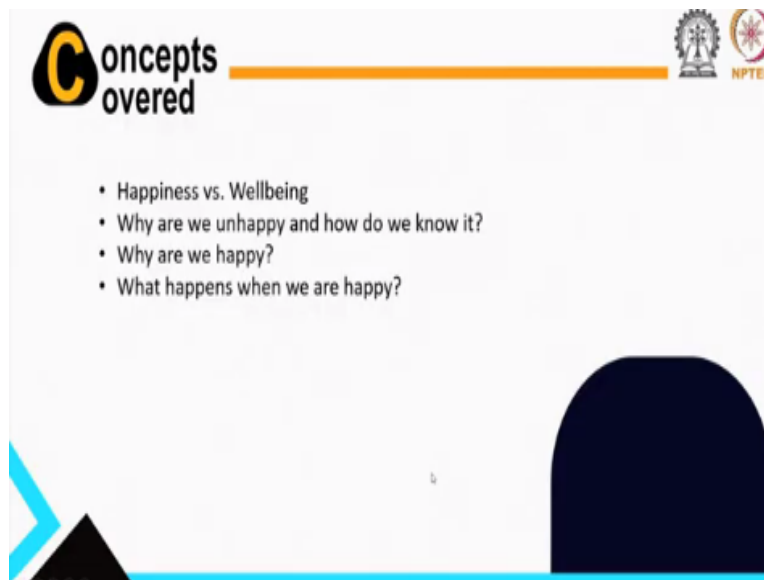


The Science of Happiness and Wellbeing
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Lecture - 05
Happiness Antecedents and Implications

Good morning, friends. In this session, we are going to cover the last part of the introductory units and after that we will be moving into more detailed areas of certain aspects related to happiness which will be initiated by Professor Mandal. When it comes to the question of what we are going to cover today.

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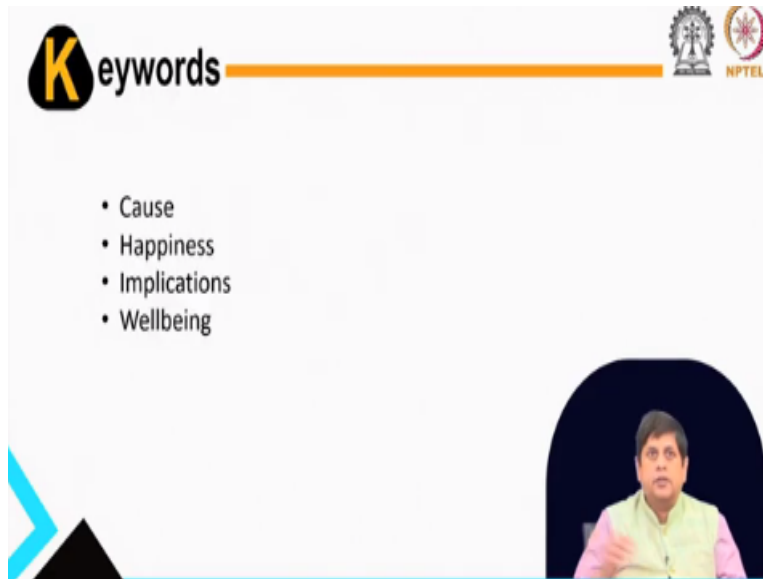
If you remember, we talked about happiness and well-being, and I told you that they are often used interchangeably. So, are they the same? Are they different? By now we have discussed efficiently for you to get some idea but we will try to sum up how, in spite of the interchangeable use, they have distinctively different connotations and what they mean. We will follow that, by questions about human unhappiness.

Because the very fact that we are having this class today, and the fact that through thousands of years people are in the quest for happiness suggests that; happiness is an issue that is problematic and which indicates that unhappiness is probably an important question to look at. So, why are we unhappy and how do we know it? The antecedents, the conditions within

which happiness evolves, and what are the implications of the state of happiness irradiating to other places.

We will connect it to a number of very interesting areas as we go ahead. And so, this session is going to be relevant in the context of interlinking many of the ideas that we start here in the classes that we follow.

