

Patterns for Well-being in Life: Supporting Life Design Based on 4 Factors of Happiness

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In this paper, we present Patterns for Well-being in Life which gives support in fulfilling four factors of happiness in daily life and help people think about their own way of well-being. This study is based on well-being studies of Takashi Maeno, one of the author of the article. In his study, Maeno presents four factors of happiness : factor 1 “let’s try it!”, factor 2 “thank you”, factor 3 “it will turn out all right!”, factor 4 “be yourself”. By verbalizing the tips for method on fulfilling four factors of happiness as pattern language, we presented the keys of designing well-being in life. We constructed this pattern language to three main sections: “Understanding yourself”, “Building relations with others”, and “Improving more”. In this paper, we focused on section 1, “Understanding yourself”. This section is titled with a pattern, Seeds of Happiness, and contains three more detailed patterns: Source of liveliness, What’s ahead, In your pace.

CSS Concepts: Social and professional topics → **Computing Education and User characteristics**;
Adult education and Cultural characteristics;

KEYWORDS

Well-being, happiness, pattern language

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1. INTRODUCTION

We present Patterns for Well-being in Life which supports to fulfill four factors of happiness in daily life and help people think about their own way of well-being. Just in daily life, many people seem to long for well-being in life. However, most of them holding complexity in difficulty of actually accomplishing their wishes, I myself suffered in figuring out the concept of well-being that could be taught to others and wanted to know how we can think about our own way of well-being.

In our study, we focused on previous studies of Maeno’s four factors of happiness[1], and on people actually applying it to their daily life. Through this, we attempted on extracting detailed patterns from their practices, and coordinated them as pattern language 3.0[2] presented by Takashi Iba.

In this paper, we will define “happiness” as same meaning to “well-being”. First, we introduce a study of well-being by Takashi Maeno. Next, we explain the reason why we made this as pattern language by quoting “Quality without a name” by Alexander and pattern language 3.0. Finally, we present thirteen patterns from section 1, “Understanding yourself”; a title pattern and three core patterns in pattern language format and summaries of three patterns below each core pattern.

2. Four Factors of Happiness

Since the beginning of the 21st century, research on happiness and well-being began in the West, and then proliferated to countries worldwide. Takashi Maeno, one of the author, surveyed the psychological characteristics of fifteen-hundred people via the Internet with a twenty-nine-item, eighty-seven-part questionnaire. Next, we performed the factor analysis of the questionnaire results.

As a result, we obtained 4 factors: factor 1 “let’s try it!” (self-realization and growth), factor 2 “thank you!” (connection and gratitude), factor 3 “it will turn out all right!” (positive and optimistic), factor 4 “be yourself” (independence and “my pace”). Factor 1 involves seeking personal change and innovation. Factor 2 involves aiming at stable relationships with others. Factor 3 is just as important to be optimistic and positive as it is to aim for self-realization and growth (Factor 1) and to cultivate connections with others (Factor 2). Factor 4 reflects a tendency to not compare oneself to others and to have a firm sense of self. In Cluster analysis results divided people into five clusters (groups). In conclusion, results have shown that you will find happiness if all four factors are met; if one is not met, your degree of happiness drops and if none are met, you could be in the least happy state. Therefore, fulfilling these four factors of happiness can be said to be very important in achieving happiness in life.

