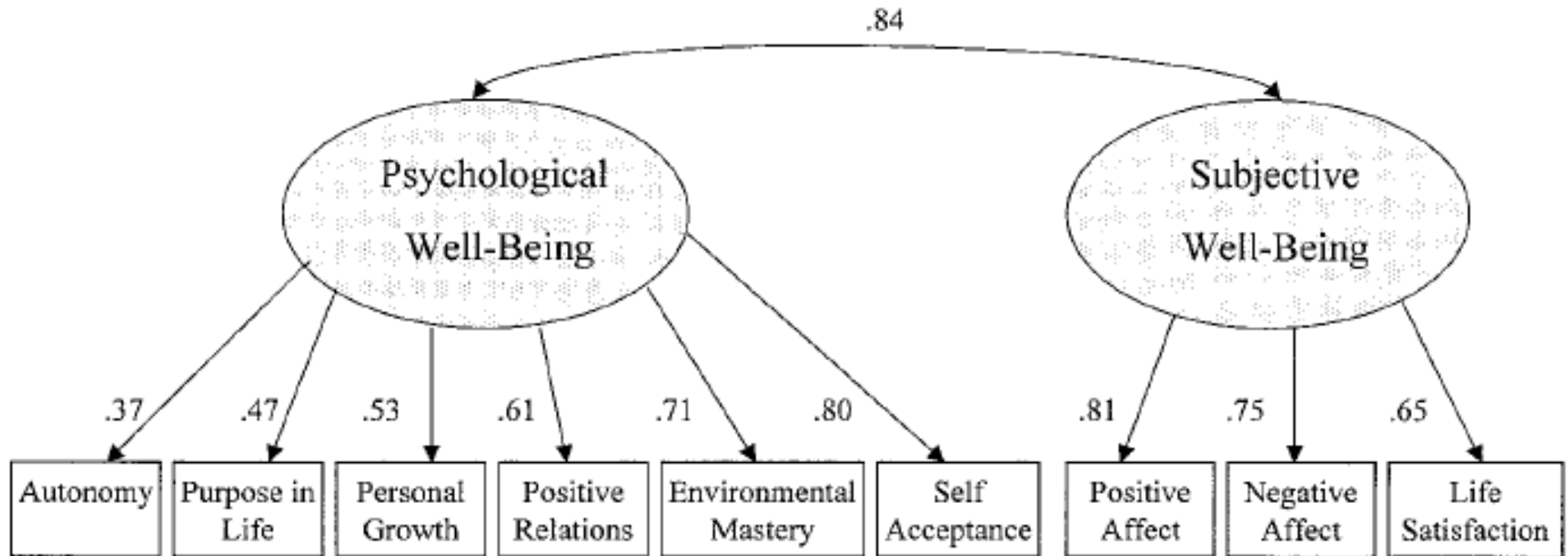


Figure 1. Standardized parameter estimates of a model of well-being with two oblique factors (Model 4).

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