



Università degli Studi di Genova

Genoa University



Scuola di Scienze Sociali

BA TOURISM SCIENCES: BUSINESS, CULTURE AND TERRITORY

TOURISM PSYCHOLOGY

Teaching Unit No. 5

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WELLBEING

Positive Psychology

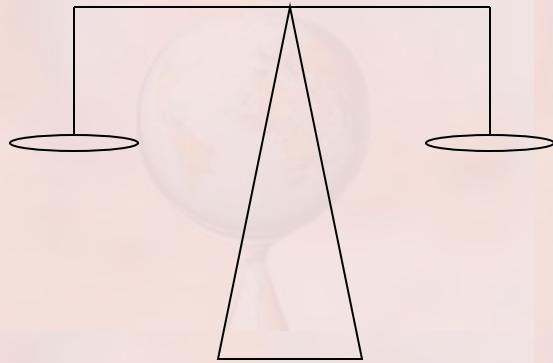
Studying the Resources and Potential of the Individual

Different perspectives of happiness

Hedonistic Perspective
[well-being=reach of relevant goals]

Eudaimonic perspective [interaction
between individual and collective
well-being].

Set Point and stability of well-being level

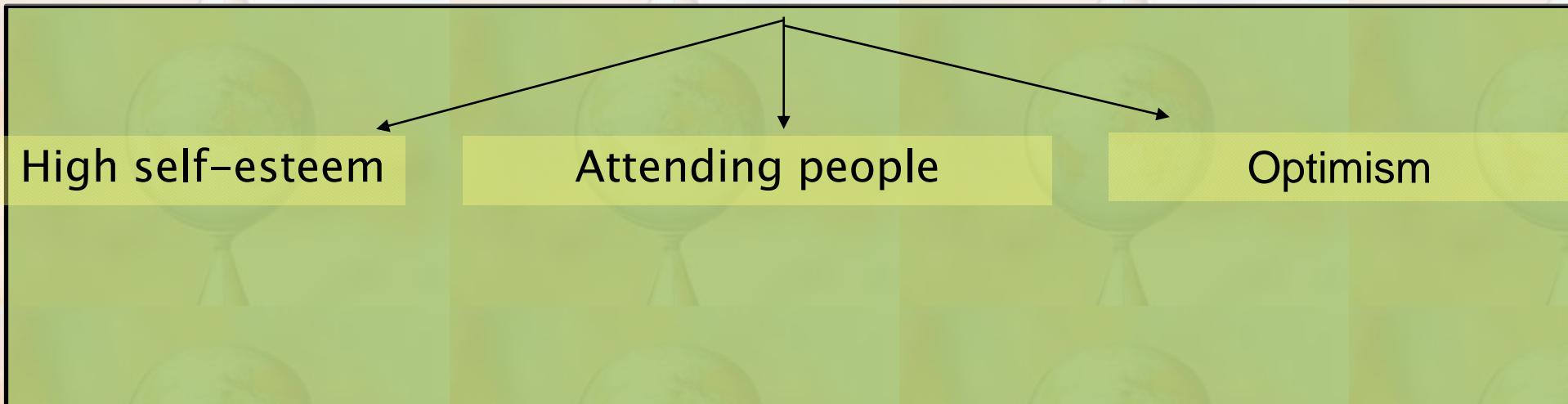


SET POINT

selected value to be maintained by a happiness adjustment system

Wellness and positive experiences

Characteristics of positive people



Effects of positive emotions

- Broaden and build theory: accumulated resources [positive emotions expand cognitive potential].
- Undoing Hypothesis: positive emotions can regulate negative emotions

Characteristics of psychological well-being

- It's subjective
- Includes positive indicators (it is not only the absence of negative factors that determines satisfaction)
- It consists of a global estimate of the different aspects of a person's life

Theories on psychological well-being

- Activity: vital satisfaction produced by activity that prevents you from thinking about unpleasant things [flow theory: if you are engaged in activity that requires intense concentration, you will experience a pleasant flow]
- Currency: p.w.b. is the conscious or unconscious result between an established standard and the present situation.
- Finalistic: you get to the most complete p.w.b. when you have achieved your goals and satisfied your needs

Self-determination theory [Ryan, Deci, 2000)

- Three basic psychological needs:
- Autonomy
- Competence
- Social relations
- These three needs must be met in order to achieve well-being.

