Cross-cultural perceptions of meaning and goals in adulthood: Their roots and relations with happiness

A common view in contemporary Western culture is that personal happiness is one of the most important values in life. For example, in American culture it is believed that failing to appear happy is... Hinduism, happiness and wellbeing: A case study of adulthood in an Oriya Hindu Temple Town. In H. Selin & G. Davey (Eds.), Happiness across cultures (Vol. 6, pp. 417–434). The Netherlands: Springer.CrossRefGoogle Scholar. Happiness as a state of mind may be universal, but its meaning is complex and ambiguous. The authors directly examined the relationships between cultural values and experiences of happiness in 2 samples, by using a measurement of values derived from Chinese culture and a measurement of subjective well-being balanced for sources of happiness salient in both the East and the West. Adherents of Taoism regard goals and principles such as inactivity (wu-wei) as ideals in human life that only a worthy few can achieve through endless introspection and self-cultivation. In contrast, ideals like fu, or fu-qi, are guidelines for the masses in everyday life. In general, cultural values had stronger effects on happiness for the Tai-wanese sample than for the British sample. Cross-Cultural Psychology is a leading textbook offering senior undergraduate and graduate students a thorough and balanced overview of the whole field of cross-cultural psychology. The team of internationally acclaimed authors present the latest empirical research, theory, methodology and applications from around the world. 3 - Individual development: Childhood, adolescence