

**BFH Presentation Research Organizer**

For each of your 6 chosen journals/books, you must complete the following organizer outlining your choice and your findings. Please feel free to submit an electronic version of this form. If you complete it by hand please write very neatly.

Title: **Maslow's Hierarchy of Needs: A Framework for Achieving Human Potential in Hospice** Author: **Robert J. Zalenski and Richard Raspa**

Page #’s / sections examined: **1120 - 1126** Location you obtained it: **Journal of Palliative Medicine. => Gale Database**

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| **Abstract (One paragraph full-sentence summary of your source):**  *In the article, they reviewed Maslow’s hierarchy and adapted it to patient care. This framework is shown to be beneficial with a case example provided with a discussion on its implications for patient care, education and research. The adapted version of Maslow’s hierarchy are (1) addressing base level symptoms, such as pain or dyspnea; (2) addressing fears for physical safety, of dying or abandonment; (3) affection, love and acceptance in the face of devastating illness; (4) esteem, respect, and appreciation for the self; (5) self-actualization and transcendence. Maslow’s modified hierarchy of palliative care needs could be utilized to develop a healthy life for those during the most troubling times.* |

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| **Why did you choose this source over others in your list or what does this source give to your presentation that the others cannot? Explain in detail (full sentence)**  *I chose this source as it provided a unique insight into helping those achieve happiness during the most difficult periods in one’s life. The general thought is that the last phases of life are dark and painful; however, it is shown through this study that it is possible to develop a happy and meaningful existence during these times. This unique insight can be extrapolated to our understanding of our troubling times and how to provide self-help to find our own happiness.* |

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| What are the limitations of this source that must be examined before your presentation? Meaning… what questions will my peers ask to devalue this source’s direction? Full-sentence!  **(Age, Academic, Author Credibility, Place of Pub., Research Quality, Length, Purpose, Application, Bias, Repetition, Etc.)**  *The limitations are that the methods described may not extend directly to our lives. Considering the subject in question, in the paper, it is experiencing the end of their lives and thus actions and perspectives are drastically different.*  *Secondly, this paper was not published by those working in philosophy but of a social worker and medical practitioner and the ideas discussed may not be as rigorous and philosophical concrete as a philosophy journal.* |

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| **Key statement/idea/passage**  **These may end up as direct references in your presentation** | **Page #’s** | **Your Perception: Response, connections or applications to life / other sources, strength/weakness or the point, questions raised, connect to your thesis?** |
| *“We propose that the relief of physical pain is a first-order need… Patients in severe pain often yearn for death as the great relief.”*  *Fears might be about falling or physical safety. Fears can be about the way one might die, such as choking, suffocating, drowning, or they may concern the fear of death and the end of existence itself.*  *people naturally wonder if they are still loved or even lovable.*  *At the fourth level, the inability to accompany family or friends in usual activities can lead to*  *doubts about one’s ability to enjoy life with others.*  *Maslow’s hierarchy suggests that addressing the first four needs—symptom control, safety, belongingness, and esteem—is valuable in itself as well as for the potential to achieve self-actualization and transcendence.*  *At each stage of his illness, Frank began to express gratitude for the life and time that he had, in contrast to so many that he knew.* | 1123  1123  1123  1123  1124  1126 | Physical pain is the one of the most important factors to eliminate first. This is probably due to its direct impact on well being and the quality of our existence. If these needs aren’t met it is very difficult to step upwards even if we aren’t limited by the permutation of Maslow’s hierarchy.  Secondly, security is very important. These are almost physical needs that have to be addressed by others and by aid. Security cannot be self-provided. One cannot think they are safe and actually be safe. Your safety is apparent, measurable and very “real”.  At the third level of Maslow’s, it can be argued that these issues are self-created. These are things that one can achieve without the aid of others and are also issues that cannot be easily measured. It is not easy to measure how much people love you versus if you are safe or in danger. Feeling that nobody loves is both a people and a self problem.  Like the one before, the higher in the hierarchy the more the problem has to do with the person itself. These are almost completely problems with perspective and mindset.  This may be a true step towards enlightenment however it may be false in assuming automatic transcendence. It’s like saying that 4th lvl Maslow’s IS 5th lvl Maslow’s Because there’s no requirement for the 5th level other than to obtain the 4th level.  The concept of gratitude is so important in finding happiness and fulfillment in the life we were given. This is important to cover. |



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Title: **Is It Possible to Become Happier? (And If So, How?)**

Author: **Kennon M. Sheldon1\* and Sonja Lyubomirsky2**

Page #’s / sections examined: **129 - 145** Location you obtained it: **© 2007 The Authors Journal Compilation © 2007 Blackwell Publishing LtdSocial and Personality Psychology Compass**

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| **Abstract (One paragraph full-sentence summary of your source):**  Increase one’s subjective well-being based on a sustainable happiness model. This happiness model specifies conditions under which this may be accomplished. There are 3 predictors to this model, the first is on demographic/circumstantial, temperament/personality, and intentional/experiential. When introducing the sustainable happiness model, changing one’s goals and activities in life is the best route to sus-tainable new SWB (state of well being). However, the goals and activities must be of certain positive types, must fit one’s personality and needs, must be practiced diligently and successfully |

