

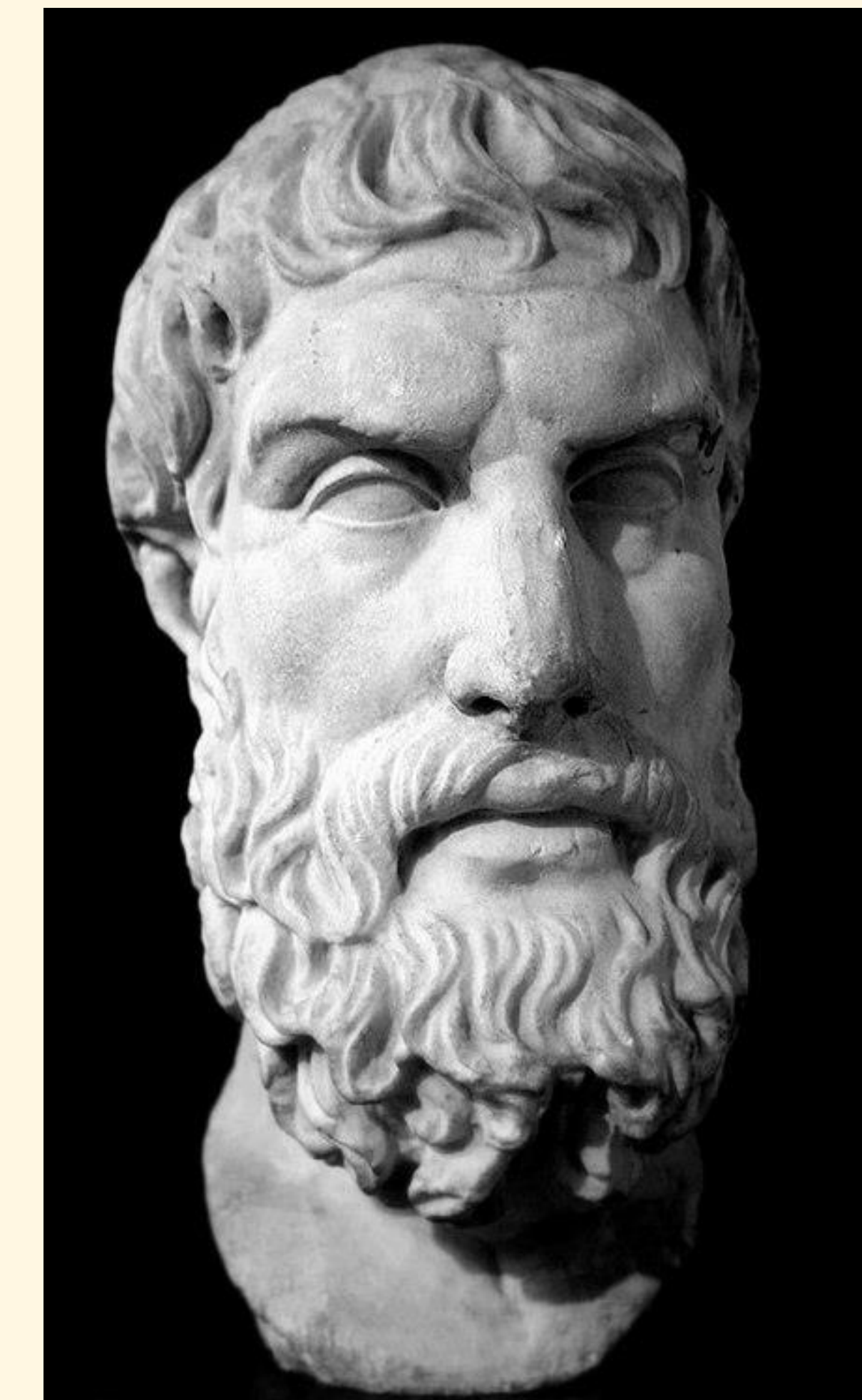


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The Effects of Hellenistic Worldviews on Happiness, Emotion Regulation, and View of Free Will

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ABSTRACT

Worldviews are expansive conceptions that affect how one thinks and interacts with the world. Two such worldviews are Epicureanism and Stoicism. These philosophies offer two distinct views on how to achieve the good life. This study examines if endorsement of Stoicism and Epicureanism predicts emotional regulation, life satisfaction, views on free will, and subjective happiness. The results indicate significant differences between the two worldviews. Greater endorsement of Stoicism predicted more negative views on free will and lower happiness levels than Epicureanism.

HYPOTHESES

H1: Higher endorsement of Stoicism will predict more negative views of free will compared to higher endorsement of Epicureanism.

H2: Participants who endorse Stoicism will show higher levels of emotional regulation when compared to participants who more strongly endorse Epicureanism

H3: Participants who more strongly endorse Epicureanism will show higher happiness and life satisfaction levels than those who endorse Stoicism.

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METHOD

The final sample of participants was $n = 144$. After providing informed consent, participants were asked to respond to statements about Epicureanism, Stoicism, free will, personal happiness, emotional regulation, and general satisfaction with life. Participants completed the following measures:

- Happiness (OHQ, $\alpha = .86$)
- Free Will (FWI, $\alpha = .73$)
- Negative Emotional Regulation (PERCI, $\alpha = .93$)
- Positive Emotional Regulation (PERCI, $\alpha = .95$)
- Satisfaction with Life (SWLS, $\alpha = .90$)

Table 1. Descriptive Statistics and Bivariate Correlations

Variable	M	SD	1	2	3	4
1. Happiness	3.65	.48	-			
2. Free will	3.58	.37	.11	-		
3. Negative emotion regulation	3.66	1.19	.41**	-.09	-	
4. Positive emotion regulation	2.70	1.19	.26**	-.27**	.67**	-
5. Satisfaction with life	4.17	1.47	-.63**	-.05	-.19*	.03

Note: * $p < 0.05$, ** $p < .001$.

RESULTS AND CONCLUSION

Hypothesis 1 was supported. Stronger endorsement of Epicureanism predicted more positive attitudes toward free will, $\beta = 0.40$, $t(143) = 5.08$, $p < .001$. Stronger endorsement of Stoicism, however, predicted more negative attitudes toward free will, $\beta = -0.41$, $t(143) = -5.22$, $p < .001$. The overall regression model explained 22% of the variance in free will, $F(2,143) = 20.13$, $p < .001$.

Hypothesis 3 was also supported. $F(2,143) = 4.72$, $p < .01$. Stronger endorsement of Stoicism predicted negative attitudes toward happiness, $\beta = -0.23$, $t(143) = -2.69$, $p < .01$.

Hypothesis 2 was not supported.

The implications of this study suggest that Epicureanism as a worldview is worth future psychological research and development.