

In Search of Happiness Inducing Occupations

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The question

**How could nurses, therapists and social workers
promote the QOL of
people with chronic illnesses or permanent disabilities
through non-pharmaceutical or non-surgical means
?**

Content

- **Looking for guiding theories**
 - **Health related QOL vs Subjective well being**
- **The positive dimension of the “Quality” of life**
- **Happiness inducing occupations**
 - **Need fulfilling activities**
 - **Flow inducing activities**
 - **Meaning inducing activities**

Definition of Health related QOL

... is an individual's **perception** of their position in life in the context of the culture and value systems in which they live and in relations to their goals, expectation, standards and concerns.

WHO, 1994

... health related QOL is still a loose definition.

... can include general health, physical functioning, physical symptoms and toxicity, emotional functioning, cognitive functioning, role functioning, social well being and functioning, sexual functioning and existential issue.

... most investigators ...let the questions in their questionnaire speak for themselves

Peter Fayers, 2000

HrQOL – its limitations in non-pharmaceutical and non-surgical intervention

- HrQOL defines the “aspects” dimension of life, but not the “quality” dimension of life
- HrQOL implies
 - Improving health & eliminating symptom or diseases are the key strategies for improving HrQOL
- Does not tell us what is a good life
 - Resuming previous level of health or functioning status is the goal of intervention
- Does not provide hints on the direction and method of non-pharmaceutical or non-surgical intervention

Broader definitions of Quality of Life

- Subjective Wellbeing
- Happiness

Subjective Well-being

- Subjective well-being (SWB) refers to how people evaluate their lives, and includes variables such as life satisfaction... , lack of depression and anxiety, and the presence of positive moods and emotions.
- **Good Life - a satisfied (cognitive) & gratified (affective) Life**
 - Higher level of satisfaction with life - **judgment**
 - More positive affects - **feelings**
 - Less negative affects - **feelings**



Ed Diener
*Subjective
Well Being*

Authentic Happiness

- **Good life**

- Gratified Life; Engaged Life; Meaningful Life
- You feel happy, satisfied, and meaningful

- **The Happiness formula**

$$H = S + C + V$$

- H – your enduring level of happiness
- S – your happiness set range
- C – circumstances of you life
- V – factors under your voluntary control

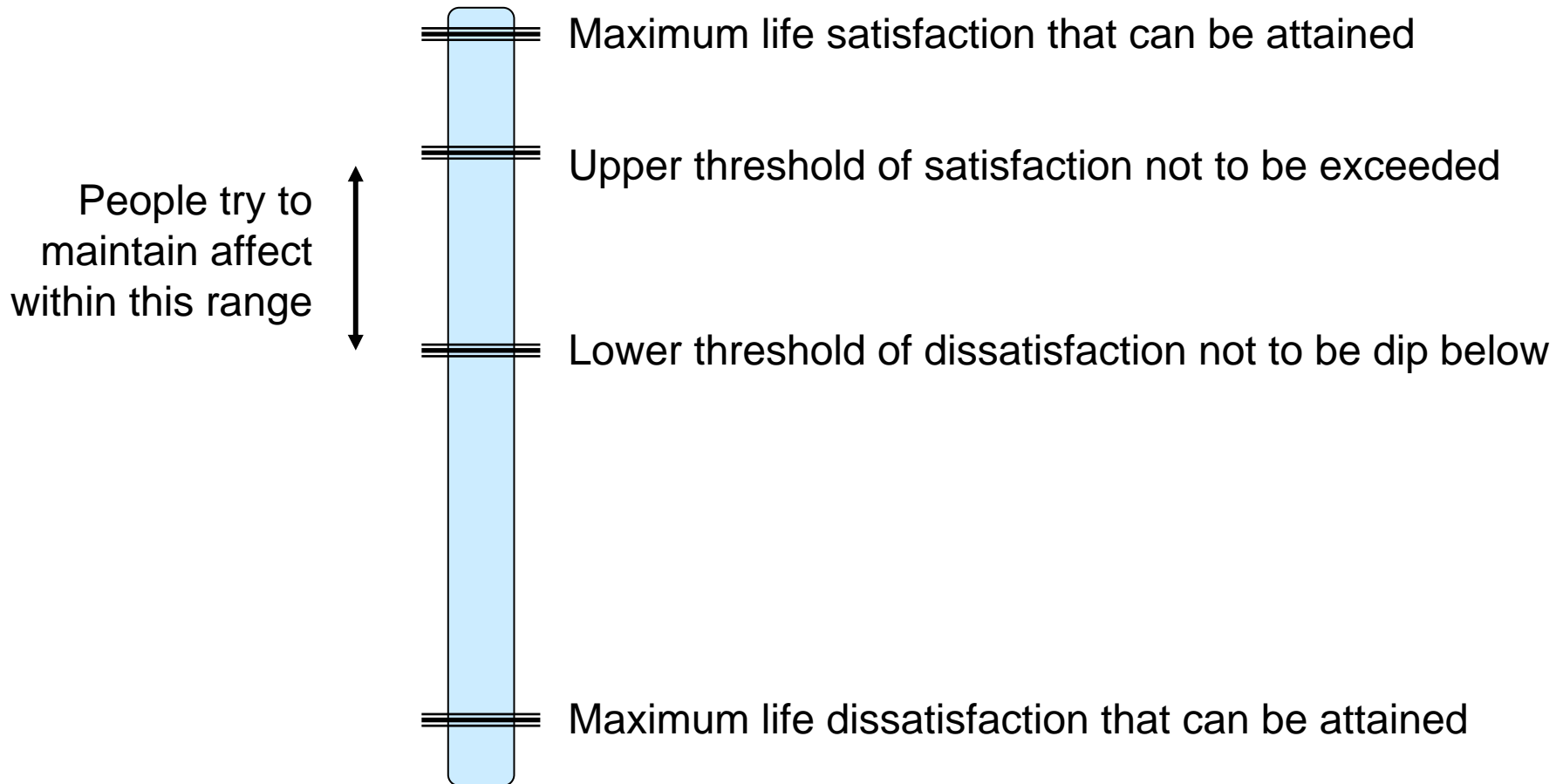


Martin
Seligman

Authentic Happiness

<http://www.authentic happiness.org>

Set range of life satisfaction



$$H = S + C + V$$

Circumstances that make you happier

- Live in a wealthy democracy, not in an impoverished dictatorship (a strong effect)
- Get married (a robust effect, but perhaps not causal)
- Avoid negative events and negative emotion (only a moderate effect)
- Acquire a rich social network (a robust effect, but perhaps not causal)
- Get a religion (a moderate effect)

