Contents

Abstract ................................................................. ix

Introduction ......................................................... xi

1 Understanding the Construct of Positive Well-Being and Happiness ............................................ 1

2 Why Study Children’s and Adult’s Well-Being, Including Their Happiness? ............................... 5

3 The Assessment of Happiness in Adults and Children ............... 19

4 Predictors and Correlates of Well-Being ......................... 35

5 Similarities and Differences: Correlations and Predictors of Positive Well-Being in Adults and Children .................. 39

6 Application of Theory to Positive Well-Being in Children .......... 57

7 Individual Differences ............................................. 61

8 Are Children Happy? ............................................... 67

9 Enhancing Children’s Well-Being ............................ 69

10 Future Research .................................................. 73

11 Conclusion ......................................................... 87
Happiness in Children
Measurement, Correlates and Enhancement of Positive Subjective Well-Being
Holder, M.D.
2012, XI, 87 p., Softcover
ISBN: 978-94-007-4413-4