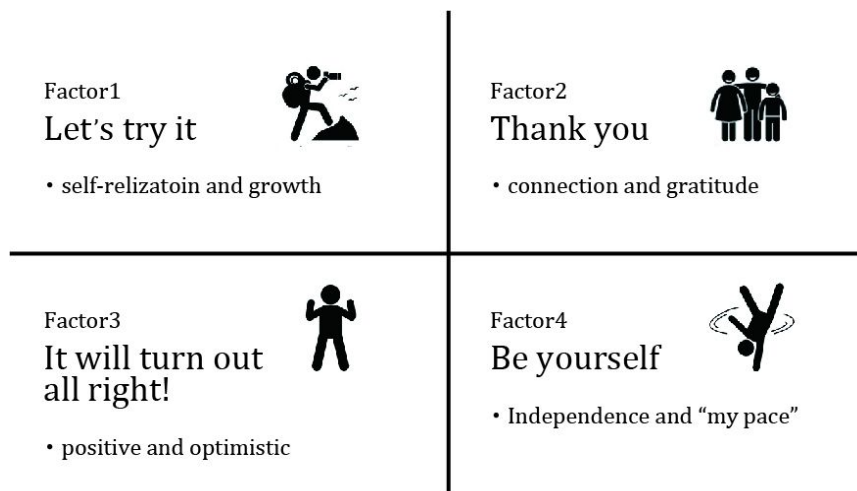


Fig. 1. Four Factors of happiness

3. Patterns for Well-being in Life

In this chapter, we introduce two reasons why we decided to apply four factors in pattern language.

First is to find elements of well-being and relations of each elements by outputting them as pattern language. Alexander, the founder of pattern language, had called that well-being have similar features relating to “quality without a name,” which is said to be a core concept of his pattern language. In his studies, he defines “quality without a name” as concepts behind beauty that cannot be explained in words.

His studies are explained as follows:

The “beauty” that cannot be explained. Alexander called this “quality without a name.” He focused not on physical element of buildings and cities, but on relations within elements and captured the elements of this repeated relations as pattern. By connecting these patterns, he asserted that overall quality can be made [3].

Through pattern language, Alexander explains how pattern language clarifies the meanings and concepts behind “quality without a name.” Additionally to this, in his study, Alexander focuses on alive as one of the elements that describes “quality without a name.”

An interesting notion that caught our attention is how Alexander explained alive to have similar meaning to “well-being.” In his book, Alexander says “To be happy, and to be alive, in this sense, are almost the same. Of course, a man who is alive, is not always happy in the sense of feeling pleasant; experiences of joy are balanced by experiences of sorrow. But the experiences are all deeply felt; and above all, the man is whole; and conscious of being real.” [4]. “Well-being” and alive having a same meaning, we though “well-being” may also be an important element in “quality without a name.” Like Alexander focusing on “quality without a name” and capturing the elements’ relationships as patterns, we tried to capture the important elements and relations consisting human action of “well-being” as patterns.

Second is to verbalize the action of fulfilling four factors as pattern, which is often vague and hard to understand. Similarly to how Christopher Alexander created patterns for architectural design, Takashi Iba proposed Pattern Language 3.0 as a form to support ordinary people in designing their actions in daily life. According to Iba, pattern languages that Alexander proposed in the domain of Architecture are “Pattern Language 1.0,” the first generation of pattern language. Those created for and applied in the domain of software are “Pattern Language 2.0,” the second generation of pattern language. Lastly, the rather new creation and application of patterns in the domain of human action are referred to as “Pattern Language 3.0,” the third generation of pattern language [2].

As Takashi Iba defined pattern language 3.0, pattern language can be applied to human action well. By verbalizing the tips for method on fulfilling four factors of happiness, we presented the keys in practicing four factors. In this article we define the method in fulfilling four factors of happiness as designing well-being in life.

4. Patterns for Well-being in Life

We summarized 39 patterns to three sections to clarify what we want to explain through the whole language (Fig 2).

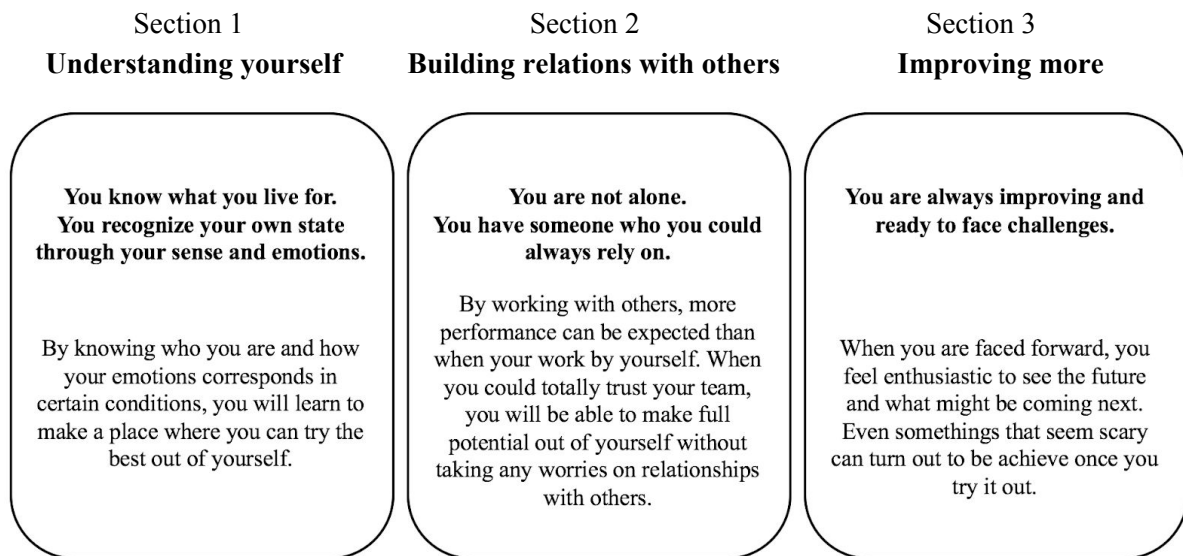
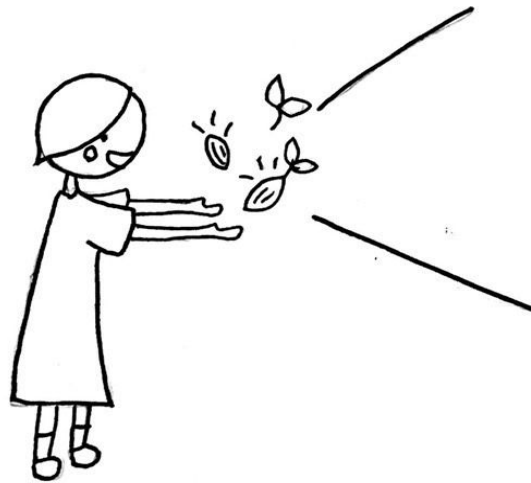


Fig 2. Three main sections in patterns for well-being

With a header in each section, the sections are made with one title patterns and three more detailed patterns are attached below. The detailed patterns are followed with three more action based pattern below, completed with 39 patterns in whole.

4.1 Seeds of Happiness

Seeds of Happiness



You are thinking your plans to design your “well-being” in life.

▼ In this Context

Although thinking of well-being, you are unsure of where you could start from.

Concept for well-being is vague and there are no exact process in achieving it in life. Because the idea varies for each person, your own way for well-being cannot be found easily even if you rely on others for advice.

▼ Therefore

Find out hints to make your well-being by knowing yourself and your experiences in the past.

Natural and honest emotion could be a key in finding out your core value to make your well-being. Search for moments you felt any emotions that had overwhelmed you, such as pleasure, enjoyment, or sadness. Examine yourself closely from it and use those hints to your daily action.

▼ Consequently

With specific ideas for your well-being, you can specifically imagine actions that will lead you to your well-being in life. As you can see yourself gradually reaching well-being, you feel more encouraged and excited in daily life.

4.2 Source of liveliness

Source of liveliness



You are trying to understand how you could grasp well-being in yourself.

▼ In this Context

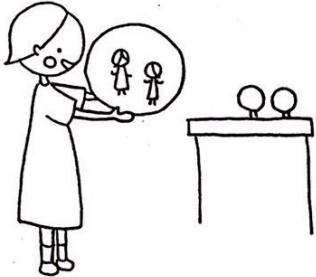
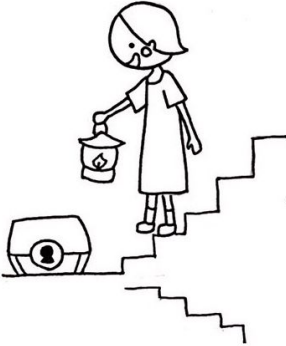

Comparing with others is an easy way to grasp your character, but without reflecting directly on your core self, you would not be able find your true way for well-being. Although social standards such as status or career is an easy way to define yourself, it is hard to truly know yourself from it. With only shallow understanding on yourself, you would not be able to make decisions that best fits you in certain situations.

▼ Therefore

Reflect on motivated experiences and timings that had made your experience exciting. Look for what affected your emotions to find important keys that make your well-being. From some experiences, you could think of why you had enjoyed so much or why you had worked so hard on it. If your key reason was because you could make people happy from it, then happiness for others could be an element strongly related to your well-being.

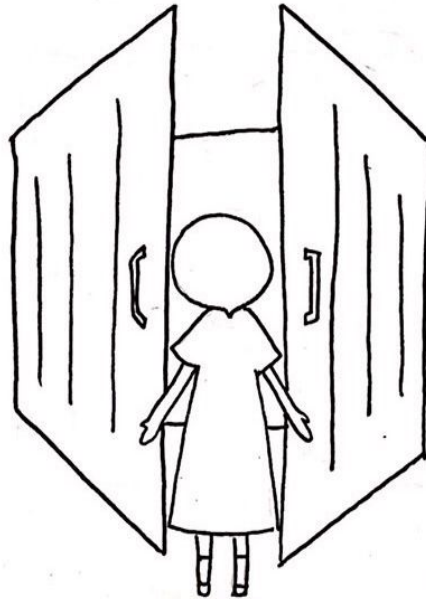
▼ Consequently

By understanding yourself deeply, you could feel confident to behave as your true natural self. The key elements to your everyday life will boost your energy and motivate your living.

Pattern name	Pattern illustration	Pattern Summary
Pure Experiences		<p>You are remembering your experiences to understand yourself and how you find well-being. However, feelings you had in the past could be vague and maybe not true at all. To know about the real you, behave and hold emotions as your true and honest self in your daily life.</p>
Deep Introspection		<p>You are reflecting on emotions that you held in past experiences. However, you could always stop thinking so hard about it. Realize that there are so many views that you could hold on your experience. Keep looking for reasons behind each emotions and you will start to notice more and more about you and your well-being.</p>
Find from Body		<p>You are trying to understand yourself from a deeper point of view. However, it is hard to keep your focus and to gain a new aspect to see yourself differently. Walk around and move your muscles because thinking is not just about keeping quiet. When you make yourself relaxed, you could find some discoveries of yourself.</p>

4.3 What's ahead

What's ahead



You are facing your actions in your everyday life.

▼ In this Context

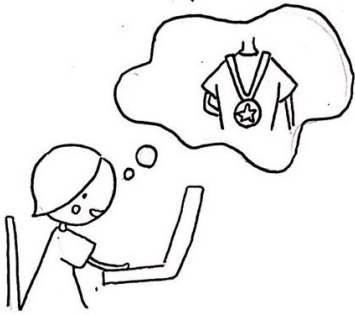
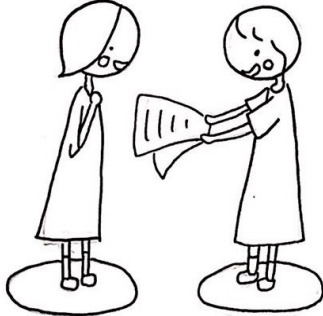
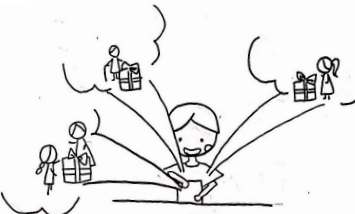
As you began to focus more on your action, you could easily forget the purpose and values. Just performing it could become your main objective. Even if you had strong motivation toward your actions, doing it too much could reduce the sense of speciality in it. This could narrow your view and make you forget how it could affect society and others around you.

▼ Therefore

Discover values in your action in how the task could merit your ability, what the team expects in you, and how your work could impact the society. In this process you focus on effects on you, your team, and the society in whole. For example, the work you took to earn skills and abilities could other words be a strength to motivate and unite the team, or maybe something that gives pleasure to someone somewhere in the world.

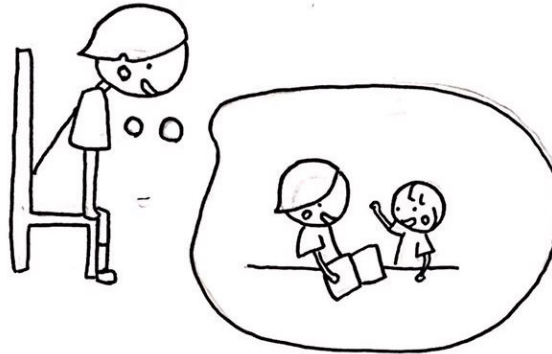
▼ Consequently

Reflecting your work through various points, you can deepen the values you see in your actions. As the value can be dug in further, the meaning of you individually could be captured more clearly and thoroughly.

Pattern name	Pattern illustration	Pattern Summary
Your Merit	 <p>A simple line drawing of a person with a large head and a small body, looking thoughtful. A thought bubble above their head shows a medal hanging from a ribbon.</p>	<p>You are wondering how your activities could mean and how it could merit yourself. If you're not interested in what you're working on, your task could seem tiring and meaningless. Imagine yourself in the future and how your actions could change you.</p>
My role	 <p>A line drawing of two people standing on circular bases. The person on the right is holding a large sheet of paper and appears to be speaking or presenting it to the person on the left.</p>	<p>You are searching for your role to contribute to others. Although you try out some parts, it is hard to find a role that perfectly fits you and your community. Learn more about yourself through communication with others by examining your differences and noticing what others tend to rely on you.</p>
Link to Society	 <p>A line drawing of a central person with several lines radiating outwards to smaller figures, each holding a gift box, symbolizing a connection to society.</p>	<p>You are wondering what your performance could mean to the society. However, your actions could seem personal and unimportant in the social picture. Imagine and listen to people who may have positive experiences through something you have done.</p>

4.4 In your pace

In your pace



You are with others to act.

▼ In this Context

When you try too hard to follow others' pace and expectations, you could feel too pressured to use your skills effectively. Even in simple and daily tasks, people have different rules and pace in doing it well. Without your knowing your own pace in completing your tasks, you could feel pressured to follow the style that differs from your original pace.

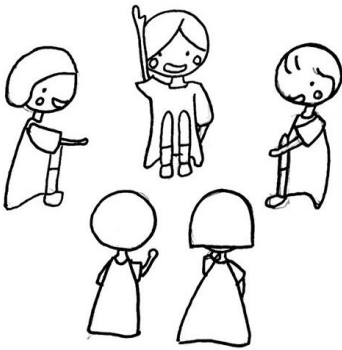
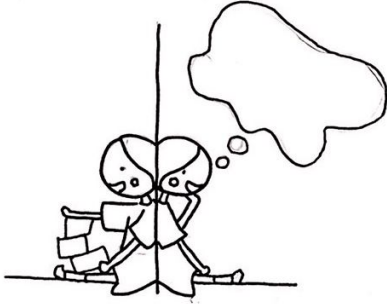
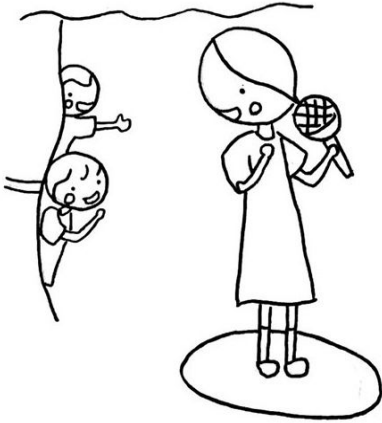
Understand that others have different character and rules in doing their tasks.

▼ Therefore

Ask yourself regularly if you are able to act in your natural and best practiced pace. If you have any worries or discomfort in your action, be sure to check for reasons and think over what is needed to bring energy in your life. If you find your task challenging or too hard for you to do, it is also very important to loosen yourself up and let yourself act more freely.

▼ Consequently

If keeping your pace becomes natural for you, it becomes easier to pressure and feel more confident in your own actions. With less stress and more relaxed sense of feeling, you could also find your quality that you couldn't notice before.

Pattern name	Pattern illustration	Pattern Summary
Own Stage		<p>You are working on something with others around you. However, you could feel unneeded and insecure if you can't find a clear role to perform. Understand what others are expecting in you and do best to contribute and make actions in the group.</p>
Harmony in Mind and Action		<p>You wish to exert and contribute for others in your sure and easy pace. When your actions are too emotional based, you could find it hard to keep the motivation. However, when rational, it could be hard to keep your pace in doing your actions. Use your emotions to drive your actions and use your logics to fix and plan your actions.</p>
Relief in Thanks		<p>You are trying to behave and act in your own eased pace. However, you could feel uncertain that your pace may differ from other people's pace. Look around at people who were always there to support you. Say thanks to the others and you will feel secure that your pace could be welcomed.</p>

5. Making process

Taking in method found by Iba Laboratory [5], our pattern making was proceeded in three steps: pattern mining, pattern writing[6], and pattern symbolizing (Figure 3). In the pattern mining phase, we collected information through mining dialogue, organized data by clustering texts, and formed basic content of patterns in seed making. Next in the pattern writing phase, we continuously wrote, reviewed, and re-structured the patterns based on seed making. Finally, in the phase of pattern symbolizing, we named and drew illustrations to explain meanings of each pattern.

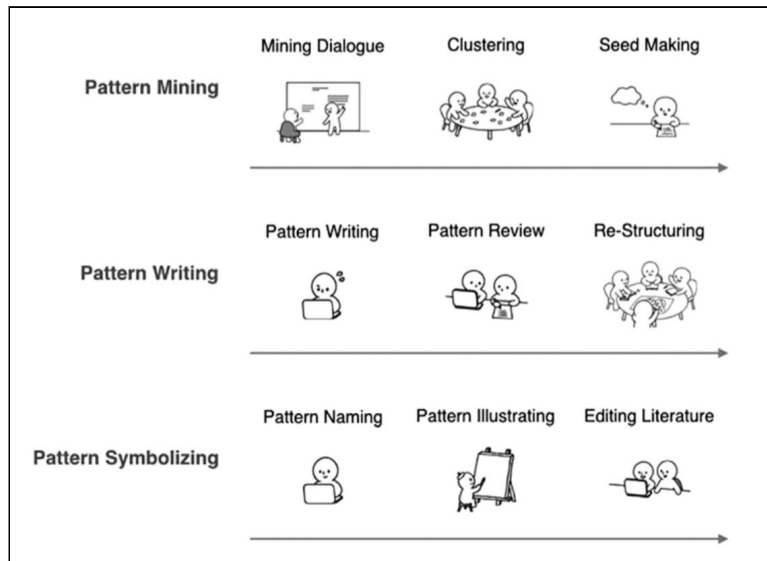


Fig. 3. Process of creating Pattern Language [3]

As first step in Pattern Mining, we started by interviewing 14 people who practice four factors of happiness in daily life. (Figure 4) We focused on each of their experience and examined originalities in their core values.



Fig. 4. Mining dialogue based on “Four Factors of Happiness”

In the clustering phase, we used KJ method [7] in three steps to dig down the factors to the abstractive level. Using the method, we summarized 1054 post-its to 323 cards, 67 rough summaries, and finally to 39 patterns' seeds. Examining each note, we started by reviewing each participant's experience and ideas behind them. We plotted the cards on simili paper roughly in 4 axes: factor 1 "let's try it!" (self-realization and growth), factor 2 "thank you!" (connection and gratitude), factor 3 "it will turn out all right!" (a sense of optimism), factor 4 "be yourself" (independence). We plotted the cards in 4axes, but it is because four factors are interrelated each other, so it reflects all four factors. And also, we made this pattern as we practice this pattern, we can fulfill four factors. It means this patterns are not tied up to four factors.



Fig. 5. Clustering using KJ method and plotting the cards in 4 axes

In pattern writing, we outlined the pattern in context, problem, and situation and called the process CPS (Context Problem Situation) writing. Because it's purpose is to catch the overview of each pattern's meaning, in this phase, each writing was kept simple in no more than one or two sentences. We used CPS as frameworks in writing the seeds down to actual patterns. We added explanation to the contents and specific examples to make it more practical for the readers. We reviewed, discussed, and revised the patterns continuously.



Fig.6. Writing and revising the patterns

In pattern symbolizing phase, we named and designed illustration for each pattern. [8] In the process, we focused on meaning that each pattern holds and gave names and illustrations that fully describes the solution for each pattern.

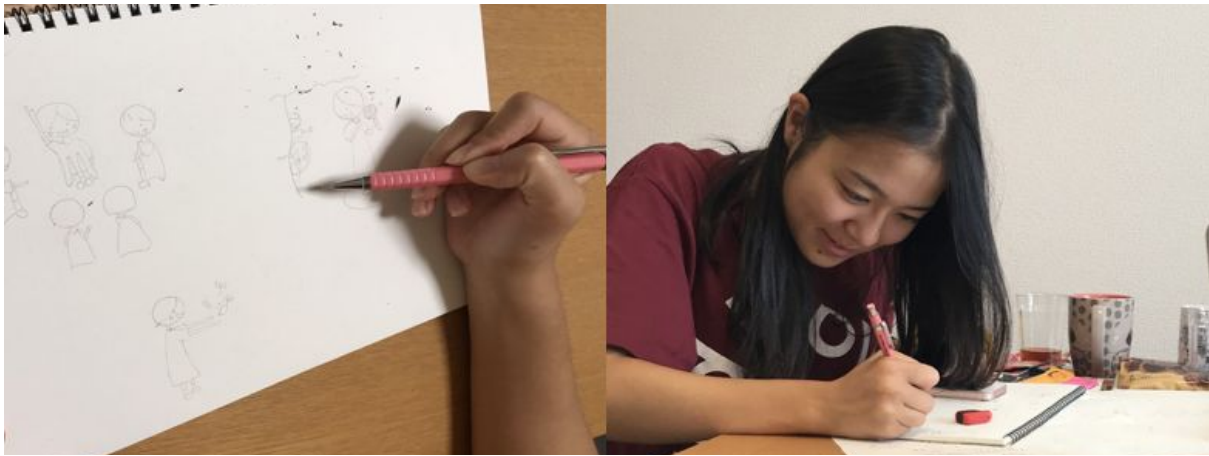


Fig.7. Designing pattern illustrations

6. Way to use this pattern language

This pattern language is designed for wide range of people regardless of their age, gender, or their way of living. As the best way to use this language, we expect readers to practice this language in Dialogue Workshops. Through the workshop, participants acquire pattern names as new vocabulary in their communication and deepen their understanding of each pattern that they bring out. As a media for communication, the use of this language activates discussions of “well-being” which is usually a vague and ambiguous theme to take up. This experience can encourage people to embrace “well-being” into their regular lives and we aims to promote readers to identify and design their own way for living happiness.

7. Conclusion

In recent days, people began seek for emotional satisfaction than satisfaction on money and greeds. In terms of studies, concept and techniques to grasp well-being are continuously developed and examined academically. However, there are still no evidence based method to promote ideas on individual well-being nor communication to deepen understandings of the idea. To support people to look for their own way of well-being, in our study, we introduce “Patterns for Well-being in Life”. We plan to hold workshops with various types of people and examine these patterns further and provide people chances to use these patterns in daily life. Though this pattern, we hope we can achieve the society where more people can make their choice for their well-being.

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