

Eudaimonia versus hedonia: What's the difference? And is it real?

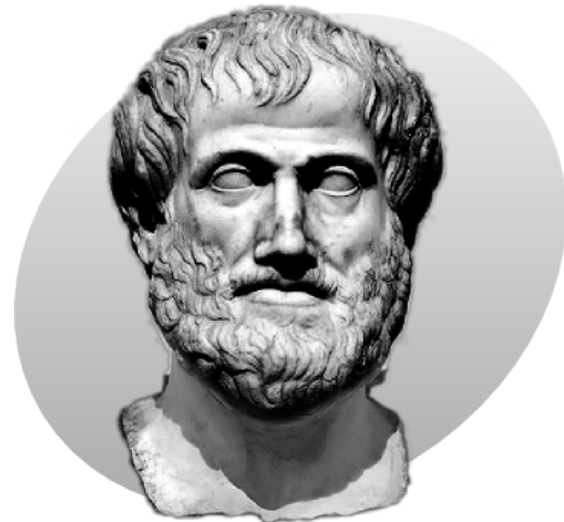


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A Distinction With a Long History

- Aristotle:
 - Hedonia = seek pleasure, avoid pain
 - Eudaimonia = virtuous action, external goods
- Distinction persisted through history and into psychology
 - Without external goods



The Most Common Operationalizations

- Hedonia: Diener's Subjective Well-Being (SWB)
 - Positive affect – happy, joyful, fun, etc.
 - Life satisfaction
 - Low negative affect
- Eudaimonia: Ryff's Psychological Well-Being (PWB)
 - Purpose in Life – having achieved a worthwhile purpose
 - Personal Growth – having achieved growth
 - Autonomy – being non-conformist
 - Positive Relations With Others – having achieved quality relationships, feeling related
 - Environmental Mastery – feeling competent
 - Self-acceptance – feeling satisfied with one's life and self
- Problems with these definitions?

Diener, Suh, Lucas, & Smith (1999)

Ryff (1985)

The Controversy

- The critics' argument:
 - Feeling good is feeling good
 - There's little data showing a distinction
- The critics' data:
 - SWB & PWB correlated .96
 - They conclude there's only 1 kind of well-being
- When is a correlation too big?

Theoretical : Kashdan, Biswas-Diener, & King (2008); Biswas-Diener, Kashdan, & King (2009)

Empirical: Disabato, Goodman, Kashdan, Short, & Jarden (2015);

Joshanloo, Jose, & Kielpikowski (2016) found correlation of .7

How to Resolve the Controversy?

- ~~Theory-driven~~ -> Theory-driven AND data-driven
- If you're open to learning from the data, you get:

| | Factor 1 | Factor 2 |
|--|----------|----------|
| PWB Purpose in Life - having achieved a worthwhile purpose | .9 | |
| PWB Personal Growth - having achieved growth | .7 | |
| PWB Autonomy – being non-conformist | .4 | |
| PWB Positive Relations With Others - having achieved quality relationships, feeling related | .4 | .4 |
| PWB Environmental Mastery – feeling competent | | .7 |
| PWB Self-acceptance – feeling satisfied with one's life and self | | .7 |
| SWB Positive Affect | | .9 |
| SWB Life Satisfaction | | .8 |
| SWB Negative Affect | | -.7 |

| | Factor 1 |
|----------|----------|
| Factor 2 | .4 |

Huta (n=677, ongoing study) – showing factor loadings of .35 and greater
 See also Compton, Smith, Cornish, & Qualls (1996); Keyes, Shmotkin, & Ryff (2002)

Two Problems With Existing Definitions

- 1. Eudaimonia and hedonia usually defined asymmetrically
 - Hedonia = experience/feeling
 - Eudaimonia = functioning/achievement/ability
 - Unclear how to interpret groupings/factors
- 2. No coherent definition of eudaimonia
 - Bracket creep
- Cross-disciplinary conference on eudaimonia

Bracket creep: Waterman (2008); Kashdan, Biswas-Diener, & King (2008)

Asymmetry: Huta & Ryan (2010)

