

Annotation of Doctoral Dissertation

The dissertation analyses the construction of experiences of happiness in the narratives of self-help teachers in Lithuania. The thesis raises a following problem issue how do self-help teachers in Lithuania construct and shape the narratives of happiness, which social experiences and behavioural strategies associated with the pursuit of happiness are discussed in them. In the theoretical part of the dissertation, after reviewing the historical development of the concept of happiness and highlighting the limitations and criticisms of contemporary positivist research on happiness, the significance of emotion culture for the expression and experience of happiness is analysed. The threefold significance of the therapeutic culture in contemporary market societies for happiness is highlighted. The implications of the norms and rules of a particular culture for the experience and expression of happiness as an emotion are discussed. The formation of happiness as a normative social category in therapeutic culture is actualised and the way in which happiness becomes the ultimate goal of continuous self-development and a measure of self-transformation and self-improvement, expressed through the structure of the therapeutic narrative, is revealed. Based on the presented analysis, the significance of self-help teachers in therapeutic culture and in the formation of happy life narratives is actualized. The empirical part of the dissertation, based on 23 in-depth narrative interviews with self-help teachers in Lithuania, analyses how the subjects construct narratives about the pursuit of happiness and which factors, specific to the Lithuanian context, they identify as important for the experience and expression of happiness.