

Subjective well-being and life satisfaction

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Abstrak

The quality of people's relationships with and interactions with other people are major influences on their feelings of well-being and their evaluations of life satisfaction. The goal of this volume is to offer scholarly summaries of theory and research on topics at the frontier of the study of these social psychological influences—both interpersonal and intrapersonal—on subjective well-being and life satisfaction. The chapters cover a variety of types of relationships (e.g., romantic relationships, friendships, online relationships) as well as a variety of types of interactions with others (e.g., forgiveness, gratitude, helping behavior, self-presentation). Also included are chapters on broader social issues such as materialism, sexual identity and orientation, aging, spirituality, and meaning in life. Subjective Well-Being and Life Satisfaction provides a rich and focused resource for graduate students, upper-level undergraduate students, and researchers in positive psychology and social psychology, as well as social neuroscientists, mental health researchers, clinical and counselling psychologists, and anyone interested in the science of well-being.