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## **DIMENSIONS OF HAPPINESS: A REVIEW**

*Aruna Kad,*

Associate Professor,

Dayanand College,Hisar

### **Abstract**

Happiness has both inside-out and outside-in dimensions and is a multidimensional concept. Personal qualities and experiences like as optimism, empathy, altruism, spirituality, and natural emotions of serenity, peacefulness, and contentment are all part of the inside-out component. The external elements that make up the outside-in dimension include appreciation, social ties, professional and personal development, excellent health, and a realistic setting. The harmonious interaction of these components is seen to be the source of happiness, and in the face of hardship, enabling variables work together to bring happiness back. The idea reflects the eastern idea of happiness, which emphasises inner harmony, selflessness, and self-transcendence. It also fits nicely other popular theories of happiness, like PERMA, Subjective Wellbeing, Self-determination theory, and Adaptation-level theory.

**Key Words:** Happiness,multidimensional, Personality traits,External elements.

### **Introduction**

*Ancient scriptures and epics carry the eternal truths and secrets to prosperous living.* Indian Philosophy projected through Shrimad Bhagwat Geeta says “true happiness comes from living in accordance with our deepest values and aspirations, and happiness is not achieved in isolation but shared with others through our actions and intentions. The Gita also highlights that happiness is a choice that can be cultivated through our thoughts actions and attitudes.”

Ramayana emphasizes that Joy lies in simplicity and beyond that, it is a state of mind. How we perceive things around us shapes our living. If we perceive simple things and learn to accept it with joy, ours will be a happy life. There are so many different ways that people define happiness, it presents a complex and multidimensional difficulty (Trinh and Khanh, 2019; Oishi et al., 2013). In spite of a great deal of research, psychologists are still unable to define happiness in a way that applies to everyone. In the setting of ecological diversity,



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multiculturalism, and multilingualism, the complexity increases.

In her 1957 best-seller "Atlas Shrugged," renowned American novelist Ayn Rand declared that "the pursuit of happiness is the only moral purpose of life". The common view that everyone should strive to pursue happiness is summed up in this sentence. Psychologists have long maintained that happiness is a universal concept that is relevant to all cultures, and that not being happy is a serious problem (Joshnloo, 2014). (Snarey, 1985) even proceeded to declare happiness to be a "basic human right".

According to Veenhoven(2012), "the observed differences in average happiness across nations are not unsystematic but go hand in hand with variation in several cultural characteristics" Studies show that cultural differences in value systems are related to variances in happiness levels. Furthermore, the ways in which people with diverse cultural orientations define and experience happiness are influenced by differences in their cognitive, behavioural, and belief patterns. Individualistic cultures, on the other hand, emphasise harmony and togetherness, whereas collectivist societies emphasise autonomy and self-sufficiency as sources of happiness (Triandis, 2001). These variations in favoured sources of enjoyment influence people's individual experiences and cultural conceptions of happiness.

"Higher need gratification is assumed to produce more profound happiness than lower need gratification," according to Maslow's hypothesis (Oishi, Diener, 1999).Nevertheless, Maslow's theory gave socioeconomic issues a critical part in the attainment of need fulfilment, leaving out the impact of cultural values and beliefs on happiness.

According to Inglehart's research, cultures that place a higher value on tradition and survival regularly report lower levels of subjective well-being. This contribution emphasised how cultural values affect how happiness is experienced and perceived. According to Eid and Diener (2001), self-reflective emotions in individualistic cultures showed up as preventive feelings (like guilt) in collectivistic cultures and as promotional feelings (like pride, enjoyment) in individualistic cultures. They found that individualistic cultures felt under "pressure to be joyful, happy, and full of love and pride" (Eid & Diener, 2001)confirming that culture-specific ideals influenced the prioritisation and experience of happiness.



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Benet-Martinez's study found that self-esteem and social fulfilment predicted happiness for European Americans, however satisfaction with family was a more important predictor of happiness for Asian Americans (Benet-Martinez, 2003). Furthermore, Peterson's research showed that European Americans obtained happiness from pleasure, whereas members of ethnic minorities found satisfaction through meaning (Peterson, 2005).

Chen (2006) emphasised the significance of achieving happiness by inner calm and sensible moderation within the framework of Chinese culture. This realisation highlighted the diversity in how happiness is experienced, perceived, and prioritised. It also highlighted how important cultural values and beliefs are when assessing well-being. Our perception of happiness is greatly influenced by culture (Joshnloo, 2014). A common divide in cross-cultural research is between Western-individualist and Eastern-collectivist societies (DelleFave et al., 2016). Like Euro-American cultures, Western nations view happiness as a personal quality that is connected to advancement and well-being, and they frequently identify it with highly aroused feelings like excitement and vigour. On the other hand, low-arousal feelings like peace and relaxation are the definition of happiness in Eastern collectivist civilizations like Korea and Japan define happiness in terms of low-arousal emotions like calm and relaxation. They emphasize values that reflect social harmony, philanthropy, human relationships, and collective well-being (Ye et al., 2015).

