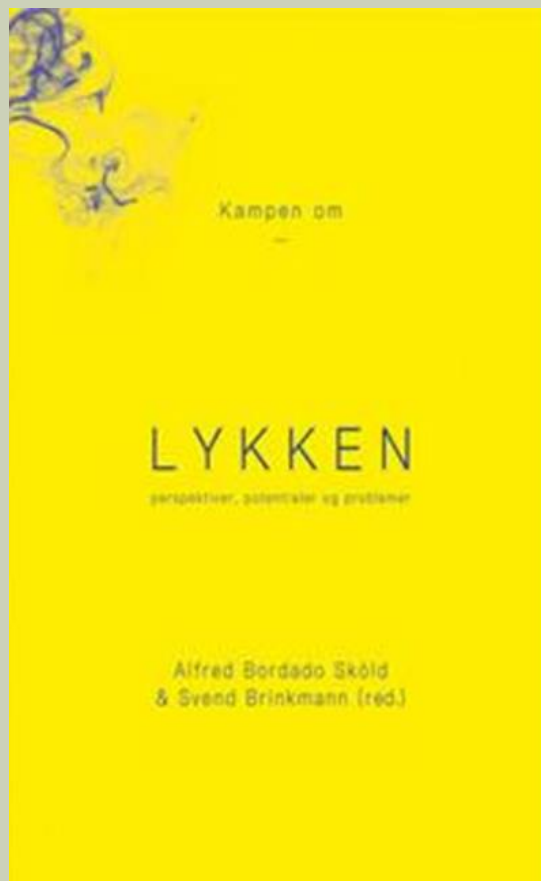


HVAD ER LYKKEN?



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Aalborg universitet
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HAPPINESS IS



...cooking with wine.

HAPPINESS IS



...getting a gift that you really love.

HAPPINESS IS



...not having to set the alarm for the next day.

HAPPINESS IS



...when reality is better than expectations.

HAPPINESS IS



...returning to my bed after a long day.

HAPPINESS IS



...doing absolutely nothing.

HAPPINESS IS



...loving and being loved.

HAPPINESS IS



...learning a new language.

HAPPINESS IS



...when someone says you're beautiful.

HAPPINESS IS



...when someone else catches the spider in the bathroom for you.

HAPPINESS IS



...seeing your parents in good health.

HAPPINESS IS



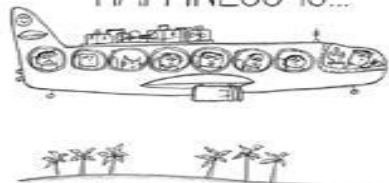
...making someone laugh.

HAPPINESS IS...



peeling the protective sticker off a new gadget

HAPPINESS IS...



landing somewhere new

HAPPINESS IS



...eating whatever I want and not putting on weight.

HAPPINESS IS



...seeing your ex with someone uglier than you.

SAMFUNDSMÆSSIGE BETINGELSER FOR DISKUSSIONEN OM DET LYKKELIGE LIV

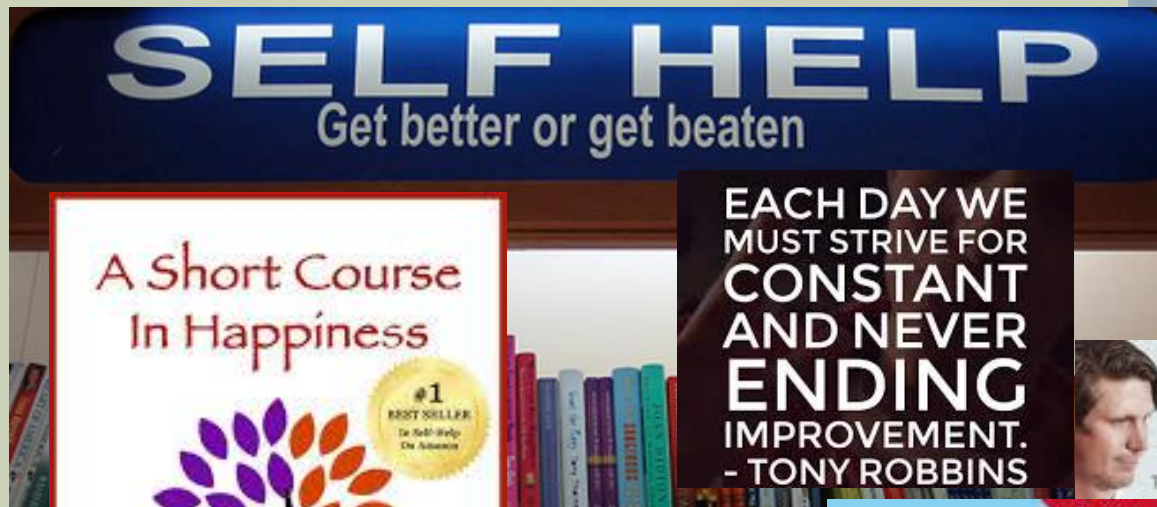
- Individualisering
- Sekularisering
- Inderliggørelse
- Patologisering
- Instrumentalisering
- Social acceleration

