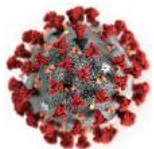


Hoe blijf je positief tijdens een pandemie?





Gelukkig tijdens de pandemie?

| 2

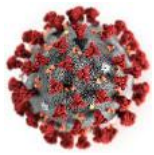


Agenda

Hoe blijf je positief tijdens een pandemie

- Wat is geluk
- Onderzoek tijdens de coronapandemie
- Tips

Doel:
Beter begrip van geluk
Tips voor thuis



Geluk

| 3



**Hedonisme
Voelen**

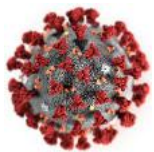


**Eudaimonia
Ontplooiing**

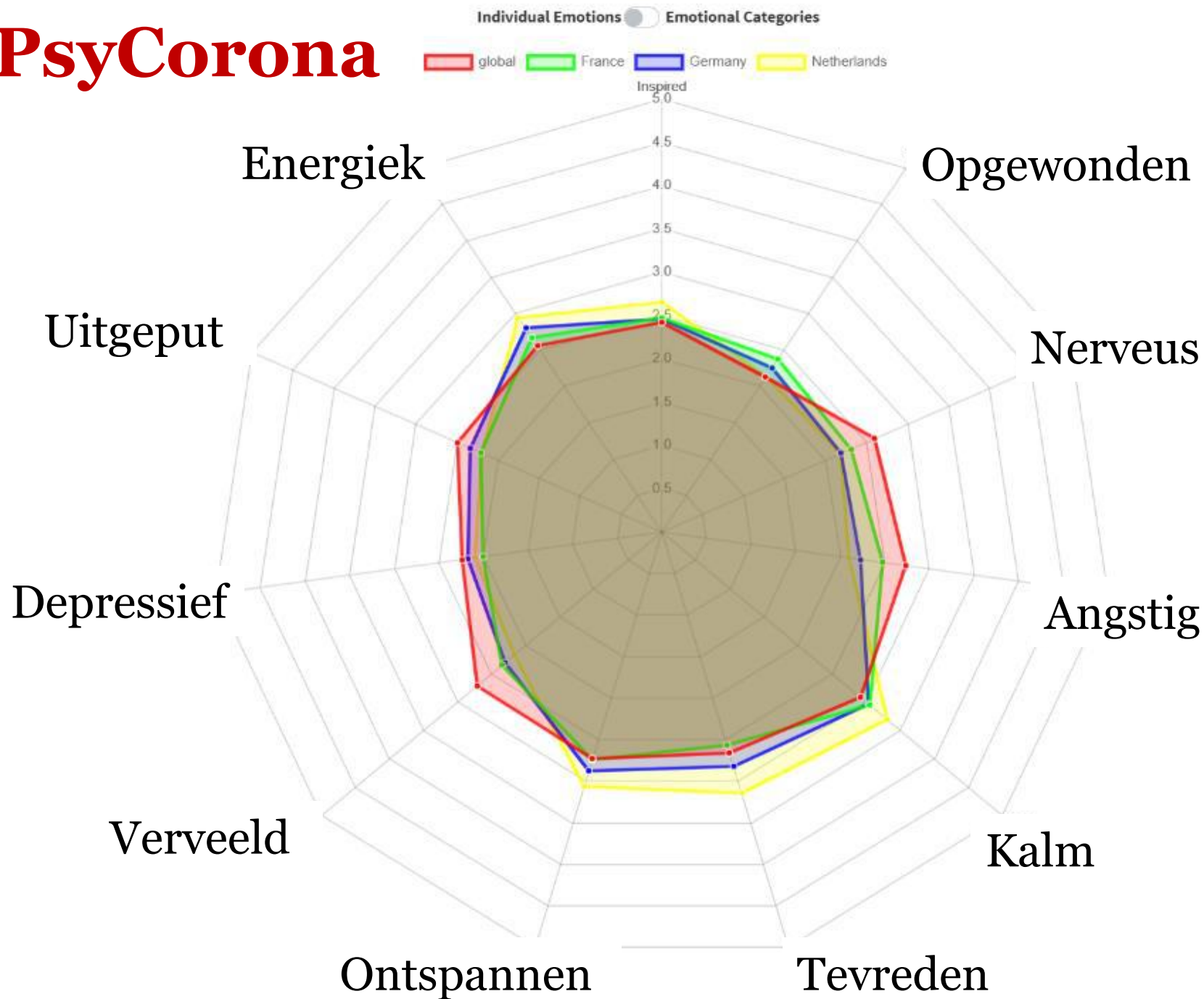


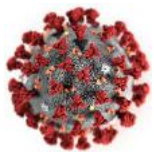
