

MINDFULNESS, REMEMBERED AND EXPERIENCE HAPPINESS

Abstract of thesis entitled:

The relationship between mindfulness, remembered and experienced happiness.

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Abstract

People always strive for happiness. According to Daniel Kahneman, there are two types of happiness, namely remembered happiness and experienced happiness. Remembered happiness is related to how people are satisfied with their lives. Experienced happiness is the momentary affect that one is experiencing from time to time (Kahneman & Tversky, 2000; Kahneman, 2013). Mindfulness, which includes the psychometric properties that encourage attention to momentary experience with non-attached, non-judged and non-reacted attitudes, may improve both remembered happiness and experienced happiness.

This paper aimed to explore 1) the relationship between remembered happiness and experienced happiness; and 2) the relationship between mindfulness, remembered happiness and experienced happiness.

201 participants were recruited to fill out a set of questionnaires to measure their remembered happiness in terms of satisfaction with life, experienced happiness in terms of momentary positive and negative affect and mindfulness-related attributes in terms of the five facets of mindfulness. Correlational analysis indicated that 1) remembered happiness was associated with positive affect but not negative affect; and 2) mindfulness is associated with both

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remembered happiness and experienced happiness. Regression analysis also suggested that mindfulness could predict remembered happiness and experienced happiness.

The results shed light in future study of the causality of mindfulness and both remembered and experienced happiness and possible use of mindfulness training to improve overall well-being.

Keywords: mindfulness, remembered happiness, experienced happiness, satisfaction with life, positive affect, negative affect.