

CHAPTER 1

THE SATISFYING LIFE AND HAPPINESS

Multiple Choice

MC 1-1. Alexandra feels that she can only call her day a happy one if she has eaten some dark chocolate. Alexandra's definition of happiness seems to be:

- a. Hedonism
- b. Eudaimonia
- c. The golden mean
- d. Conceptual

Answer: a

Skill Level: Applied

Pg. 4

MC 1-2. The golden mean refers to:

- a. Having an average amount of material goods
- b. Having enough, but not too much, of what one needs and wants
- c. Having enough satisfaction in life to make life seem positive
- d. Having a virtuous and committed life

Answer: b

Skill Level: Concept

Pg. 5

MC 1-3. Eudaimonic well-being includes:

- a. Pursuing goals that lead to external gain
- b. Maximizing external motivation
- c. Acting in ways that optimize personal growth
- d. Having only positive emotions

Answer: c

Skill Level: Concept

Pg. 6

MC 1-4. Problems with self-reports include:

- a. The possibility of a social comparison response
- b. The likelihood that many people will give overly complex answers
- c. The inability to find correlations within these data
- d. The probability that all respondents will not be verbally expressive

Answer: d
Skill Level: Concepts
Pg. 9

- MC 1-5. When people give a social desirability response, they are giving a response that:
- a. Is in keeping with society's rules of courtesy
 - b. Makes them look a little better than they really are
 - c. Allows them to ask for social favours
 - d. Indicates that they want to join a social group

Answer: b
Skill Level: Concept
Pg. 9

- MC 1-6. If we say that a self-report measure has validity, we mean that it:
- a. Is used by many other researchers
 - b. Gives results that agree with the researchers' opinions
 - c. Has used experience-sampling methods
 - d. Measures what we think it measures

Answer: d
Skill Level: Concept
Pg. 10

- MC 1-7. Measuring happiness may be problematic because:
- a. People may have differing definitions of happiness
 - b. Happiness is not a consistent state
 - c. Happiness actually consists of many sub-emotions, such as joy, contentment, etc.
 - d. People are often unwilling to reveal what their emotions are

Answer: a
Skill Level: Concept
Pg. 10

- MC 1-8. Katerina had a regular, rather boring day at work, but when she got home at the end of the day, she found her boyfriend had sent her roses which she loved. By the peak-end rule, Katerina will probably judge the whole day as having been:
- a. Good
 - b. Boring
 - c. Both good and bad
 - d. Ordinary

Answer: a
Skill Level: Applied
Pg. 11

- MC 1-9. In general, people's ratings of their subjective well-being depends on:
- a. Their age
 - b. Their ethnicity
 - c. How well they are achieving what they value
 - d. Whether they have more material goods than other people do

Answer: c
Skill Level: Concept
Pg. 12

- MC 1-10. The top-down model of subjective well-being suggests that:
- a. We have innate predispositions for happiness
 - b. People can become happy if they have material goods and social support
 - c. Our happiness is influenced by the well-being of our supervisors and employers
 - d. We can be happier if we pay more attention to our friends and family

Answer: a
Skill Level: Concept
Pg. 12

- MC 1-11. The relationship between people's levels of happiness and their life circumstances is:
- a. Large
 - b. Small
 - c. Non-existent
 - d. Unknown

Answer: b
Skill Level: Concept
Pg. 13

- MC 1-12. Which of the following statements is **true**?
- a. Identical twins are more similar on measures of well-being than are fraternal twins.
 - b. People who are prone to having negative emotions have more activation in the left hemisphere of their brain than in the right hemisphere.
 - c. The strongest predictor of subjective well-being, income, shows a strong correlation with happiness.
 - d. People generally report less happiness as they grow older, as compared to when they were children.

Answer: a
Skill Level: Concept
Pg. 13

- MC 1-13. According to setpoint theory, if Jenny wins an important competition, she will:
- a. Raise her happiness level for the rest of her life
 - b. Experience no more happiness than she usually experiences
 - c. Be unhappier later in her life because nothing can match her joy at this moment
 - d. Be happier for a while, then drift back to her normal level of happiness

Answer: d
Skill Level: Applied
Pg. 14

- MC 1-14. Malukania (a fictional country) has become wealthier since the discovery of malukite (a fictional rare mineral) in its mountains, but its people seem less satisfied with their lives now than they were before. This is referred to as:
- a. The setpoint theory
 - b. The paradox of the treadmill
 - c. The paradox of affluence
 - d. The hedonic paradox

Answer: c
Skill Level: Applied
Pg. 15

- MC 1-15. In general, looking at reported subjective well-being across nations, it is found that:
- a. Except for those at the lowest income level, people of all incomes report about the same level of happiness
 - b. Moderately rich people are happier than those at middle income levels
 - c. Except for those at the lowest income level, poor people are happier than very rich people
 - d. Income level has no relationship with reported subjective well-being

Answer: a
Skill Level: Concept
Pg. 15

- MC 1-16. The concept of the hedonic treadmill suggests that:
- a. People often run after material goods
 - b. People adapt to happiness

- c. The more people pursue happiness, the more it eludes them
- d. People try to keep up with the level of material goods that other people have

Answer: b

Skill Level: Concept

Pg. 16

MC 1-17. Which of the following people is demonstrating social comparison?

