BENEVOLENT PURPOSIVE ACTIVITIES AND WELL-BEING IN COLLEGE STUDENTS

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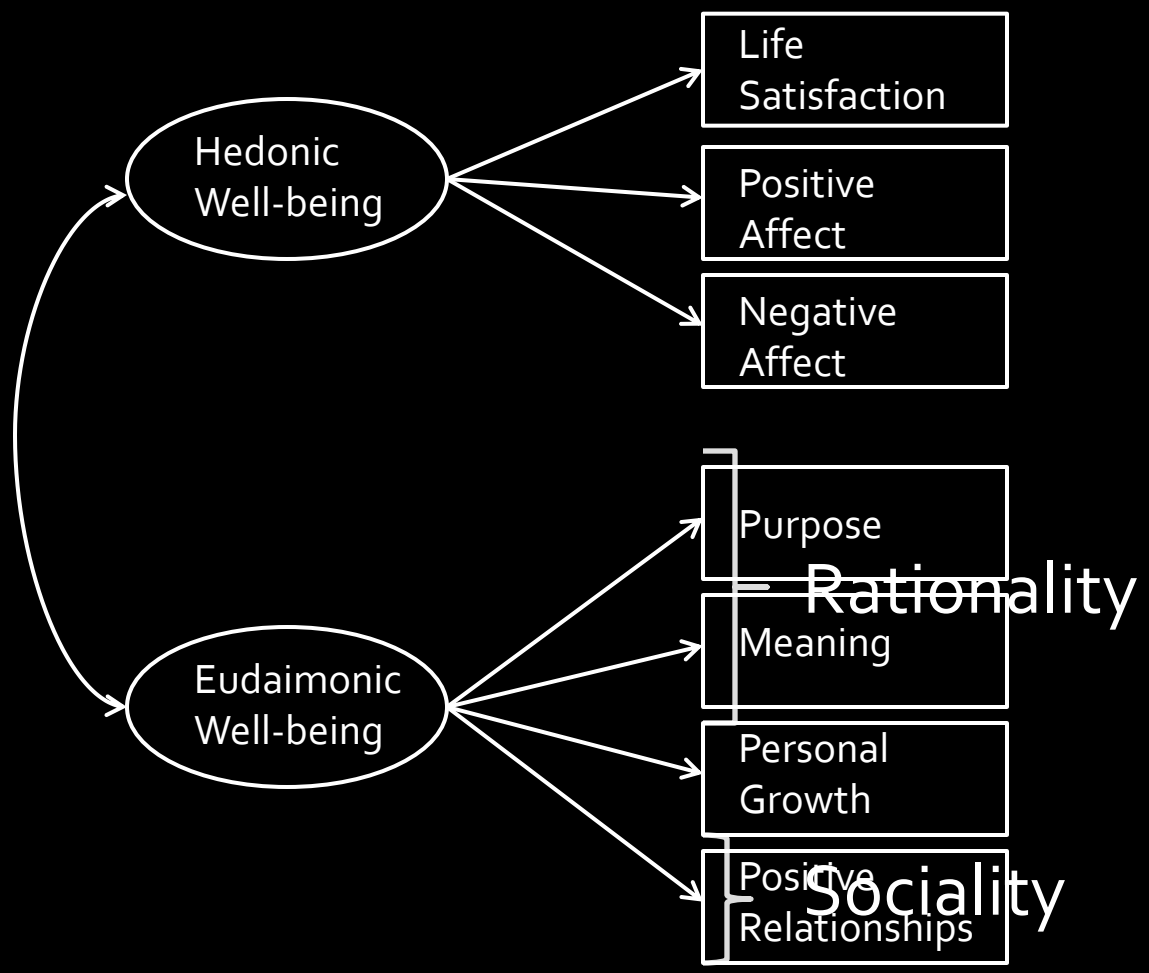
Two Forms of Well-Being



