

29th World Summit on

POSITIVE PSYCHOLOGY, MINDFULNESS AND PSYCHOTHERAPY

May 21-22, 2018 | New York, USA

The role of metacognition in happiness

Lowro Dowthwaite

University of Central Lancashire, UK

Happiness and subjective wellbeing have been associated with a number of benefits, including improved health, psychological resilience, work success and academic achievement. The five factors of flourishing as researched by Seligman i.e. positive emotions, engagement, relationships, meaning and accomplishment, have been associated with contributing to happiness. However, recent advances have begun to identify metacognitions, our thoughts about our thoughts, as having a specific role in both happiness and subjective wellbeing. Participants completed a series of questionnaires to examine the relationship between happiness, the five factors, personality traits and metacognition. Results indicated positive relationships between all factors. Moderation analysis predicted that the effect of the five factors on happiness was explained by the hypothesized interaction with metacognition. Follow-up regression analysis predict that the interaction term will explain variance in happiness when controlling for other variables that might explain the association, and it will be a stronger unique predictor of happiness than personality and the five factors. Overall, metacognition maybe an important factor in happiness and subjective well-being and the results may have important implications for enhancing happiness.

ldowthwaite1@uclan.ac.uk