

Worldviews that Relate to the Pursuit of Eudaimonia and Hedonia

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Pursuits of Well-being

Hedonic Orientation (Hedonia): Pursuit of...

- Pleasure/enjoyment/fun
- Comfort/ease/relaxation



Eudaimonic Orientation (Eudaimonia): Pursuit of...

- Authenticity
- Excellence
- Growth
- Meaning



Ryan & Deci (2001)

Deci & Ryan (2000)

Huta & Waterman (2014)

How Pursuits relate to Well-Being

Personal Well-Being

- ***Hedonia*** is more related to carefreeness, positive affect, and less negative affect
- ***Eudaimonia*** is more related to meaning, self-connectedness, and elevation
- **Both** relate equally to life satisfaction and vitality

Well-Being of Surrounding World

- ***Hedonia*** is only related to concrete pro-social behaviours
- ***Eudaimonia*** is related to both concrete and abstract pro-social behaviours and pro-environmental behaviours

Duration of Well-Being

- ***Hedonia*** may be associated with greater immediate well-being
- ***Eudaimonia*** may be associated with greater long-term well-being

Huta (2012, 2013)

Huta & Ryan (2010)

Pearce, Huta, & Voloaca (2015)

Predictors of Eudaimonia and Hedonia

- If these pursuits are healthy and have different outcomes, why do people pursue **eudaimonia**, **hedonia**, or **both** in the first place?
- Parental behaviours (Huta, 2012)
 - Parents who were both demanding and responsive had children who pursued more eudaimonia as adults
 - Parenting styles were unrelated to children's pursuit of hedonia as adults
- What else predicts Eudaimonia and Hedonia?
 - Temperament
 - Past life experiences (e.g., adversity)
 - Beliefs and assumptions about how the world works

A landscape photograph showing a dirt road winding through a field of tall grass at sunset. The sun is low on the horizon, creating a warm, golden glow. A dark, semi-transparent rectangular box is overlaid in the center of the image, containing a quote in white text. Below the quote, the name 'Anaïs Nin' is written in white text on a small red rectangular background. At the bottom center, there is a small, faint watermark that reads 'gettyimages'.

We don't see things as they
are, we see them as we are.

Anaïs Nin

gettyimages

What Predicts the Way a Person Defines/Pursues a Good Life?

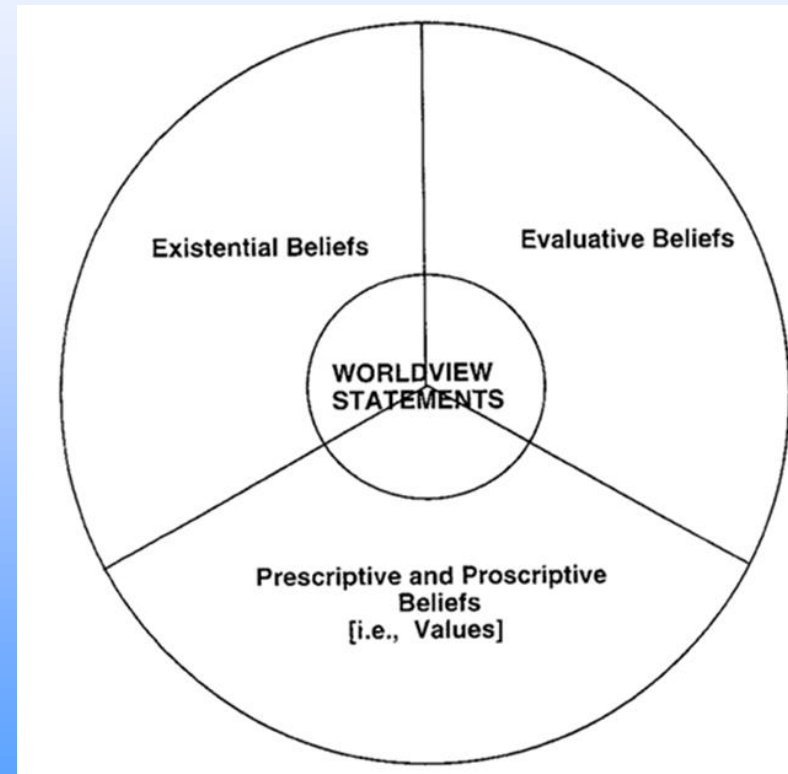
- Eudaimonia and hedonia = what you **seek** in life/world
- Probably shaped by what you **believe** about life/world
- **Worldviews**: Fundamental beliefs/assumptions about what is true about life, universe, reality