Circumstances that **DONOT** make you happier

- Make more money (money has little or no effect)
- Stay healthy (subjective health is more important than objective health)
- Get s much education as possible (no effect)
- Change our race or move to a sunnier climate (no effect)

$$H = S + C + V$$

Things under your (personal) control

- **Satisfaction about the PAST**
 - How you perceive / think about your past
- **Optimism about the FUTURE**
 - How you perceive / think about your future
 - What is your goals; how to achieve the goals
- **Happiness in the PRESENT**
 - Where you choice to live
 - Whom do I live with
 - What you do everyday
 - How I improve myself

Summary

How you think.

What you do

Where you live (*physical & human environment*)

$$H = S + C + V$$

Measurement in Authentic Happiness

Emotion Questionnaires:

- **Authentic Happiness Inventory Questionnaire**
Measures Overall Happiness
- **CES-D Questionnaire**
Measures Depression Symptoms
- **Fordyce Emotions Questionnaire**
Measures Current Happiness
- **General Happiness Questionnaire**
Assesses Enduring Happiness
- **PANAS Questionnaire**
Measures Positive and Negative Affect

Meaning Questionnaires:

- **Close Relationships Questionnaire**
Measures Attachment Style
- **Meaning in Life Questionnaire**
Measures Meaningfulness

Life Satisfaction Questionnaires:

- **Approaches to Happiness Questionnaire**
Measures Three Routes to Happiness
- **Satisfaction with Life Scale**
Measures Life Satisfaction

Engagement Questionnaires:

- **Brief Strengths Test**
Measures 24 Character Strengths
- **Gratitude Questionnaire**
Measures Appreciation about the Past
- **Grit Survey**
Measures the Character Strength of Perseverance
- **Optimism Test**
Measures Optimism About the Future
- **Transgression Motivations Questionnaire**
Measures Forgiveness
- **VIA Signature Strengths Questionnaire**
Measures 24 Character Strengths
- **VIA Strength Survey for Children**
Measures 24 Character Strengths for Children
- **Work-Life Questionnaire**
Measures Work-Life Satisfaction

**What activities (occupation) should we pursue
in everyday life
to make ourselves happy and satisfied**

?

Enjoyment value associated with various daily activities

Csikszentmihalyi

| Enjoyment value | Work/House Activities | Personal/ shopping activities | Organization Education Activities | Free-time Activities |
|----------------------|--|---------------------------------------|-----------------------------------|--|
| 10 (LIKE) | | | | |
| 9 | | Sex | | Play sports |
| 8 | Talk/read to kid Talk with family) | Hug & kiss Sleep Meals away | | Bars/lounges Attend movies Relax Read paper, TV |
| 7 | Meal at home Baby care, paid work Second job | Trips Meal, Bath Mall, shopping | Meetings Social trips | Recreational trip Radio/hobbies Phone calls |
| 6 | Cook, Child care Work commute Unpaid work | Heap adults Dress | Classes | |
| 5 | Home repair Pay bills Yard work | Grocery shop Banking, business | Home | |
| 4 | Clean house, Laundry Child health | See doctor Car repair shop | | |
| 3/2/1/0 (DISLIKE) | | | | |

Quality of experiences in daily activities

Mihaly Csikszentmihalyi, 1997

| | Happiness | Motivated | Concentrate | Flow |
|-------------------------------|-----------|-----------|-------------|------|
| Productive activities | | | | |
| Working at work / studying | - | - | ++ | + |
| Maintenance activities | | | | |
| Housework | - | - | O | - |
| Eating | ++ | ++ | - | O |
| Grooming | O | O | O | O |
| Driving / transportation | O | O | + | + |
| Leisure activities | | | | |
| Media (TV & reading) | O | ++ | - | - |
| Hobbies, sports, movies | + | ++ | + | ++ |
| Talking, socializing, sex | ++ | ++ | O | + |
| Idling, resting | O | + | - | -- |

