# Special Module with Workshop: First Pleasure Then Duty: Philosophical Reflections on Well-being

## Prof. Antonella Morandi Corradini

COURSE AIMS AND INTENDED LEARNING OUTCOMES

*Course aims*: The fundamental aim of the course is to clarify the concept of well-being, to reconstruct its multiplicity of meanings, and to define it in a contrastive way to other different but related concepts.

*Knowledge and understanding*: at the end of the course, students will be able to masterfully present the concepts of well-being discussed, demonstrating an ability to grasp the essential traits in order to compare and evaluate them.

*Ability to apply knowledge and understanding*: students will be able to understand the many meanings of the concept of well-being that underlie the studies dedicated by psychologists to this construct.

COURSE CONTENT

MODULE 1: *Presentation by the lecturer of two fundamental topics of the philosophical notion of well-being:*

Unit 1*.* Good vs. well-being

Unit 2*.* Subjective versus objective well-being.

MODULE 2: *Hedonism*

Unit 1: Presentation of hedonism

Unit 2: Arguments in favour of hedonism

Unit 3: Objections to hedonism

MODULE 3: *Desire Satisfaction Theory*

Unit 1: Presentation of the theory

Unit 2: Arguments in favour of the theory

Unit 3: Objections to the theory

MODULE 4: *Objective List Theories*

Unit 1: Presentation of the theory

Unit 2: Arguments in favour of the theory

Unit 3: Objections to the theory

MODULE 5: *Perfectionist theories of well-being*

Unit 1: Presentation of the theory

Unit 2: Arguments in favour of the theory

Unit 3: Objections to the theory

MODULE 6: *Eudaimonia, flourishing, happiness*

Unit 1: Presentation of the theories

Unit 2: Arguments in favour of the theories

Unit 3: Objections to the theories

MODULE 7: *A comparison of the psychological theories of well-being*

Unit 1: Analogies and differences between Subjective Well-being (E. Diener) and Objective Happiness (D. Kahneman)

Unit2*:* Analogies and differences between Psychological Well-being (C. Ryff) and the PERMA model (M. Seligman)

Unit3*:* Analogies and differences between Self-Determination Theory (E. Ryan, R. Deci) and Network Theory (M. Bishop)

MODULE 8: *Main criticisms of theories of well-being and positive psychology*

Unit 1*:* Culture, value neutrality and the psychology of well-being

Unit 2*:* Universality of decontextualisation theories and critiques

Unit 3*:* What itinerary to take from the descriptive to the prescriptive plan?

MODULE 9*:* *Presentation of some measures of well-being*

Unit 1: Analogies and differences between the two hedonic measures of well-being: *Satisfaction with Life Scale* (E. Diener) and *Objective Happiness* (D. Kahneman).

Unit 2: Analogies and differences between two eudaimonic measures: the *Scale of Psychological Well-Being* (C. Ryff) and the *Questionnaire for Eudaimonic Well-Being*  (A. Waterman).

Unit 3: The lack of theory in the construction of well-being assessment scales.

MODULE 10: *Assessing the measurement of well-being*

Unit 1: Well-being as an average of aggregated data vs. individual well-being

Unit 2: Construct validity and the use of factor analysis

Unit 3: Can well-being really be measured?

READING LIST

A. Corradini*,* N. Gaj, G. Lo Dico (2023) *Filosofia e psicologia del benessere: un approccio integrato*, Roma: Carocci.

TEACHING METHOD

Group seminars

ASSESSMENT METHOD AND CRITERIA

During the course, students will present - individually or in groups - one of the topics included in the programme, and will discuss it together with the other students and the lecturer. Students will be assessed on their ability to critically present the chosen topic and to interact with their colleagues and the lecturer during the discussion. Those who follow the study path based on the reading list texts will be asked to submit a short discussion report (about 1200 words) on one of the topics mentioned.

NOTES AND PREREQUISITES

There are no prerequisites.

Further information can be found on the lecturer's webpage at http://docenti.unicatt.it/web/searchByName.do?language=ENG or on the Faculty notice board.