

Вопросы к зачету

1. Прочитать и перевести текст.
2. Найти в тексте профессионально ориентированные термины.

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<https://www.psychologistworld.com/emotion/psychology-of-happiness-positive-affect>

One study looked at wide-ranging research into happiness to better understand the link between happiness in successful people. Researchers suggested that there may be a causal link between positive affect and success - that success not only brings happiness, but that a person who is happy has an higher chance of achieving success than somebody experiencing negative affect. The findings of this research support another, earlier, study by Daubman and Nowicki (1987) which artificially induced positive affect in participants in a series of experiments by subjecting them to watching comic films and providing them with sweets. Subjects were then timed whilst they completed an exercise in creative problem-solving. The researchers found that those in a state of positive affect were able to solve the problems quicker than those in a neutral state or those experiencing negative affect. Positive affect prior to success, it appears, boosts our intuitive abilities and enables us to achieve more. Do happier people live longer? Can happiness lead to a healthier, longer life? Koopmans et al (2010) conducted a 15-year longitudinal study into the happiness of elderly people, known as the Arnhem Elderly Study. They found higher levels of happiness in those who lived longer. The researchers also accounted for the participants' levels of physical activity and found that, once exercise was accounted for, the link between happiness and life span was insignificant. This indicates that happiness may lead to increased physical activity, which in turn can be beneficial.

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Richard Easterlin, a professor of economics at the University of Southern California, noticed a strange paradox involving money and happiness. Should a positive correlation exist between the two, we might expect citizens of developed countries to be happier than those of less prosperous nations. Easterlin discovered that this is not the case. Rich people within countries tend to be happier than the poorest in the same country. But overall, more prosperous countries are no happier than their poorer counterparts. These findings, known as the Easterlin paradox, contradict popular assumptions that wealthy people enjoy happier lives. A study of lottery winners and victims of serious accidents delved further into the link between money and happiness. The happiness of 22 winners of large lottery prizes was compared to that of both controls and 29 people who had been paralyzed as a result of an accident. The level of happiness experienced by winning the lottery had numbed people to the smaller joys of everyday life - a resistance the researchers described as “habituation”, as only more significant events could bring the winners joy. The results of these two studies suggest that money alone cannot bring people lasting happiness. Why it Matters: Happiness has its benefits. Happiness signifies an increased enjoyment of life, which is of course beneficial in itself. But beyond this obvious advantage, are there any further gains to be had from increased happiness? One study looked at wide-ranging research into happiness to better understand the link between happiness in successful people.

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With positive affect being subjective and relative to the individual, can happiness be measured? The United Nations seems to believe that it can, and releases the World Happiness Report, which ranks countries by the self-reported happiness of its citizens. In 2016, the report listed Denmark as the happiest nation, followed by Switzerland and Iceland. The US was the 13th happiest country with the UK ranking 23rd. Nordic countries feature prominently as being amongst the happiest societies in the world, The World Happiness Report measured happiness levels using

the Cantril Ladder, a scale devised by U.S. psychologist Hadley Cantril (1906-1969). Participants are asked to imagine a ladder with 10 rungs, with rung number 1 representing the worst life imaginable, working up to the optimal life represented by the ladder's highest rung. They are then asked to identify the step number that they feel reflects their life situation, either at present, in the past or how they envisage it to be in the future. The four happiest countries identified by the World Happiness Report placed themselves at 7.5 or higher on the Cantril Ladder. Given that these countries are highly developed and prosperous, it is easy to assume that positive affect is linked to wealth. A common wish in our modern age is to possess more money: wealth can signify success and increases a person's purchasing power, giving them choices that they might not have been able to make before. But can money buy happiness? It's a question that troubles not only psychologists, but economists, too.

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Happiness is often an elusive experience. People will go to great lengths for a fleeting moment of happiness. Even the U.S. Declaration of Independence, written in 1776, asserts the right to "Life, Liberty and the pursuit of Happiness". But what precisely is happiness - how can it be quantified, and is there any measurable benefit to possessing a happy mindset over that of a more stoic realist? Happiness is a mystery like religion, and should never be rationalized. Happiness is a subjective experience - what brings elation to one person will not necessarily satisfy another - but from a psychological viewpoint, we must be able to quantify this state of mind in order to understand it. When we discuss happiness, we are referring to a person's enjoyment or satisfaction, which may last just a few moments or extend over the period of a lifetime. Happiness does not have to be expressed in order to be enjoyed - it is an internalized experience, varying in degrees, from mild satisfaction to wild euphoria. Psychologists often refer to happiness as positive affect. It is a mood or emotional state which is brought about by generally positive thoughts and feelings. Positive affect contrasts with low moods and negativity, a state of mind described as negative affect in which people take a pessimistic view of their achievements, life situation and future prospects. With positive affect being subjective and relative to the individual, can happiness be measured? The United Nations seems to believe that it can, and

