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HSP AND QUALITY OF LIFE: SUGGESTIONS FROM POSITIVE PSYCHOLOGY

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BIO-PSYCHO-SOCIAL MODEL
and General System Theory (mod. from Engel, 1982)

Biosphere
Society-nation
Culture
Subculture
Community
Family
Two-person

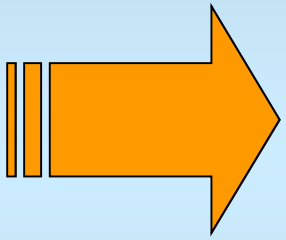
INDIVIDUAL BEHAVIOR AND EXPERIENCE

Organ Systems
Organs
Tissues
Cells
Organelles
Molecules
Atoms
Subatomic Part.

THE EVALUATION OF WELL-BEING

From ***OBJECTIVE indicators***

- income
- housing
- health
- education
- job
- social roles
- time budget



To ***SUBJECTIVE indicators***

- satisfaction
- perceived QoL
- positive emotions
- self-efficacy
- optimism
- quality of experience

WHO ~ CLASSIFICATION OF DISABILITIES

from

ICIDH (International Classification of Impairment, Disability and Handicap) 1980-1999

to

ICF (International Classification of Functioning) 2001

Health, meaning and culture

- Human beings as cultural animals rely on meaning and distal goal setting (Baumeister, 2005)

- Perceived goals and meanings as socially constructed entities, related to cultural values (Oishi, 2000)

PERSPECTIVES IN POSITIVE PSYCHOLOGY

(Ryan & Deci, 2001)

Hedonism

positive emotions

- pleasure
- satisfaction
- rewards
- no negative emotions
- "happiness"

(Kahneman, Diener & Schwartz, 1999; Veenhoven, 2003)

Eudaimonism

- self-actualization
- personal growth
- skill development
- meaning making
- self-determination
- strengths and virtues
- goal setting
- sharing / agency
- "happiness"

(Ryff & Keyes, 1995; Ryan & Deci, 2000; Peterson & Seligman, 2004; Linley & Joseph, 2004; Delle Fave, Bassi & Massimini 2011)

Eudaimonic WB and Flourishing

Psychological WB

(Ryff, 1989; Ryff & Keyes, 1995)

- **Purpose in life**
- **Environmental mastery**
- **Autonomy**
- **Personal growth**
- **Positive relations**
- **Self-acceptance**

Social WB

(Keyes, 1998, 2005)

- **Acceptance**
- **Actualization**
- **Contribution**
- **Coherence**
- **Integration**

\+ **Positive affect**

\+ **Satisfaction** with life overall or with domains of life

} ***FLOURISHING***

(Keyes, 2005, 2007)

Self Efficacy
(Bandura, 1992, 1998)

- Internal Locus of Control
- Challenges as opportunities
- Pursuing high achievements
- Low sensitivity to failures

Self Efficacy varies across domains and situations.

Training programs can improve it (Dijkstra & deVries, 2000 Hurley & Shea, 1992; Kuijer & deRidder, 2003; Merluzzi & Sanchez, 1997; Schwarzer & Fuchs, 1995)

Religion and Spirituality

(Koenig & coll.; King & coll.; Pargament & coll.)

- WHOQOL project: new domain (WHOQOL Group, 2005)
- Relationship between religious practice and health (Mytko & King, 1999): lifestyle, family support, meaningfulness, prayer and meditation
- Religious beliefs facilitate adaptive coping in chronic disease and in terminal stages (Feher e Maly; 1999, McClain & coll., 2002) and recovery from bereavement (Walsh & coll., 2002)

