

# Lykken er en skjør plante

Joar Vittersø  
Institutt for psykologi  
Universitetet i Tromsø

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# Beskrivelser av lykke

Levine lost all sense of time, and could not have told whether it was late or early now. A change began to come over his work, which gave him immense satisfaction. In the midst of his toil there were moments during which he forgot what he was doing, and it came easy to him, and at those same moments his row was almost as smooth and well cut as Titus's.... More and more often now came those moments of unconsciousness, when it was possible not to think of what one was doing. The scythe cut by itself. These were happy moments.

Fra Tolstoys "Anna Karenina"

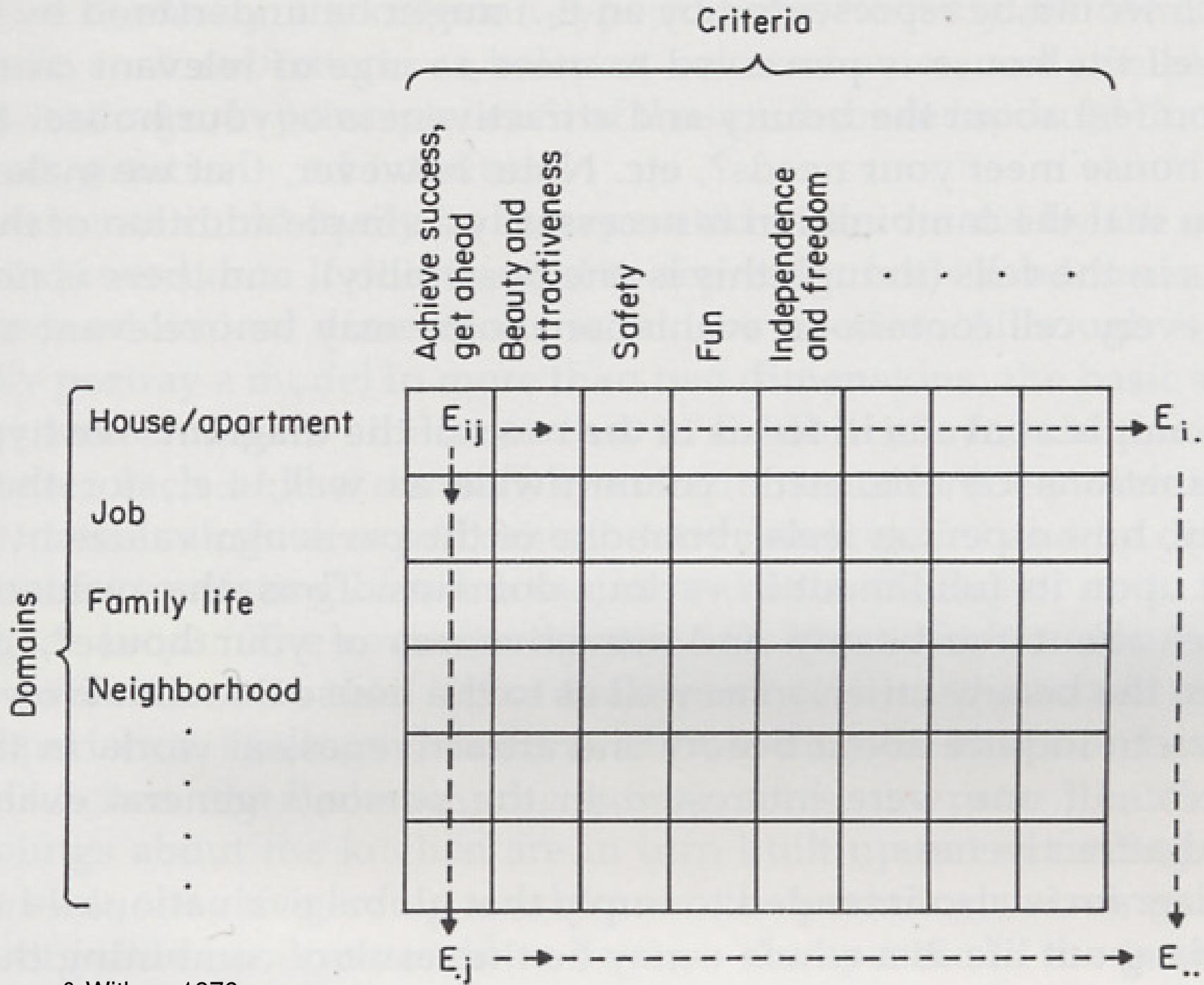
It makes sense to call Helen  
"objectively happy" if she..

spent most of her time engaged in  
activities that she would rather have  
continued than stopped, (...)

This is the essence of the approach  
proposed here.