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<https://www.fluther.com/101211/what-are-the-soudest-criticisms-of-maslows-pyramid/>

Maslow's pyramid was chopped up. More sophisticated theories followed. Hodgkinson says that one business textbook has just been published which doesn't mention Maslow, and there is a campaign afoot to have him removed from the next editions of others. The absence of solid evidence has tarnished Maslow's status within psychology too. But as a result, Lachman says, people miss seeing that he was responsible for a major shift of focus within the discipline. Unlike the psychoanalysts and behaviourists who preceded him, Maslow was not that interested in mental illness. Instead of finding out what went wrong with people, he wanted to find out what could go right with them. This opened the door for later movements such as humanistic psychology and positive psychology, and the "happiness agenda" that preoccupies the current UK government. Maslow's friend, management guru Warren Bennis, believes the quality underlying all Maslow's thinking was his striking optimism about human nature and society. "All of his psychology really had to do with possibility, not restraints. His metaphysics were all about the possibilities of change, the possibilities of the human being to really fit into the democratic mode." My criticism of Maslow's pyramid and the rest of psychology is to question what practical difference it makes. What contribution has psychology made toward our wellbeing? What discoveries have been made that go beyond common sense? To take one example where one would think psychology could tell us something, what impact has psychology made on education? From the look of things, it would not seem to have made the slightest bit of difference.

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<https://veganbits.com/vegan-demographics/>

American vegans are a half of one percent. Based on a sampling of 11,000 adults, aged 17 and over, only two percent of Americans are vegetarian. Only one-in-four vegetarians — or 0.5% of the USA adult population — is vegan. Only half of one percent of the USA population — or 1.62 million — is vegan. Is 11,000 a reasonable sampling? Perhaps you are think, that this

sampling is too small and is therefore skewing the results. I suspect otherwise. This sampling is, by far, the largest such sampling that I've found. Most other such polls are usually only looking at about 2,000 people. There are more than five times as many former vegetarians/vegans than there are current vegetarians/vegans. Said differently, 84% of vegetarians/vegans abandon their diet. Extrapolated out, that means that there are 8 million lapsed vegans as opposed to the 1.6 million current vegans. Only about one-in-eight Americans has ever considered themselves vegetarian/vegan. Roughly 88 percent of Americans have always considered themselves omnivorous/carnivorous. The average age of a vegan in 2020 was 42. According to this research, young adults only account for about half of all vegans. What is less surprising is that 74% — almost three-in-four vegans — are female. More than 52 percent of vegans are liberals who are left leaning politically and are not religious. The survey suggests that for many, veganism is fleeting. Only about one-third (34%) maintained the diet for three months or less, and more than half (53%) of former vegetarians/vegans adhered to the diet for less than one year. So it appears that people try this lifestyle on for size and for one reason or another. Half of them go back to their normal, traditional diet after a year or less.

<https://www.dailymail.co.uk/news/article-10347935/First-picture-Crossbow-wielding-Windsor-Castle-intruder-wanted-assassinate-Queen.html>

A teenager armed with a crossbow wanted to 'assassinate the Queen in revenge for 1919 Amritsar massacre'. He was arrested near Windsor Castle, and today been pictured for the first time. Jaswant Singh Chail uploaded a pre-recorded video to Snapchat at 8:06am on Christmas Day. He says in a video: 'I'm sorry. I'm sorry for what I've done and what I will do. I will attempt to assassinate Elizabeth, Queen of the Royal Family. This is revenge for those who have died in the 1919 Jallianwala Bagh massacre. 'It is also revenge for those who have been killed, humiliated and discriminated on because of their race. I'm an Indian Sikh, a Sith.' The Jallianwala Bagh massacre, or Massacre of Amritsar, saw 379 protesters killed and 1,200 wounded by British forces in India. The video has the following words: 'I'm sorry to all of those who I have wronged or lied to. If you have received this then my death is near. Please share this with whoever and if possible get it to the news if they're interested.' The video was uploaded 24 minutes before he was arrested by police inside the grounds of Windsor Castle. The incident has sparked a major internal security review at the estate. The security is looking at how someone could have got so far into the grounds. Chail, who was raised in a £500,000 semi-detached house

on a private estate in North Baddesley, Southampton, has now been pictured for the first time. His father, Jasbir Singh Chail, told MailOnline something had 'gone horribly wrong with our son and we are trying to figure out what'. Mr Chail, 57, added: 'We've not had a chance to speak to him but are trying to get him the help he needs. From our perspective, we are going through a difficult time. We are trying to resolve this issue and it's not easy.'