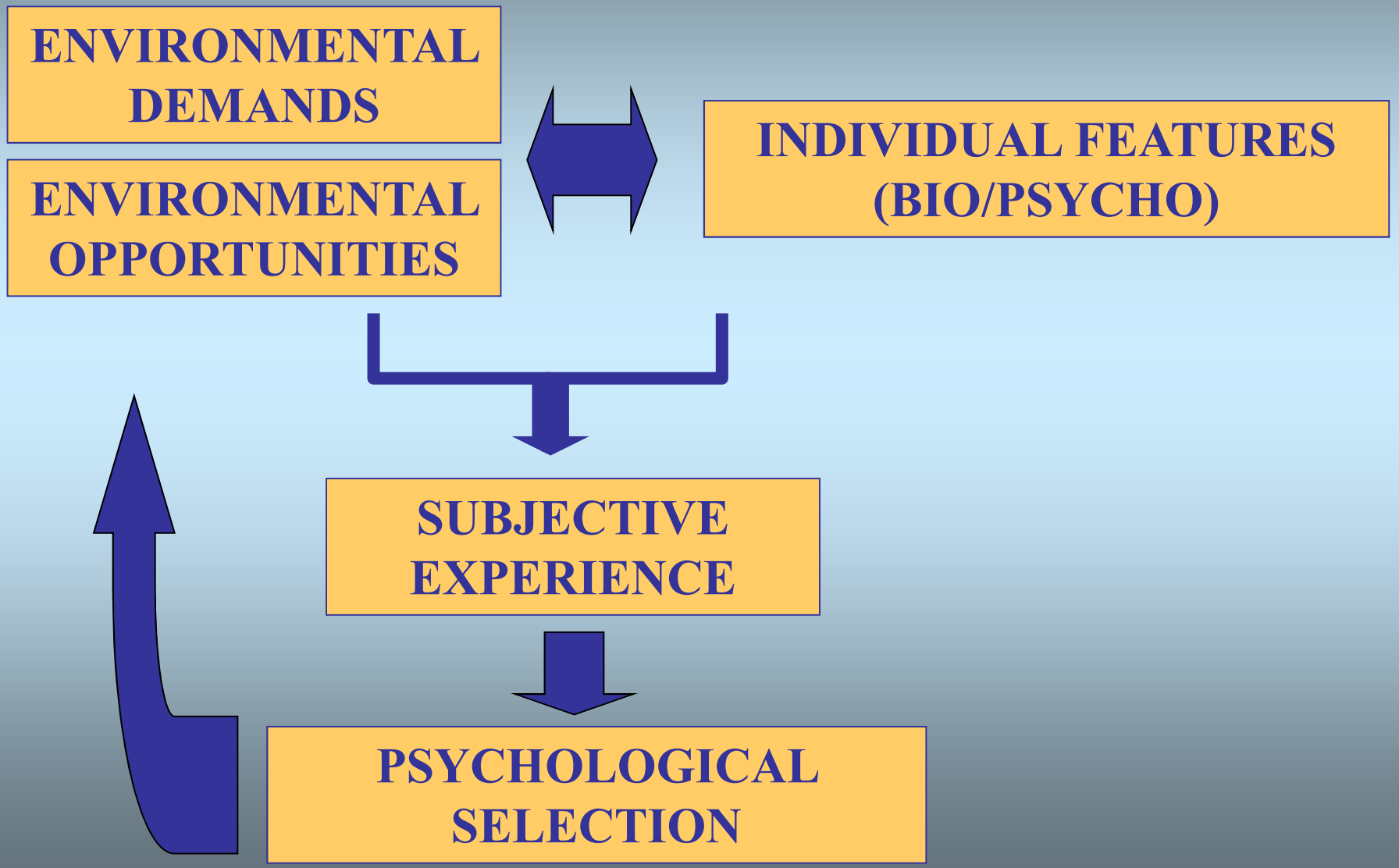
Resilience

(Garmezy, 1991; Masten & Reed, 2002; Grotberg, 2000)

- Good adaptation despite adverse circumstances
- Resources:
- Individual
- Family
- Social network
- Community
- Resilience and health: the Family System Illness model (Rolland, 1995; Rolland & Walsch, 2005)

A BIO-CULTURAL MODEL OF BEHAVIORAL DEVELOPMENT

(Massimini & Delle Fave, 2000; Delle Fave & Massimini, 2004, 2005)



FLOW QUESTIONNAIRE

- “My mind isn’t wandering. I am totally involved in what I am doing and I am not thinking of anything else. My body feels good... the world seems to be cut off from me... I am less aware of myself and my problems”.

- “My concentration is like breathing... I never think of it.. I am quite oblivious to my surroundings after I really get doing in this activity ... When I start, I really do shut out the world. Once I stop I can let it back again”.

- “I am so involved in what I am doing... I don’t see myself as separate from what I am doing”.

