Positive Psychology has been researched in last decades. As Seligman argued, Positive psychology tackles theme of how people can live better, or attain well-being, positive emotion and other positive features in life. Field of psychology was largely focused on pathology, and trying to fix severe problem in human’s mental health. However, just fleeing from any severe mental distress does not mean having good life. Thus, positive psychology is becoming important in field of psychology to tale balance of the entire field and to develop more knowledge of positive aspect of life, such as well-being, contentment, happiness. (M. E. P. Seligman & Csikszentmihalyi, 2000). Filed of positive psychology has developed some important idea and theory in its development and development some application of that theory to actually boost people’s happiness, or well-being.

In this paper, a type of application of positive psychology, known as positive activity intervention is discussed. Positive Activity Intervention (PAI) is simple, self-administrated activity to enhance happiness of the person performing them. These are designed by mirror behavior and thought of naturally people and example of positive activity intervention is something like, writing a letter of appreciation, counting one’s blessings, practicing act of kindness and so on(Layous & Lyubomirsky, 2014). There are many evidence that these PAI has positive effect on one’s life. Seligman examined 5 PAI under rigorous design using placebo test and concluded that all of them have at least short term positive effect on participants life(Martin E. P. Seligman, Steen, Park, & Peterson, 2005). A meta-analysis conducted by Lyubomirsky concluded that combined results of 49 studies reveled that PAI significantly enhances one’s SWB. However, even though there are many literature that shows PAI actually do work, most of the studies are conducted in relatively shorter period. For example, all of experiment used in Lyubormisky’s meta-analysis is conducted in less than three months. It is important to pay attention this fact, because how long boost in happiness lasts is another major concern in field of positive psychology.

Hedonic Treadmill is a theory in positive psychology which is advocated by Brickman and Cambell. They pointed out that people tends to adapt to changes in external environment both in positive and negative way (Brickman & Campbell, 1971). This theory basically state that people have their own set point of happiness and their happiness level always jump back to the set point short time after major change in life circumstances. Thus, it is natural to think that effect of PAI is also not long lasting and after a while, level of happiness jumps back to one’s set point. Actually, research of Seligman showed that for some kind of intervention, the effect lasted only for shorter period ranging one week to one month.(Martin E. P. Seligman et al., 2005) Research by Sheldon et al. also suggest that hedonic adaptation can be applied to PAI as well. They research importance of variation of PAI and they found out that when participants engaged in same activity for 10 weeks, no significant increase in level of happiness was observed, whereas when they are instructed to engage variety of activities, their level of happiness boosted significantly.(Sheldon, Boehm, & Lyubomirsky, 2012). It also suggest that continuing same activities for 10 weeks can cause hedonic adaptation. However there are some activities last for longer time. For example, for “listing three good things”, and “signature strengths in a new way”, the effect was lasted for 6 month even though the instruction was to keep the activity just for one week.

The question is “what is the difference between activities which has longer effect and activities which has shorter positive effect”. Also, extent to how long these effect last is tings to researched, because most of past research was conducted for rather shorter term. One clue to the first problem is advocated by Lyubomirsky. She suggested that positive intervention has develop tools to boost positive emotions. She argued that engaging in PAI teach people to boost positive emotion relatively effortlessly, and increases overall positive emotions in one’s life. As positive emotion is said to boost well-being according to Broaden-and-Build Theory advocated by Fredrickson(Fredrickson, 2001).

The Hypothesis of this paper is that some kind of PAI has long lasting effect because the activity teaches people to utilize the act whenever they need to boost positive emotion. This hypothesis is consistent with the prior example of Seligman. Seligman pointed out that the reason why some kind of PAI has long lasting effect is that participants keep practicing the activity event though they are not instructed to do so(Martin E. P. Seligman et al., 2005)Se. The hypothesis explain it because people kept practice could tend to enjoy the activity and they can utilize it effortlessly and it is relevant to boost their positive emotion.