- a. Armand, who wants a better car than his brother has
- b. Bert, who is always happy with whatever he has
- c. Charlie, who has voluntarily given up material luxuries
- d. Dexter, who focuses on what he has rather than what he doesn't have

Answer: a

Skill Level: Applied

PP. 16-17

MC 1-18. Jeanette has been given a large bonus at work in recognition of her dedication and mastery of her job. Jeanette will be happiest with this bonus if:

- a. It means that she can afford to renovate her basement
- b. She is already underpaid
- c. She feels the bonus is an indication of being appreciated in her workplace
- d. The bonus was unexpected and reflects the amount of overtime she has put in

Answer: c

Skill Level: Applied

Pg. 17

MC 1-19. Children of all ages seem to agree that a major source of happiness for them is:

- a. Achievements
- b. Material goods
- c. Individual freedom
- d. People and pets

Answer: d

Skill Level: Concept

Pg. 18

MC 1-20. Affective forecasting refers to:

- a. Predicting how we will react emotionally in given situations
- b. Predicting how other people think that we will react in given situations
- c. Predicting whether positive or negative events will occur in our futures

- d. Predicting whether we have the ability to perform given tasks

Answer: a

Skill Level: Concept

Pg. 19

MC 1-21. In general, people are better at forecasting their emotional reactions to:

- a. Negative events
- b. Positive events
- c. Neutral events
- d. Unusual events

Answer: b

Skill Level: Concept

Pg. 19

MC 1-22. The concept of immune neglect suggests that people:

- a. Forget how happy they were before a negative event takes place
- b. Disregard their biologically determined level of happiness
- c. Prefer the hedonic to the eudaimonic view of happiness
- d. Overlook their resilience in coping with negative situations

Answer: d

Skill Level: Concept

Pg. 19

MC 1-23. In general, it can said that happy people:

- a. Have less interest in making new friends because they already have enough
- b. Receive less social support from other people because they don't need it
- c. Are less successful at work because it is less important to them
- d. Are more collaborative in conflict resolution because of their greater social orientation

Answer: d

Skill Level: Concept

Pg. 20

MC 1-24. The happiest people in the world are probably those who:

- a. Have a great deal of money
- b. Value external measures of achievements and earn them
- c. Value relationships and social interaction the most

- d. Have little need for external luxuries or external relationships

Answer: c

Skill Level: Concept

PP. 20-21

MC 1-25. Research indicates that the amount of happiness that is actually enough is:

- a. As much as can be achieved
- b. A moderate level
- c. Dependent on the individual
- d. Unknown; there is a lack of research on this topic

Answer: d

Skill Level: Concept

Pg. 21

True/False

TF 1-1. The eudaimonic approach sees happiness as involving a large number of sensual pleasures.

Answer: False

Skill Level: Concept

Pg. 5

TF 1-2. One problem with self-reports is the possibility of a social desirability response.

Answer: True

Skill Level: Concept

Pg. 9

TF 1-3. If a psychological test doesn't measure what we think it measures, the test is invalid.

Answer: True

Skill Level: Concept

Pg. 10

TF 1-4. According to the top-down model of subjective well-being, we have innate predispositions for happiness.

Answer: True
Skill Level: Concept
Pg. 12

TF 1-5. Norma is happy in her job, so it is unlikely that she is happy in other areas of her life.

Answer: False
Skill Level: Applied
Pg. 14

TF 1-6. According to setpoint theory, people have internal mechanisms that keep emotions balanced.

Answer: True
Skill Level: Concept
Pg. 14

TF 1-7. If you can get the car you want now, you will be happier for the rest of your life.

Answer: False
Skill Level: Applied
Pg. 15

TF 1-8. Selma, who has \$6 billion, is probably less happy than Gina, who has \$6 million.

Answer: False
Skill Level: Applied
Pg. 16

TF 1-9. If Allan wins a lottery, he will probably think most about the problems that extra money will bring.

Answer: False
Skill Level: Applied
Pg. 19

TF 1-10. The happiest people tend to earn less money than moderately happy people.

Answer: True
Skill Level: Concept

Pg. 20

Short Answer

SA 1-1. What is the difference between the hedonistic definition of happiness and the eudaimonic definition of happiness?

SA 1-2. What problems may arise in research based on self-reports?

SA 1-3. How does setpoint theory explain why people are not satisfied with what they have?

SA 1-4. What problems might people have in predicting their own happiness?

SA 1-5. What are the positive consequences of being happy?

Essay

E 1-1. Does happiness have a biological component? Give arguments/evidence to support your answer.

E 1-2. Discuss the relationship between income and happiness.