Csikszentmihalyi, 1975; Delle Fave & Massimini, 1991

Optimal Experience

Csikszentmihalyi, 1975/2000

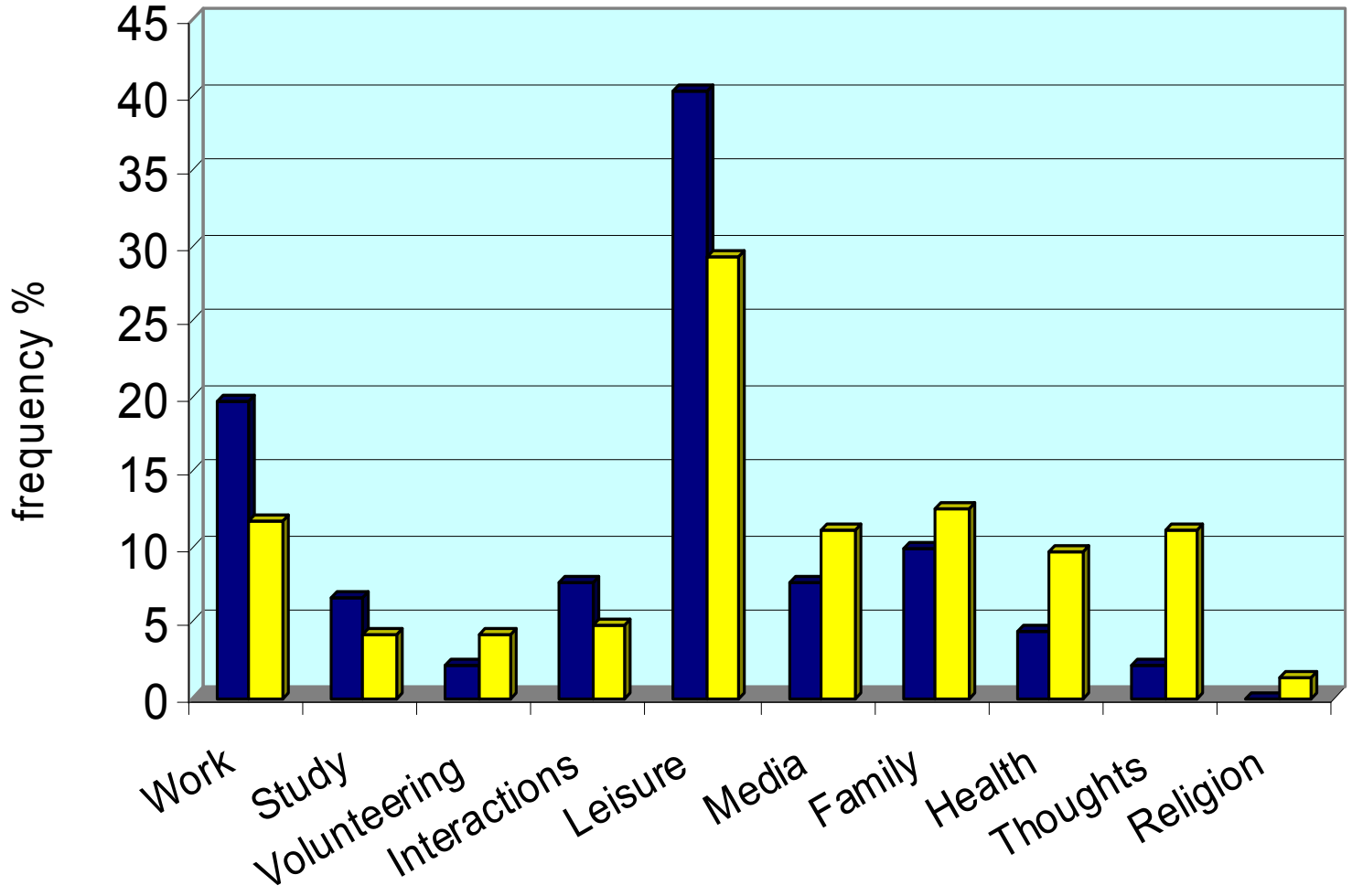
OPTIMAL EXPERIENCE

- A positive and ***balanced*** state of consciouness, rather than a peak experience
- Core and stable ***cognitive*** structure (concentration). Affective and motivational variables (happy, wish doing the activity, and goals) widely vary across activities.
- Variations according to **activities**:
  - ***Structured tasks*** support concentration and long-term goals,
  - passive and ***low-challenge activities*** facilitate positive mood and intrinsic motivation
- **Cross-cultural** variations: not relevant

Optimal Experience and Health

- The biological, psychological, and social components of well-being vary in ***degree*** and ***relevance*** with age and life conditions
- **Psychological** resources can promote WB ***independently*** of physical health conditions
- The **environment** affects WB perception: "disabled persons will only be disadvantaged in an environment in which their condition brings about disadvantageous consequences" (Bickenbach & coll. 1999).