Til dig der har prøvet coaching,
mini MBA og mindfulness.

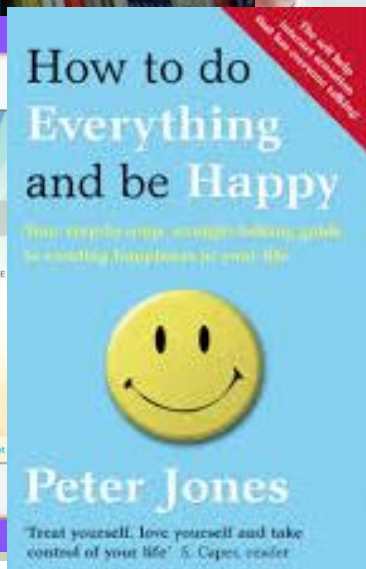
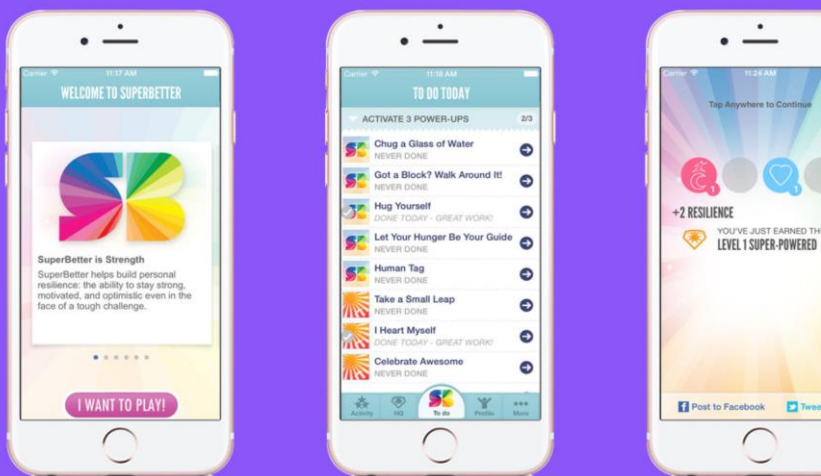
Audi A4 Avant. Beskatningsgrundlag fra 352.710 kr.*



LYKKEINDUSTRI OG TVANGSLYKKE?



EACH DAY WE MUST STRIVE FOR CONSTANT AND NEVER ENDING IMPROVEMENT. - TONY ROBBINS



MEN HVOR ER TYCHE BLEVET AF?