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| **Why did you choose this source over others in your list or what does this source give to your presentation that the others cannot? Explain in detail (full sentence)**  *I chose this source as it provided insight into the problems within the hedonic treadmill and seeks to help resolve the issues related to the search for happiness and meaning. It offers an alternative perspective that happiness can be improved beyond the baseline we are given. Hedonic treadmill suggests that we all have a set point however, this paper argues that this set point can be increased.* |

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| What are the limitations of this source that must be examined before your presentation? Meaning… what questions will my peers ask to devalue this source’s direction? Full-sentence!  **(Age, Academic, Author Credibility, Place of Pub., Research Quality, Length, Purpose, Application, Bias, Repetition, Etc.)**  *The limitations were described by the authors of the paper. The idea here is that the majority of the applications of Epicurus philosophies were impractical and unachievable. This is because his ideas fitted to the people of his times versus the different social dynamics now. For example marriage work and life styles.* |

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| *3.1.1 Don’t fear the gods Epicurus claims that the gods exist because we have clear knowledge of them.1 They are happy and immortal, indestructible and blessed animals (Epicurus, 1994, p. 123). The gods are in a state of bliss, and are only occupied with the continuance of their own happiness. They do not have any needs, are invulnerable to any harm and do not concern themselves with the human world.*  *3.1.2 Don’t worry about death*  *when you are dead you cannot deal with death and when you are alive you don’t have to worry about death either since death is not yet present. There is no life after death, as Epicurus puts it: ‘...it [death] is relevant neither to the living nor to the dead, since it does not affect the former, and the latter do not exist’*  *Epicurus states that what is pleasurable is easy to get; it is not difficult to achieve the state of absence of pain*  *Bodily discomfort can be outweighed by the mental pleasure of reliving past kinetic pleasures and anticipating future ones.* | 401  402  403  404 | humans, often beat ourselves over the fear of displeasing the heavens and thus we bring upon much stress and anxiety into our lives.  Epicurus believed that we should be aware that we can make no amends with the Gods  Look we’re all terrified of it. I am too. We often live our lives terrified of this uncertainty, but we really shouldn’t. Instead, death should be comforting because we know that life is limited  Epicurus’ great revelation is realizing that the truly necessary things in life are quite easily satisfied. The things that are super difficult to obtain are simply unnecessary. We don’t really need a new car or mansion, so why bother trying to obtain them? We have everything around us to keep us alive and well  Things can never get infinitely difficult. Epicurus understood that you can always choose to end your life and cut off the pain. |

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Title: **Happiness in the Garden of Epicurus**

Author: **Ad Bergsma Æ Germaine Poot Æ Aart C. Liefbroer**

Page #’s / sections examined: **398- 414** Location you obtained it: **Springer Science+Business Media B.V. 2007**

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| **Abstract (One paragraph full-sentence summary of your source):**  This paper explains and recounts the position that Epicurus suggested and reconsider its applicability for the modern day. We conclude that Epicureanism is accurate in describing the ideal happiness that serves to deal with hard emotional content. His idea relies on the absence of pain to generate happiness and that this comes through the four basic truths. It made him assume that happiness automatically follows if one is in the right state of mind, and that there is no desire for interaction with the environment for the betterment of the circumstances of life |

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| **Why did you choose this source over others in your list or what does this source give to your presentation that the others cannot? Explain in detail (full sentence)**  *I chose this source as it bases its idea of happiness through the perspectives of a stoic. This perspective allows me to see a direct contrast with the hedonic philosophies. In my opinion, Epicurus’ teachings is very contradictory to our personal beliefs of happiness / pleasures and thus.* |