Keys: “-” Negative experience; “O” neutral; “+” positive experiences

In search of Occupations Leading to Good Life

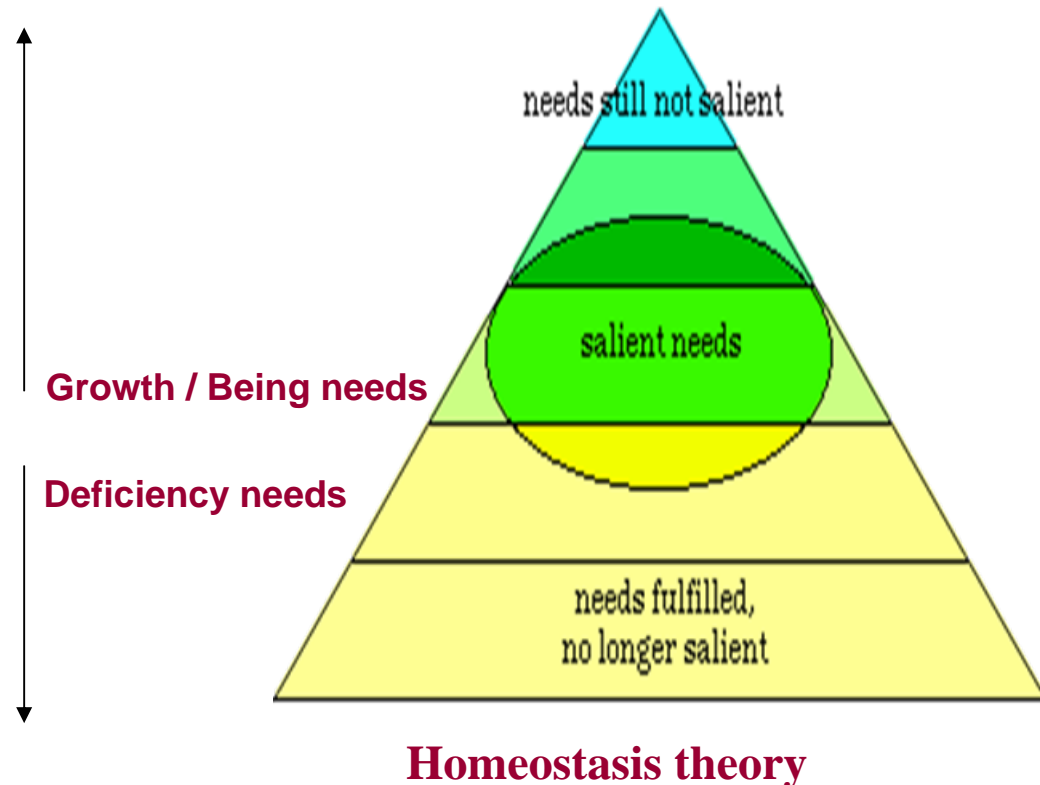
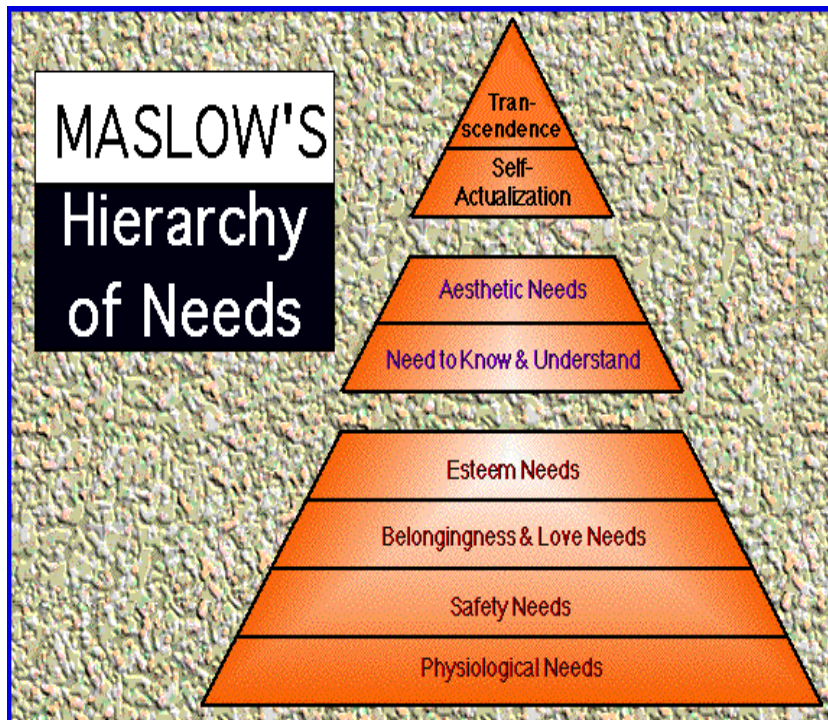
- **Need theory**
 - Need fulfillment Occupations:
 - Belonging needs,
 - Esteem needs,
 - Self-actualization needs
 - Cognitive
 - Aesthetic
 - Self-actualization
 - Self-transcendence
- **Theory of flow**
 - Flow inducing activities
- **Principle of balance life**
 - Balance within a life domain
 - Balance between life domains
- **Meaning center therapy**
 - Meaningful occupation
 - Meaning inducing occupation

Maslow Hierarchy of needs

- Maslow posited a hierarchy of human needs based on two groupings: deficiency needs and growth needs. Within the deficiency needs, each lower need must be met before moving to the next higher level. Once each of these needs has been satisfied, if at some future time a deficiency is detected, the individual will act to remove the deficiency.
- An individual is ready to act upon the growth needs if and only if the deficiency needs are met.



Abraham Harold Maslow
(1908 – 1970)



Homeostasis theory

Developmental need satisfied through activities in life domains

Joseph Sirgy, 2002

| | Health | Love (& sex) | Home | Family | Social | Leisure | Work | Educa-tion | Spirit-ual |
|----------------|--------|--------------|------|--------|--------|---------|------|------------|------------|
| Biological | +++ | +++ | +++ | +++ | ++ | ++ | +++ | + | ++ |
| Safety | +++ | +++ | +++ | ++ | ++ | ++ | ++ | + | ++ |
| Social | ++ | +++ | ++ | ++ | +++ | +++ | ++ | ++ | ++ |
| Esteem | + | ++ | ++ | + | ++ | ++ | +++ | ++ | ++ |
| Self-actualize | + | ++ | + | + | + | ++ | ++ | +++ | +++ |
| Knowledge | + | + | + | + | + | ++ | ++ | +++ | +++ |
| Aesthetics | + | + | + | + | + | ++ | ++ | +++ | +++ |

Needs fulfilling occupations

Christiansen, Townsend, 2004

| | <i>Drives & needs</i> central to Maslow's theory of needs <i>(Why we do what we do)</i> | <i>Occupations</i> that support drive reduction & needs fulfillment <i>(What we do)</i> |
|----------------------------------|--|--|
| Being Needs (B-needs) | Self actualization | Occupations that synthesize experience such as journal writing, volunteering, mentoring, storytelling, etc |
| | Aesthetics and cognition | Occupations involving art, music, literature, travel, reflection, creative expression, games of skill |
| Deficiency needs (D-needs) | Esteem | Vocational and avocational occupations with progressive challenge, skill training, personal development |
| | Affiliation | Social interaction, marriage, intimate partnership, clubs, organizations, parenting, grand parenting |
| | Safety and security | Occupational that enhance living areas, investing, saving, physical fitness groups, medical check-ups |
| | Physiological drive | Occupation of personal are such as eating, sleeping, personal hygiene |

