

YOUR HAPPINESS IS YOUR RESPONSIBILITY: A STUDY OF HAPPINESS IN DIFFERENT PHASES OF LIFE

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Abstract

Happiness is a feeling. People define it differently. At different phases and ages of life we understand and get happiness differently. Happiness is wellbeing. Wellbeing is comfort, content, health, prosperity, welfare. I believe that presence of positive emotions is happiness. What and how things, emotions, environment, family, society, and job affecting your happiness. Your happiness is your responsibility. We all have the power to handle any distress and sadness with the practice that suits us and settle with the ultimate goal of life which is to be happy. There are number of simple and effective techniques and practices which can make you happy. Our overall happiness is how we feel about our lives and what matters to us the most. India ranked 126th out of 143 countries in the 2024 World Happiness Report. Government makes Well-being budgets to improving quality of life, investments in health care, education, social services, and environmental sustainability all that is for changing macro level well-being but your happiness and wellbeing are in your hand and only you can make yourself happy. Smallest things can give you happiness like sitting in silence and listening to the chirping of birds and sometimes lots of luxuries also cannot give happiness.

Keywords- Happiness, well-being, activities, optimistic.

INTRODUCTION

When we asked people to define happiness, we received various answers like happiness is a feeling, it is within. People define it differently so we cannot give exact definition of happiness. For me presence of positive emotions is happiness. We observed that at different levels of one's age and phases of one's life, definition of happiness and things which brings happiness to you changes. Individuals need to understand that how things, emotions, environment, family, society, safety, and job which affects your happiness.

There are numbers of reasons that makes you sad but there are thousands of techniques and activities to bring your happiness back. So, in this paper I tried to find out and discuss how individuals think and convert their negative emotions into positive one's. Your happiness is in your hands but at the same time in your mind as well. Only you can make yourself happy.

LITRATURE REVIEW

(Jaydev, 2025) Author gave theoretical perspective on happiness. Happiness is a complex and subjective phenomenon. Author gave idea of short term and long-term happiness. Pleasure and avoiding pain in short term. Self- realization and personal growth in long-term. Happiness can lead to more contended individuals and that can foster kind and prosperous society.

(Bartram & Boniwell, 2007) According to the authors happiness is a positive aspect of life. How to enhance individual wellbeing. Wellbeing is a key criterion of mental health which can reduce depression and suicide rate too. They discussed strategies for enhancing individual wellbeing and help veterinary professionals. They also discuss how to handle daily challenges and pressures.

(Sarah, 2020) Author analysing happiness index as a measure along with its parameters and strategies for improving India's rank in world happiness report. Happiness Index is giving rank to countries by setting and checking various parameters. On those grounds, they give ranked to 156 countries in 2020. India's position deteriorating year by year and the author gave suggestions on how to improve rank in Happiness Index.

(Howell , 2016) As author explained that self-affirmation theory and the principles is to facilitate resilient responses to self-threats. Self-affirmation has positive impact on well-being, feeling good and functioning well. Engaging in effortful, meaningful activities and achieving desired outcomes in those pursuits are important aspects of well-being.

(Mangels, 2009) According to author, the recent emergence of positive psychology has helped to shift attention away from the study of mental illness to the study of mental wellness. The idea of happiness is largely influenced

by culture and is invariably shaped by individual experiences.

(Miralles & Garcia, 2016) The Ikegai book is about finding your goal in life. One's inner goal, one's purpose in life, pursuing them would bring inner joy to one's heart's content. Nothing in life is more important than pursuing and achieving one's ikigai (purpose of life).

(Hay, 1984) You can heal your life is a self-help book that explores the connection between thoughts, emotions, and physical health. Author emphasizes the power of positive affirmations and self-love to overcome limiting beliefs and heal the body. She provides practical exercises to reprogram negative thought patterns and promote emotional well-being. The book discusses on how unresolved emotional issues can manifest as physical ailments and offers techniques for personal transformation. It has been widely influential

OBJECTIVES OF THE STUDY

1. To understand the concept of happiness and wellbeing.
2. To examine the changing definition of happiness at different ages and phases of life.
3. To study the role of various activities and techniques which can lead us from sadness to happiness.
4. To discuss about long-term happiness with few suggestions.

