

Dispositional Happiness and Affective Forecasting about Academic Performance: General or Specific Effect?

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1 INTRODUCTION

The recent existing literature on the influence of individual differences on affective forecasting is far from clear, some data showing direct link between dispositional traits and affective predictions, whereas other data report a personality neglect effect occurring during affective prediction. Happiness is an important personal disposition that affects emotional reactions to life events and affective forecasting. Empirical evidences suggest that happy and unhappy individuals seem to differ in the ways in which they respond to life events and daily situations.

2 AIM

Investigate the relationship between dispositional happiness and affective prediction about academic performance

3 METHODS

PARTICIPANTS

N = 105 (70 females)

Age: 18 – 33 years (23.3 mean age)

MATERIAL

STEP 1:

- Participants were asked to predict their emotional reactions when they will obtain their results for one exam two months later on a 7-point Likert scale. They should forecast their reactions for three possibilities: if they will achieve low grade (< 4/10), middle grade (= 5 until > 6/10), and high grade (> 7/10).

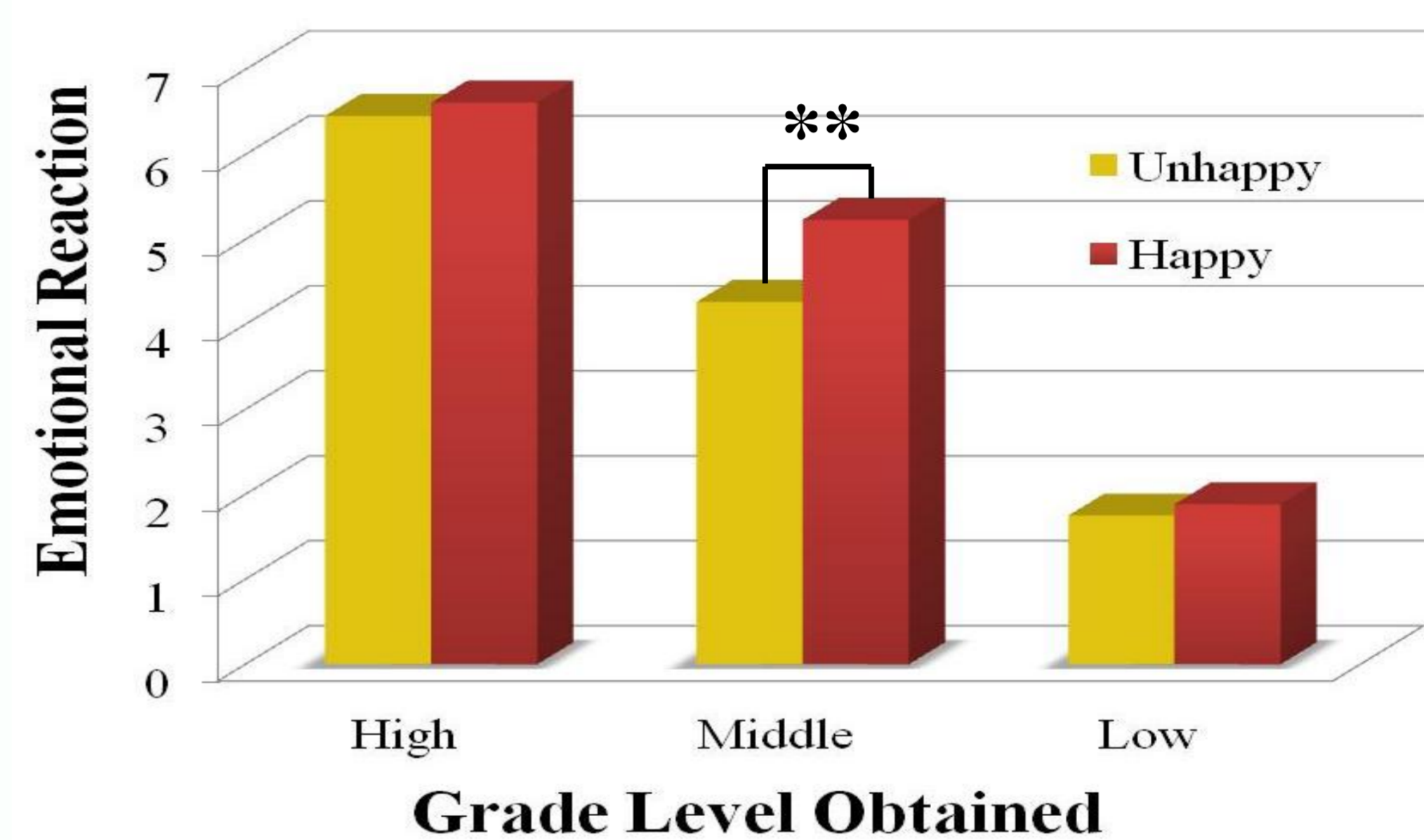
- Additionally, overall happiness was assessed using the Subjective Happiness Scale (SHS). Participants were assigned to “happy” and “unhappy” groups on the basis of high and low scores for SHS.