**Evaluatief
Controle
((Doen))**





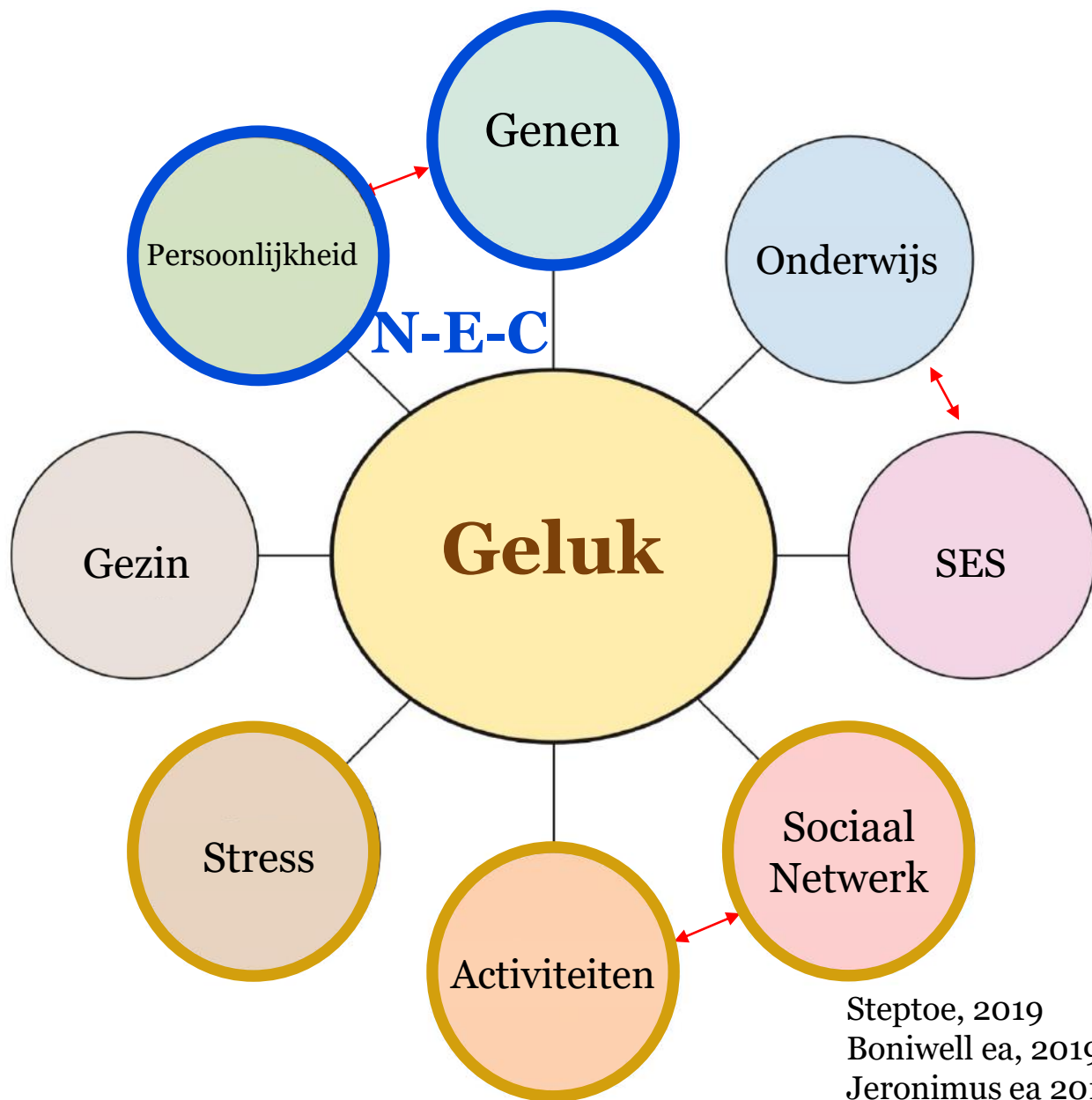
PsyCorona





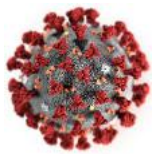
Geluk

Leeftijd
Gender
Opleiding
Inkomen
Partner
≤ 15%



Steptoe, 2019
Boniwell ea, 2019
Jeronimus ea 2019

