Concept of Positive and Negative Factors which Influence Happiness

S.Anithalakshmi., M.Sc.(CS&IT), M.Sc.(Psy), M.Sc.(Coun.& Psychotherapy), MBA(HR), MSW(HR), M.Phil.(guidance and counselling).

Head/Assistant Professor,

Department of Psychology,

Madurai Institute of Social Sciences,

Madurai, Tamil Nadu, India.

anithasuriyaprakasam@gmail.com

Abstract

This study focuses on happy people who are more productive, well-efficient, and high achievers. The factors contributing to happiness are the characters and developing qualities that make people happier and more positive. The main purpose of this article is to deepen our understanding of positive emotions and states, such as pleasure, enjoyment, fulfillment, satisfaction with life, innovation, thankfulness, positivism, insight, faith, hope, boldness, affection, emotional intelligence, social intelligence, healthy relationships, etc. Negative state such as anxiety and depression affect their happiness and also provided suggestions to enhance their happiness.

Keywords: Happiness, emotional intelligence, social intelligence, gratitude, positive relationships, anxiety, depression.

Introduction

Happiness, which is sometimes referred to as personal well-being, is a cause of psychological well-being that can occur either explicitlywhen wonderful things happen at a given instantor perhaps more broadly as a constructive assessment of one's life and achievements as a whole. The positive emotions of grief, terror, and fury can be differentiated from other feelings of happiness like exhilaration, and from happiness (such as adoration, provocation, and sympathy). It's common for a smile or other particular facial expression to appear along with this emotion.

The relationship between success and happiness is not one-sided as ground-breaking research in the disciplines of positive psychology and neuroscience has demonstrated over the past ten years. We now understand that success is the forerunner to happiness, not just the result, according to this cutting-edge science. And that optimism and happiness actually boost productivity and success, giving us the competitive advantage, it refers to as the Happiness Advantage.

1. This epidemic of unhappiness is not specific to Harvard. The lowest level of job satisfaction in 22 years was observed in a Conference Board survey published in January 2010: only 45% of workers were polled.

2. The prevalence of depression is ten times higher today than it was in 1960.

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3. Much of scientific discovery depends on timing and good fortune. I unintentionally came across three mentors who were pioneers in a brand-new discipline called positive psychology: Harvard academics Phil Stone, Ellen Langer, and Tal Ben-Shahar.

These three brought the same scientific rigor to what causes individuals to flourish and excel—exactly the subjects I wanted to address—instead of following traditional psychology's focus on what makes people unhappy and how they may return to "normal." The risk of subjectivism by equating self-assessments of virtue with objectively-justified values of the kind Aristotle had in mind, as well as awareness of how "positive" emotions and attitudes assume happiness, are among the issues that should receive more attention.

"Using your most fundamental [moral] strengths every day in work, love, play, and parenthood" is how to achieve "genuine happiness". According to Seligman, psychology is the study of both rightness and fortitude as well as disease, frailty, and devastation. Treatment involves both creating what is right and correcting what is wrong. Psychologists frequently use ethically neutral definitions of happiness that include things like subjective well-being, a lot of median delight, and other wanted experiences. Aristotelian used the term "virtue" to refer to morally admirable traits of personality, which are motivations to behave in morally righteous ways.

The "Three Wonderful Things" intervention merely asks that someone write down three good things that happened during the day every night for a week, along with an explanation of why each good thing occurred. This exercise could be done with students or residents to demonstrate alternate perspective taking, a cognitive-behavioral method because it appears to slightly shift one's viewpoint on their lives.

Objectives of the study

1. To study the factors that positively influence happiness
2. To study the factors that negatively affect happiness
3. To provide suggestions to increase happiness

Factors Affecting Happiness

Happiness can be assessed using positive feelings, the absence of painful feelings, and overall happiness. (Ryan & Deci, 2001). Since it is a purely subjective feeling, only the people who are experiencing it can accurately describe their happiness. According to many researchers, strong social ties are the most significant factor in most people's long-lasting happiness. The happiest people typically spend a lot of time with their friends, family, and co-workers. They cherish and value those connections. The figure-1 shows the factors that influence happiness.
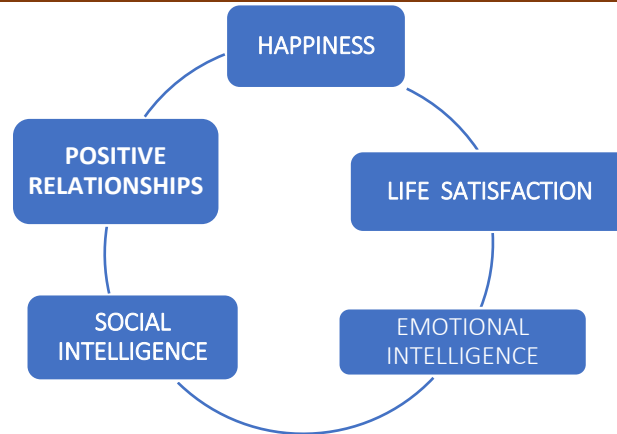
Figure-1

