

Does Happiness Promote Career Success

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Does Happiness Promote Career Success? Julia K. Boehm Sonja Lyubomirsky University of California, Riverside Past research has demonstrated a relationship between happiness and workplace suc-cess. For example, compared with their less happy peers, happy people earn more money, display superior performance, and perform more helpful acts. Researchers

Does Happiness Promote Career Success?

uasively suggest that happiness is correlated with and often precedes career success and that experimentally enhancing positive emotions leads to improved outcomes in the workplace. Keywords happiness, subjective well-being, positive emotion, work, career, success Success is not the key to happiness. Happiness is the key to success. —Albert Schweitzer

Does Happiness Promote Career Success? Revisiting the Evidence

Empirical research demonstrates a relationship between happiness and career success. For example, happy people receive higher earnings, exhibit better performance, and obtain more favorable supervisor evaluations than their less happy peers. Researchers have posited that success leads to happiness, but Boehm and Lyubomirsky reviewed the relevant research in 2008 and argued that the alternative hypothesis—that happiness causes success—may be equally plausible.

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Journal of Career Assessment, v16 n1 p101-116 Feb 2008 Past research has demonstrated a relationship between happiness and workplace success. For example, compared with their less happy peers, happy people earn more money, display superior performance, and perform more helpful acts.

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Ten years ago, we proposed an alternative hypothesis based on evidence from numerous scientific studies: Happiness may not only be a consequence of success, but also a cause. Essentially, we argued that the presence of frequent positive emotions (such as joy, happiness, and contentment) may precede and even promote career success.

Is happiness a consequence or cause of career success ...

Abstract. Past research has demonstrated a relationship between happiness and workplace success. For example, compared with their less happy peers, happy people earn more money, display superior performance, and perform more helpful acts. Researchers have often assumed that an employee is happy and satisfied because he or she is successful.

Does Happiness Promote Career Success? - Julia K. Boehm ...

Happiness and Success. 07/15/2013 11:41 am ET Updated Sep 14, 2013. We are taught from a young age that achieving specific milestones of success — getting good grades, getting into a great college, having a prestigious career, having a certain amount of money saved, living in the right house or neighborhood, marrying the right person, having talented or well-behaved kids, etc. — will make us happy.

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Researchers from the University of California analyzed evidence from cross-sectional, longitudinal, and experimental studies to determine whether happiness could actually promote career success. They found that happiness often preceded success, namely in three main areas:

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Does Happiness Promote Career Success

Happiness is usually an attribute of an individual whereas success can be attributed to an individual or to a group. Happiness is a goal that many people aspire to. Most people also have a strong desire to be successful in life and they tend to believe that through this success they will automatically become happier.

Success Versus Happiness - What is More Important?

We can create happiness in all circumstances; we have read stories of people who undergo hardship, but still find joy, similarly, we know of people who seem to have successful careers, families but are not happy. The truth is that success does not result in happiness, but happiness can lead you to success.

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