

Life Satisfaction and Happiness

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A state of well-being is happiness. It is the extent to which a person regards the whole quality of his existence with admiration, and it is commonly considered to be the ultimate goal in life. There are two ways that Aristotle's ideas about happiness are seen. Both traditions make an effort to differentiate between what they consider to be a good life. The main idea of the first view is that a happy life is defined by one's level of personal happiness (Ryan and Deci, 2001). Hedonistic thinking has been applied to this viewpoint (Kahneman, Diener & Schwarz, 1999). According to the second tradition, being happy alone does not constitute well-being. Instead, it is found in the realization of human potential (Waterman, 1993).

According to Csikszentmihalyi (1990), engagement (also known as an engaged life) is the second element of a happy life in Seligman's theory. It is a life that seeks participation and absorption in work, intimate relationships, and leisure. Flow is a phrase used by Csikszentmihalyi to describe extremely readable and captivating works. People who are in flow are deeply joyful, creative, and fully engaged in life. It is a condition of total immersion in a lighthearted or artistic endeavor. Time flies by quickly. The action has all of one's attention. One no longer feels like themselves.

Accomplishment: The fourth component of Seligman's well-being model that the genuine happiness model overlooked is accomplishment. He claims that people pursue success, accomplishment, achievement, mastery, and success for their share in his well-being model. People work and play in order to pursue enjoyment, engagement, and delight, but they also have an underlying desire to succeed. According to Seligman, cultivating accomplishment either by itself or in conjunction with any of the other four elements will increase well-being (Seligman, 2012).

Positive relationship: In Seligman's theory of well-being, positive relationships make up the fifth

element. This component recognizes the value of connections that flourish and a sense of connectivity in overall wellbeing. It is indisputable that the yearning for connection is a basic human need. One's relationships with coworkers, friends, family, and other people are a major source of harm to their wellbeing. Positive relationships satisfy two out of the three requirements for inclusion in the well-being theory. They can be examined separately from the other components and they enhance well-being (Seligman, 2012).

Two Luminous Traditions

Hedonistic customs

The concept of hedonic happiness originated with the teachings of Greek philosopher Aristippus in the fourth century B.C., who advocated that maximizing pleasure should be the ultimate aim in life. Hobbes and Jeremy Bentham are among the thinkers who have adhered to this hedonistic perspective throughout history. When examining happiness from a hedonic standpoint, psychologists create a broad umbrella by understanding hedonia as including both mental and physical pleasures. According to this perspective, happiness is essentially about avoiding pain and increasing pleasure.

Eudaimonic legacy

Although eudaimonic happiness is not as often studied in American society, it nevertheless has a substantial impact on our understanding of happiness and wellbeing from a psychological perspective. Similar to Sedona, Aristotle first articulated the idea of eudaimonia in his *Nicomachean Ethics* in the fourth century B.C. Aristotle thought that leading a moral life was the best way to achieve happiness. According to him, people are always trying to reach their full potential and be the best versions of themselves, which results in more purpose and meaning.

Current Concept of Happiness

Seligman (2002) divided happiness into three dimensions that may be controlled by science. These

are happiness (a happy existence), engagement (a life that is engaged), and meaning (a life that has purpose). These are quantifiable, controllable, and accurately handled terms. Feelings of happiness (a pleasant life): The hedonic tradition of happiness speaks of the joyful life. According to Seligman et al. (2006), it entails cultivating a great deal of optimism about the past, present, and future as well as knowing how to intensify and prolong these feelings. Among the feelings associated with the past are pride, contentment, satisfaction, peace, and satisfaction. Joy that comes from a surprise happy moment is one example of a positive emotion regarding the present. Hope, optimism, faith, trust, and confidence are examples of positive emotions concerning the future.

Life satisfaction

Being objective beings, humans constantly assess the circumstances in their lives. Until he achieves his objectives, he will not feel satisfied. It's probably safe to say that every human being's ultimate ambition is to fulfill his or her own ambitions, since this leads to a happy existence. Life satisfaction is therefore a key component of human welfare. It is the ultimate objective, and all people work toward achieving it throughout their lives. While life satisfaction is the state of happiness that arises when we consider our lives as a whole, overall, happiness is an instantaneous, in-the-moment feeling. Living conditions, including food, health, housing, and other necessities, are related to the study of life satisfaction and quality of life (Veenhoven, 1996).

Life satisfaction refers to an individual's perception of their life thus far, as well as their feelings and thoughts for their future. It is a global, cognitive assessment as well as a well-being indicator. It involves adopting a positive outlook on life in general. A person's perception of their life and their feelings about its future direction are known as their life satisfaction. It is both a measure of wellbeing and a broad, cognitive conclusion. It involves adopting a positive outlook on life in general. The degree of education, experience, and economic standing have all been used to gauge life satisfaction.

Life satisfaction and Personality

According to Frisch (1999), life satisfaction may be a reflection of positive experiences that have inspired individuals to strive for and accomplish their objectives. There are two main emotions that influence how people view their lives. Both optimism and hope are products of cognitive processes that were initially focused on achieving and perceiving specific goals. Numerous research has demonstrated the clear influence that self-esteem has on life satisfaction. Additionally, a homeostatic model (Cummins et al., 2002) corroborates these findings. A person's viewpoint in life can also have an impact on how satisfied they are with their life.

Life satisfaction and values

A person's values and the things that are significant to them shape their life. According to these principles, an individual's source of life happiness is internal. Individual differences exist in the personal values and priority that they hold. For some people, their priorities are their family, for others, love, money, or other material possessions; nevertheless, if a person does not place a high value on acquiring wealth, then their financial situation will not have an impact on their level of happiness with life in general. Additionally, research shows that those who place a high importance on customs and religion also possess a high degree of life satisfaction.

Religion and life satisfaction

There are two main categories of individuals in the world: those who believe in religion and those who do not. Long-term research has also demonstrated that religious individuals are happier with their life than non-religious ones. Many religious people attend religious services on a weekly, daily, or irregular basis and claim to be "extremely satisfied" with their life. The American Sociological Review claims that those who practice religion experience higher levels of life pleasure because their participation in religious services fosters social networking, which in turn provides them with an additional source of life satisfaction.

Family and life satisfaction

There has been a current trend in life satisfaction when family is included. Because every

person's family is unique and influences them in some way, family satisfaction is a relevant topic. Most people aim to be highly satisfied both outside and within their own families. Gary L. Bower claims that

the capacity of family members to collectively identify their shared family-related values in behavior improves family life satisfaction.

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