

## CORELATELE ȘI COSTURILE STĂRII DE BINE

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### Abstract

It's tough to use the concept of well-being as a variable in studies, because there are so many perspectives and theories concerning it's sources and especially it's components. Nevertheless, most authors in the field of psychology think this concept has two dimensions: a cognitive one and an emotional one. Starting from this point of view, our article presents a series of variables related to well-being, such as leisure time activities, life style or meaning in life. In the end, we discuss about the costs of well-being.

Keywords: *leisure time, life style, meaning of life, costs of well-being*

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