Worldviews

Worldviews encompass three types of beliefs:

- **Existential Beliefs**
 - What is true and real
 - Capable of being true or false
- **Evaluative Beliefs**
 - What is good and bad
- **Prescriptive and Proscriptive Beliefs**
 - Values
 - What is desirable or undesirable



Worldview Categories

- Koltko-Rivera's (2004) comprehensive review identified 42 sets of worldviews
- Examples:
 - Purpose of Human Life
 - Goodness of universe/people
 - Morality
 - Spirituality
 - Controllability of outcomes in life

Worldviews Questionnaire

- We created the most comprehensive survey of worldviews we are aware of
 - Based on Koltko-Rivera (2004) review
 - Focused on **comprehensiveness**, so only 1 item per worldview
 - Nearly 300 items
- Administered survey to 749 undergraduates
 - To explore which worldviews are most related to hedonia, eudaimonia
 - To see which worldviews group together in factor analysis
 - To be followed up by multi-item scales

Is there Purpose and Meaning?

	Eudaimonia	Hedonia
The universe exists for a greater purpose	.23**	.05
People exist for a greater purpose	.22**	.05
The universe has meaning, whether or not it exists for a greater purpose	.17**	.16**
People have meaning, whether or not they exist for a greater purpose	.17**	.23**

* $p < .05$, ** $p < .01$, *** $p < .001$

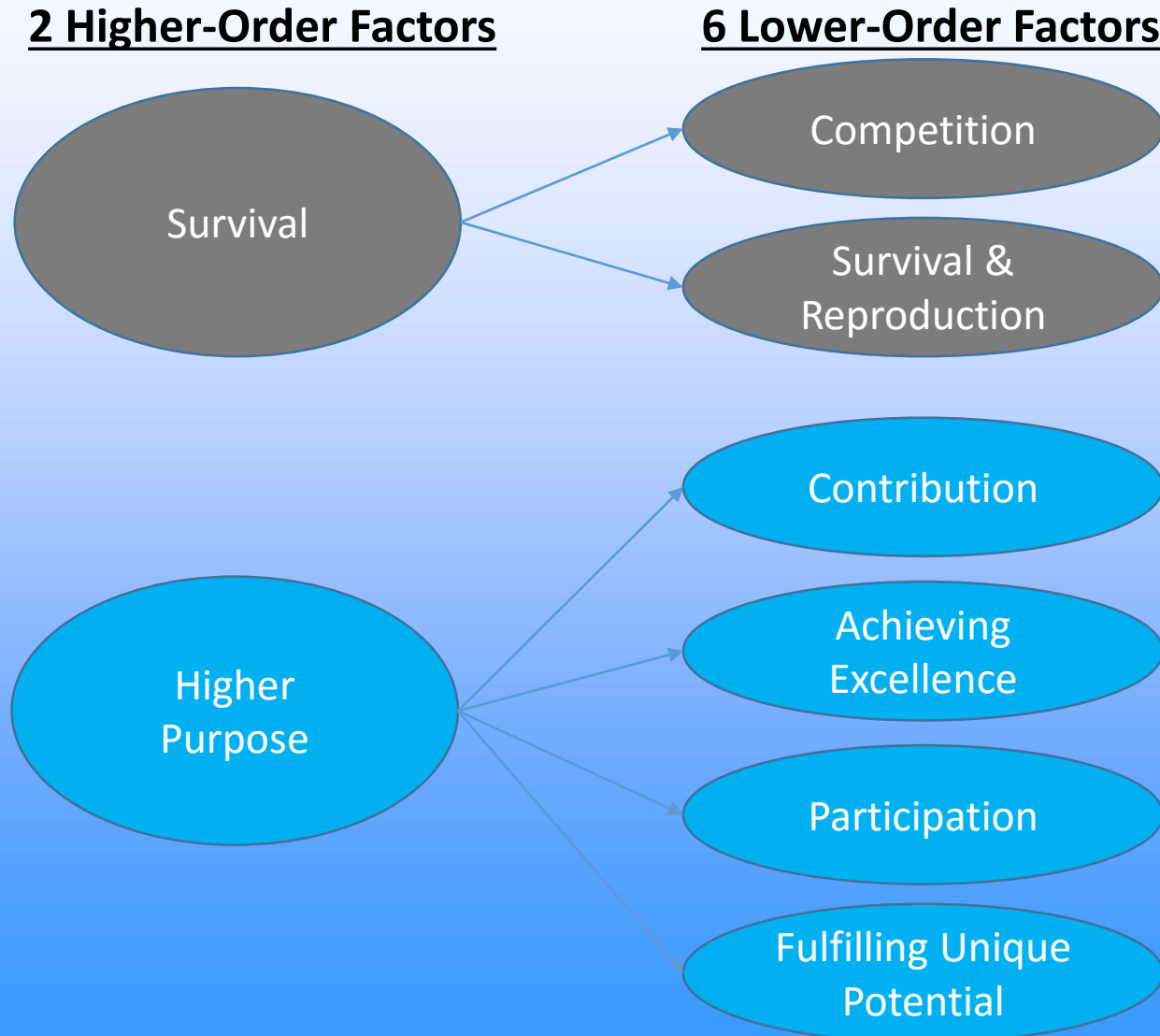
Braaten & Huta (in preparation)