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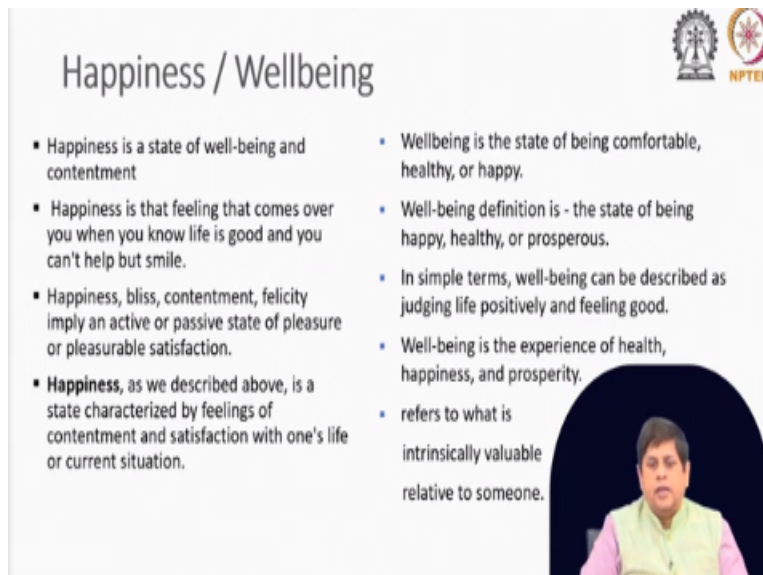


Keywords

- Cause
- Happiness
- Implications
- Wellbeing

The slide features a large yellow 'K' followed by the word 'eywords'. In the top right corner, there are logos for the Indian government and NPTEL. A video inset in the bottom right shows a man in a green shirt speaking.

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Happiness / Wellbeing

- Happiness is a state of well-being and contentment
- Happiness is that feeling that comes over you when you know life is good and you can't help but smile.
- Happiness, bliss, contentment, felicity imply an active or passive state of pleasure or pleasurable satisfaction.
- **Happiness**, as we described above, is a state characterized by feelings of contentment and satisfaction with one's life or current situation.
- Wellbeing is the state of being comfortable, healthy, or happy.
- Well-being definition is - the state of being happy, healthy, or prosperous.
- In simple terms, well-being can be described as judging life positively and feeling good.
- Well-being is the experience of health, happiness, and prosperity.
- refers to what is intrinsically valuable relative to someone.

The slide is titled 'Happiness / Wellbeing'. It contains two columns of bullet points defining these concepts. In the top right corner, there are logos for the Indian government and NPTEL. A video inset in the bottom right shows a man in a green shirt speaking.

Happiness and well-being as I told you are often used interchangeably. In the classes to follow, we will talk about them in detail. We discussed briefly about the world happiness report or the concept of gross national happiness. In some special sessions that deal with how

happiness is measured at the level of states and countries. We will also talk about these strategies of measuring happiness at a global level.


But if you look closely, we find that what is being measured is a combination of happiness and well-being. So, it is important that right at the beginning at the outset we clarify how they are different. Happiness is essentially a state of mind, well-being is a condition or a state which is both linked to the mind as well as our body, as well as the various materiality's related to our existence that are good for us.

So, in that sense we find that you see that, once is just a state of happiness, a state of positivity. And at a mental level, the other might indicate a state of what you can say meaningfulness such as something which makes life meaningful and all that. When you are looking at the various ways that happiness is addressed, you find that the emotions, the level of excitement and certain things related to that are relevant.

On the other hand, when we talk about well-being as I shared with you, we might find situations where one is in conflict with the other. For example, if somebody is having an ice cream and the person is suffering from cold, then eating the ice cream or having the ice cream will aggravate the disease or the condition of coughing and cold. This gives you a sense of pleasure, but it is not good for you.


So, these are conditions where well-being and happiness can become directly in conflict with one another. Well-being can be used in the context of not only mental health, also physical health. It can also be used in the context of prosperity. And as I told you a little earlier, may be related to the state of search meaningfulness, a sense of contentment with what we have. You have a series of quick definitions of the way they are articulated.