Introducing a Taxonomy of Definitions

- Taxonomy of 4 Definition Categories:
 - ORIENTATIONS: priorities, values, motives, goals
 - BEHAVIORS: specific behaviors engaged in
 - EXPERIENCES: state emotions, feelings, appraisals
 - FUNCTIONING: long-term achievements, abilities
- Without taxonomy, correlation ranges .2 to .7 !
- Take-home messages:
 - Think carefully re Definition Category you want
 - Assess eudaimonia & hedonia as SAME Category
 - Huta & Waterman (2014) provides a list of questionnaires

Introducing an Integrated Definition

- Eudaimonia has 4 elements:
 - AUTHENTICITY: honesty, self-knowledge, integrity
 - MEANING: caring re big picture, understanding, contributing
 - EXCELLENCE: virtue, quality performance
 - GROWTH: self-actualization, learning, maturity
- Hedonia has 2 elements:
 - PLEASURE: feeling good, pleasure, joy, fun, happiness
 - COMFORT: relaxation, ease, absence of pain
- HEMA-Revised
- Getting traction
- For eudaimonia & hedonia in practice: Huta (2015)

Huta & Waterman (2014)

More detailed definitions: Huta (2015) – chapter in Positive Psychology in Practice, 2nd Ed.

ORIENTATIONS

as the Primary Definition Category

- All 4 Definition Categories needed
- But orientations primary
- Measures defining both as orientations:
 - HEMA (Hedonic and Eudaimonic Motives for Activities)
 - Huta & Ryan (2010)
 - AUTHENTICITY, EXCELLENCE, GROWTH; HEMA-R adds MEANING
 - OTH (Orientations to Happiness)
 - Peterson, Park, & Seligman (2005)
 - MEANING
 - Good congruence between HEMA & OTH

**Empirical Support for a Distinction:
Differential Correlations
With Eudaimonic vs. Hedonic
ORIENTATIONS**

Correlations With: Well-being Experiences



| | Eudaimonia | Hedonia |
|---|------------|---------|
| Meaning , value, broad implications | .4 | .2 |
| Elevation , awe, inspiration, transcendence | .4 | .2 |
| Self-connectedness , aware of own values | .4 | .2 |
| Vitality , aliveness | .3 | .3 |
| Satisfaction with life | .2 | .2 |
| Feeling carefree , lighthearted | .0 | .3 |
| Positive affect , happy, joyful, pleased, fun | .2 | .4 |
| Negative affect , anxious, angry, frustr., sad | .0 | -.1 |

CONCLUSION: Need both orientations to derive all types of well-being

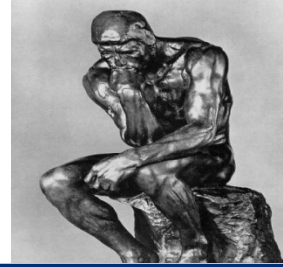
Correlations With: Benefits to Surrounding World



| | Eudaimonia | Hedonia |
|---|------------|---------|
| Make relatives happy , report by relatives | .3 | .0 |
| Make relatives unhappy , report by relatives | .1 | .4 |
| Prosocial behavior | .3 | .1 |
| Proenvironmental behavior | .2 | .0 |
| Minor antisocial behavior | -.2 | .1 |
| Helping others to benefit them | .4 | .1 |
| Helping others to benefit oneself | .3 | .2 |

CONCLUSION: Eudaimonia beneficial to others; hedonia double-edged sword to others; eudaimonia includes others and self

Correlations With: Cognitive Styles, Character Strengths



| | Eudaimonia | Hedonia |
|--|------------|---------|
| Future time perspective | .3 | .0 |
| Present time perspective | .2 | .4 |
| Abstract thinking , behavior identification | .3 | .0 |
| Perspective-taking , consider different views | .3 | .1 |
| Materialistic/concrete thinking , values | -.2 | .2 |
| Introspectiveness | .4 | .1 |
| Wisdom | .3 | .1 |
| Gregariousness | .0 | .2 |
| Playfulness | .1 | .4 |

CONCLUSION: Eudaimonia includes future & present, more abstract;
Eudaimonia has strengths of head, hedonia has strengths of heart

