

Faculty/Institute:	Faculty of Social and Economic Studies (FSE)
Course title:	<b>Well-Being and Happiness</b>
Course code:	KEMA/W1102
ECTS:	4
Level of course:	Bachelor and master
Language of instruction:	English
Lectures/exercises:	2/0 per week
Completion:	exam
Course goal:	The aim of this course is to introduce students to the scientific area of well-being and happiness. In the course we will investigate what influences the quality of our lives and what makes us happy. We will study this field from different scientific perspectives.
Abstract:	<ol style="list-style-type: none"> <li>1. Introduction to the scientific area of well-being and happiness and conceptual framework. History and objectives of the research, methods of measurement and scientific techniques. Theoretical and philosophical background. Happiness vs. GDP.</li> <li>2. General trends of well-being. The happiest countries, European Union, eastern Europe, South America, etc. OECD and UN databases.</li> <li>3. Influence of finance on well-being. Developed countries vs. developing countries. Easterlin paradox. Absolute income vs. relative income.</li> <li>4. The role of institutions and their influence on life satisfaction. Government decentralization and well-being. State autonomy and well-being. Personal freedom.</li> <li>5. Social structures, social problems and life satisfaction. Impact of unemployment on the society. Impact of inflation and other economical and social phenomena.</li> <li>6. Importance of family structures. Relationships inside families, marriage, partnerships, etc. Health and well-being.</li> <li>7. Impact of media on life satisfaction: TV, internet, social networks, etc.</li> <li>8. Environment and quality of life. Ecology, pollution, global ecological problems.</li> <li>9. Unsolved problems in the area of well-being and happiness: religion, marriage, social networks, etc. Unclear causality cases.</li> <li>10. Case studies: life satisfaction in European countries. North vs. south, eastern Europe, etc. Trends, problems, possible solutions.</li> <li>11. Case studies: life satisfaction in Asian countries. China, India, Russia, Australia, etc. Local problems, future trends, ecological trends.</li> <li>12. Case studies: life satisfaction in African countries. General overview, trends, local problems, wars and conflicts, diseases, ecological problems.</li> <li>13. Case studies: life satisfaction in North America. Canada, USA, Mexico. General situation, problems, etc.</li> <li>14. Case studies: life satisfaction in South America. Local differences, local conflicts, comparison with Europe.</li> </ol>