科目ナンバリング	U-LAS04 20052 LE46						
授業科目名<英訳>	Science of Psychological Well-Being-E2 Science of Psychological Well-Being-E2 :Theory, Research, and Practice			担当者所属職名・氏名	教育学研究科 特別招へい教授 Joshanloo, Mohsen		
群	人文・社会科学科目群			分野(分類)	教育・心理・社会(各論)	使用言語	英語
旧群	A群	単位数	2単位	時間数	30時間	授業形態	講義（対面授業科目）
開講年度・開講期	2026・ 前期集中	曜時限	集中 【8/17(月)～8/20(木)：2,3,4時限】【8/21(金)：2,3時限、4時限(テスト・フィードバック）】	配当学年	２回生以上	対象学生	全学向

[授業の概要・目的]

In recent decades, there has been a shift in psychology from an exclusive focus on mental disorders to an increased attention to mental well-being. This shift reflects a growing recognition that mental health is not simply the absence of disorders, but also includes the presence of adaptive qualities, skills, traits, and attitudes. Mental well-being has become a central topic of research in modern psychology and the social sciences because of its importance in our daily lives. This course introduces students to key ideas and research in the modern science of mental well-being. It explores genetic, cultural, emotional, and psychological aspects of well-being, including happiness, positive emotions, life satisfaction, meaning in life, and psychological skills (such as autonomy and maintaining good relationships). The course also provides insight into strategies and activities for enhancing well-being and happiness. In summary, this course is designed to help students develop a scientific understanding of mental well-being and learn how to apply this knowledge to their own lives. The course is appropriate for all students, regardless of major or background.

[到達目標]

1- understand well-being
2- understand how to enhance well-being
3- understand why some people are happier than others
4- understand life goals and their influence on well-being levels

[授業計画と内容]

Day 2. Affect balance and emotion
1st hour: Components of affect (positive/negative affect); affect balance; state vs trait affect.
2nd hour: Emotion theories relevant to well-being (appraisal, basic emotions, constructionist views) .
3rd hour: Emotion regulation and well-being (reappraisal, suppression, acceptance); short case examples.
4th hour: Measuring affect in research (experience sampling, daily diary, recall bias); brief practice interpreting affect data.

Day 3. Circumplex model of affect; personality factors
1st hour: Circumplex model (valence × arousal); mapping common emotions.
2nd hour: Empirical evidence for the circumplex; individual differences in affective structure.
3rd hour: Personality correlates of well-being (Big Five; neuroticism/extraversion); mechanisms (reactivity, exposure).
4th hour: Discussion-based session: personality, affect, and context; what can and cannot be changed.

Day 4. Affective forecasting; life satisfaction

Science of Psychological Well-Being-E2(2)へ続く↓↓↓

Science of Psychological Well-Being-E2(2)

1st hour: Affective forecasting; impact bias; immune neglect; focalism.
2nd hour: Classic findings and replications; methodological cautions; links to judgment and decision-making .
3rd hour: Conceptualizing life satisfaction; bottom-up vs top-down models.
4th hour: Application: how forecasting errors affect major life choices (career, relationships); short structured reflection task.

Day 5. Life satisfaction (measurement and determinants)
1st hour: Measurement of life satisfaction (single-item vs multi-item; reliability/validity; measurement invariance basics).
2nd hour: Key predictors and correlates (health, relationships, work, personality); confounding and causal inference cautions.
3rd hour: Adaptation and comparison processes; social comparison; reference groups.
4th hour: Mini-workshop: interpreting life satisfaction findings in surveys; critique of a short research vignette.

[履修要件]

Attendance and Class Participation ---30%
Final exam---70%

[成績評価の方法・観点]

The exam will consist of multiple-choice questions. Attendance will be evaluated based on the total number of absences and instances of tardiness throughout the course. Participation will be assessed based on active engagement in class activities and contributions to group discussions. Detailed guidelines regarding examination procedures, attendance policies, participation requirements, and grading criteria will be provided during the orientation session (the first class meeting).

[教科書]

Ed Diener, Shigehiro Oishi, Louis Tay 『Handbook of Well-Being (open access)』 （Digital Commons） （https://digitalcommons.unomaha.edu/psychfacbooks/9）

[授業外学修（予習・復習）等]

A reading package of approximately 30 pages will be provided.

[その他（オフィスアワー等）]

[主要授業科目（学部・学科名）]