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Happiness

IN A MULTICULTURAL WORLD

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Findings: 14.8% of the variance in 'Satisfaction with life' was explained by ROV: 'Freedom' (7.1%), and 'contribution to society' (7.7%), and 22.3% by demographic variables. Only realization of 'Freedom' entered the predictive formula of 'Satisfaction with health' ($R=.224$). None of the indices expressing P-E Fit of EOSI entered the formulas; neither did the indices of SON.

Discussion: the possible overlaps of the three P-E Fit dimensions and their meaning; the findings significance for the documented higher life expectancy of religious individuals, their relations to fanatic suicide bombers, the meaning of the findings for research of well-being and quality of life.

KEYWORDS: P=E Fit; values; satisfaction with life; health; kibbutz

Associations of healthy life style, personality traits and quality of life in early adulthood

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Background: In the modern world, the problem of human health is becoming increasingly important. Health improvement and maintenance are the main conditions of a human positive development. The state of human health and lifestyle determine the quality of one's life. According to the existing research results, various features of the Big Five can have different effects on a healthy lifestyle. In the present work we studied associations of healthy lifestyle, quality of life and personality characteristics among men and women in early adulthood.

Methods: Participants were 136 young men (51 males – 37,5%), $M(\text{age}) = 17,86$ years ($SD=0,646$). Methods used: Health Status Survey SF-36, Health-Promoting Lifestyle Profile (Walker), Big Five Inventory (John et al.).

Findings: We found that girls had more developed nutrition culture, were able to build constructive relationships with people; young men had higher physical activity. Girls had a higher level of self-awareness and cooperation. In men, a healthy lifestyle is associated with general health, vitality, mental health, strong-willed personality component, culture of communication, and desire for self-improvement. For women, healthy lifestyle was associated with the absence

of interference from health in functioning, vital activity, mental health, benevolent, culture of communication, openness to experience and desire for self-improvement.

Discussion: Study revealed statistically significant gender differences in indicators of healthy lifestyle, personality traits and quality of life. Physical activity, desire for self-development, high level of self-awareness, openness to experience, the ability to build favorable relationships with people and emotional stability provided higher scores of quality of life.

Evidence-based interventions to enhance personal well-being: A review

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This presentation involves an integrative review of the scholarly literature on personal well-being interventions. The review covers experimental evidence regarding the effectiveness of fifteen major interventions: using character strengths, expressing gratitude, cultivating hope and optimism, avoiding overthinking and social comparison, practicing kindness, nurturing social relationships, developing strategies for coping, learning to forgive, increasing flow experience, savoring life's joys, committing to goals, practicing religion and spirituality, meditation, physical activity, and acting like a happy person. The effectiveness of these interventions is gauged using a variety of well-being measures such as positive/negative affect, life satisfaction, and eudaimonia. Supportive evidence for each intervention is discussed and interpreted in light of several possible mechanisms of action. This review also discusses factors that moderate the effect of well-being interventions on personal happiness: personal, intervention, person-fit, measurement/methodological, and contextual factors. Not only are personal well-being interventions effective in improving positive emotions, life satisfaction, and/or psychological well-being, there is also evidence to suggest they can decrease negative behavioral outcomes such as anxiety and depression. However, not all well-being interventions provide equal benefits