Correlations With: Worldviews



| | Eudaimonia | Hedonia |
|--|------------|---------|
| There is a God | .2 | .0 |
| The universe exists for a greater purpose | .2 | .0 |
| The universe has meaning, whether or not it exists for a greater purpose | .2 | .2 |
| Life has a higher purpose (contribution, achieving excellence, participation, fulfilling unique potential) | .4 | .2 |
| Life's purpose is survival (competition, survival & reproduction) | .2 | .2 |
| The morally right thing to do is always the same | .1* | .0 |
| The morally right thing to do always depends on the situation | .1 | .2 |
| People can create change in the world directly | .3 | .1* |
| Outcomes in peoples' lives are determined by chance | .0 | .1* |

CONCLUSION: Eudaimonia & beliefs in spirituality, greater purpose, moral universality, controllability; hedonia & fatalism

Braaten & Huta (data collection stage, Study 1 complete)

| | Feeling of Meaning | Feeling Happy |
|---------------------------------------|---------------------------|----------------------|
| Eudaimonic orientation | .4 | .2 |
| Hedonic orientation | .2 | .4 |
| Introspectiveness | .2 | .0 |
| Wisdom | .3 | -.1 |
| Gregariousness | .1 | .3 |
| Playfulness | .2 | .4 |
| Being a giver | .3 | -.2 |
| Being a taker | -.1 | .1 |
| Thinking about the future | .1* | -.2 |
| Thinking about the present | .0 | .1* |
| Time with loved ones | .2 | .0 |
| Time with friends | .1 | .2 |
| Number of past negative events | .2 | -.4 |
| Number of past positive events | .4 | .2 |

Baumeister, Vohs, Aaker, & Garbinsky (2013); Huta (2012, 2013, unpubl.); Huta & Ryan (2010)

Empirical Support for a Distinction: Factor Analysis to Show Groupings

ORIENTATIONS to Well-being Come in VERY Different Flavours

| | Eudaimonic | Hedonic |
|--|------------|---------|
| HUTA Prioritizing authenticity, excellence, growth | .7 | |
| SELIGMAN Prioritizing big picture, contribution | .7 | |
| VITTERSØ Prioritizing growth, complexity | .7 | |
| WATERMAN Prioritizing development of potentials | .6 | |
| SELIGMAN Prioritizing engagement, immersion | .6 | |
| CSIKSZENTMIHALYI Prioritizing challenge, skill | .5 | |
| KASSER & RYAN Prioritizing contribution, health | .5 | |
| DECI & RYAN Prioritizing autonomous decisions | .5 | |
| FOWERS Prioritizing goals that are ends, not means | .4 | |
| HUTA Prioritizing pleasure, comfort | | .8 |
| SELIGMAN Prioritizing pleasure | | .8 |
| GROUZET Prioritizing pleasure | | .6 |

| | Eudaimonic Factor |
|----------------|-------------------|
| Hedonic Factor | .35 |

In first table of this slide and the next, factor loadings of .30+ are shown
 In second table of this slide and the next, correlation between factors is shown
 Huta (2015) Currently n=677, data collection ongoing

EXPERIENCES of Well-being Come in SUBTLY Different Flavours

| | Eudaimonic | Hedonic |
|----------------------------|------------|---------|
| E Engagement | .5 | |
| R Relationships | .5 | |
| M Meaning | .9 | |
| A Accomplishment | .9 | |
| Self-connectedness | .8 | |
| Elevation | .5 | |
| Vitality | .3 | .6 |
| Life satisfaction | .5 | .3 |
| P Positive emotions | | .8 |
| Carefreeness | | .9 |

| | |
|-----------------------|--------------------------|
| | Eudaimonic Factor |
| Hedonic Factor | .66 |

Fleshing Out the Definition Categories, and Filling in a Major Gap

...