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| *Another intriguing fact is that as coun-tries become wealthier over time, their citizens’ happiness does not increase …. The conclusion of the research discussed so far then is that money is necessary, but not a sufficient, determinant of happiness.*  *In short, an unsettling implication of the heritability data is that SWBcannot be changed. You and your clone will, of course, vary over time,sometimes falling below and sometimes rising above the SWB level predicted by your genes (although the particular genes involved are yet undiscovered)*  *hedonic adaptation (see Frederick & Loewenstein, 1999, for a review).People are very good at adjusting to their circumstances, so that what was originally a source of joy (or irritation) becomes part of the unnoticed background, losing its power to impact them.*  “summarizing what we have observed so far: that about10% of the variance in SWB can be explained by relatively static demo-graphic and circumstantial factors and that about 50% of the variance can be explained by genetics”  *i) fit one’s personality, dispositions, and needs; (ii) vary in their content so that the effects of hedonic adap-tation are minimized; and (iii) vary in their timing, again to minimize the effects of hedonic adaptation.*  *“As this reasoning illustrates, the sustainable happiness model construes activity’ very broadly, potentially encompassing cognitive as well as behavioral forms of activity. The model also encompasses volitional activ-ity, as observed when people pursue particular personal goals. For exam-ple, Sheldon and Elliot (1999) showed that, ultimately, it was the successful pursuit of self-appropriate goals that produced a greater accu-mulation of small satisfying experiences in daily life”*  *Activities that have thus far received experimental support include contemplating best possible selves, cultivating gratitude,being kind, replaying happy life events, savoring daily experiences, and employing one’s strengths, among others In addition to revealing that the type of activity matters, the self-selection X activity-type interaction found by Dickerhoofet al.* | 131-132  133  133  134  136  137  142 | This is interesting as it notes that not all factors actually relate to improving happiness. Even obvious measures such as money and wealth.  Infact, money doesn’t necessarily alleviate the problems one faces. It is true that poor nations suffer from low “happiness” levels but that is in part due to the political climates, and natural resource issues that make life difficult.  A big problem within the hedonic treadmill is the issues related to one’s ability to experience happiness. This experience is largely related the person’s set point. Which is their baseline happiness which is determined by heritability. This is the ultimate reason as to why the cases of unhappiness is so difficult to solve. A majority of our experiences are rooted by biological needs.  This new issue is caused by our ability to adapt to our happiness levels when things change. We become quickly accustomed to the new “happier life” and it becomes our baseline lifestyle. It doesn’t really make us happier but makes us stay the same.  This is an important statistic in terms of the factors affecting our state of well being. These are circumstance, intentional activity and set point. Set point is a baseline that we always have and  SWBt = β0(set point) + β1(effects of circumstances) +β2(effects of activity) + error  These are the important traits for people to follow in terms of alleviating issues. Interesting take. Might use later.  This is interesting as it relates to the concepts in maslow’s hierarchy of needs. The idea that a majority of the problems within our lives are internal and part of our own perspectives. Circumstance doesn’t dictate our happiness as much as we think. The issues is when we let our circumstance dictate our perspective.  Yes, it may be possible to become a happier person, and emerging research is supplying concrete and experimentally validated information on how this can be accomplished. |

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Title: **Dynamic spread of happiness in a large social network: longitudinal analysis over 20 years in the Framingham Heart Study**

Author: **James H Fowler, associate professor,1 Nicholas A Christakis, professor2**

Page #’s / sections examined: **1-9** Location you obtained it: **BMJ 2008;337:a2338 [British Medicine Journal]**

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| **Abstract (One paragraph full-sentence summary of your source):**  The goal is to evaluate the person to person spread of happiness and whether niches of happiness are within the social networks. Happiness is measured with the validation four item scale. The result was that people who were central to the network are more likely to become happy in the future. This has been seen to positively affect people by 25% and this affect is extended to a degree 3 social separation. This is mostly a result of mimicry and other forms of contagion through social interactions. |

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| **Why did you choose this source over others in your list or what does this source give to your presentation that the others cannot? Explain in detail (full sentence)**  *I choose this source because it gave an in -depth study that spans over 70 years of close research on a large dataset. The Framingham Heart study follows 5000 people as they live their lives and how happies has affected their existence on earth. This research is unique and offers insights that other studies on this topic doesn’t provide and thus I chose this article. Also it has a lot of statistics to back up observations.* |

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| What are the limitations of this source that must be examined before your presentation? Meaning… what questions will my peers ask to devalue this source’s direction? Full-sentence!  **(Age, Academic, Author Credibility, Place of Pub., Research Quality, Length, Purpose, Application, Bias, Repetition, Etc.)**  *The limitations of this study is that it lacks the insight into why these effects occur. It offers suggestions and conjectures on what's happening but fails to recognize the actual root cause.*  *There may also be significant bias in the research conducted. As the sample is from people of one geographic and isn’t as broad range as many other research is done.* |

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| *Clusters of happy and unhappy people are visible in the network, and the relationship between people’s happiness extends up to three degrees of separation (for example, to the friends of one’s friends’ friends).*  *Longitudinal statistical models suggest that clusters of happiness result from the spread of happiness and not just a tendency for people to associate with similar individuals. A friend who lives within a mile (about 1.6 km) and who becomes happy increases the probability that a person is happy by 25%*  *People with more friends will tend to be more central. But this measure does not account for differences in the centrality of one’sfriends. Individuals who are connected to many well connected peers are more central than those who are connected to an identical number of poorly connected peers. In other words, those who befriend popular people will tend to be more central than those who befriend the unpopular*  *. An ego is 45% (4% to 122%) more likely to be happy if a friend who was examined in the past half year becomes happy. In contrast, the effect is only 35% (6% to 77%) for friends who were examined within the past year, and it declines and ceases to be significant at greater periods of time.* | 1  1  4  7 | This is an interesting observation of how friends affect the feelings and the moods of others during times and tribulations and how this is the most important factor.  Interesting statistics on how much friends affect the moods of you and the people around you. People with a degree of separation that's fairly close will only have any sort of real affect to your life.  Another interesting statistic on the effects of befriending popular people. Since popular people are more connected in the social world, they have a higher likelihood of dragging down the overall happiness of you and the people around you.  However being more central does have benefits if you know they are happy. This means you are statistically closer to those who are happier than those who are not.  This is the precise statistics on how much impact happy people have towards your well being. |