Emotional quotient

Understanding, expressing, controlling, and utilizing emotions in communication and interpersonal interactions is referred to as emotional intelligence (EI). Recognizing, perceiving, and being capable of responding to other people's emotions is just as important as being capable of expressing and controlling one's own feelings.

Signs of Emotional Intelligence

- A burning desire to learn, particularly about everyone else;
- Compassion and understanding toward others;
- Being mindful of others' emotions;
- Taking Adequate responsibility for mistakes;
- knowledge of one's own capabilities and constraints;
- positive self-image and self-acceptance;
- The capacity to forgive errors;
    - The ability to accept and embrace change; the capacity to control one's emotions amid trying circumstances.

Social Intelligence

People with high SI are adept at socializing. They can easily converse with people from many walks of life and perform a variety of roles within social settings. They are good at relating to people, making friends, and navigating novel circumstances. Inborn character is a significant factor. Social intelligence (SI), on the other hand, is primarily acquired through learning. SI (social intelligence) develops through interaction with others and from observing successes and shortcomings in socio-cultural contexts. It is quite frequently known as having "sensitivity," "common sense," and "street smarts.

Important components of social intelligence

- Conversational abilities and proficiency. Someone who has a lot of SI (Social intelligence) can be identified at a party or other social event because they are adept at "working the room." An individual with strong social intelligence can have meaningful conversations with a variety of

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people and uses suitable language. These talents collectively are referred to as "social expressiveness skills."

- Understanding of social conventions, codes, and roles. People who are socially adept can play a variety of social roles. They are also knowledgeable about the unwritten "norms" that guide social interaction. Socially intelligent people "know how to play the game," as it were, of interpersonal communication. They give off the impression of being intelligent and politically active.

- Capable Listening Techniques People with a high social IQ (Intelligent Quotient) are excellent listeners. Because of this, those who engage with SI (Social intelligence) people often feel as though they "connected" with them well.

- Recognizing what makes others tick. Excellent people observers, those with high social intelligence pay attention to what others are saying and doing in an effort to "read" what they are feeling or thinking. Emotional intelligence includes understanding emotions, and social intelligence and emotional intelligence are highly associated; those with exceptional talent typically achieve success in both.

- An individual with social intelligence may play many different social roles and feel comfortable with all kinds of individuals. The upshot is that the SI person feels effective and confident in social settings, a phenomenon known as "social self-efficacy" in psychology.

- Effective management abilities. People with SI are worried about how they come across to others. They engage in what I call the "Dangerous Art of Impression Management," which involves finding a delicate balance between controlling the image you present to others and being at least partly "authentic" and enabling others to see the real you. Perhaps the most challenging component of social intelligence is this.

Positive relationships

Positive experiences are influenced by positive relationships. Positive characteristics include love, generosity, fairness, and social intelligence. Constructive interactions keep positive institutions together. Martin Seligman proposed that we broaden the framework to directly include Positive Relationships as the main pillar of Live Well-Lived at the Global Well-Being Forum in 2007. The figure-2 shows the key elements that enhance positive relationships.
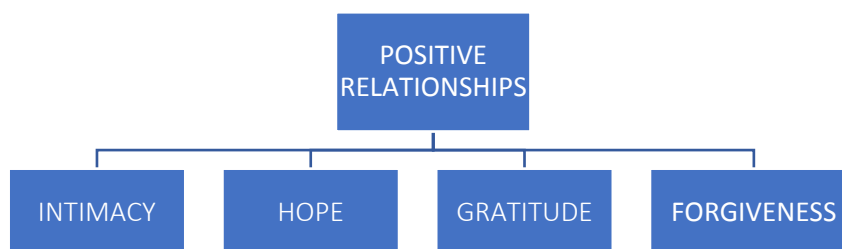

Figure-2

Building Intimacy

A close, comfortable relationship with another individual is intimacy. Marriage satisfaction and general well-being have been shown to be favorably correlated with intimacy. On the other side, a lack of marital intimacy is linked to depression which is more severe. Therefore, it is worthwhile to pursue building closeness with one's companion since it is essential for a happy marriage and life as a whole.

