



---

## **Relation between Happiness and well-being**

**Dr. Anju Agnihotri**

**Associate Professor, GD College, Alwar**

**[dr.anjuagnihotri456@gmail.com](mailto:dr.anjuagnihotri456@gmail.com)**

Human well-being as a concept encompasses a well rounded balanced and comprehensive experience of life. It includes health in social, physical, mental, emotional, carrier and spiritual domains .It can be thought both as an outcome for which individuals strive and as a part of functional process that helps an individual's to achieve their goal. [Lucas &Diener 2008] when things do not go right in all of these areas, one probably does not experience as much joy, and may be under greater stress ,worry and anxiety.

Well-being has been defined as the combination of feeling good and functioning well, the experience of positive emotions such happiness and contentment as well as the development of one's potential, having some control over one's life, having a sense of some purpose and experiencing festive relationship. [Huppert 2009] Every aspect of life influences state of well-being, Well being is not just the absence of disease or illness. It is a complex Combination of person's physical mental and emotional and health factors, well-being is the experience of health,happiness and prosperity. It includes having good mental health, high life-satisfaction ,a sense of meaning or purpose, and the ability to manage stress. More generally, well being is just feeling well .

Cambridge Dictionary defines "Well-being as the state of being healthy and happy"

Every aspect of life, influences state of well-being. Some people to believe that wealth is a fast track to happiness ,yet various international studies have shown that it is quality of personal relationship, not the size of our bank balance, which has the greatest effect on our state of well-being.



---

Well-being is subjective – how you feel about your life largely depends on you see it. There are four families of well-being –

1-Hedonism



Ultimate benefit



[pleasure and freedom from suffering]

2- Desire theory



Ultimate benefit



[ Getting what you want]

3 – List theory



Ultimate benefit



[ Having certain items or achievement, that are objectively valuable fulfilling your nature]

4- Nature fulfillment



Ultimate benefit



[ Realizing your potential]

There are different theories of well-being which include subjective well-being or how much positive or negative affect one's experiences as well as levels of life-satisfaction, It relates to happiness in current situation. Happiness and well being as they reflect a unitary construct, there is no single definition that captures the entirety of well-being.



---

Happiness arises from a complex interaction of many factors .The effect of any one item, like friendship depends on lots of other things, like the person's attitude, the local culture, stressful events and so forth. 20% of happiness result from friendship.

People who experience the highest levels of happiness are the most successful in terms of class relationships and volunteer work, but those who experience slightly lower levels of happiness are the most successful in terms of income, education and political participation. Once people are moderately happy the most effective level of happiness appears to depend on specific outcome used to define success.

Britannica defines – happiness as a state of emotional well-being .Happiness can exist without well-being, but well-being can't exist without happiness .It leads us to physical and emotional aspects which every person is trying to blend into a single and harmonious mixture. Happiness is the sign of mental integrity,

Happiness is an emotional state characterized by feelings of joy, satisfaction, contentment, and fulfillment .

Some basic sign of happiness-

- feeling like you are living the life you wanted.
- Going with flow and willingness to take life as it comes.
- feeling that the conditions of your life are good.
- Enjoying positive, healthy relationships with other people.
- feeling that you have accomplished what you want in life.
- feeling satisfied with your life.
- being open to new ideas and experiences.
- Practicing self care and treating yourself with kindness.
- Experiencing gratitude.
- Wanting to share your happiness and joy with others.

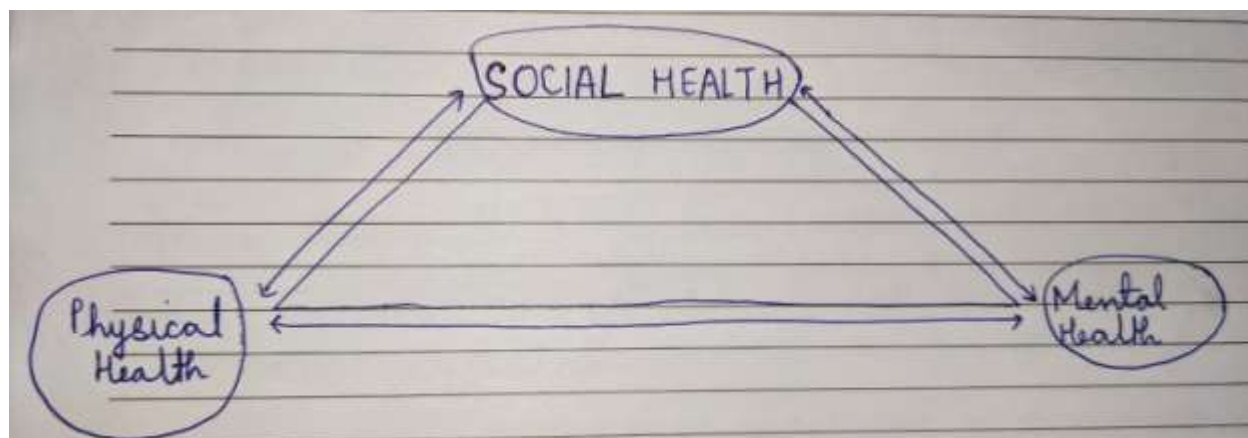
Happy people still feel the whole of human emotions anger, frustration, boredom, loneliness, and even sadness from time to time. But even when optimism that things will get better, that they can deal with what is happening and that they will be able to feel happy again. It is an emotional state characterized by feelings. Of joy, satisfaction; contentment and fulfillment.

