



Presentation

Associate Professor Paul Jose: Saturday 6th June

Title of Presentation: Social connectedness to other people matter: Pathways to happiness and wellbeing

Presenter Name: Associate Professor Paul Jose

Abstract:

Findings based on studies with adolescents and young adults will be presented showing that self-reported social connectedness experienced with other people is not only correlated with happiness, positive affect, and psychological wellbeing at the same time of measurement, but it also is predictive of increases in these positive outcomes over time. Importantly, social connectedness and wellbeing manifest a bi-directional relationship over time: well connected individuals become happier, and happier individuals, in turn, report higher levels of social connectedness over time

Presenter Biography:

Dr Paul Jose is an Associate Professor of Psychology at Victoria University of Wellington. He is the Director of the Roy McKenzie Centre for the Study of Families and is the current president of the Australasian Human Development Association. His research interests include adolescent development, family dynamics, cross-cultural differences in psychological functioning, and positive youth development. In the field of positive psychology, he has published papers in the *Journal of Positive Psychology*, *New Zealand Journal of Psychology*, and *Personality and Social Psychology Bulletin* on various topics such as savoring, orientations to happiness, wellbeing, and meaning in life. Current research in this area concerns the nature of mindfulness, personality traits that enhance the search for and acquisition of meaning in life, and the effects of time perspectives on happiness.