Occupations for the Fulfillment of Self-actualization needs - local terms

K F Leung

| Needs | Ingredients of fulfilling Occupations |
|---|---|
| <p>Spiritual& existential needs 超然存在需要</p> | <p>各式宗教活動: 崇拜、祭典、供奉; 傳道、傳教 各式自我修行: 默想、冥想、靈修; 讀經、頌經 接觸、感受、欣賞、敬畏、大自然(神秘和偉大) 與宇宙及大自然聯繫</p> |
| <p>Self actualization needs 自我實現需要</p> | <p>透過總結或利用個人經驗組成的活動 寫作、創作、創造、表達。 記錄(寫或以其他方法)/分享個人經歷、經驗及回憶。 傳授、指導、培養、培育。</p> |
| <p>Aesthetics needs 美感需要</p> | <p>以五官欣賞各式美好事物的活動 包括: 藝術、音樂、文學、大自然。 視覺/聽覺; 嗅覺/味覺; 觸覺/動感。</p> |
| <p>Cognition needs 智識/智能需要</p> | <p>運用或追求智識及新奇事物的活動 求學: 求知、求真。 思想、推理、邏輯思考、反思反醒、研究。 旅遊、觀光、嘗試、探索、探險、冒險。</p> |

Occupations for the Fulfillment of Esteem needs, and Belongings and Love needs - local terms

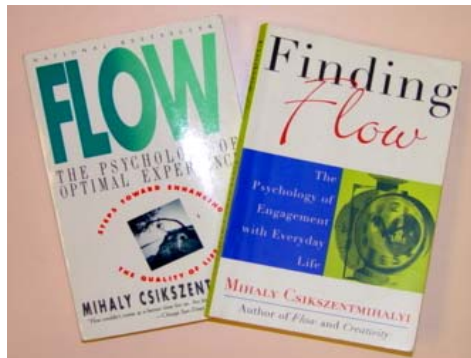
| Needs | Ingredients of fulfilling Occupations |
|---|---|
| <p>Esteem needs 自尊需要 (對別人的尊重、自信、自我價值、勝任能力的需​​求)</p> | <p>提升及肯定自我價值的活動:</p> <ul style="list-style-type: none">- 技巧/技術訓練活動- 發展個人各方面能力- 面對續步增加的挑戰- 表現個人能力及貢獻- 作為有聲望或地位團體成員 |
| <p>Affiliation needs 歸屬感與人際聯繫需要 (對親近、群體、隸屬, 愛與被愛的需求)</p> | <ul style="list-style-type: none">- 婚姻、家庭親屬關係、人際親密關係,- 朋友社交活動, 其他群體活動,- 參加會社、團體及組織- 照顧、被照顧、養育, 表達愛與被愛的活動 |

Flow inducing activities

What we do has a lot to do with
what kind of life we have.

How we experience what we do
is even more important

- **Flow is the 3rd dimension of Subjective Well Being**
 - The ego falls away. Time flies. Every action, movement, and thought follows inevitably from the previous one, like playing jazz



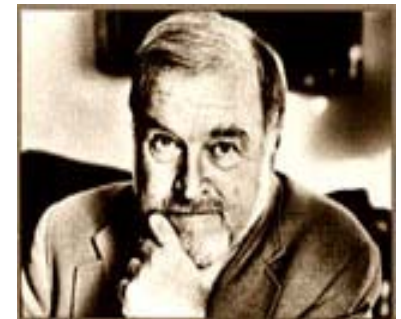
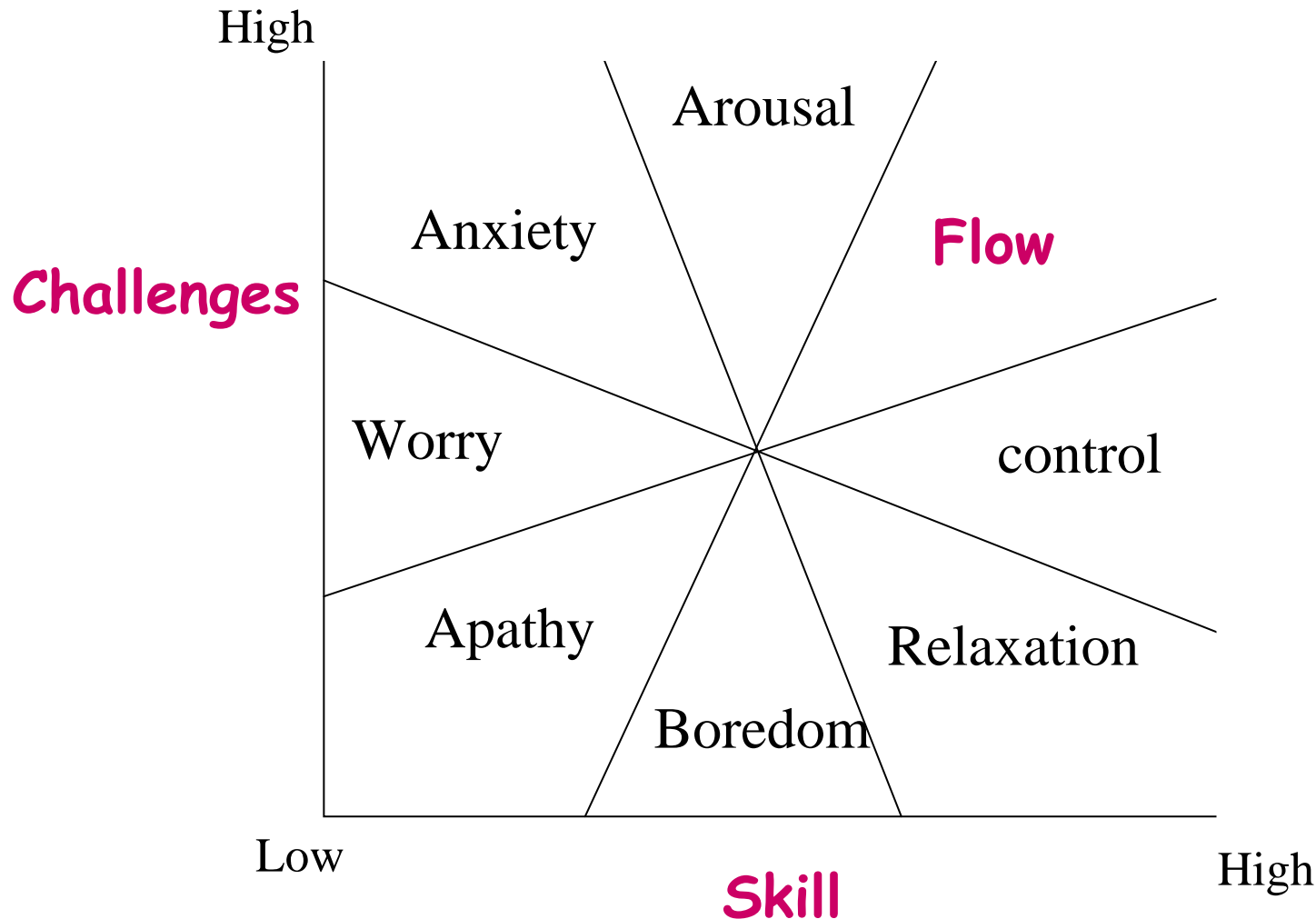
Mihaly Csikszentmihalyi
Pronounced "Chicks send me high"