The six dimensions of Riff and Coll.(1995)

1. Self-acceptance

2. Have good ties

3. Autonomy

4. Environmental mastery

5. Possessing a purpose in life

6. Personal growth

Some predictors of well-being

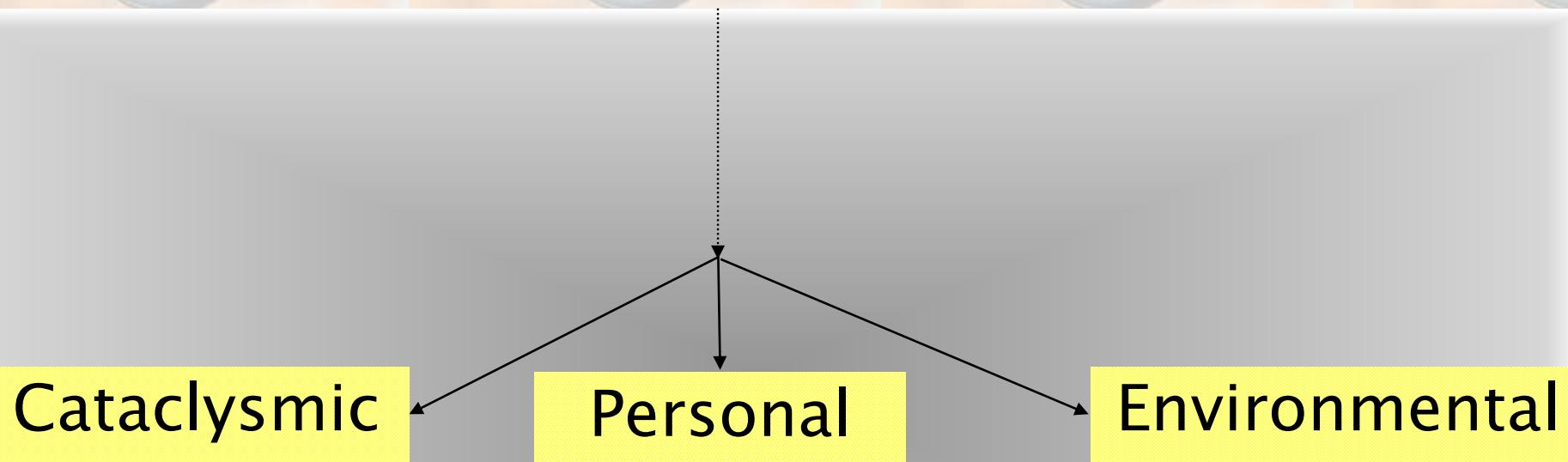
1. Self-esteem

2. Extroversion

3. Locus of control

A definition of stress

Stress: relatively non-specific response of the organism to an internal or external stimulus that threatens the survival and physical integrity of the body or destabilizes homeostasis



