For the second mini experiment, I took the PANAS questionnaire twice. First, I took it before I had dinner. Then, I went to prepare for my dinner and had my dinner while watching videos. My average scores for the first time was positive score 25.8, negative score 15.2. For the second time, my average positive score was 29, and my average negative score was 8.

According to this survey, my positive score didn’t increase too much after I had the dinner, but my negative score decreased quite a lot. Maybe it is because cooking is not an enjoyable process for me, so my positive score didn’t increase a lot. However, cooking is always a process that can make me feel calm and relaxed. As a result, my negative score went down a lot. It is also corresponded with the study that states that positive and negative affect are independent with each other.

This survey is used to measure subjective well-being. However, it is too subjective for me to decide how much score should I give to each field. Sometimes, it is very hard for me to choose a score just based on one word. It would be better if the survey could provide us a sentence to let us understand the attributes better.