

Models of Wellbeing — Practice Worksheet

This worksheet covers the distinction between subjective and psychological wellbeing, Diener's model, and Ryff's six-factor model.

Part A — Defining and distinguishing

Q1. Define 'wellbeing'. *(1 mark)*

Q2. Distinguish between subjective and psychological wellbeing. *(4 marks)*

Part B — Diener's model

Q3. Summarise Diener's (1984) model of subjective wellbeing, naming its three components. *(5 marks)*

Q4. A person reports high positive affect, low negative affect and high life satisfaction. Assess their wellbeing using Diener's model. *(4 marks)*

Part C — Ryff's six-factor model

Q5. List the six dimensions of Ryff's model of psychological wellbeing. (6 marks)

One: _____

Two: _____

Three: _____

Four: _____

Five: _____

Six: _____

Q6. Select two of Ryff's dimensions and propose one strategy for each that a coach could use to support their team's psychological wellbeing. (6 marks)

Diener's subjective wellbeing = life satisfaction + frequent positive affect + infrequent negative affect. Ryff's psychological wellbeing = autonomy, environmental mastery, personal growth, positive relations, purpose in life, self-acceptance.