The concept of happiness in the West is centred on improving oneself, achieving control over one's surroundings, minimising pain, and stressing the importance of materialism in obtaining satisfaction. On the other hand, Eastern cultures use spirituality and religion to advance contentment in life, support eudemonic aims, cherish the endurance of suffering, and promote harmonious cohabitation with the environment (Joshnloo, 2014).

The expanding corpus of research on happiness around the world identifies a number of factors. (Howell and Passmore, 2013;Azizan and Mahmud, 2018). Quantitative studies identify factors such as the altruism, positive feedback, income levels, quality of social relationships, goal achievement, career success, positive attitude, connection with nature, leisure and recreational activities, spirituality and religion, health and healthy lifestyle habits Strong social



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and familial ties, goal achievement, leading a meaningful life, and the political and economic environment are all associated with happiness, according to a review of the literature on happiness in India (Chadda and Deb, 2013; Chang et al., 2018; Suar et al., 2020; Sharma and Patra, 2014; Biswas-Diener et al., 2012).

Happiness has also been linked to personality qualities in both men and women, such as conscientiousness, extraversion, and stability of emotions (Hafen et al., 2011). Conversely, things like seeing a loved one die, pressure to perform well in school, using social media, negative experiences from the past, over-analyzing, lower family income and educational levels, not providing for basic needs, loneliness, a lack of social support, family conflict, and health problems are among the things that prevent Indians from being happy (Chakraborty et al.2019; Suar et al., 2020; Srivastava and Shukla, 2018).

Other determinants of happiness encompass physical activity, yoga, spiritual practices, meditation, positive and optimistic thinking, nature exposure, sharing problems with others, engaging in leisure activities, and maintaining a healthy lifestyle with proper diet and sleep (Pengpid and Peltzer, 2019;Kumar et al., 2014; Suar et al., 2020).

Although a great deal of research has been done on the factors that influence happiness, most of it has used quantitative methods that make use of self-report measures. While these studies have made a substantial contribution to our understanding of happiness and the elements that influence it, they mostly depend on the conceptualizations of researchers, who are frequently Euro-American and represent Western individualistic ideas. Most qualitative research on happiness came from Western nations (Koffman et al., 2013) and Uchida and Yuji,(2012) found from East Asian nations like China and Japan. Lu (2001) looked into what happiness meant to Chinese college students and discovered that it was linked to feelings of hope and accomplishment as well as good emotions, pleasure, contentment, and harmony with the surroundings. In a similar vein, a study by Trinh and Khanh, (2019) conducted on young Vietnamese people found that self-actualization, community belonging, and positive social ties were associated with happiness. A wide range of variables, including money, family, friendship, love, health, success, self-actualization, and self-knowledge are associated with happiness



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(Sotgiu, 2016).

Comparing university students from different cultures—such as those in Germany and South Africa—showed that their conceptualizations differed, with the former emphasising autonomy and hedonistic pleasures and the latter emphasising a contemplative state involving contentment and social harmony (Pflug, 2009). Another study comparing Italians and Cubans found that health, family, finances, friendship, love, and employment were commonalities between the two groups, with just a few culturally distinct elements—such as overcoming adversity and security—mentioned by the Cubans (Galati et al., 2006). Sorrowful Thoughts and Expressions, captures the range of mental and physical reactions associated with happiness. Happiness was commonly described by respondents as an internal emotion manifested through different body language. A "state of mind" with "mental and emotional stability" and emotions like "peace," "calm," "relaxation," "contentment," and "internal joy" were frequently used to describe it.

Bond with Family, good company, Health and Lifestyle, Work and Recreation Achievement and Gratitude, Spiritual and Religious Views, Nature Connectedness has been found the most common factors influencing happiness is family relationships (Singh, K. et al., (2022).

### **Limitation and Future Implications of the Review**

Review always provides positive and negative aspects of studies done in the past. literature mirrors as well as gives a positive direction to society. To some extent a review of the literature gave insight into the important issue of happiness, its eternal need and how one can nurture happiness. Review of more studies can give depth to the subject.

### **Conclusion**

Happiness is a personal choice and has been linked to positive personality traits such as optimism, extraversion, high self-esteem, self-motivation, self-awareness, moral consciousness, determination, compassion, empathy, humour, patience, and tolerance. The subject underlines the belief that individuals have control over their happiness and can nurture positive attributes to increase their well-being.



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