What is happiness?

Happiness can be thought of an emotional state that reflects a high level of mental and emotional wellbeing. Happiness is wellbeing and wellbeing is complex combinations of a person's physical, mental, emotional, and social health.

"Happiness" is what most people place in first place when asked what they want most out of life. Our overall happiness is how we feel about our lives and is what matters to us the most.

What matters to us for being happy are different at different ages of our life. When we are born first few months, the smell of mother is happiness even at that age, we do not know the meaning of happiness but we feel secure and contented in her arms so we are happy. As we grow and start our schooling the sources of happiness change like playing with friends, sudden chocolate or ice-cream treats, birthday parties, vacation time, praise from your parents for your achievement, success in academics etc makes us happy. As we enter in teenage, things and mood both change frequently because of hormonal changes. At teenage happiness is spending more time with your best friends, music, party, hangout with group of buddies, movies, falling in love, and for many teenagers' happiness is when their family understand them completely.

At the age when we entered in workforce that time desired job, good colleagues, promotion, loving life partner, own house, understanding family that matters the most to feel happy. As we grow old, we feel happy for our kids' achievements and their wellbeing, good health, good food, financial stability, retirement plans, warm and caring family are happiness giving sources after 50. When you fulfil all your desire you feel happy. Contented people are more happy compare to greedy and like that extrovert people are happier than introverts.

Happiness is wellbeing –

Wellbeing is comfort, content, health, prosperity, welfare, and happiness too. Wellbeing is what is ultimately good for a person.

There are five types of wellbeing –

1. Emotional wellbeing.
2. physical wellbeing.
3. social wellbeing.
4. workplace wellbeing.
5. societal wellbeing.

Wellbeing determines by three factors-

5. The genetic set point. (Genetically determined level of temperament, health, personality

Traits and so on). Around half of a person's level of persistent happiness is determine by Their genetic makeup.

6. Circumstances. (Geographical locations, health, income, job, accidents, or death of dear Ones, age, gender, and nationality and so on) 10% of Persistence happiness can be accounted for by circumstantial variables.

7. Factors under voluntary control. (The intentional and effortful practices a person can Choose to engage in).

Remaining 40% of happiness is attributed to the individual's

Intentional efforts to make happiness a priority.

Positive life practices are help for wellbeing but this common sense is not so common.

Wellbeing is related to personal satisfaction, engagement, hope, gratitude, mood stability, self-esteem, resilience, contentment, and optimism.

What Activities and techniques are to increase and maintain Individual wellbeing?

8. Develop close personal relationships-

- Stay close to your partner, family, friends, and colleagues who care and love you.
- At least maintain 5 close relations apart from your family with whom you can share everything without any fear of being judged.
- Make few loyal friends who can come and listen to your problems and worries at anytime when you need them.
- Rich and fulfilling social life are one of the keys of happiness. Very happy people had good social life.

9. Physical Health-

- Do regular exercise.
- Go for daily walk
- Do your daily chores by yourself.
- Take proper diet and enough sleep in to each day.
- All these will keep you healthy and in shape.
- Health brings happiness. Healthy people are mostly happy.

10. Make your opinion and give your perspective only if it is really matters-

- Negative feelings and bad situations will pass and we start enjoying life again.
- Go for 'best' when it really matters and do not take unnecessary stress when it does not matter much. Like selection of best school matters but selection of best school bag is not that important to take stress. Your neighbour does not know cooking but how does it matter to you so stay cool.

11. Engage yourself in daily activities that makes you feel good –

- Dancing, singing, playing sport, reading books or magazines, watching TV, Gardening, playing with kids, go to temple...do the things that give you joy.

12. Be Grateful-

- Be grateful for all-good things in your life irrespective of small or big things.
- Make 'gratitude journal.' Be thankful when you reach office without facing much traffic. Your maid is coming on time. Your daughter give you cup of tea when you come from the office. You got salary hike. Your son stood first in class.
- When you show your gratitude, universe will be giving you many more chances to be grateful for more good things. In your prayers always say thank you to God for beautiful life.