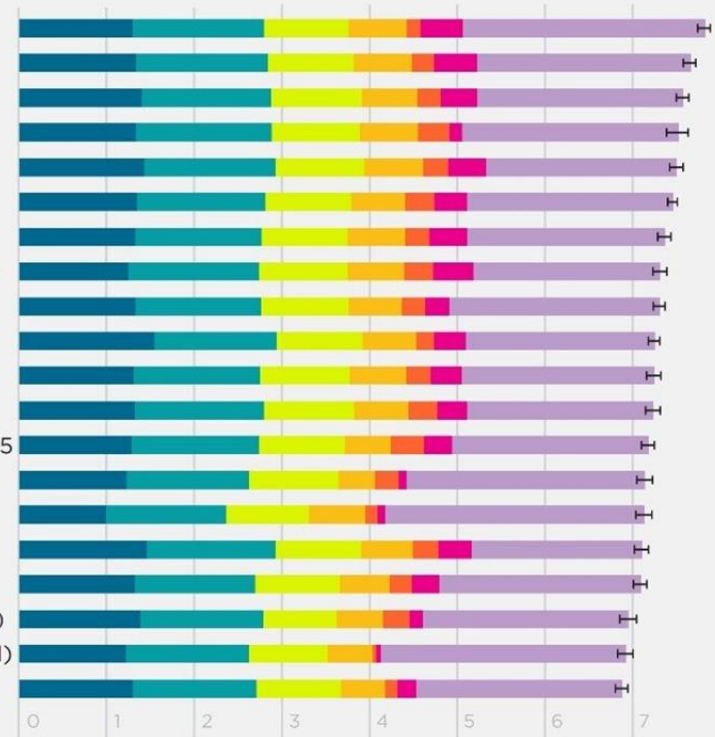


DET DANSKE LYKKEPARADOKS



Ranking of Happiness 2017-2019

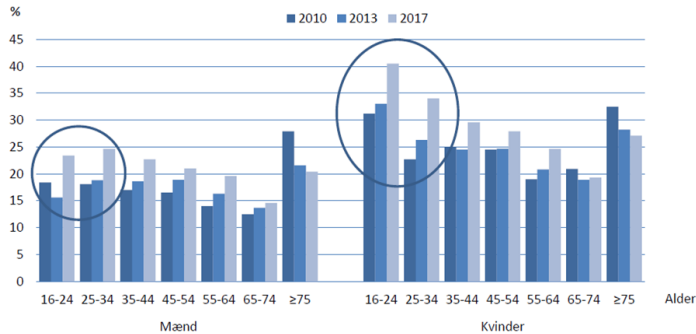
1. Finland (7.809)
2. Denmark (7.646)
3. Switzerland (7.560)
4. Iceland (7.504)
5. Norway (7.488)
6. Netherlands (7.449)
7. Sweden (7.353)
8. New Zealand (7.300)
9. Austria (7.294)
10. Luxembourg (7.238)
11. Canada (7.232)
12. Australia (7.223)
13. United Kingdom (7.165)
14. Israel (7.129)
15. Costa Rica (7.121)
16. Ireland (7.094)
17. Germany (7.076)
18. United States (6.940)
19. Czech Republic (6.911)
20. Belgium (6.864)



- Explained by: GDP per capita
- Explained by: generosity
- Explained by: social support
- Explained by: perceptions of corruption
- Explained by: healthy life expectancy
- Dystopia (1.97) + residual
- Explained by: freedom to make life choices
- 95% confidence interval

Udvikling – Højt stressniveau

2010: 20,8% 2013: 21,3% 2017: 25,1%



HVAD GØR OS LYKKELIGE?

Happiness in Different Activities (fixed effects regression model)

Happy (0–100) Activities (in rank order)	Coefficient	t
Intimacy, making love	14.20	(44.4)
Theatre, dance, concert	9.29	(29.6)
Exhibition, museum, library	8.77	(25.0)
Sports, running, exercise	8.12	(45.5)
Gardening, allotment	7.83	(22.8)
Singing, performing	6.95	(17.5)
Talking, chatting, socialising	6.38	(75.2)
Birdwatching, nature watching	6.28	(11.4)
Walking, hiking	6.18	(37.0)
Hunting, fishing	5.82	(3.98)
Drinking alcohol	5.73	(54.0)
Hobbies, arts, crafts	5.53	(22.5)
Meditating, religious activities	4.95	(11.2)
Match, sporting event	4.39	(15.2)
Childcare, playing with children	4.10	(19.4)
Pet care, playing with pets	3.63	(17.1)
Listening to music	3.56	(27.6)
Other games, puzzles	3.07	(11.1)
Shopping, errands	2.74	(25.1)
Gambling, betting	2.62	(2.82)
Watching TV, film	2.55	(36.3)
Computer games, iPhone games	2.39	(18.4)
Eating, snacking	2.38	(37.1)
Cooking, preparing food	2.14	(22.0)
Drinking tea/coffee	1.83	(18.4)
Reading	1.47	(13.3)
Listening to speech/podcast	1.41	(9.62)
Washing, dressing, grooming	1.18	(11.5)
Sleeping, resting, relaxing	1.08	(11.4)
Smoking	0.69	(3.16)
Browsing the Internet	0.59	(6.13)
Texting, email, social media	0.56	(5.64)
Housework, chores, DIY	-0.65	(-6.59)
Travelling, commuting	-1.47	(-16.2)
In a meeting, seminar, class	-1.50	(-9.01)
Admin, finances, organising	-2.45	(-14.2)
Waiting, queueing	-3.51	(-22.7)
Care or help for adults	-4.30	(-7.75)
Working, studying	-5.43	(-44.0)
Sick in bed	-20.4	(-67.9)