$n = 749$



What is the Purpose of Human Life?

Principal components analyses revealed several factors



What is the Purpose of Human Life?

The purpose of human life is supposed to be...	Eudaimonia	Hedonia
<u>SURVIVAL</u>	.19***	.17***
Competition: gain power, gain wealth, gain status, gain influence, compete	.18***	.15***
Survival and Reproduction: survive, reproduce	.15***	.15***
<u>HIGHER PURPOSE</u>	.37***	.22***
Contribution: serve greater purpose, contribute, influence, accomplish and make progress	.34***	.17***
Achieving Excellence: enlightenment, maturation, excellence in skill, excellence in virtue	.38**	.17***
Participation: celebrate, participate, enjoy, relate, bear witness	.29***	.23***
Fulfilling Unique Potential: fulfill own potential, follow own path, learn and grow	.23***	.16***
THERE IS NO PURPOSE (single item)	.06	.07*

*p < .05, ** p < .01, *** p < .001

Braaten & Huta (in preparation)

n = 749

Inherent Goodness

	Eudaimonia	Hedonia
The universe is good and just	.17***	.10**
The universe is a safe place	.15***	.04
The universe works in a way that is right and as it should be, it all makes sense on some level	.18***	.10**
The universe is making progress and getting somewhere	.19***	.11**
Everything happens for a good reason	.26***	.10**
By nature, people are good and just	.16***	.13***
People can be truly altruistic	.15***	.07*
People's lives generally work out well	.12**	.07

* $p < .05$, ** $p < .01$, *** $p < .001$

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Morality

	Eudaimonia	Hedonia
The distinction between good and bad/evil is real and important	.15***	.15***
People should always try to make the right and ethical choice	.21***	.07
The morally right thing to do is always the same	.09*	-.01
The morally right thing to do always depends on the situation, culture, or time	.07	.15**

* $p < .05$, ** $p < .01$, *** $p < .001$

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Spirituality

	Eudaimonia	Hedonia
God/gods/spiritual dimension exists as a personal being	.15**	-.02
God/god/spiritual dimension exists as an impersonal force	.15**	.03
The universe exists as a result of a spiritual force	.19***	.01
Humans have an immaterial or spiritual soul	.21***	.07
People live after death in another “place” (e.g., heaven)	.15**	.02
People live after death through reincarnation	.07	.14***

*p < .05, ** p < .01, *** p < .001

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Controllability

	Eudaimonia	Hedonia
Outcomes in peoples' lives are determined by:		
Chosen actions	.20***	.15***
Personality style	.16***	.11**
Inborn abilities/limitations	.08*	.10**
Circumstances	.06	.04
Luck	.06	.11*
Chance/randomness	.01	.08*
People can create change in the world directly	.28***	.11**
People can create change in the world indirectly	.18***	.08*

*p < .05, ** p < .01, *** p < .001

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