**Learning Journal Unit 7**

University of the People

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**Reflections on the Oxford Happiness Questionnaire and Personal Well-Being**

The Oxford Happiness Questionnaire provided an insightful measure of my current happiness level. After completing the survey, I calculated a score of [Insert Score], which falls into the category of [Insert Category, e.g., "rather happy"]. This rating suggests that I generally experience positive emotions and satisfaction in my life, which aligns with my perception of my well-being. However, the process of reflecting on each statement has given me a deeper understanding of the factors contributing to my happiness and areas that may need improvement.

**Agreement with the Score**

I largely agree with the score because it reflects my general outlook and daily experiences. My ability to find joy in small moments and maintain a sense of optimism about the future likely contributed to a higher score. That said, some responses, particularly those related to energy and life satisfaction, made me pause and reconsider aspects of my well-being that I may have overlooked. For example, while I feel content in many areas, I occasionally experience a gap between my aspirations and accomplishments, as noted in questions about purpose and achieving goals.

**Impact on Perceptions of Happiness**

This test did shift my thoughts on happiness in some ways. It highlighted that while I score well in areas of cheerfulness and finding beauty in life, there are domains—such as feeling in control of life and aligning actions with purpose—that warrant attention. It’s reassuring to see tangible areas of strength, such as maintaining positive relationships and appreciating life’s rewards. At the same time, I’ve realised that addressing subtle sources of dissatisfaction could elevate my overall happiness.

**Desire for Change**

The questionnaire encouraged me to consider changes to enhance my well-being. Specifically, I’d like to focus on managing stress and fostering a stronger sense of purpose. Implementing structured time for reflection or journaling might help bridge the gap between my goals and actions. Additionally, exploring interventions like gratitude exercises or mindfulness practices, as suggested on the questionnaire’s website, could cultivate a greater sense of fulfilment.

**Happiness and Its Elements**

The textbook’s description of happiness as encompassing the pleasant life, the good life, and the meaningful life resonates deeply with me. Reflecting on these dimensions, I feel that while I enjoy moments of pleasure (e.g., hobbies and social interactions) and strive for a good life (e.g., engaging in fulfilling work), the meaningful life may need more focus. The sense of contributing to something larger than myself is sporadic rather than sustained. This realisation encourages me to pursue activities with greater altruistic value, such as volunteering or mentoring, to align with this element.

**Conclusion**

The Oxford Happiness Questionnaire has been a thought-provoking exercise in self-awareness. Its emphasis on specific components of happiness encourages actionable changes to improve well-being. By addressing areas of improvement, such as purpose and control, and embracing practices rooted in gratitude and mindfulness, I hope to create a more balanced and fulfilling life. The test also reinforces the importance of viewing happiness as a dynamic state, shaped by deliberate actions and attitudes.

**References**

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Seligman, M. E. P. (2002). *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*. Free Press