

Contents

1	Attention and the Holistic Approach to Behavior	1
	The Need for a New Approach	1
	Consciousness and Attention	3
	Attention and Optimal Functioning	6
	Pathology and Attention	11
	Attention and Socialization	13
	Attention and Social Systems	15
	Summary and Conclusions	17
	References	19
2	The Experience Sampling Method	21
	Description of the Method	23
	Findings Obtained with the Method	27
	Limitations and Prospects of the Method	32
	References	32
3	Validity and Reliability of the Experience-Sampling Method	35
	Sampling of Experience	36
	Methods	37
	Instruments	37
	Experience-Sampling Form (ESF)	38
	Procedures	39
	Coding	39
	Data Structure	40
	Compliance	41
	Reliability of ESM Measures	42
	Sampling Accuracy	42
	Stability of Activity Estimates	43
	Stability of Psychological States	43
	Individual Consistency Over the Week	44
	Individual Consistency Over Two Years	45
	Internal Consistency	45

Validity of ESM Measures	46
Situational Validity	46
Individual Characteristics and Variation in Experience	47
Differences in Experience Between Groups	48
Overview	48
Appendix: Experience-Sampling Form	50
References	52
4 The Experience of Freedom in Daily Life	55
Method	56
Sample	56
Procedures	57
Instrument	57
Results	61
Representativeness of Daily Activity Patterns	61
The Experience of Freedom in Different Activities	63
Sex and Occupational Differences in Perceived Freedom	64
Daily Variation in Perceived Freedom	64
Skills and Perceived Freedom	65
Freedom and Intrinsic Motivation	65
Discussion	66
References	67
5 The Situational and Personal Correlates of Happiness: A Cross-National Comparison	69
Introduction	69
The Measurement of Happiness	70
Happiness and Subjective Well-Being	70
The Conditions of Happiness	71
Differences Between Happy and Less Happy Individuals: External Events and Subjective Interpretation	72
Method	73
Subjects	73
Data	74
Procedure	74
Coding	74
Results	76
The Correlations of Happiness and Other Dimensions of Experience	76
The General Level of Happiness	78
Activities and Happiness	78
Companions and Happiness	80
Flow Experience and Happiness	81

Joint Effects of Channels and Activities on Happiness	82
Joint Effect of Companions and Channels on Happiness.	83
Differences Between Happy and Less Happy Teenagers.	84
Conclusion	85
References	86
6 Happiness in Everyday Life: The Uses of Experience Sampling	89
Method.	91
The Participants.	91
Measures.	92
Momentary Changes in Happiness	92
Person-Level Correlates of Happiness.	95
Discussion.	98
References	100
7 Television as Escape: Subjective Experience Before an Evening of Heavy Viewing	103
Method.	104
Procedure	104
The Self-report Form	105
The Sample.	106
Reliability and Validity.	106
Data Analysis Procedure.	107
Selecting Observations for a Heavy or Light Television Night	107
Results	108
Before a Heavy or Light TV Night	108
Subjective Experience During a Heavy Night of Viewing.	108
Discussion.	110
References	110
8 Measuring Intrinsic Motivation in Everyday Life	113
Introduction.	113
Sample and Method	116
Results	117
Discussion and Conclusions	122
References	124
9 Energy Consumption in Leisure and Perceived Happiness	127
Methods	128
The Experience Sampling Method	128
Variables.	129
Results	129
Summary and Conclusions	132
References	133

10	Play and Intrinsic Rewards	135
	The Flow Experience	136
	Elements of the Flow Experience	138
	Merging Action and Awareness	138
	Centering of Attention	139
	Loss of Ego	141
	Control of Action and Environment	142
	Demands for Action and Clear Feedback	144
	Autotelic Nature of Flow	145
	The Structure of Flow Activities	146
	Summary and Discussion	150
	References	151
11	Motivation and Creativity: Towards a Synthesis of Structural and Energistic Approaches to Cognition	155
	Is Creativity Nothing but Problem Solving?	155
	Problem Finding as the Hallmark of Creativity	156
	The Limits of Structural Models of Cognition	158
	The Energistic Dimension: Attention and Psychic Energy	160
	What the Energistic Perspective Adds to the Study of Creativity	162
	Interest	162
	Perseverance	163
	Dissatisfaction	164
	Social Context	164
	The Uses of Psychic Energy in Everyday Life	166
	Conclusions	169
	References	171
12	The Dynamics of Intrinsic Motivation: A Study of Adolescents	175
	A Brief History	175
	Motivation as the Ordering of Psychic Energy	177
	The Role of Intrinsic Motivation	180
	A Theoretical Model of Intrinsic Motivation	182
	The Measurement of Flow in Everyday Life	184
	Flow and Motivation in Adolescence	187
	Discussion	189
	Future Directions in the Study of Intrinsic Motivation	191
	The Need for a Concept of Intrinsic Motivation	194
	References	195
13	Emerging Goals and the Self-Regulation of Behavior	199
	Where Do Goals Come From?	199
	Emotions Determine Goals, not Vice Versa	200

The Nature of Positive Affect	203
The Nature of Goal Directed Behavior	204
The Relationship Between Goals and the Self	205
Conflict Among Goals	206
References	207
14 Toward a Psychology of Optimal Experience.	209
Limiting Conditions on the Integrity of Experience	210
The Subjective Experience of Flow	214
Social Structure and Flow	218
Flow and the Self	221
Temporary Conclusions	223
References	225
15 Flow	227
A General Context for a Concept of Mastery Motivation	227
The Nature of Flow	230
The Merging of Action and Awareness.	230
A Sense of Control.	231
Altered Sense of Time	231
The Conditions of Flow	232
Flow and Motivation	233
Flow and Competence Motivation	233
Emergent Motivation	234
Conclusions.	235
References	236
16 The Concept of Flow	239
Introduction.	239
Optimal Experience and Its Role in Development	239
The Flow Concept	239
Flow, Attention, and the Self.	242
Flow, Complexity, and Development	244
The Autotelic Personality	244
Measuring Flow and Autotelic Personality	245
Measuring Flow.	245
Interview.	246
Questionnaire	246
The Experience Sampling Method	247
Measuring the Autotelic Personality.	248
Recent Directions in Flow Research.	249
Consequences of Flow	249
The Nature and Dynamics of Flow.	250
Obstacles and Facilitators to Flow	252

Preference for Relaxation Versus Flow	252
Attitudes Toward Work and Play	252
Autotelic Personality	253
Autotelic Families	254
Interventions and Programs to Foster Flow	254
Directions for Future Research	256
Autotelic Personality: Attentional Processes and Meaningful Goals	257
Measurement of Flow	258
Forms of Flow	258
Conclusions	259
References	260
17 Flow with Soul	265
Flow for Evolution	272
Evolving Complexity	274
The Cutting Edge	277
18 Positive Psychology: An Introduction	279
About this Issue	285
Evolutionary Perspectives	286
Positive Personal Traits	287
Implications for Mental and Physical Health	289
Fostering Excellence	290
Challenges for the Future	292
The Calculus of Well-Being	292
The Development of Positivity	293
Neuroscience and Heritability	293
Enjoyment Versus Pleasure	293
Collective Well-Being	294
Authenticity	294
Buffering	294
Descriptive or Prescriptive	295
Realism	295
Conclusions	295
References	297