# Subjective well-being is all the various types of evaluations that people make of their lives

... It includes reflective cognitive evaluations, such as life satisfaction and work satisfaction, interest and engagement, and affective reactions to life events, such as joy and sadness. Thus, subjective well-being is an umbrella term for the different valuations people make regarding their lives, the events happening to them, their bodies and minds, and the circumstances in which they live.

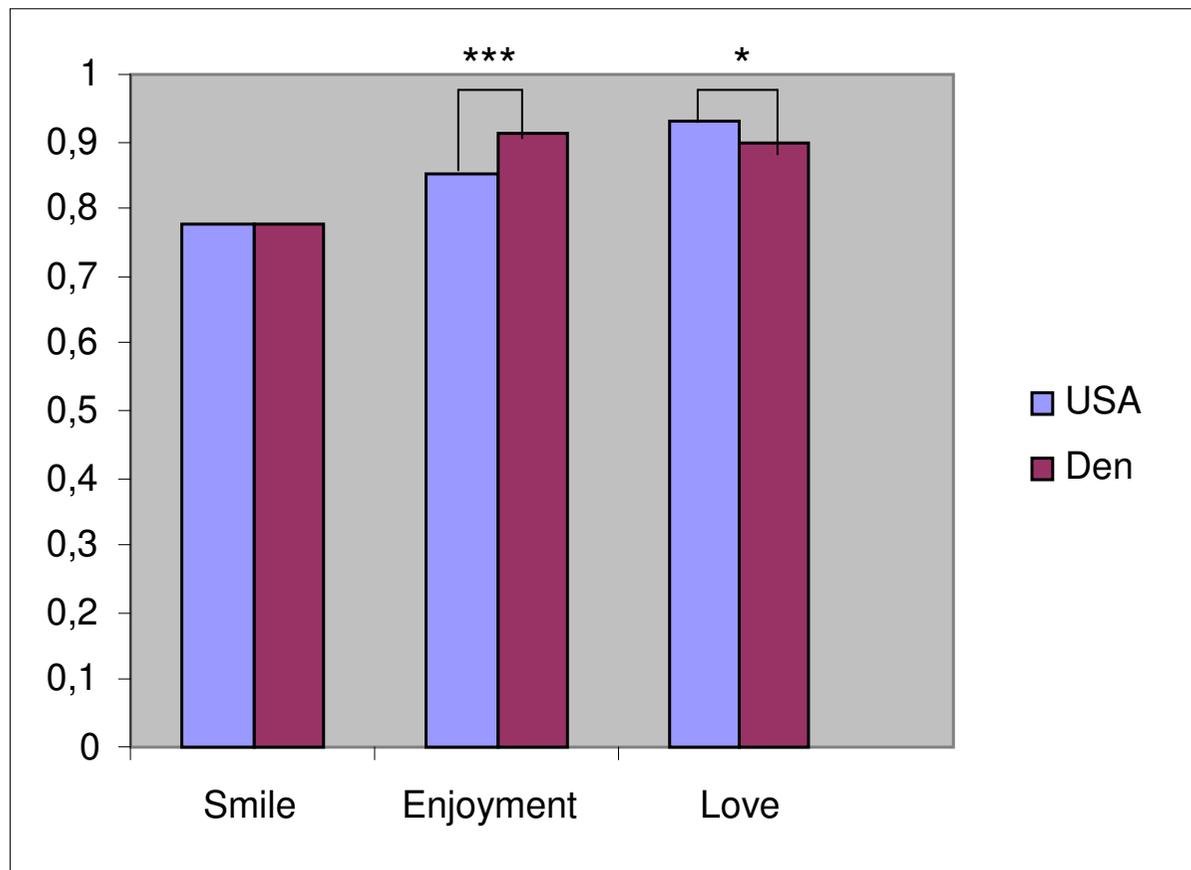


# Selvrapport og hjerneaktivitet

Measure	Asymmetry (FC4 – FC3)	Left hemisphere (FC3)	Right hemisphere (FC4)
Scales of PWB (total)	.33**	–.21*	.07
Self-Acceptance	.39**	–.22*	.10
Positive Relations	.36**	–.14	.14
Purpose in Life	.34**	–.18	.11
Environmental Mastery	.26*	–.19*	.03
Personal Growth	.22*	–.23*	–.02
Autonomy	.08	–.11	–.02
SWLS	.30**	–.13	.10
PA	.21*	–.10	.07
NA	–.11	.13	.05

# Positive Emotions Differ in Denmark and USA

Did you experience the following feelings during A LOT OF THE DAY yesterday?  
How about.... (yes/no)



\*  $p < .05$ ; \*\*\*  $p < .001$

# Referanser

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# Contact details

A scenic landscape of snow-capped mountains and a body of water under a clear blue sky. The mountains are rugged and covered in snow, with some rocky peaks visible. The water in the foreground is calm and reflects the sky. The overall scene is bright and clear.

Dr. Joar Vittersø, University of Tromsø, Norway  
joar.vitterso@uit.no

Homepage:

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