

ABSTRACT

In this diploma thesis I am addressing the concept of well-being in recent philosophy as a phenomenon of our time. I also try to specify the role of philosophy in its research. At the same time, I am aiming to give reasons why this concept has recently become more and more a part of discussions in society. In the text, I link the contemporary conception of well-being with Aristotle's notion of a good life or the concept of eudaimonia. In two chapters I also discuss the ideas of A. MacIntyre and M. Nussbaum, who have commented on and responded to Aristotle's and the contemporary notion of the good life. Then, with the help of the two projects at Yale and Harvard that I mention in the thesis, I attempt to outline how the research on well-being is now being conducted and what the results to date have been. Finally, the thesis thus mentions specific activities and behaviors that have been empirically shown to have an impact on a person's overall well-being, and in which some correspondence with Aristotle's philosophy can be observed.