| Category | Eudaimonic Concepts | Hedonic Concepts |
|---|---------------------|------------------|
| ORIENTATIONS i.e., priorities, motives | | |
| BEHAVIORS i.e., specific activities, such as... | | |
| EXPERIENCES i.e., state subjective feelings, emotions, appraisals | | |
| FUNCTIONING i.e., long-term abilities, achievements | | |

| Category | Eudaimonic Concepts | Hedonic Concepts |
|---|---|-----------------------------------|
| ORIENTATIONS i.e., priorities, motives | Authenticity Meaning Excellence Growth | Pleasure Comfort |
| BEHAVIORS i.e., specific activities, such as... | | |
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| BEHAVIORS i.e., specific activities, such as... | Planning Volunteering Thanking | Partying Shopping Entertainment |
| EXPERIENCES i.e., state subjective feelings, emotions, appraisals | | |
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| FUNCTIONING i.e., long-term abilities, achievements | Autonomy & Integration Growth & Insight Purpose developed Self-realization Maturity Accomplishment Self-regulation | Savoring ability Sensuality Ability to let go Playfulness Spontaneity Healthy selfishness |

Why Does it Matter??



Complementary Decision Processes, Different Brain Regions

Hedonic vs. Eudaimonic =

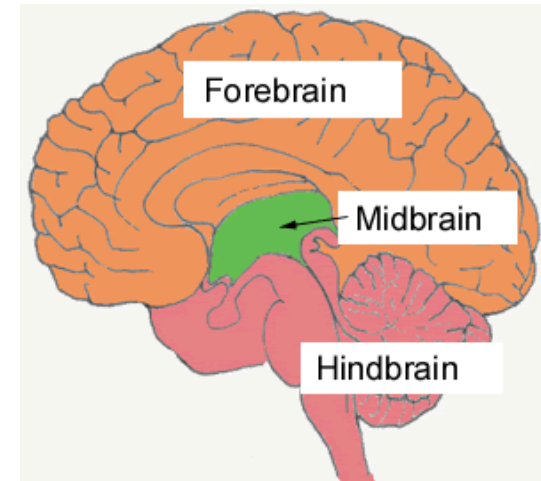
Now vs. Now & future

Me vs. Me & others

Affective/visceral vs. Cognitive

Concrete vs. Abstract

Take vs. Invest



Hedonia vs. Eudaimonia =

“Hot” brain systems vs. “Cold” brain systems

Hindbrain & midbrain vs. Forebrain

Old systems vs. New systems unique to humans

Why Both?

- Hedonia = more fundamental
- Eudaimonia = higher

- Combination (full life) linked to higher well-being
- Keep each other in check
- Mutually supporting roles
- Interplay over time

Combination linked to higher well-being: Huta & Ryan (2010); Peterson, Park, & Seligman (2005); Behzadnia & Huta (in prep.)

Eudaimonia is Largely a Choice, Subtly a Call

- A constitutive value
 - An end in itself
 - For beauty

Thank you!

Supplemental Slides

HEMA (Hedonic and Eudaimonic Motives for Activities)

- To what degree do you typically approach your activities with each of the following intentions, whether or not you actually achieve your aim?
 - Seeking enjoyment
 - Seeking pleasure
 - Seeking fun
 - Seeking relaxation
 - Seeking to take it easy
 - (Seeking to have things comfortable)

 - Seeking to develop a skill, learn, or gain insight into something
 - Seeking to pursue excellence or a personal ideal
 - Seeking to use the best in yourself
 - Seeking to do what you believe in
 - (Seeking to contribute to others or the world)

Fleshing Out the Definition Categories, and Filling in a Major Gap

...

All 4 Definition Categories: Huta (2016a,b)

ORIENTATIONS : Bauer & McAdams (2004); Csikszentmihalyi (1975); Deci & Ryan (1985); Fowers, Molica, & Procacci (2010); Grouzet, Kasser, Ahuvia, Dols, Kim, Lau, et al. (2005); Huta (2015); Huta & Ryan (2010); Peterson, Park, & Seligman (2005); Vittersø, Oelmann, & Wang (2009)

BEHAVIORS :Steger, Kashdan, & Oishi (2008)

EXPERIENCES: Deci & Ryan (2001); Delle Fave, Massimini, & Bassi (2011); Delle Fave & Massimini (1988); Diener, Suh, Lucas, & Smith (1999); Vittersø, Dyrddal, & Roysamb (2005); Waterman (1993)

FUNCTIONING: Fowers, Molica, & Procacci (2010); Keyes (2002); Ryan & Deci (2001); Ryff (1985); Waterman, Schwartz, Zamboanga, Ravert, Williams, Agocha, et al. (2010)