Gratitude

"A disposition of appreciation and thankfulness for all gifts, material and immaterial. People express gratitude and acknowledgment for the positive things in their lives. As a result, gratitude also promotes a sense of unity among people, whether that unity is with other people, the natural world, or a higher power. "Gratefulness is a reward processing emotion that can develop when another person—a beneficiary something lovely for the self," says psychologist Richard Foster.

Forgiveness

Another regular activity you can take to promote commitment and relationship pleasure is forgiving others. Couples who have unresolved disputes run the risk of creating a destructive feedback loop that further damages their relationships. one study discovered a connection between the inability to forgive and ineffective dispute aspiration. Cindy may find it difficult to address other conflicts in their relationship if she cannot forgive Joe. However, a year later, those who do forgive report considerably improved dispute resolution. It seems that forgiving one another can be a significant strategy to increase the relationship's emotional capital.

Hope

One of the three theological virtues in Christian thought—the others being faith and charity—is hope (love). It differs from the last two since it is solely focused on the future, manifesting as ardent desire and sure expectancy. When hope achieves its goal, it stops being hope and turns into a possession. As a result, whereas "love never stops," hope is limited to a person's time on Earth.

Life satisfaction

Philosophical and psychological theories of happiness and well-being use the concept of life satisfaction. "Life satisfaction" is frequently used as a synonym for "happiness," and it is frequently either connected to or regarded as a crucial element of well-being. However, these various stories use two distinct interpretations of what it means to be "satisfied." "Satisfaction" refers to the sense that expectations or norms have been met. When something makes you feel satisfied, however, "satisfaction" refers to a feeling of happiness. There are essentially two different ideas of life satisfaction used in life satisfaction reports as a result of these various meanings of the word "satisfaction." Support for or a favorable attitude toward one's life as a whole is known as life satisfaction. The figure-3 represents the components of life satisfaction.
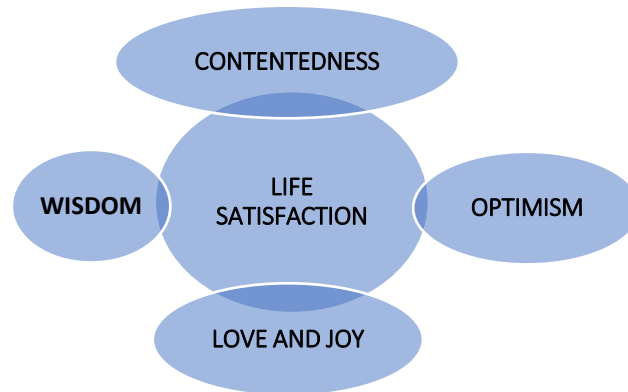
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Figure-3

Wisdom

The capacity to view life in a way that makes sense to oneself and other people is referred to as wisdom's power [ii]. Wisdom is the result of experience and knowledge, yet it goes beyond knowledge alone. The coordination of this information and its purposeful application will enhance well-being. In a social setting, wisdom enables one to pay attention to others, assess what they have to say, and then give them wise counsel. The most important religious figures in history, including Jesus, Lao Tzu, the Buddha, and the Prophet, are renowned examples of wisdom. Famous historical leaders and stateswomen like Winston Churchill and Eleanor Roosevelt serve as examples of the power of wisdom.

Optimism

A positive outlook is one that believes in one's capacity for success and is assured of the future. Optimists usually view challenges as temporary setbacks or chances for improvement. Even on the worst of days, they have the confidence that "tomorrow will probably be better."

Optimists look for positive developments while pessimists predict negative outcomes. A lot of benefits are linked to having a positive outlook, including enhanced coping strategies, lowered stress levels, improved physical health, and increased persistence in pursuing objectives. If you are always optimistic, you might encounter more good things in life than other people, feel less stressed, and perhaps gain more substantial health advantages.

Contentedness

How content someone is depending on how much they feel their needs are being met. It involves a cognitive judgment that contrasts perceptions of life as it is and conceptions of how life should be. This assessment of goal-achievement success is taken into consideration while analyzing one's life in general. In this context, it is referred to as the "cognitive component" of happiness. The term "contentment," which is sometimes used as a synonym for "happy," describes our subjective satisfaction with our lives as a whole. But the phrase is also used to refer to a certain aspect of happiness in a more narrow sense.

