

Article Evaluation

Use the CRAAP Test (Currency, Relevance, Authority, Accuracy, Purpose) to evaluate the quality of any two of the following articles. All are available in full text through the UVU Library.

Garry, J., & Lohan, M. (March 2011). Mispredicting happiness across the adult lifespan: Implications for the risky health behaviour of young people. *Journal of Happiness Studies* 12(1), 41-49.

Using data from a 2007 survey in Northern Ireland (representative sample, N = 1036), we replicate and extend the US-based findings of Lacey et al. (*Journal of Happiness Studies* 7:167-182,). Consistent with Lacey et al., we find that young people mispredict happiness levels in old age, believing-wrongly-that happiness declines with age. We explore the possible implications of this under-estimation of happiness in old age for the risky health behaviours of young people. We find that young male binge drinkers are particularly prone to thinking that happiness declines with age.

Kim, J., & Lee, J. (June 2011). The Facebook paths to happiness: Effects of the number of Facebook friends and self presentation on subjective well-being. *CyberPsychology, Behavior & Social Networking* 14(6), 359-364.

The current study investigates whether and how Facebook increases college-age users' subjective well-being by focusing on the number of Facebook friends and self-presentation strategies (positive vs. honest). A structural equation modeling analysis of cross-sectional survey data of college student Facebook users (N = 391) revealed that the number of Facebook friends had a positive association with subjective well-being, but this association was not mediated by perceived social support. Additionally, we found that there was a negative curvilinear (inverted U-shape curve) relationship between Facebook friends and perceived social support. As for self-presentation strategies, whereas positive self-presentation had a direct effect on subjective well-being, honest self-presentation had a significant indirect effect on subjective well-being through perceived social support. Our study suggests that the number of Facebook friends and positive self-presentation may enhance users' subjective well-being, but this portion of happiness may not be grounded in perceived social support. On the other hand, honest self-presentation may enhance happiness rooted in social support provided by Facebook friends. Implications of our findings are discussed in light of affirmation of self-worth, time and effort required for building and maintaining friendships, and the important role played by self-disclosure in signaling one's need for social support.

Larsen, J.T., & McKibban, A. (April 2008). Is happiness wanting what you want, wanting what you have, or both? *Psychological Science* 19(4), 371-377.

Rabbi Hyman Schachtel (1954) proposed that “happiness is not having what you want, but wanting what you have” (p. 37). In two studies, we tested Schachtel's maxim by asking participants whether or not they had and the extent to which

they wanted each of 52 material items. To quantify how much people wanted what they had, we identified what they had and the extent to which they wanted those things. To quantify how much people had what they wanted, we identified how much they wanted and whether or not they had each item. Both variables accounted for unique variance in happiness. Moreover, the extent to which people wanted what they had partially mediated effects of gratitude and maximization on happiness, and the extent to which they had what they wanted partially mediated the effect of maximization. Results indicate that happiness is both wanting what you have and having what you want.

Peterson, C. (April 2009). Increasing happiness in lasting ways. *Psychologist* 22(4), 304-307.

The article discusses the importance of being happy and ways on how to increase happiness. It is suggested that happiness can be attained by lifestyle changes and economic and political reforms for nations. Reasons why thinking happiness cannot be increase in long-term include adaptation to pleasure and the perception that happiness is inherently relative. Counter-agreements and actual evidence that happiness can and does increase are also tackled in this paper.

Saunders, N. (May 2012). 10 keys to happiness. *Essence* 43(1), 132-133.

The article offers ideas on achieving happiness. There is a tendency for people to be happier if they focus on good past experiences and transform negative ones into a more positive light. A study by Cornell University researchers found that spending money for an experience can improve well-being. It notes that volunteering can boost one's level of happiness. Other tips include spending less time on online social networks, praying with other people and practicing gratitude.