

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