

Title of the Paper: Nature and Dynamics of Happiness: A Psychological View

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Abstract-Happiness is understood from different perspectives including environmental, sociological, economical, political and psychological processes. In this paper an attempt is made to interpret the nature and dynamics of happiness from a psychological perspective. In the bottom-up approach to happiness, the general environmental factors like family, marriage, education and income that contribute to happiness are studied whereas in the top-down approach the intrapersonal processes that determine happiness are emphasized. It has been found that the major sources of variance of happiness rest with the intrapersonal processes. A model of happiness that underlines the importance of cognitive processes, personality processes, motivation and emotional processes are suggested. Distinctive cognitions, specific personality traits, distinctive motivational processes and emotional paths make the individual happy. Finally the importance of situations is examined. The fundamental striving of human beings appears to be one of seeking happiness in life regardless of his race, religion, language or nationality. Individuals everywhere and every time are moved by this quest for happiness. A person who enjoys full happiness can truly say that he has found meaning in life and that his life is at a pinnacle of achievement, a state of self-transcendence. However happiness as a psychological process is not well studied. In the recent years there have been many attempts to study the nature and dynamics of happiness from different perspectives. It is also a matter of happiness that many numbers of researchers are being done now in the area of happiness. Is happiness a matter? Even though happiness can be objectified, first and foremost happiness is a subjective experience that originates in the psyche of the individual. In this paper an attempt is made to understand the nature and dynamics of happiness from a purely psychological perspective.

1. DEFINITION OF HAPPINESS

Happiness can be defined in several ways as the experience changes from person to person and also the same person can be happy for different reasons and at different times for the same reason. Just as different circumstances produce happiness, varying forms of happiness can be experienced by different individuals in the same circumstances. Even though researchers are able to arrive at some uniformity and consistency in the use of the term happiness, in actual life

happiness is a malleable process. There is a general agreement in the definition of happiness as a pleasant affective state. It can be defined in terms of frequent positive affect, high life satisfaction and infrequent negative affect, which for Diener (2000) becomes the components of subjective well being, the scientific term for happiness. The major research of happiness Diener (2000) has identified the separable components of subjective well being as life satisfaction (global judgment of one's life) satisfaction with important domains of life (eg. work satisfaction, games and sports, etc), positive affect (experiencing many pleasant emotions and moods and low-levels of negative affect) experiencing few unpleasant emotions and moods. Kurylas et al (1995) define happiness as a positive emotional state of general nature and not restricted to any specific circumstances. Uchida, et al (2004) consider happiness as an emotional concomitant to an overall cognitive appraisal of the quality of one's life. Accordingly happiness follows the interpretation and evaluation of one's life which means that happiness is an emotional experience largely rooted in the way life is lived. Lee (2001) defines happiness as consisting of (a) mental state of satisfaction and contentment, (b) positive feelings/ emotions, (c) harmonious homeostasis (d) achievement and hope and (e) freedom from ill-being. In light of these considerations and varying views of happiness in its origin and experience, it is pertinent to state the three orientations to happiness and life satisfaction as suggested by Peterson, et al (2005) under three forms: the hedonistic view, that is maximizing pleasure and minimizing pain, Aristotle's notion of eudaimonia, that is being true to one's inner self and lastly the pursuit of engagement, that is the aftermath of the flow experience of engagement is happiness. The point to be noted is that the hedonistic view and the pursuit of engagement view suggests the source of happiness outside the individual, that is the experience of happiness is consequent to the use of physical objects or engagement with the world whereas the eudaimonia view traces the source of happiness to inner psychic processes. Accordingly the state of positive affect (PA) should also differ about which no conclusive results are available. However it can be stated that the quality of the happiness experience differs. The state of happiness experienced can be thus described as object-based happiness and subject-based happiness.

97may June Paper 12013

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