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<https://www.dailymail.co.uk/sciencetech/article-10347453/Coronavirus-spread-heart-brain-days-survive-organs-MONTHS.html>

Coronavirus can spread to the heart and brain within days and survive in organs for MONTHS, study claims. Could THIS explain one of the mysteries surrounding long Covid? From brain fog to fatigue, many people with Covid-19 suffer from debilitating side effects for months after their infection, in a condition collectively referred to as long Covid. While the reason for these symptoms has remained unclear until now, a new study could help to solve the mystery. Researchers from the US National Institutes of Health (NIH) found evidence that the virus had spread well beyond the respiratory tract. It was present in several other organs, including the heart and brain, as much as 230 days after infection. 'Our results collectively show that while the highest burden of coronavirus is in the airways and lung, the virus can infect cells throughout the entire body, including widely throughout the brain,' the team, led by Daniel Chertow wrote. How long it takes to recover from COVID-19 is different for everybody, according to the NHS. 'Many people feel better in a few days or weeks and most will make a full recovery within 12 weeks. But for some people, symptoms can last longer,' it explained. 'People who had mild symptoms at first can still have long-term problems.' Long Covid is estimated to affect as many as one in 20 people with Covid-19. While the reason for this effect remains unclear, the researchers suggest that non-respiratory organs may have less efficient immune responses to the virus. Long term symptoms that have been reported by Covid-19 survivors, include hearing problems, 'brain fog', memory loss, lack of concentration, mental health problems and hair loss.

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<http://missourifamilies.org/features/divorcearticles/divorcefeature17.htm>

The demographics of divorce are routinely reported wrong, calculated wrong or misinterpreted. Here are some explanations of the different ways that divorce rates are reported and what each of these rates means. For every two marriages that occurred in the 1990s, there was one divorce. This does not mean that the divorce rate is 50%. Although, it is correct that in the United States during most of the 1990s, there were about two marriages for every divorce in a single year. But this does not mean that the divorce rate is 50% because the people getting married in a single year are not the same ones getting divorced. This is a very common error and it results from the fact that Vital Statistics reports the number of marriages and divorces for each year. It is easy to think that some type of divorce rate can be calculated from these numbers, but it can't. In 2003 there were 3.8 divorces for every 1000 people in the U.S. The "crude" divorce rate is calculated on the basis of the number of divorces per 1000 population. This provides a better measure of the divorce rate because this allows us to compare the rate over time and across the country by taking into account the size of the population (number of people). However, this number has a problem in that it uses the entire population (including children), some of which cannot get divorced, for its calculation. Also, since different communities and at different times in history there may be more or less children in the population this number may misrepresent the divorce rate. The birth rate in 2003 was 13.63 per 1000 population. A total of 4,089,950 children were born. In 2015 the average age at first divorce for men was 41.2 years of age and was 39.7 years of age for women.

<https://flowingdata.com/2017/07/25/divorce-and-occupation/>

As people are marrying later and staying single longer, divorce continues to be common in the United States. It's not the mythical common that "half of marriages end in divorce", but common is the rising percentage of divorces. Divorce rates vary a lot by group though. Rates are higher for the unemployed than employed. Divorce among Asians tends to be much lower than other races. Rates change a lot by education level. So, let's look at divorce rates by occupation. Using data from the 2015 American Community Survey, for each occupation, I calculated the percentage of people who divorced out of those who married at least once. Each dot represents

an occupation. Look for details. Those in transportation and material moving, such as flight attendants and bus drivers, tend to have higher divorce rates. Those in architecture and engineering tend to have lower divorce rates. It looked like salary might be related. After all, education level seems to be. So, here's divorce rates plotted against median salary per occupation. It's looking downward slope. Those with higher salary occupations tend to have lower divorce rates. That seems pretty clear. But as you know, correlation isn't causation. If someone who is already a physician, quits and takes a job as a bartender or telemarketer, it doesn't mean their chances of divorce change. Those with certain occupations tend to be from similar demographics, which then factors into how the individuals live their lives. The data comes from the 5-year American Community Survey from 2015. The occupations are classified by a system which doesn't cover every single job in full detail. It's generalized. I had the list of about 500 occupations.