STEP 2:

- Participants were contacted by SMS eight hours after that the results were available, and were requested to rate their current emotional feelings on the same 7-point Likert Scale.

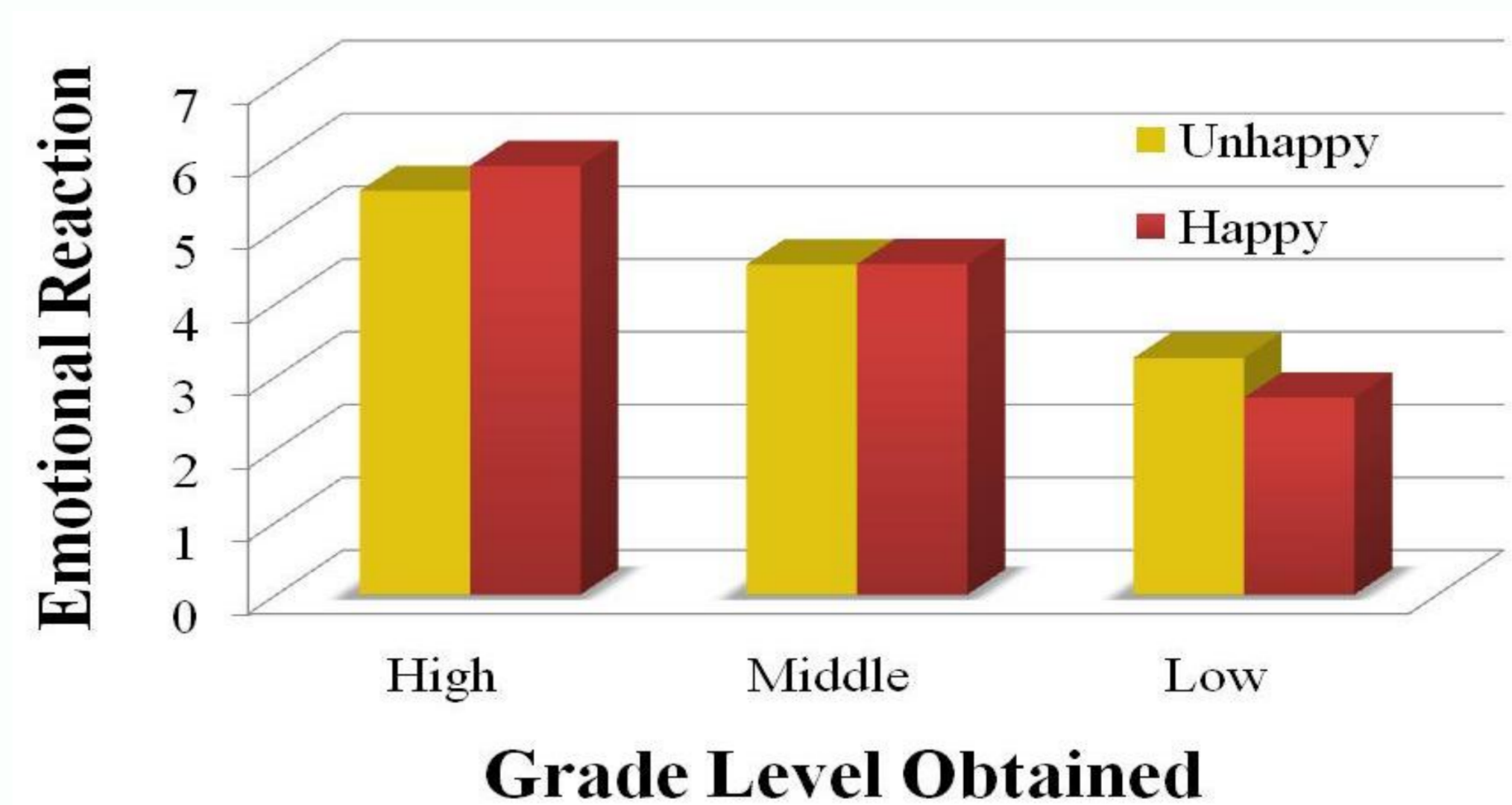
4 RESULTS

PREDICTED FEELINGS



Significant difference for middle results ($p < 0.001$)
High grade: $p = 0.99$; Low grade: $p = 0.98$

EXPERIENCED FEELINGS



High grade: $p = 0.94$; Middle grade: $p = 0.99$; Low grade: $p = 0.75$

5 DISCUSSION

- These findings confirm that **dispositional happiness is related to emotional prediction**, and suggest that **dispositional happiness influences predicted feelings, but not experienced ones**.
- More particularly, the results indicate that **happiness induces more positive feelings concerning moderate future achievements, but not for extreme ones**, suggesting that happiness generates a positive view about emotional coping of future intermediate accomplishments only and not a general positive view of future.