How does it feel to be in "the flow"?

- **Completely involved, focused, concentrating**
 - with this either due to innate curiosity or as the result of training
- **Sense of ecstasy**
 - of being outside everyday reality
- **Great inner clarity**
 - knowing what needs to be done and how well it is going
- **Knowing the activity is doable**
 - that the skills are adequate, and neither anxious or bored
- **Sense of serenity**
 - no worries about self, feeling of growing beyond the boundaries of ego - afterwards feeling of transcending ego in ways not thought possible
- **Timeliness**
 - thoroughly focused on present, don't notice time passing
- **Intrinsic motivation**
 - whatever produces "flow" becomes its own reward
- **Feeling of deep satisfaction afterwards**
 - No feeling of pleasure in the activities

Quality of experience - as a function of challenges and skills

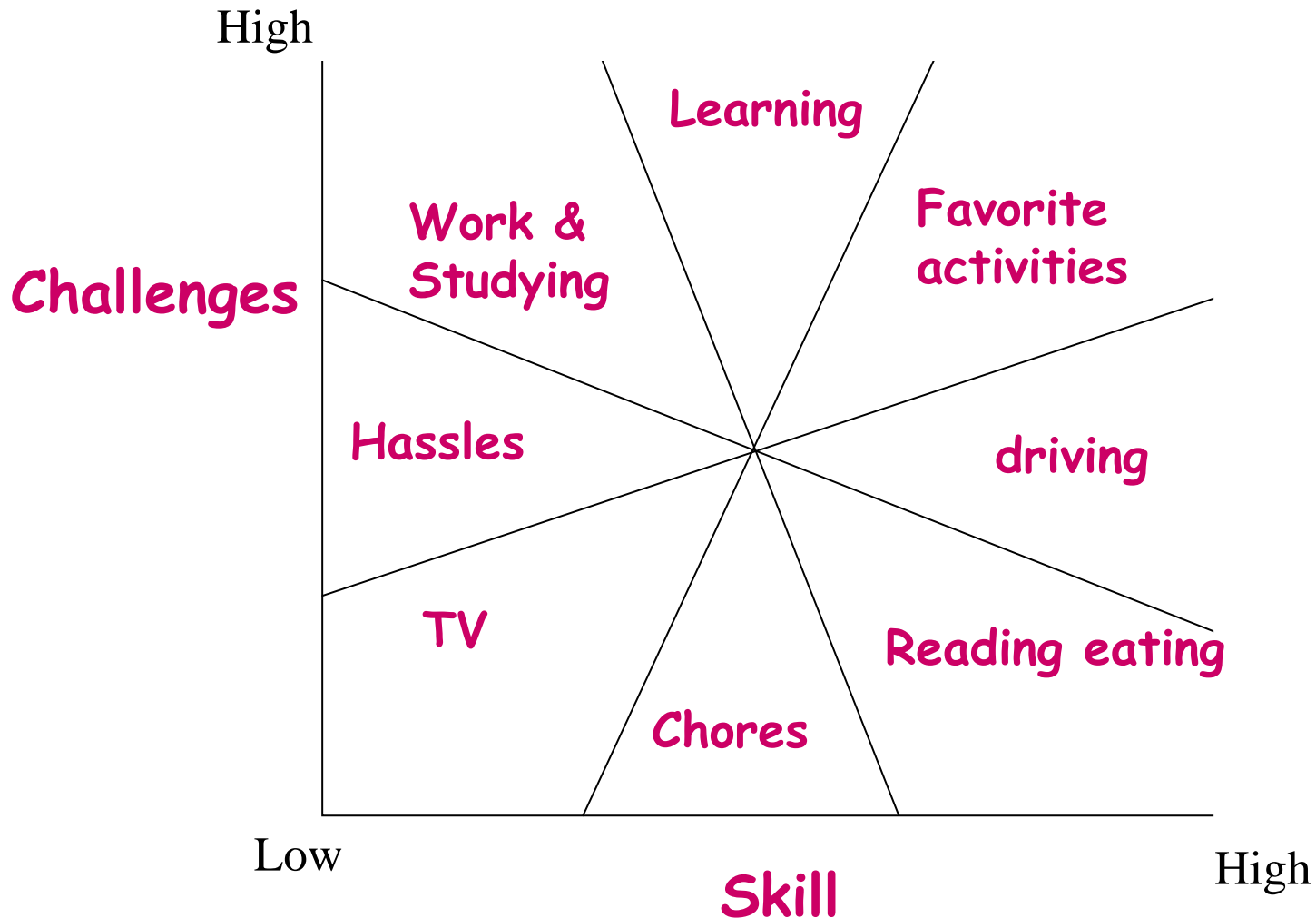
Mihaly Csikszentmihalyi, 1997



Mihaly Csikszentmihalyi
Pronounced "Chicks send me high"

Quality of experience - as a function of challenges and skills

Mihaly Csikszentmihalyi, 1999 Australia



Ingredients of Flow inducing activities

- Have Rules
- Require learning of skills (permit growth)
- Have clear goals
- Provide immediate/quick feedback
- Challenge match with skills
- Facilitate concentration and involvement
- Make the experience different from routine daily experiences.

