

# 3<sup>ème</sup> Journée romande de psychologie positive



**Conférence – 9h00-10h00**

## **The contribution of adult playfulness to well-being: Theoretical and practical implications**

Playfulness is an individual differences variable that allows people to frame or reframe everyday situations in a way such that they experience them as entertaining, and/or intellectually stimulating, and/or personally interesting. The talk will give an overview of the current state of the research in the field. A main focus will be on the contribution of playfulness to relationship satisfaction. A series of studies using dyadic data (couples in romantic relationships; e.g., Partner A and B) have shown that there are both, actor (i.e., Partner A's playfulness relates positively to Partner A's relationship satisfaction) and partner effects (i.e., Partner A's playfulness relates positively to Partner B's relationship satisfaction and vice versa). We argue for a playful love style that covers playful interactions among partners in order to break tension and allow for new experiences within the relationship. Practical perspectives from this research program are highlighted.



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