13. Money only cannot bring you happiness-

- Material wealth beyond some point cannot produce happiness.
- Money can buy you food but not appetite, money can buy luxury bed but not sleep.
- Always be contended and do not envy of those who are wealthy. But at the same time Remember that dying rich is better than dying poor. Comparison makes you Unhappy.

14. Engage in some meaningful activities –

- Do voluntary work like teaching in NGO, offer your time to old age home and Orphanages, feeding stray dogs and cats Try to make connection to something Beyond yourself
- All activities in which you can take pride – doing things for others specially those Who are underprivelege can give you immense happiness.

15. Accept yourself as you are and be with your self-

- Do not care about what others are thinking about you. Find out your personal talents and strengths. Accept your positive as well as negative emotions.
- When you start accepting and appreciating yourself, the whole world will start believing in you.

Rejecting your emotions makes you unhappy. Accept your physical appearance too as God made you.

16. You can heal and control –

- You have some influence over what happens to you. In many cases your continuous thought process is responsible for many good or problematic events of your life.
- Try to think good and right. Give positive energy and come out of your fears. By changing thought process, you can heal yourself.

17. Be optimistic-

- Be realistic and positive. Adaption and acceptance about our position as normal.
- learn to be comfortable in uncomfortable situation. Be tolerant and accept others' emotions as well.
- When you find out something good in a bad situation and reframe it in a positive light from that point of life no one is capable to make a situation to make you unhappy.

18. Admire and appreciate yourself –

- Do not feel pity on yourself. Do not think that your life is empty.
- Do something which can bring immediate happiness. Pamper yourself, go to salon, buy a gift for yourself, take a break from your work, go for vacation.

19. Learn to say NO-

- we are trying to please everyone and that is why we do not say no to anyone. By doing too much we compromise our happiness.
- Finish your task turn by turn. Prioritise your task. When its necessary learn to say no without feeling guilty. Make your life as simple as possible and you will be happy.

20. Be good to everyone-

- Be kind and humble with all the of God's creations. Be fortunate if someone asks for your help. Always be ready to help others in their difficult and odd circumstances.
- When you constantly behave nice with a person who hates you, one day he starts loving you. Helping people on regular basis bring happiness.

21. Self – Affirmation and mindfulness –

- self-affirmation has impact of well-being. You need to manifests happiness.
- Be mindful about thoughts and practice to cancel negative thoughts by replacing Positive thoughts mindfully. Enjoy life on daily basis.

WELLBEING-A STATE OF MIND-

Wellbeing is determined more by our state of mind than by our external

Circumstances. Wellness can be achieved through the systematic training of our mind, through reshaping attitudes and outlook.

In many cases lessons of wellbeing and happiness is in the family teaching.

In that is the case you enhance your knowledge by reading books or listening spiritual

Leaders. My family taught me so many invaluable techniques to remain happy, but all are not that fortunate to be born in such a strongly bonded family which upholds very high moral values.

LONG TERM HAPPINESS-

This is what I learnt from my life experiences with the help of my near and dear one's support.

- There is no problem without solution so do not worry you can solve every problem.
- No situation and circumstances are permeant so as time passes, it will change in your favour.
- Have complete faith in God. What he is doing is best for you. Do not complain.
- Time is the best healer. Do not take hasty and wrong decisions.
- Be a good human being. Always try improve your values and ethics.

- Try to be Surrounded by good hearted and optimistic people instead of rich and beautiful people.
- Be contended.
- If you think good, good things will happened to you.
- Practice sustainability. Do not waste resources. Practice minimalism.
- Practice affirmation and gratitude.
- Enjoy your work.
- Love yourself and give respect to others.
- Spread love and happiness.

CONCLUSION

India's ranked 126 out of 143 countries in the 2024 world Happiness Report. About 15% of India's population suffers from mental illness. Government is making well-being budgets to improve citizen's quality of life, investment in healthcare, social services, education, and environmental sustainability. At micro level, if we take charge of our mental health and put meaningful and mindful efforts to remain happy, we can be move ahead in rank of happy nations.

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