Happiness is not something that happens, it is not the result of the good fortune or random chance, it does not depend on outside events but rather on how we interpret them. According to Swami Vivekananda (2000),” life is not enjoyment alone, true joy is when we venture inwards. “The individual is an agent of his/her own happiness, independent or environmental conditions , the well of spring of happiness is within the individual and it is more spiritual enrichment rather than material satisfaction. Happiness can be achieved provided one has the wisdom of discovery, the wisdom of contentment, the wisdom of gratitude, the wisdom of giving and wisdom of self cultivation [Tsou &Lue, 2002]

#### Basic Interlinked Elements of Happiness and Well-being

Happiness is a mental or emotional state of well-being characterized by positive or pleasant emotion. A variety of biological, psychological and physiologic approaches have striven to define happiness and identify its sources, when we analyzed the approaches. We find that happiness and well-being is a state of mind developed by three basic interlinked elements such as physical or structural health, psychological or mental health and social health. The three elements are linked and affect each other

**Figure I**





---

## **Basic Interlinked Elements Of Happiness & Well-being**

Well-being has been linked to success at profession personal and interpersonal levels, with those individuals high in well-being exhibiting greater productivity in the workplace, more effective learning, increased creativity, make prosocial behaviors and positive relationship. [Qishi, Diener (2007) 17]

Longitudinal data indicates that well-Being-A healthy mental status greatly affects the lives of individuals and Communities due to a higher quality of life, better physical health, social integration and over all well being[Mousac et al 2012]

Happiness is known as one of the important determinants of subjective well-being [Honkanen et al 2005 ]

Happiness is remarkable trait for people and has effects on mental health status and also is influenced by the integrity of mental capacities [fawler Christakis 2008]

Happiness is a key factor of human daily life and was introduced as a main component of health by the World Health Organization [Cohn et al 2009]

[Piqueras et al 2011] revealed that people who are happier achieve better life outcomes ie higher coping skills, supportive relationships, good financial performance and physical health as well as longevity.

Johnson et al also suggested that having satisfactory life being and economically good life result in happiness. [farzianpour et al 2011]

(2011) British Psychological Society concluded “Well-being amounts to more than mere happiness and involved a wide range of personal and social domains, including positive relationship and a sense of meaning and purpose in life.”

[Lawrence, Rogens and wardsworth (2015)] explored the impact of happiness on 32000 participants and their survival rate over a 30 years period. Participants who were rated the least happy had a 14% higher chance of death than their happiest Counterparts.

A quantitative review of 70 observational studies explored the link between positive affect [ well-being] and life expectancy, in both healthy participants and participants who had already been diagnosed with a health condition. Healthy participants who were rated as having a higher positive affect reduced. Their risk of death by. 18% and by 2%, for those with a preexisting condition. [Chida and Steptoe(2008)]



[Bhattacharya Whiteman head, Rakhit and Steptoe (2008) ] Also found a link between happiness and heart health.

Ostir, Markides, Peek and Goodwin (2001)-found older adults with a higher reporting of positive well-being, had reduced- likelihood of experiencing a stroke by 26% [Zautra, Johnson & Davis. (2005)]- found that happier people are better able to mitigate pain when experiencing chronic illness. Participants with chronic pain, such as arthritis, were asked to rate their positive emotions across a three months period. Their personal experiences of pain relating to their illness were also measured. Those who reported fewer increase in pain

Research on well-being consistently reveals that the characteristics and resources” valued by society correlated with happiness for ex marriage [Mastekaase 1994] a comfortable income [ Deiner& Biswas Diener(2002)] superior mental health [Kaivumaa -Honkanen et at 2004] and long life [Danner,Snowdon, Frieson 2001] all covary with reports of high happiness levels.

The basic tendency of human being is to express the emotions in his environment towards the stimulus. Basically, we express our emotions in two ways positive or negative form. The mental state of expression of positive emotions in a pleasure form may be called happiness. If we construct a hierarchical structure of happiness and well-being, it may be defined the three basic interlinked elements such as physical health, psychological health and social health.

Impact-Happiness has been shown to predict positive outcomes in many different areas of life including mental well-being, physical health and overall longevity · Positive emotions increase satisfaction with life and happiness helps people build strong coping skills and emotional resources. Positive emotions are linked to better health and longevity feelings increase resilience. Resilience helps people better mange stress and bounce back better when faced with setbacks. Being happy may make help to get sick less. Happier mental states are linked to increased immunity,

Some people just tend to be naturally happier, there are things that we can do to cultivate to sense of happiness-pursue intrinsic goals, enjoy the moment, reforme negative thoughts.



---

## Reference

Bhattacharaya ,M.R,whitehead ,D.L;Rakhit and Steptoe, A. [2008] Depressed Mood, Positive effect and heart rate variability in pattern with suspected coronary artery disease.

Chida, Y. and Steptoe, A. (2008) Positive Psychology well-being and morality a quantitative review of prospective observational studies.

Danner, D.D; Snowdom; D.A. and Fresen, W. V. (2001) Positive Emotions in Early life longevity.Findings from the nun study. Journal of personality and society Psychology. 80 804-83

Deener, E; Biswas; Diener, R. (2002) will money increase subjective well-being?SocialIndicatioousresarch. 57 119-169.

Hippert, FA (2009) Psychological well-being evidence regarding health well being causes and consequences:App. Psychol. T. 1(2) : 137-64

Lowrance, E.M; Rogers, R.G, and Wordsworth, T. (2015)Happiness and longevity in united states.

Oishi, S; Diener, E; Lucas; R·E (2007). The optimum level of well being people.Can be too happy ? Perspect Psychol. Sci 2(4) 346-60

Ostia, G.V; Markides, K.S. Peek, M.R; and Goodwin, J. S. (2001)The association between emotional well-being and the incidence of stroke in order adults.

Mastekaasa, A. (1994) Marital Status distress and well-being an international comparison. Journal of Comparative family studies. 25, 183-205