

PRINT: ISSN 0976-4224 ONLINE: ISSN 2456-6292

**JOURNAL OF
PSYCHOLOGY**



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J Psychology, 4(2): 59-66 (2013)

PRINT: ISSN 0976-4224 ONLINE: ISSN 2456-6292

DOI: 10.31901/24566292.2013/04.02.02

**Self-leadership and Happiness within
the African Working Context**

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KEYWORDS Self-regulation. Africa. Signature Strength. Flow

ABSTRACT The aim of this conceptual and theoretical research, is firstly to integrate self-leadership and happiness by means of a model and secondly to discuss the effect of self-leadership on happiness in order to apply it within the current African working context. A nonempirical research paradigm (conceptual research) was adopted. The social learning theory was utilised to integrate self-leadership and happiness and made applicable within the working situation. It was indicated that self-leadership can have an effect on happiness within the African working context. By implementing self-leadership and happiness practices, and integrating traditional African values and beliefs into that, all African employees will be aided in the achievement of their working potential.