



#### IC1203 COST ENERGIC & UNIVERSITY OF SIENA

## **HAPPYSì**

# 1<sup>st</sup> Siena Workshop on well-being and happiness: the revival of the best of human conditions

Siena, 22 May 2014, Sala Conferenze, Via Mattioli 10

#### Rationale

Research into wellbeing and happiness involves exploring the extent to which people can achieve this state of being, and the social and economic conditions which either enable or disable this condition. In particular this first Workshop will be concerned to use the notions of wellbeing and happiness to create a multidisciplinary and international community and to promote research on these topics.

Our starting definition is a hybrid definition as it aims at combining both objective and subjective conceptions and transcends them by recognizing the way each is socially constructed. This definition means that any attempt to assess wellbeing or to understand the processes that affect it must take account of three dimensions: the material, the relational and the affective/cognitive. In emphasising the basic challenge of defining what is meant by doing 'well', the definition highlights the normative and positive approaches in the social sciences. Nevertheless in approaching wellbeing and happiness a large degree of modesty is required since all elements of have been debated at least since the Buddha and Aristotle 23 many centuries ago.

The revival of the topic is due to emerging new values linked with a revision of development and growth theories (from sustainability to degrowth) which require to go beyond the idea that happiness and well-being can be achieved only by material and economic dimensions. The need to go beyond the GDP is witnessed by several studies and reports on the topic. From 2001 OECD (Organization for Economic Co-operation and Development) has started promoting well-being of people and progress of societies measuring it. In 2011 OECD launched the initiative "Better Life Initiative" which contains several projects on the topic, following the idea to go beyond the GDP.

Well-being is a multi-disciplinary concept. It can be split into objective well-being and subjective well-being. The first one is relatively easy to measure since it is a quantitative concept and relies on indicators and measurements generally elaborated by statistical agencies in the field of services, environment quality, health, education and so on. Subjective well-being, instead, is a qualitative concept, harder to measure, which has different dimensions. In order to address the subjective dimension of well-being some methodological innovations may help and which refer to crowdsourced data. In fact, researchers can monitor well-being through self-reported content on social media without the negative aspects of the more traditional process that surveys required. Therefore, this seminar aims at suggesting innovative methods for measuring subjective well-being using crowdsourced and citizen science sources. Furthermore, its objective is to

provide a multidisciplinary outlook on the topic, underling the geographic dimension, since well-being is strongly related to the place.

The Workshop aims at producing a position paper and to explore the possibility of joint research projects proposals (Horizon2020, etc.)

### Draft programme

#### 9.30 Welcome

10.00 Cristina Capineri, "Why well being and happiness?" (a collaborative definition from the participants and a Video by Stefano Bartolini on Happiness and Well being)

10.30 Simone Borghesi, "(Un)happy and (un)healthy: the Easterlin paradox reloaded"

11.00 Giovanni Ferri: "Unsustainability nurtures anxiety: Do we need spirituality to regain happiness?"

11.30 Coffee break

12.00 Francesco Pantisano, "Qol project EU JRC Ispra"

12.30 Discussion

13.30 Lunch

15.00 Georg Gartner and Haosheng Huang, "Modelling people's affective responses to the environment"

15.30 Results of geography students experimentation on Well being at Siena University Campus

16.00 Michela Teobaldi, "Geographies of well being and happiness"

16.30 Summing up and follow up