Nature, Function, Good

Eudaimonia as Activity

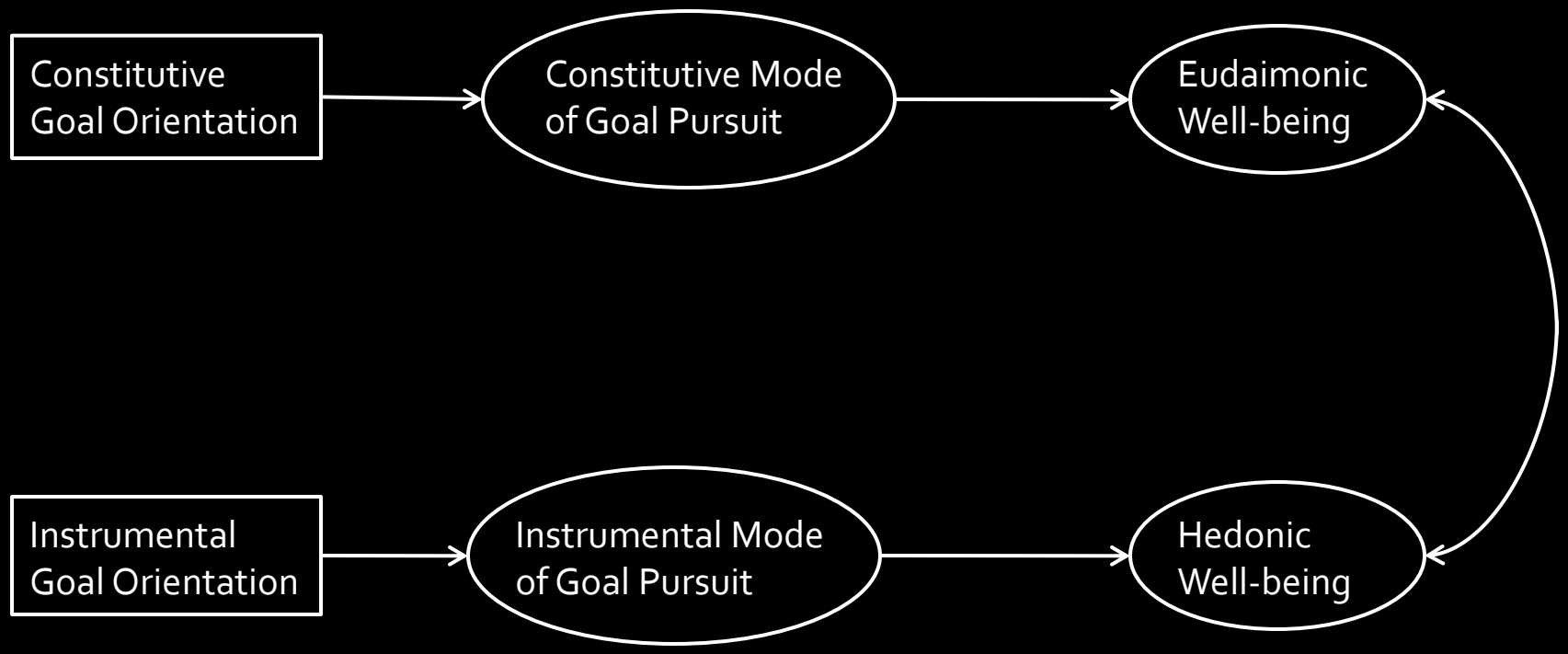
- Instrumental Activity
  - Means-end structure
  - Product focus

- Constitutive Activity
  - Means and ends inseparable
  - Purpose focus

Study 1: Participants

- 167 Undergraduate Participants
- 56.5% Female
- Average Age: 19.9
- 59.3% Non-Hispanic White
- 24.3% Hispanic