Flow Inducing Occupations

Flow through the senses

Seeing – appreciation of beauty, arts, nature

Hearing - music

Tasting – food

Touching

Joy of movement - Exercise, walking, jogging, hiking, swimming, dancing, etc

Control of our body

Yoga, Tai chi, martial art, etc

Competition

Agonistic games, sport, athletic event

Achieving higher, faster, stronger (Speed & Movement / vertigo)

Exercise, sports and athletic games

Riding, merry-go-round, sky diving, etc

Flow in sex

Most universally rewarding experience

Game of chances

Playing cards, bingo, marjong, gamble, activities testing fate, religious rituals

Alternative reality

TV games, dance, theater, art, etc.

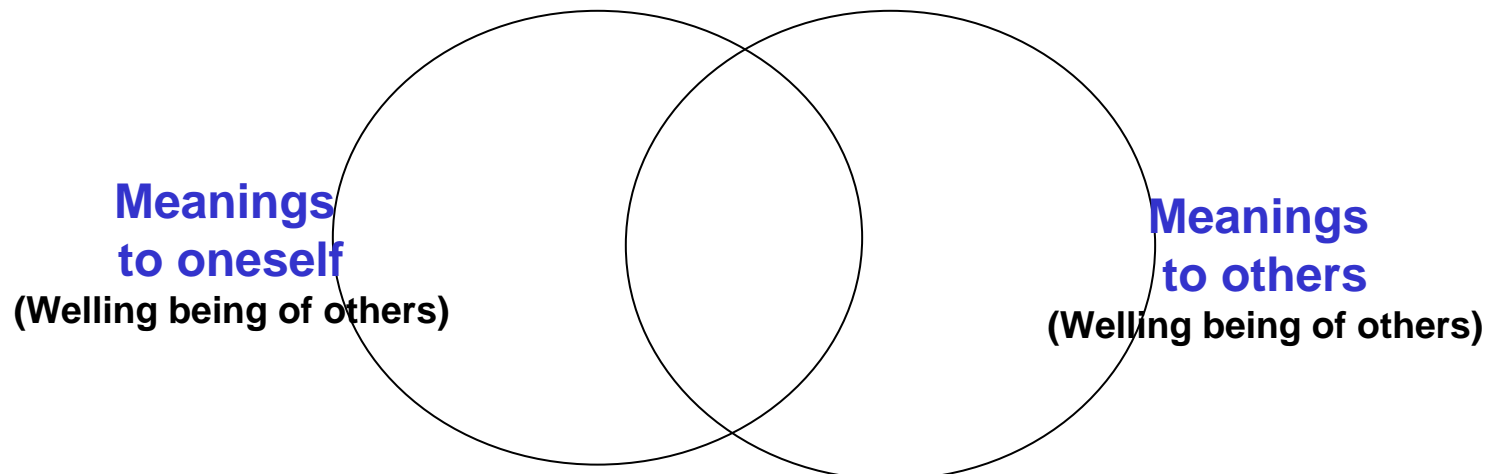
Through fantasy, pretense and disguise

Others: Work; Relationship; Caring; Hobbies

Meaning inducing activities

K F Leung

- **Meanings to others**
 - Focus on well being of others
 - Utility meanings (contribution / caring / services)
 - Spiritual / religious meanings
- **Meanings to oneself (Personal meanings)**
 - Focus on the well being of oneself
 - Past – memories, identity, self value
 - Present – esteem, expression, creativities, contentment, etc
 - Future – facilitate personal growth needs



Meanings Carrying Vehicles

K F Leung

- **Events**
 - Past
 - Present
 - Future
- **People**
 - Significant others
 - Groups
 - Nation
 - Man kind
- **Things**
 - Personal / family possessions
 - Group possessions
- **Environments**
 - Physical environment
 - Social environment
 - Cultural environment

Objects at home that carry special meetings

N=315, Chicago, 1977
Mihaly Csikszentmihalyi

- **Furniture** (35.9%)
- **Visual art** (25.7%)
- **Photographs** (23.2%)
- **Books** (22.2%)
- **Musical instruments** (21.6%)
- **Stereos** (21.6%)
- **TV** (20.9%)
- **Sculpture** (19.0%)
- **Plants** (14.9%)
- **Beds** (13.7%)
- **Appliances** (13.7%)
- **Collectibles** (**13.3%**)
- **Lamps** (8.9%)
- **Jewelry** (8.5%)
- **Glass** (8.3%)
- **Pets** (8.3%)
- **Sport equipment** (8.3%)
- **Guilt, Textiles** (7.9%)
- **Carpets** (7.9%)
- **Radios** (7.6%)
- **Clocks** (7.2%)
- **Whole room** (6.7%)
- **Vehicles** (6.3%)
- **Silverware** (5.1%)
- **Refrigerator** (5.1%)
- **Scrap book** (5.4%)
- **Clothes** (5.4%)
- **Trophies** (4.8%)
- **Plates** (4.6%)
- **Toys** (4.1%)
- **Stuffed Animals** (3.8%)
- **Fireplace** (3.8%)
- **Aquariums** (3.5%)
- **Yard** (3.5%)
- **Bath** (3.5%)
- **Whole House** (2.9%)
- **Telephones** (2.9%)
- **Candlestick** (2.9%)
- **Tools** (2.8%)
- **Cameras** (2.2%)
- **Miscellaneous** (17.1%)

Meaning of Things

- Some objects have special personal meaning to an individuals
- These objects may not have meaning for other people
- These objects carry meanings because they may associate with memories in the past, or bring along happiness in every day life, or possess special features, or representing personal goal, belief and aspiration.
- These objects may brings positive feelings, and help people to acknowledge their own value in the past, present and future
- Activities involve collecting, maintaining, keeping, displaying, appreciating these objects brings positive feelings and life satisfaction

:

Use of Meaningful Objects in promoting happiness

- Induce the awareness of meanings in the objects
- Assist in collecting potential meaningful objects
- Assist in keeping and maintaining meaningful objects
- Assist creation of meanings to the objects
- Create environment for the client to pursuit activities with the use of meaningful objects
- Remove obstacles hindering participating in these activities

