

Psychology



UNIVERSITY OF
STIRLING

SCHOOL OF
NATURAL SCIENCES

Research Seminar
Programme



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Chair of Social Psychology — School of Psychology
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University of Stirling Seminar Programme

Host: Andrew Livingstone

Health in Groups: How group life may enhance your mental and physical well-being

Abstract

We all belong to social groups (e.g., family, work group, sport team). However, we may *identify* with a group (i.e., have a sense of belonging to the group and of commonality with other group members) to different extents.

In this seminar I will discuss research demonstrating that (i) higher identification with the family group predicts healthier lifestyle among older people, and that (ii) higher identification with the work-place, school, or a sport team predicts higher mental and physical well-being.

This research also suggests that the positive health implications of group identification are stronger than, and relatively independent from the effects exerted by the amount of social contact one may have with other in-group members.

Seminars are free of charge and held on

Thursdays @ 4:00 pm Room 3A94

Refreshments are served upon arrival * All are welcome

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