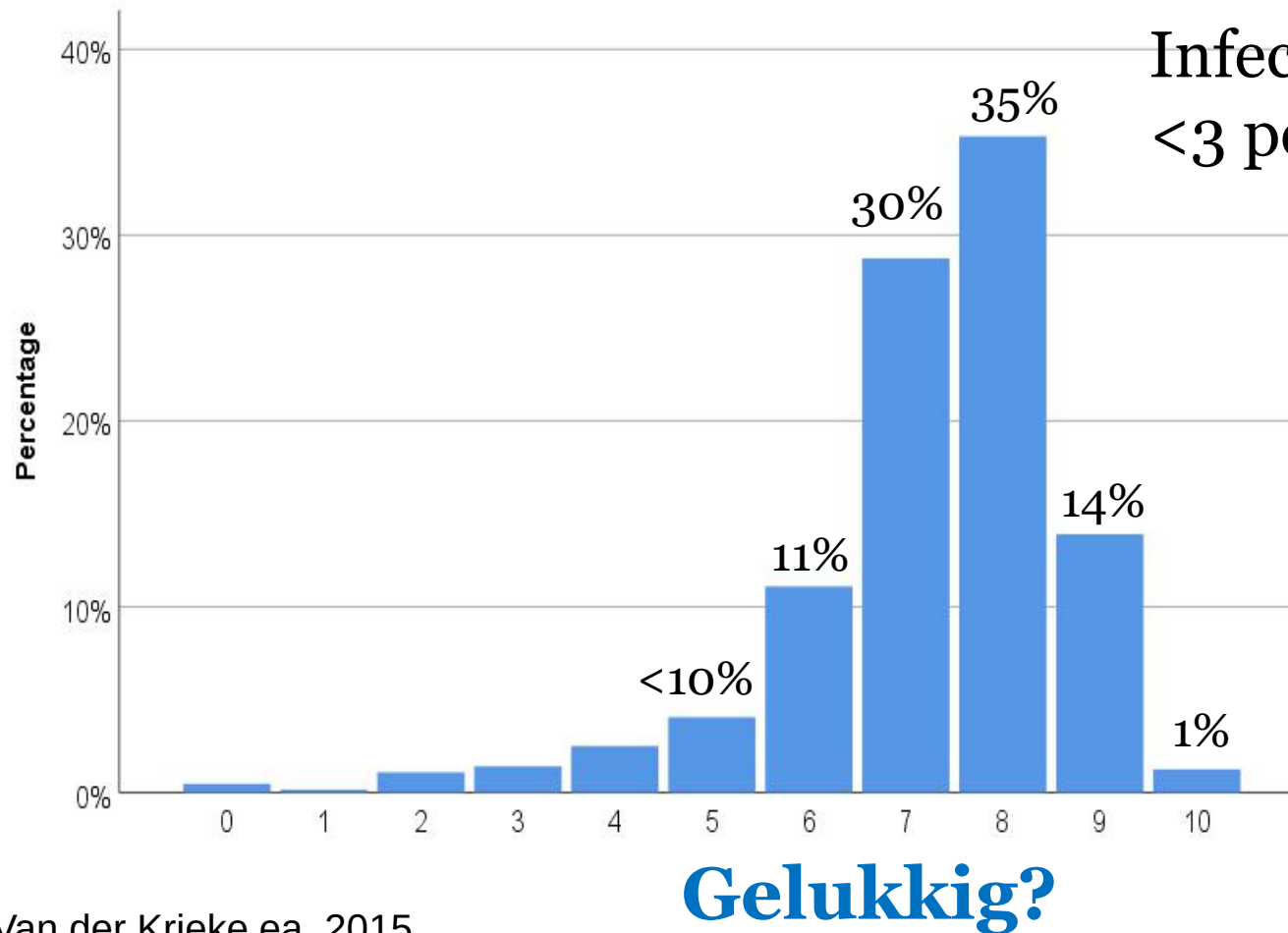
40% Genen
10% Context
50% Gedrag

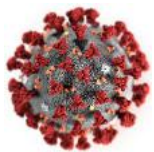


Geluk

Week 13: 23-29 maart

Infection peak
<3 people together





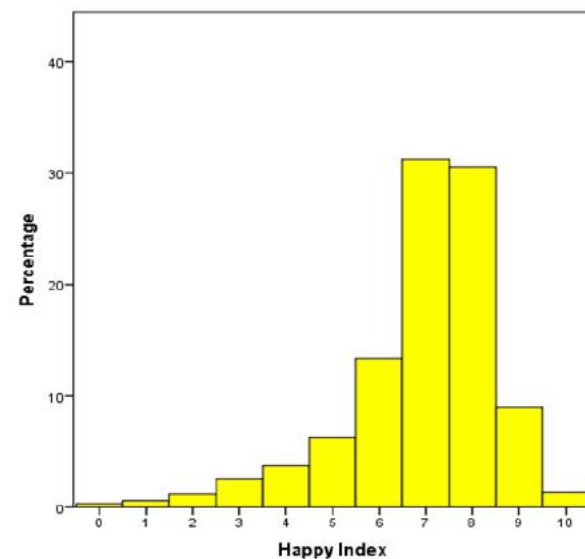
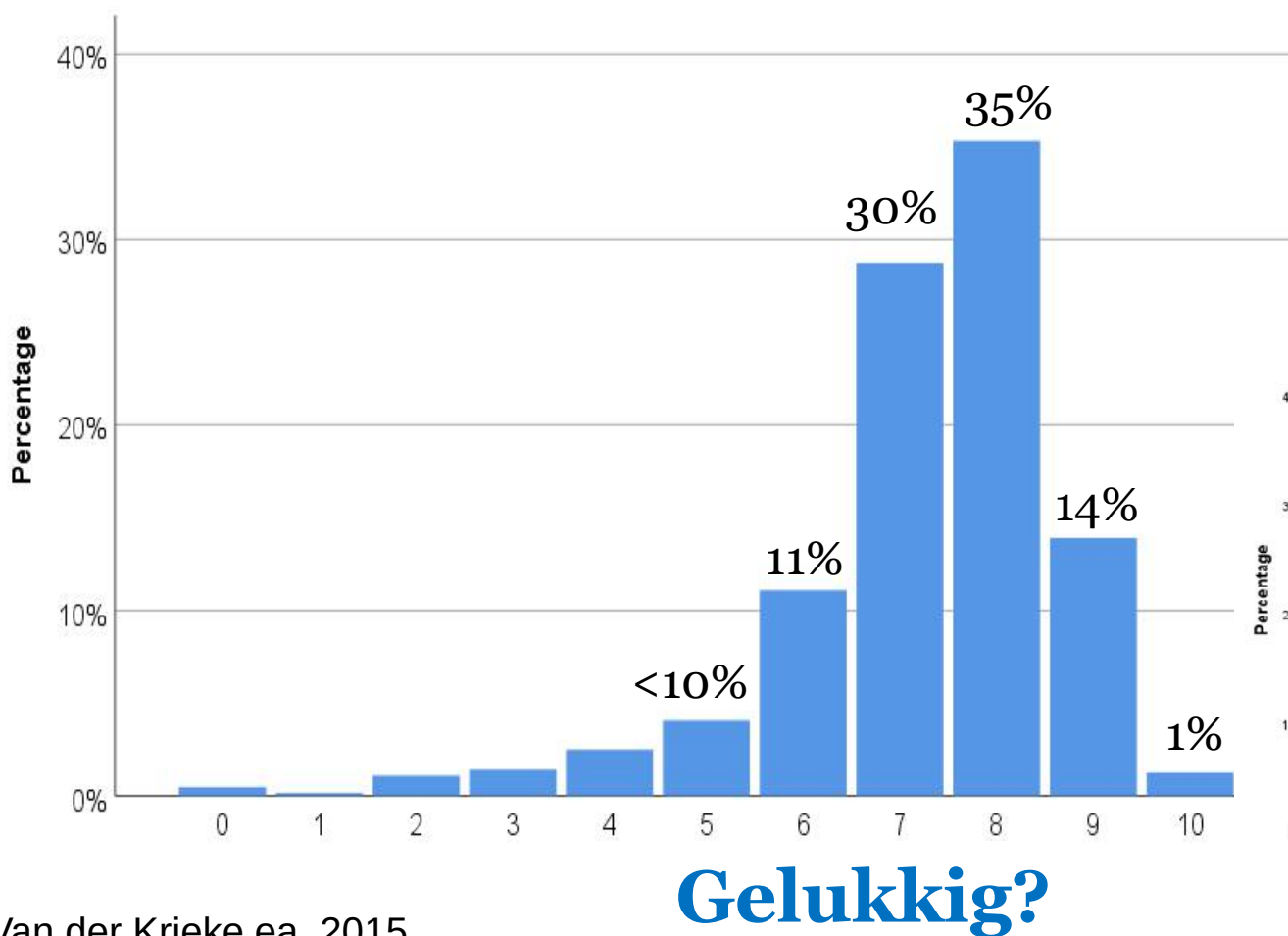
Geluk

