

Era of well-being -What humans should do

Modern society is in an era of environmental problems, poverty, wars, and pandemics, all of which have exposed the limitations of capitalism. To overcome this situation, we should build a society that puts well-being first. This talk will discuss this historical need for wellbeing. Next, we will discuss the foundations of wellbeing and happiness studies. I will discuss the "four factors of happiness" obtained through factor analysis of mental factors: the "Let's try" factor (self-actualization and growth factor), the "Thank you" factor (human relations and gratitude factor), the "You can do it" factor (optimism and positivity factor), and the "Be yourself" factor (independence and identity factor).

現代社会は、環境問題、貧困、戦争、パンデミックなどが山積し、資本主義の限界が露呈した時代である。この状況を打開するためには、幸福を第一に考える社会を構築すべきである。このような歴史的なウェルビーイングの必要性について述べる。次に、ウェルビーイングと幸福学の基礎について述べる。すなわち、精神的要因の因子分析によって得られた「幸福の4因子」(「やってみよう」因子(自己実現・成長因子)、「ありがとう」因子(人間関係・感謝因子)、「やればできる」因子(楽観性・積極性因子)、「自分らしく」因子(自立性・同一性因子))について述べる。

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5:10pm
6:50pm

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Application deadline
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