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The purpose of this study was to examine the influence of age and culture on the perceived necessity of hedonic (e.g., pleasurable experiences) and eudaimonic (e.g., meaningful life experiences) views of happiness and their associations with well-being. 150 American and Indian participants completed self-report measures assessing the perceived necessity of hedonic and eudaimonic views and well-being. Although Indian people reported the higher necessity of eudaimonic views to experience well-being, age and culture were not related to the relationships between each view and well-being. In contrast, the necessity of eudaimonic views predicted one’s well-being no matter what culture they belong to. Exploratory analyses also revealed that older people in both countries reported higher well-being than younger people, whereas that well-being did not differ by culture.

Correlation Tables and Moderation Models

<table>
<thead>
<tr>
<th>Table 1</th>
<th>Correlations of Age and the Necessity of Hedonic and Eudaimonic Views for Happiness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Variable</td>
<td>M</td>
</tr>
<tr>
<td>Age</td>
<td>31.40</td>
</tr>
<tr>
<td>Hedonic views</td>
<td>4.75</td>
</tr>
<tr>
<td>Eudaimonic views</td>
<td>5.57</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Table 2</th>
<th>The Necessity of Hedonic and Eudaimonic Views Between Different Cultures</th>
</tr>
</thead>
<tbody>
<tr>
<td>View</td>
<td>American</td>
</tr>
<tr>
<td>Hedonic views</td>
<td>5.43</td>
</tr>
<tr>
<td>Eudaimonic views</td>
<td>4.73</td>
</tr>
</tbody>
</table>

Hypotheses

- Hypothesis 1: Older people would perceive eudaimonic values as more necessary to experience well-being than younger people, whereas younger people would perceive hedonic views as more necessary to experience well-being than older people.
- Hypothesis 2: Eudaimonic views would be perceived as more necessary to experience well-being for Indian people than American people.
- Hypothesis 3: The relationship between hedonic views and well-being would be stronger for younger people, whereas the relationship between eudaimonic views and well-being would be stronger for older people.
- Hypothesis 4: The relationship between eudaimonic views and well-being would be stronger in collectivistic cultures than individualistic cultures.

Results

- Age was not associated with the perceived necessity of hedonic views nor with the necessity of eudaimonic views to experience well-being. (Table 1).
- Indian participants rated the necessity of eudaimonic views to experience well-being significantly higher than American participants did (Table 2).
- Older people in both countries reported higher well-being than younger people (Table 3).
- The levels of well-being did not differ by culture (Table 4).
- Age did not moderate the relationship between hedonic views and well-being or between eudaimonic views and well-being (Figure 1 and 2).
- Culture did not moderate the relationship between eudaimonic views and well-being (Figure 3).
- The necessity of eudaimonic views to experience well-being significantly predicted well-being (Figure 3).

Limitations

- Participants tended to be young.
- Participants tended to have had higher education levels.
- May have affected one’s well-being.
- May not have reflected cultural differences accurately.

Implications

- Age may not be related to each view.
- People in collectivistic cultures may perceive the necessity of eudaimonic views as higher than those who are in individualistic cultures.
- Regardless of the culture one belongs to, the necessity of eudaimonic views may be beneficial for their well-being.

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