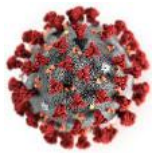
| 7

2019 N= 10k, M= 6.95 (1.6)

2020 N= 640, M= 7.25 (1.5)

Week 13: 23-29 maart





Geluk (SCP)



Hedonisme



Eudaimonia



Vergeleken met periode voor corona (Juli, 6 mnd terug)
30% somberder, 60% hetzelfde, 10% opgewekter

Geluk (0-10)

Feb

7.5

Mrt/Apr

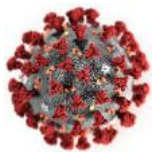
6.3 (65%↓ 11%↑)

Levenstevredenheid

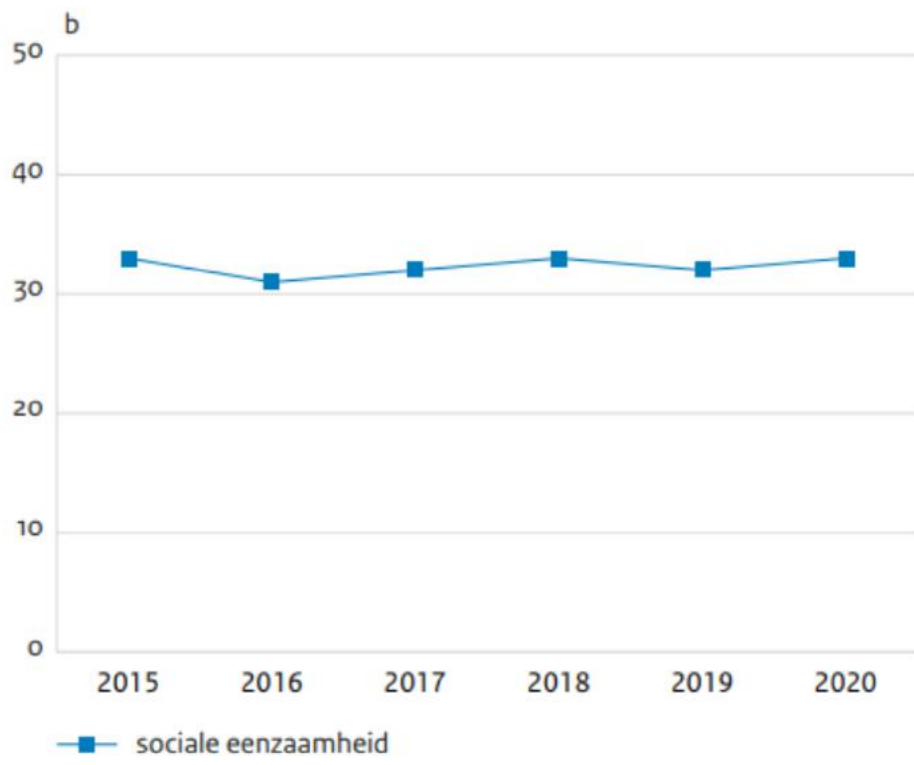
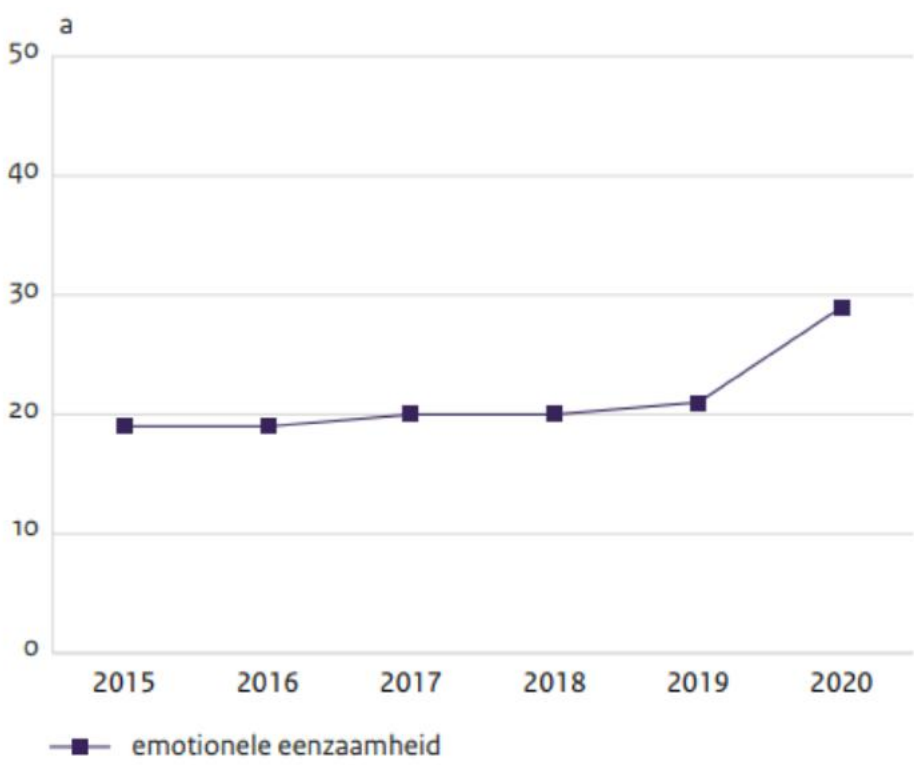
Mei 7.2