This lemma refers to that particular application of the term "contentment." We frequently utilize two more or less separate sets of data to gauge how much we enjoy the life we lead: our effects and our thoughts. One can notice that they feel good most of the time and determine that life is...

Negative factors

The elements of mood, emotion, and affect involve negatively affect happiness. It expresses the subjective perception of a collection of unfavorable emotional states, including stress, melancholy, worry, guilt, humiliation, rage, and jealousy.

Anxiety

When anxiety is not properly treated, an anxiety disorder may develop. An anxiety disorder is characterized by a continuous or recurrent state of anxiety or widespread fear that is not restricted to certain events or situations. The strain frequently manifests as insomnia, irrational outbursts, agitation, heart palpitations, and worries of demise or madness. The enormous effort required to control the distressing fear frequently leads to fatigue.

Depression

According to psychology, depression is an emotional or psychological attitude that is accompanied by feelings of shame or negative self as well as a decreased ability to enjoy life. Despair, pessimism, or cynicism, lower personality and increased personality, a decline or lack of interest in daily activities, diminished energy and vitality, slowness of thought or activity, loss of appetite, and disturbed or restless sleep are all common indicators of depression.

Discussion

Positive brains increase our motivation, effectiveness, resiliency, creativity, and productivity, improving performance. Numerous Fortune 500 firms, 1,600 Harvard students, and countless scientific investigations have all contributed to the confirmation of this revelation. Every employee who obtains a promotion, every student who receives a letter of admission, and everyone who has ever achieved a goal of any kind ought to feel joyful if success leads to happiness. However, with each victory, our success markers are pushed further and further away, and as a result, happiness is pushed past the horizon. The formula is flawed because it is backward, which is far more significant. Figure 4 represents the positive factors that increase happiness and the negative factors that affect happiness.

LIFE SATISFACTION AND POSITIVE RELATIONSHIPS

ANXIETY AND DEPRESSION

Figure-4

Conclusion

Some strategies for increasing happiness. Take care of your connections. This approach is quite similar to being considerate. In comparison to unhappy people, cheerful people have closer familial ties, more friends, and better loving relationships. Figure 5 illustrates the ideas that increase happiness.
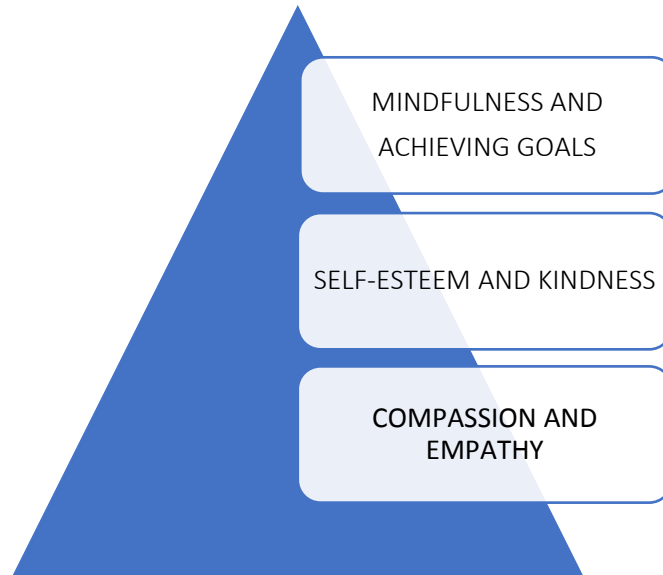

MINDFULNESS AND ACHIEVING GOALS

SELF-ESTEEM AND KINDNESS

COMPASSION AND EMPATHY

Figure-5

Focus on fixing problems rather than just venting; spend time cultivating meaningful connections with encouraging people; count your blessings and express thanks; Spend some time expressing spontaneous kindness. Engage constructively in conversation and show excitement when people share the good news with you. Mindfully look out for others, and show sympathy and understanding Try not to be too strict or exact with yourself. Because doing so will deepen and prolong your appreciation of experiences, they should be appreciated. Instead of relying entirely on doing things for other people, set significant goals for yourself that will give you direction, and a sense of identity, improve your self-esteem and foster inner drive. Instead of focusing solely on what you still want, take time to appreciate what you already have. To reach your potential, look for positive challenges that push your skills just a bit past your comfort zone.

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