Optimal Activities

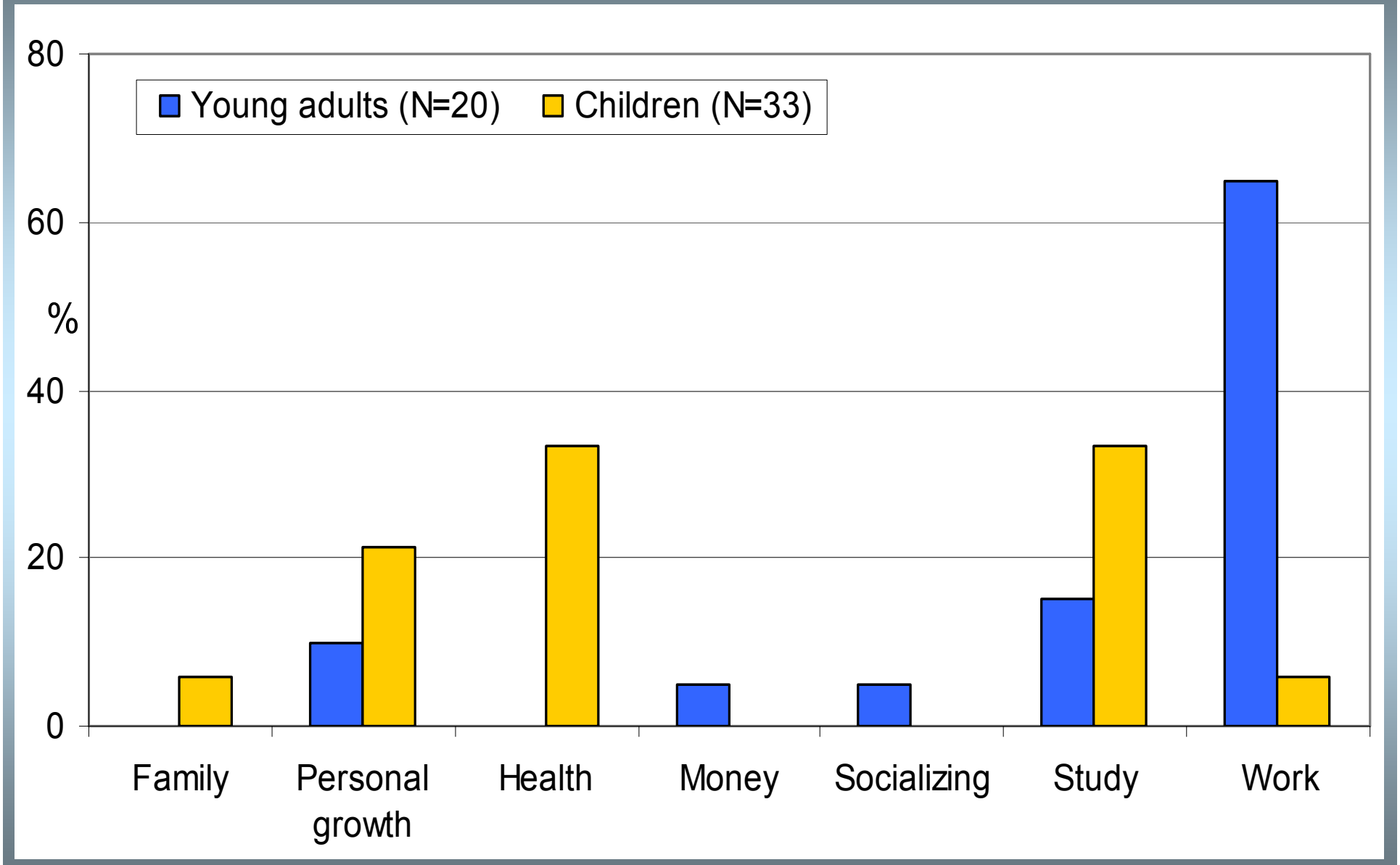


Ss before=43 N before=92

Ss after=55 N after=144

असमर्थता वा अपाङ्गता भएका मानिसहरूलाई चाहिने कुराहरू
सामान्य मानिसहरूलाई चाहिने जस्तै हुन ।
खेलकुद
आदर, मैत्री र प्रेम