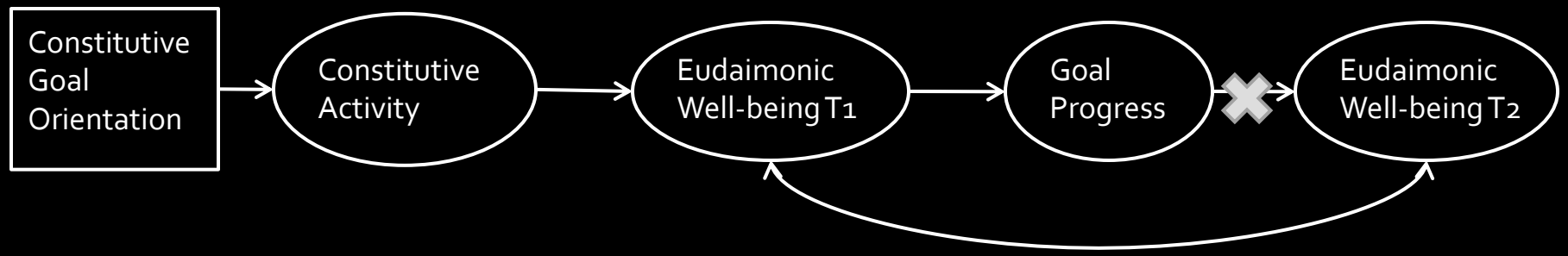
Pathways to Well-being



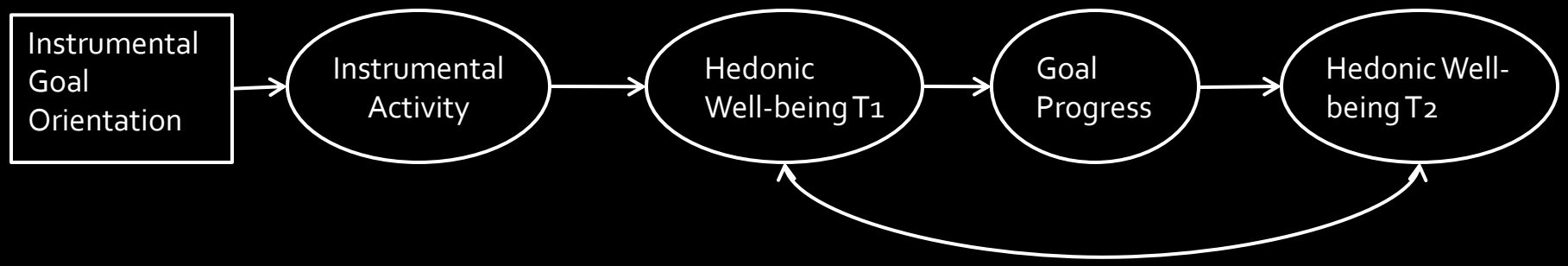
Longitudinal Study Participants

- 165 Undergraduate Participants
- 2 Large Southeastern Universities
- 2 Part Online Survey

Eudaimonic Well-being Pathway



Hedonic Well-being Pathway



Factor Analysis Participants

- 659 Undergraduate Participants
- 70.4% Female
- Mean Age: 20
- 51 % Hispanic

Factor Analysis

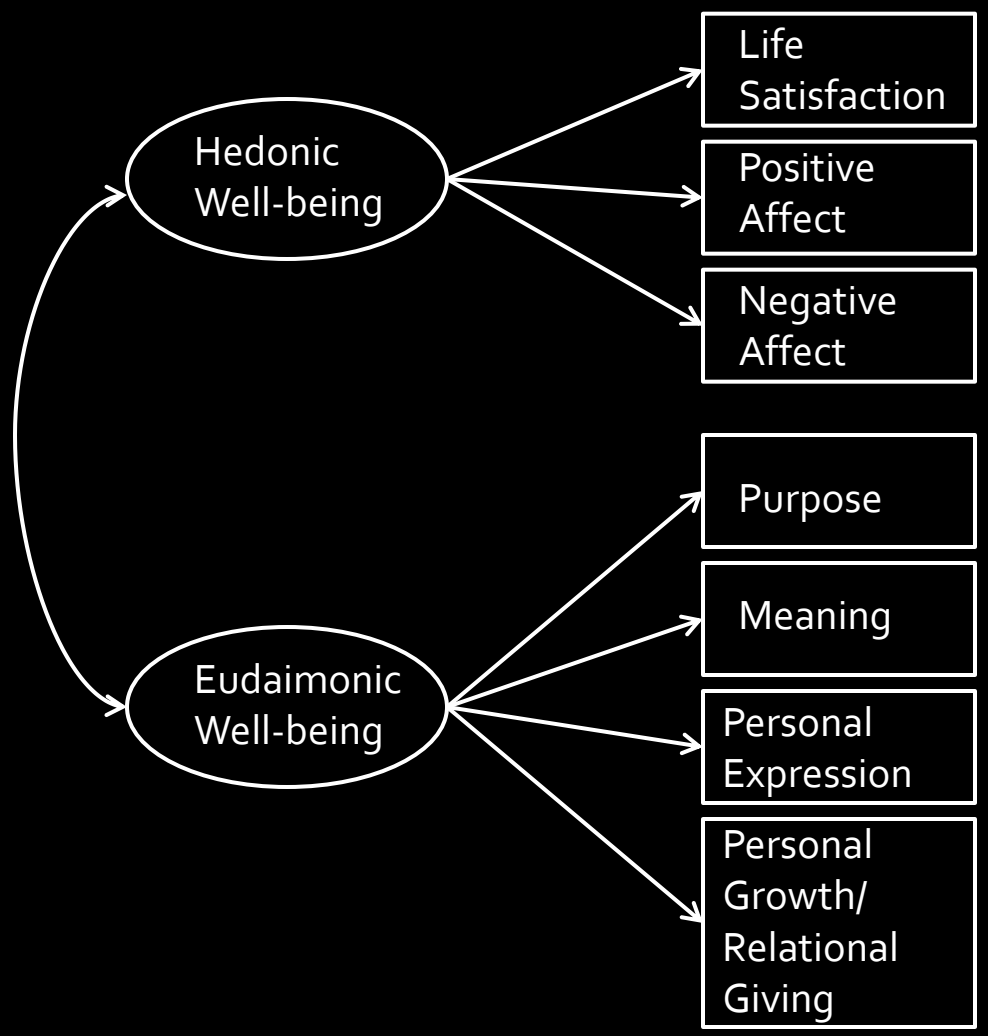
Measures

- Psychological Wellbeing Scale
  - Personal Growth
  - Purpose in Life
  - Positive Relationships with Others
- Orientations to Happiness Scale
  - Meaning
  - Engagement
- Questionnaire of Eudaimonic Wellbeing

4 Factors

- Purpose
- Meaning
- Personal Expression
- Personal Growth/Relational Giving

Factor Analysis Results



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