Well-being and Health

Eustress

adaptive form of stress that prepares the body's defense



Distress

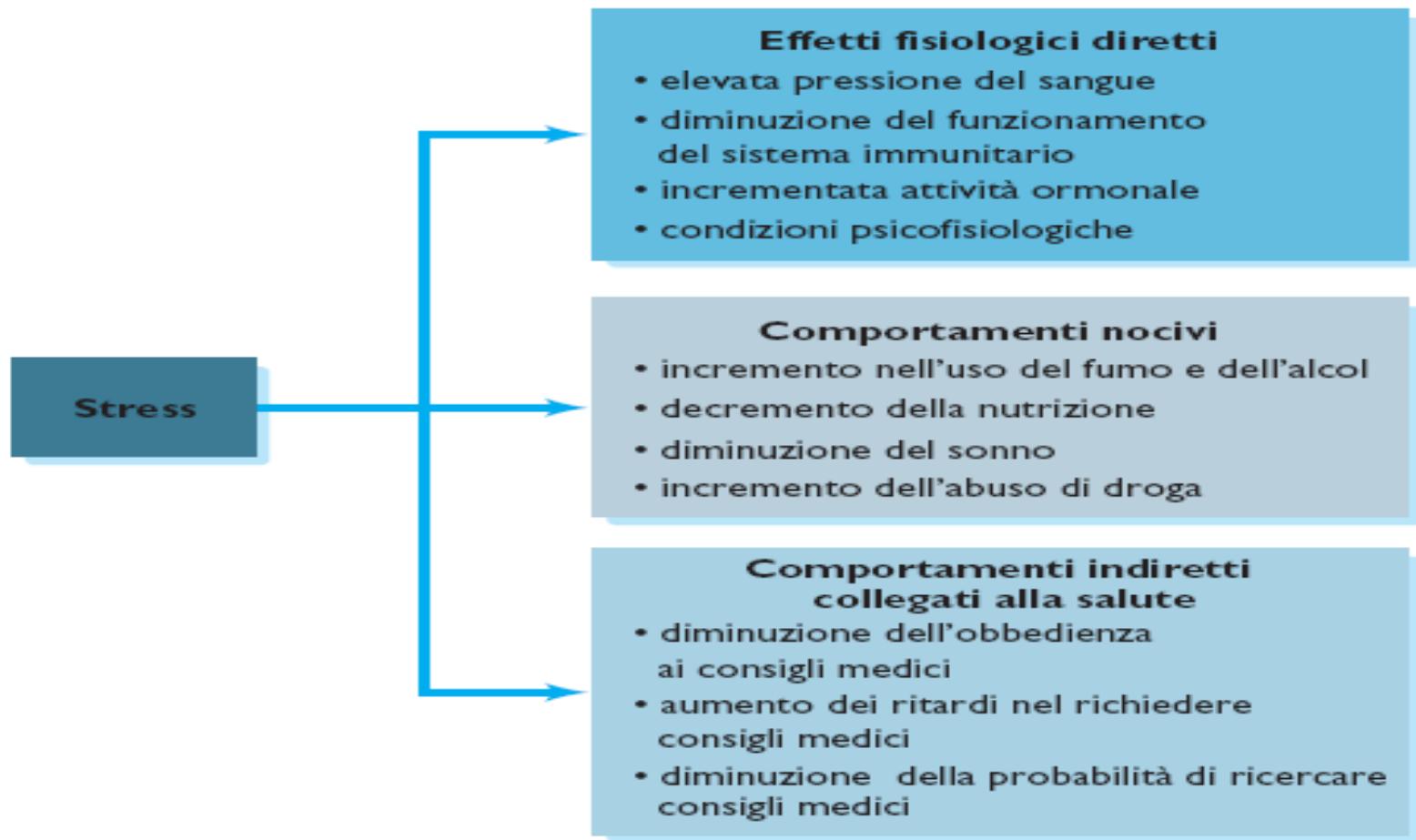
pathological form of stress that reduces the body's ability to defend itself.

general syndrome of adaptation

- Alarm and mobilization
- Resistance
- Exhaustion

Well-being and Health

Main effects of stress



A definition of coping

Coping: the set of thoughts and behaviours used to deal with situations and/or events assessed as stressful

Coping strategies

Primary coping (event)

VS

Secondary coping (response)

Coping emotion focused

VS

Coping problem focused

A definition of coping

Resilience

ability to resist,
overcome and actually
thrive after a profound
adversity



Hardiness

- Particular personality characteristic that is associated with a lower rate of stress-related diseases.
- It consists of three components:
 - Commitment
 - Sensation of challenge
 - Feeling of control
- Those with hardiness face stress in an optimistic way, take direct action to deal with stressors and make stressful events less threatening.

Well-being and Health

Cardiopathies

Type A behaviour pattern

Increased likelihood of developing coronopathy

Well-being and Health

Cancer

Emotional reactions to the disease have a critical effect over the course of the disease.

Secondo questo studio, avere uno spirito combattivo ha aiutato a incrementare il tasso di sopravvivenza delle donne affette da cancro al seno.