Group vs Individual

- **Happiness inducing occupations**
 - **Need fulfilling activities**
 - **Flow inducing activities**
 - **Meaning inducing activities**
- **We have to look for “Personal” happiness inducing occupation**
- **Personal QOL / Happiness plan**

**The messenger is the message
The therapist is the therapy**

Thanks

OTCOC, March 2006

Strategy & Principles for QOL enhancement

Joseph Sirgy, 2002

- **Intra-domain strategies**
 - The Bottom-Up Spillover Strategy
 - The Top-Down Spillover Strategy
- **Inter-domain strategies**
 - The Horizontal Spillover Strategy
 - The Compensation Strategy
- **Appraisal and goal directed strategies**
 - The Re-Evaluation Strategy
 - The Goal Selection Strategy
 - The Goal Implementation and Attainment Strategy
 - The Re-appraisal Strategy
- **The Balance Strategy**
 - Balance within a life domain
 - Balance between life domains

Balance within a life domain

- Balance within a life domain involves action designed to balance positive and negative events within that domain.
- Lies in the Ying and Yang notion which posits that subjective well being can be achieved by keeping a good balance between positive and negative emotion.
- The adage is to remain calm, undisturbed and unaroused.
- Balance between the fulfillment of physical and spiritual needs
- There is positive correlation in positive and negative affects in Japanese.
- Using bad to create good,
- Accepting good with bad, and positive with negative, and success with failure.

Balance between life domains

- serve to enhance subjective well being. Balance involves increasing the salience of negative and positive life domains.
- Increasing the salience of a negative domain serves to heighten motivation to take future action to increase satisfaction in that domain.
- At the same time, in contrast, increasing the salience of positive life domains serves to generate more positives affect to compensate for the increased negative affect—resulting from the increased salience of the negative life domain.

The Balance Strategy

- The Quota Principle
- The Aggregation Principle
- The Satisfaction Efficiency Principle

The Quota Principle

- **Satisfaction from one life domain can contribute only a limited amount (a quota) to subjective well being.**
- **Conversely, dissatisfaction in one life domain can adversely affect subjective well being up to some threshold (or limit).**

The Aggregation Principle

- **Aggregating various amounts of satisfaction from various life domains serves to enhance subjective well being.**
- **The more satisfaction is experienced from multiple life domains, the higher the subjective well being.**

The Satisfaction Efficiency Principle

- Satisfaction from a small set of important life domains generate higher levels of subjective well being than satisfaction from a larger set of domains that are equality important.
- This is due to the fact that the amount of satisfaction experienced is inversely related to the effort consumed to generate this satisfaction.
- Thus, satisfaction generated from a small set of domains is likely to involve less effort than satisfaction generated from a larger set of domains.

The story of Corey, Joey & David

- **Corey**
 - Imbalaend person
 - Putting all eggs into one basket
- **David**
 - Moderately balanced person
 - Focused on several domains that satisfy most of the human needs
- **Joey**
 - Very balanced person
 - Involves in many domains of life
 - Tin out energy and effort in different domains.

In search of Occupations Leading to Good Life

- **Need theory**
 - Need fulfillment Occupations:
 - Belonging needs,
 - Esteem needs,
 - Self-actualization needs
 - Cognitive
 - Aesthetic
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- **Theory of flow**
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 - Meaningful occupation
 - Meaning inducing occupation