LYKKEN GENNEM TIDEN

	Førmoderne	Moderne	Postmoderne
Lykkebegreb	Noget at leve op til	Noget at opleve	Noget at udleve
Eksempler på lykkens filosofier	Dydsetik	Utilitarisme	Eksistentialisme og selvrealisering
Lykken i praksis	Skæbne og nåde	Social ingeniørkunst	Lykkeindustri
Mening og værdi	Åbenbaret	Fundet	Valgt
Samfundsmæssig baggrund	Æreskultur, landbrugssamfund	Industrisamfund	Forbrugersamfund

HVAD KAN DET IKKE BETALE SIG AT GØRE?

1. Tjen flere penge (over en vis grænse)
 2. Forbliv sund (oplevet sundhed er vigtigst)
 3. Tag en lang uddannelse
 4. Skift race eller flyt til et solrigt klima
- Kilde: Martin Seligman

HVAD KAN BETALE SIG AT GØRE?

1. Lev i et rigt og velfungerende demokrati (stærk effekt)
2. Gift dig (robust effekt – måske ikke kausal)
3. Undgå negative begivenheder (kun moderat effekt)
4. Få et stærkt socialt netværk (robust effekt – måske ikke kausal)
5. Bliv religiøs! (moderat effekt)

■ Kilde: Martin Seligman

LYKKENS HIERARKI

Det meningsfulde liv (større værdier)



Det gode liv (brug af signaturstyrker)



Det behagelige liv (positive emotioner)

(Kilde: Martin Seligman)

LYKKE OG LIVSTRÅD



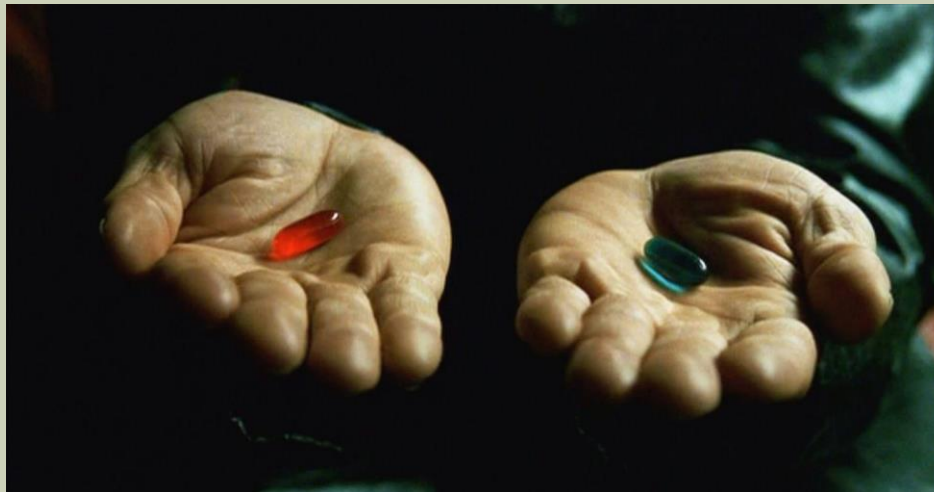
LILIS BEVÆGELSE MELLEM LYKKENS TO DIMENSIONER

Det æstetiske

- At opleve noget
- Lyst
- Muligheder
- Det gode liv

Det etiske

- At leve op til noget
- Forpligtelse
- Opgaver
- Det meningsfulde liv



Kilde: Søren Kierkegaard
og Jørgen Husted (1999)

ET VÆRDIGT LIV

- **Livstråd** som forpligtelsen på eget og andres liv
- **Skæbne** som given horisont for livsvalg
- **Værdighed** som ordentlighed og forsoning
- **Ligevægt** mellem det æstetiske og etiske
- **Dannelse** som højnelse til humanitet gennem kultur
- **At kultivere sansen for det konkrete**
- **Fra barndom til undergangsalder**

VI ER DET LIV, VI LEVER

- En psykologi om livet (tråde, spor, forbindelser)
- Alternativ til psykologiens beholdermetafor
- Livets dimensioner:

