

[Available Issues](#) | [Japanese](#)Author:  [ADVANCED](#)

Volume Page

Keyword:  [TOP](#) > [Available Issues](#) > [Table of Contents](#) > [Abstract](#)

ONLINE ISSN : 1349-6174

PRINT ISSN : 1348-8406

**The Japanese Journal of Personality**

Vol. 14 (2005) , No. 3 (2006) pp.305-321

[\[PDF \(387K\)\]](#) [\[References\]](#)**Roles of Positive Affect: The Phenomena and Mechanisms**[Katsuyuki Yamasaki](#)<sup>1)</sup>

1) Department of Human Development, Naruto University of Education

(Received: 2005/06/25)

(Accepted 2005/11/29)

An increasing number of studies, inspired by Positive Psychology movement, have focused on the roles positive affect (PA) plays. The present article, first of all, sought to clarify some of the problems concerning definition and measurement of PA. Specifically, it was emphasized that many types of PA remained unexamined, and that measurement accuracy of existent scales was very low. Secondly, in comparison with the roles of negative affect (NA), a number of benefits produced by PA were reviewed in such broad domains as cognition, information processing, health, social relations, and so on. In doing so, considerable thought has gone into analyzing previous inconsistencies in PA and NA findings, so that consistent notions concerning both affects may become possible. Lastly, the present article elucidated several hypothetical mechanisms underlying the benefits. Throughout this article, the author considered crucial problems underlying this broad-range research, which could simultaneously suggest future studies that were especially needed. It was suggested that the future studies would mainly consist of cultural differences and intervention.

**Keywords:** [positive affect \(PA\)](#), [negative affect \(NA\)](#), [roles of PA](#), [mechanisms underlying PA benefits](#)

[\[PDF \(387K\)\]](#) [\[References\]](#)Download Meta of Article [\[Help\]](#)[RIS](#)[BibTeX](#)

To cite this article:

Katsuyuki Yamasaki, *The Japanese Journal of Personality*, Vol. **14**, p.305 (2006) .

---

doi:10.2132/personality.14.305

JOI JST.JSTAGE/personality/14.305

Copyright (c) 2006 by Japan Society of Personality Psychology

---



---

[Japan Science and Technology Information Aggregator, Electronic](#)