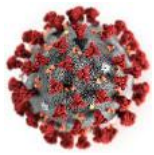
Juli 7.3

gelijk 2019, 2015-2018



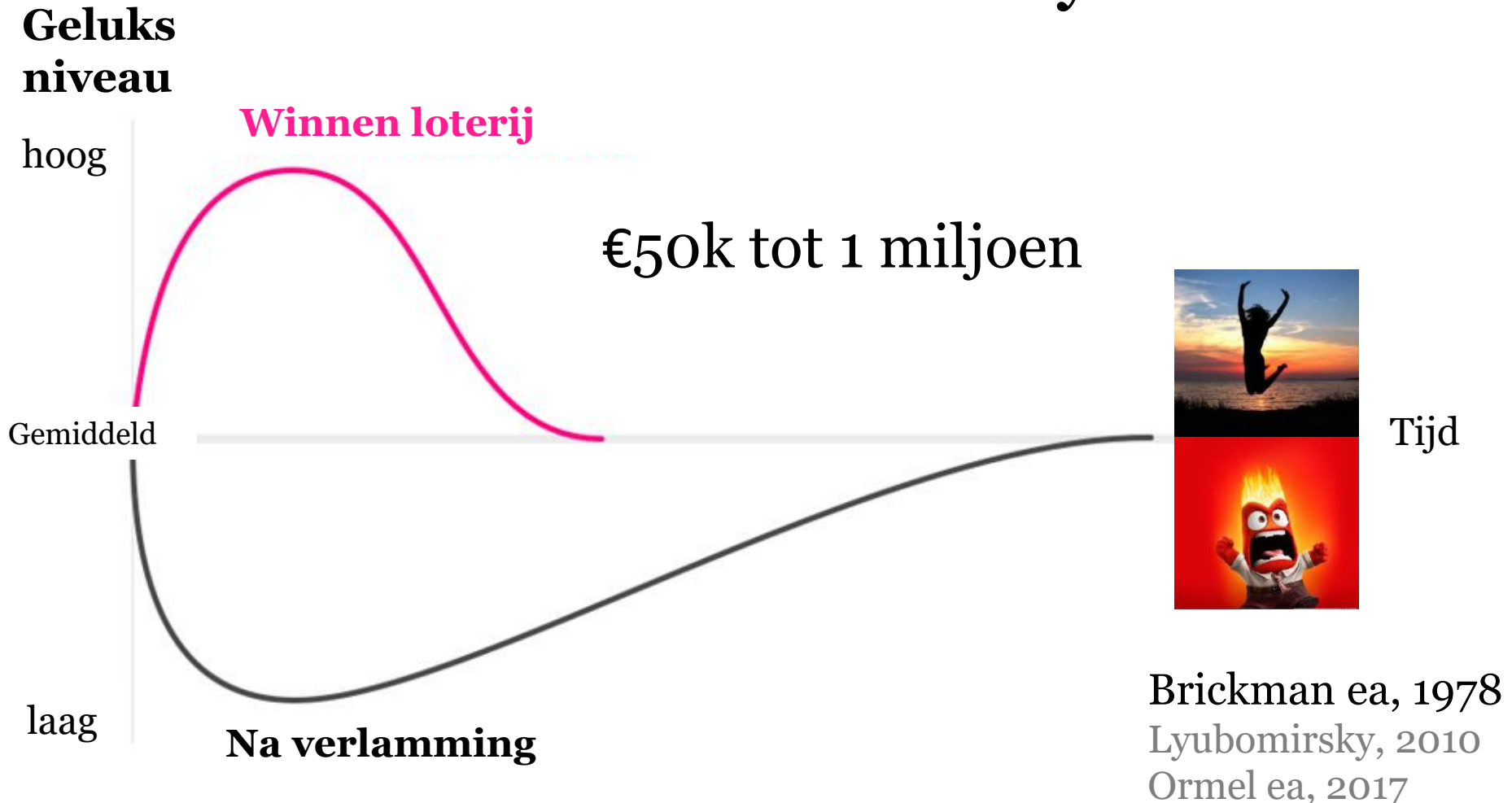
Geluk

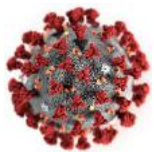




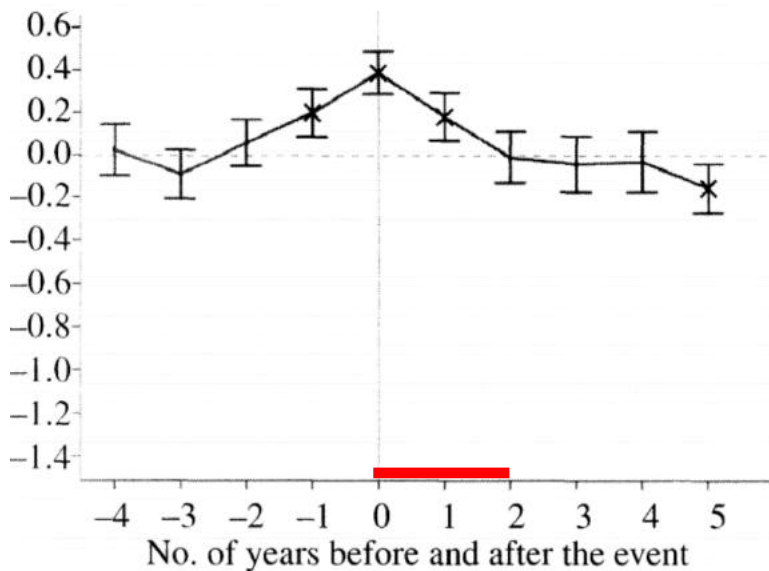
Hedonistische Aanpassing

