

# Scientific Support for Psychological Hedonism

Post by “kochiekoch” of April 19, 2024 at 1:43 PM

Hi all! 😊

Psychological hedonism, the theory that humans are motivated by pleasure and the avoidance of pain, is supposed to be our 20th discussion topic, so I thought I'd do some research. Years ago, I read there was actual scientific evidence supporting this concept; so I did a quick search and came up with this item confirming the idea.

From the US government of all places! 😄

[Hedonism and the choice of everyday activities - PMC \(nih.gov\)](#)

>>There are many factors that influence our everyday activities—from financial considerations to social norms to political constraints—yet most theories of motivation have highlighted the crucial role played by negative and positive affective states (4-6). In particular, human behavior is believed to be guided by the hedonic principle, according to which our choices of activities aim to minimize negative affect and maximize positive affect (7).

The hedonic principle has been tested empirically through laboratory studies that have used a wide variety of mood induction techniques (e.g., writing about negative or positive life events, watching sad or happy movies) and then asked individuals to choose among various activities.<<

The article is mainly about how people are most likely to compensate for bad moods, pleasure, and how likely they are to do disagreeable tasks, when in a good mood.

Very Epicurean! 😊