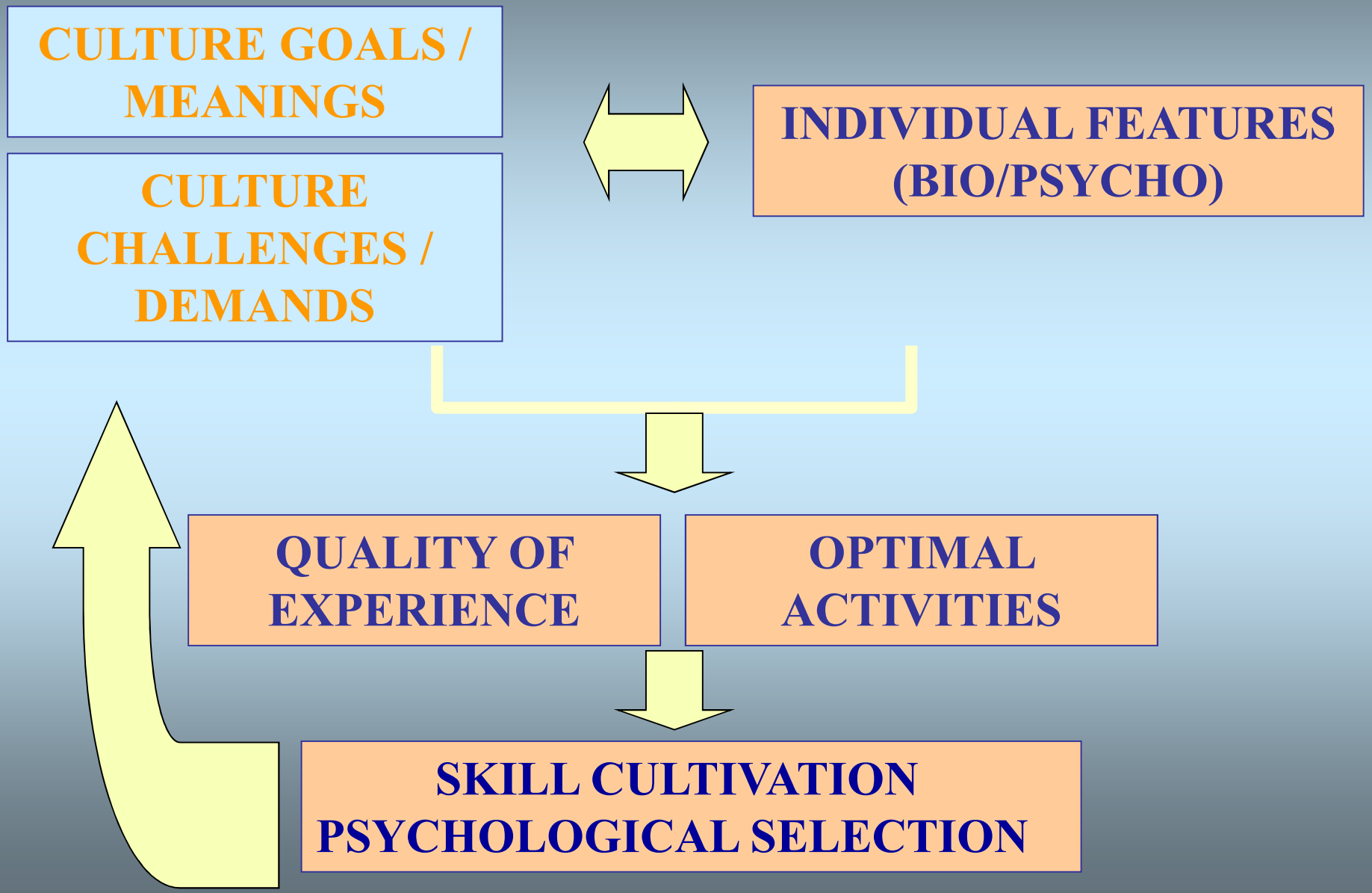
NEPAL – Goals and disability



Delle Fave et al., 2003; Delle Fave & Massimini, 2004

A BIO-CULTURAL MODEL OF DEVELOPMENT

(Massimini & Delle Fave, 2000; Delle Fave & Massimini, 2004, 2005)



The river flows, the seasons turn
The sparrow and starling have no time to waste.
If men do not build
How shall they live?

T.S.Eliot (Choirs from *The Rock*, 1934, p.173)