Easterlin Paradox
Disability Paradox

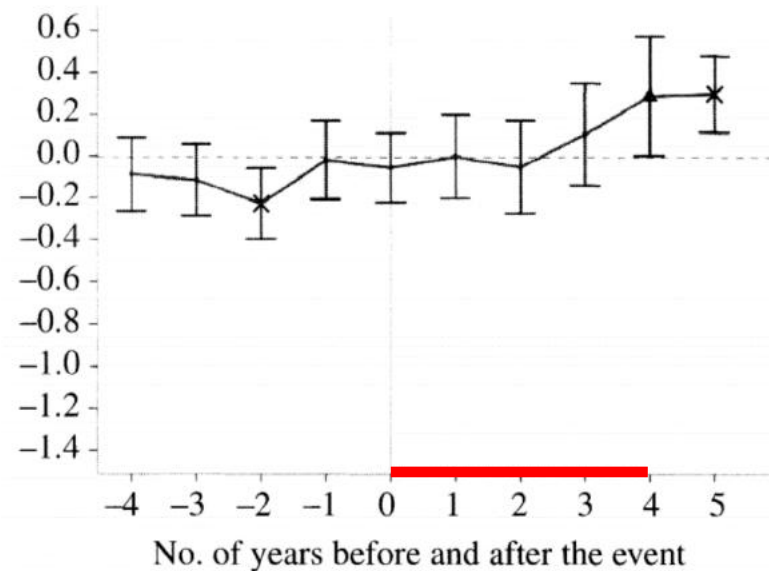




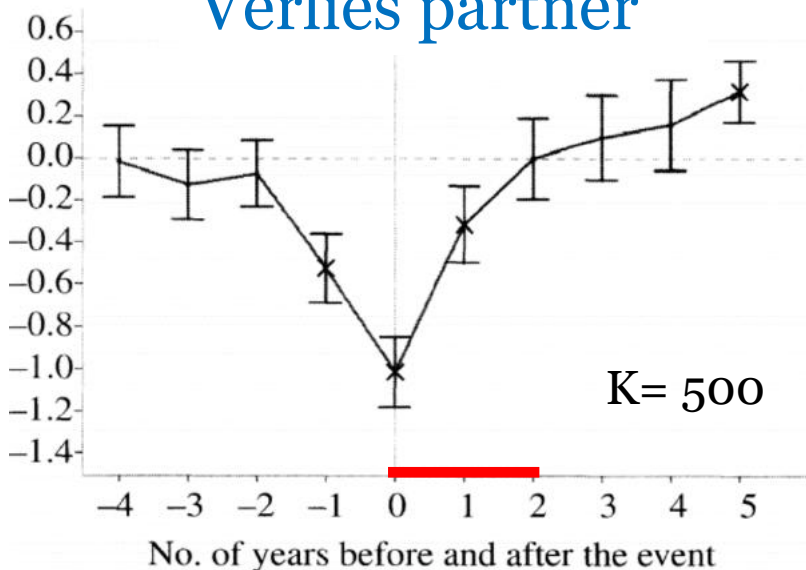
$K = 2107$ Trouwen



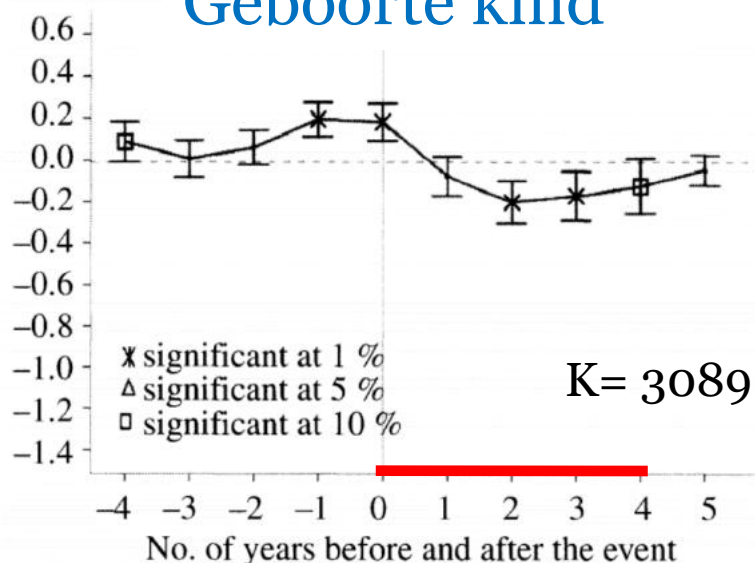
Scheiden $K = 679$

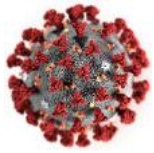


Verlies partner



Geboorte kind





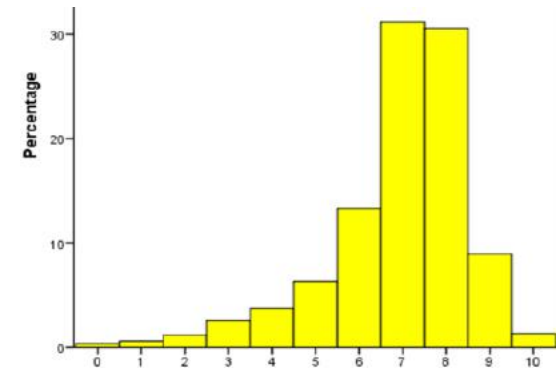
Easterlin Paradox



1940's 7.5



2010's 7.2



Gouden Handboeien

Betekenis

Anderen

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