Program evaluationThe level of vision of Occupational Therapy

Achievable through occupational lifestyle re-design

Being Needs



A Happy and Meaningful life

Esteem Needs

A Dignity or Respectful life

Belonging Needs

A Home or Company

Safety Needs

A Safe living environment & Clean food

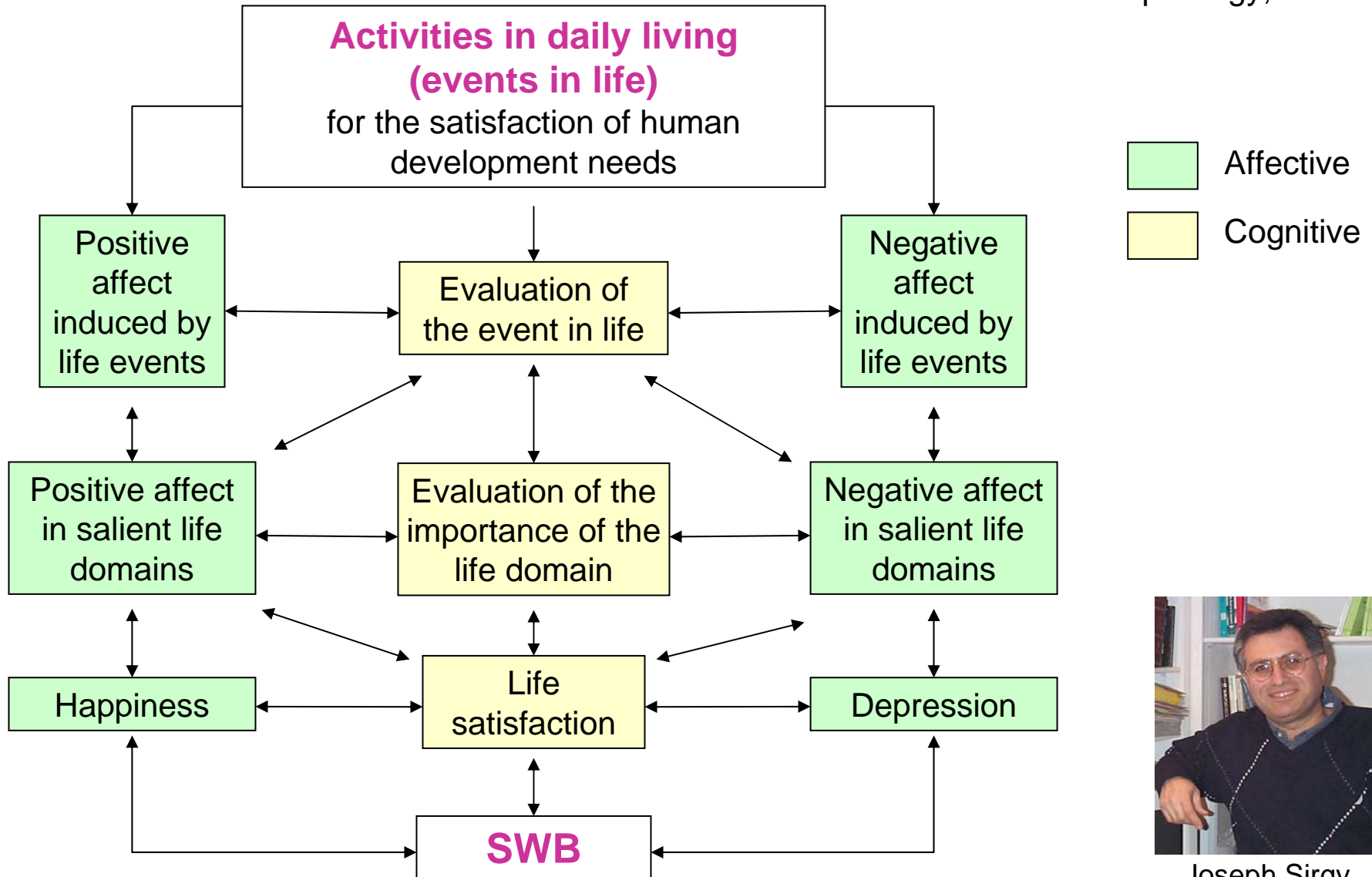
Physiological Needs

A Shelter & Food

Deficiency Needs

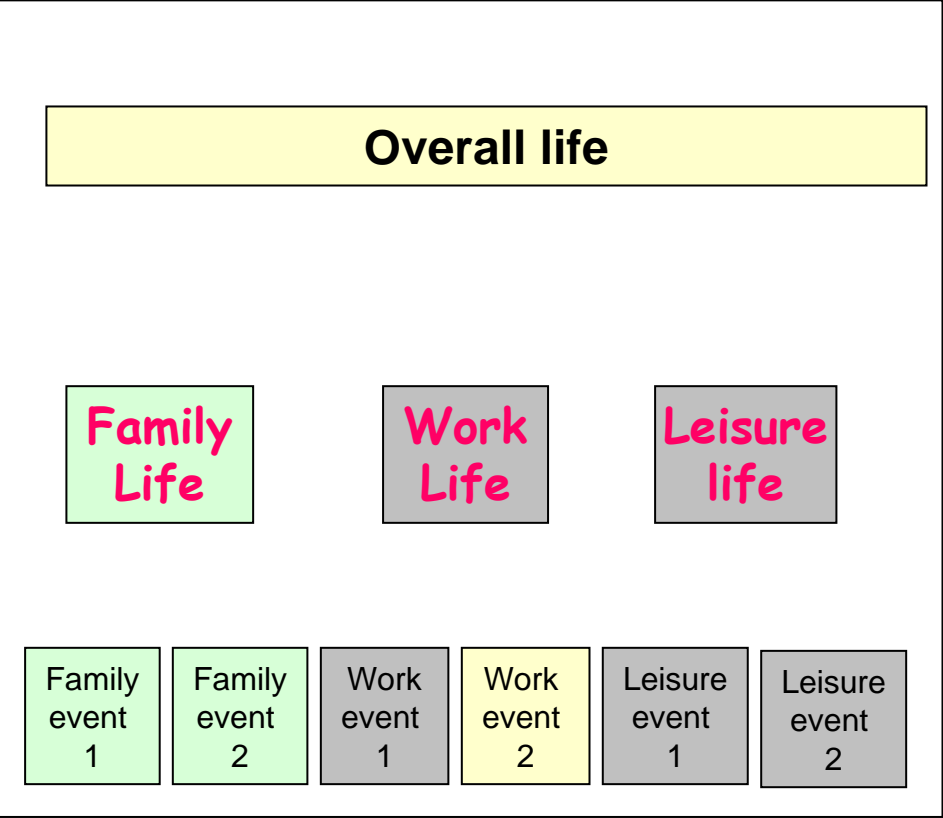
Subjective Well Being: Its Elements

Joseph Sirgy, 2002

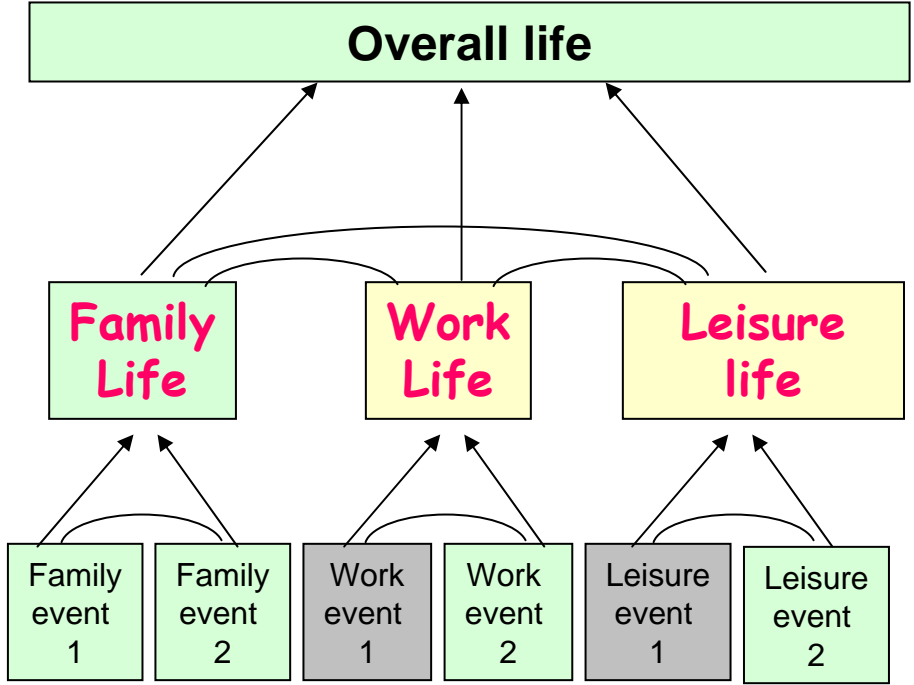


Joseph Sirgy

Balance spillover



Before



After