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Happiness / Wellbeing

| | |
|--|---|
| <ul style="list-style-type: none"> • Hedonic • Emotion driven • State of mind • Subjective • Informal • Pleasure • Mostly mental • Irrational • May be non-evaluative | <ul style="list-style-type: none"> • Eudemonic • Reason driven • State of mind / evaluation • Objective • Formal • Meaning • Mental, physical and material • Rational (sic) • Evaluative |
|--|---|




But a quick binary would help us clarify the points. Essentially, when we are talking about happiness, we are talking about something which is related to the senses hedonic. On the other hand, when we are talking about well-being it might be related to the senses. But maybe more related to the mind or mental state of being feeling meaningful doing something useful which is eudemonic having a good life. So, the judgment aspect is significant.

One is primarily emotion driven, the other one has reason as a very important component. One is obviously a state of mind. The second one obviously, also is a state of mind, but also an assessment of the state of mind, reflection about the state of mind. And doing something to maintain a certain equilibrium in that state of mind, one can be subjective obviously your experience and the other when it comes to economists and social scientists can be objectively measured.

Because one can say that, one has enough money that is financial well-being or enough material objects, or food security which relate to well-being related to food. One is subjective, the other one is objective. In that sense could be happiness related to emotions, could be considered as formal, the other informal whereas the other one well-being could be considered formal mostly mental happiness. This could be mental, physical, material.

Happiness very often is irrational, whereas when we talk about well-being with a pinch of salt the rational component the reason component plays a significant role. Maybe non-evaluative, and the other one might be evaluative. So, these are some of the differences that we want to establish between happiness and well-being as we go ahead and continue this discussion.


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Why this struggle with happiness: why unhappy?

- Our survival emotions are 'unhappy'
- We're all born with a genetically-determined "set point" for happiness
- Happiness is a life-long trait.
- "Hedonic adaptation": We adapt to all things positive / also negative.

FROM (1) Lyubomirsky, S., Sheldon, K. M., & Schkade, D. (2005). Pursuing happiness: The architecture of sustainable change. *Review of General Psychology*, 9, 113-131. (2) Lyubomirsky, S. (2010). Hedonic adaptation to positive and negative experiences. In S. Folkman (Ed.), *The Oxford handbook of stress, health, and coping* (pp. 200-214). New York: Oxford University Press.



Having kind of continued and connected with that state of affairs, a very fundamental question which is the key trigger for the discussion today is, why is it that human beings tend to be unhappy? Friends, I do not know whether I have so far discussed it, I do not remember. But one of the things that I keep on sharing in classes, and I would like to share with all of you is that.

If you look at the human organism from an evolutionary and a biological context; what we realize is that human beings essential purpose probably was not necessarily to be happy. Happiness is probably a more evolved emotion. As my senior colleague Professor Mandal would share in one of his classes probably, if you are looking at specific emotion centres in the brain, the other basic emotions like sadness, disgust, surprise, anger these have specific say specific locations which are triggered or excited.

On the other hand, the locations when happiness is generated are probably more spread out. And hence, many cognitive scientists feel that, probably it is an emotion related to a more evolved state of the human organism. Whatever the case maybe we have a situation where you see that in the context of survival staying happy was not one of our preconditions. It was only when many of the survival conditions were met that, the search for happiness played a more significant role.

The concept of language, higher conceptualization, beyond the basic forms of communication, reflection self-reflexibility thinking about yourself all these things are

probably fundamentally linked to the concept of happiness. Like questions, like who am I? What am I doing? What is the meaning of life? Am I happy? They would come together. And at the basic level when languaging started, probably these were not important questions.

So, if you are looking at the brain and the mind you find that out of the six may be debatable, but many feel that there are six-seven basic emotions. You find that anger, fear, surprise, disgust, wonder and happiness and even in case of contempt if you include that, you find that five of them are negative emotions. One of them is a neutral emotion and only one of them is a positive emotion, which tells us that human beings needed these negative emotions in order to stay alert, in order to survive, in order to be.

So, the happiness condition was probably experienced and understood as something which evolved later. So, for a system which is programmed to capture negative emotions more easily because they help in surviving even after the transformation of our condition where we are civilized the level of security has gone up, level of protection and longevity of life all those things have come in and the very basic needs are something which are addressed.

The organisms still continues to behave in the same way. And hence, you find that so our survival emotions are unhappy as I told you. And that could be one of the reasons we are unhappy because unhappiness is a precondition to survive in difficult circumstances and conditions. The other one is that we generally get used to a certain level of condition of comfort. And once we get used to that, we take it for granted.

What this basically means is that, when we are talking about set points for happiness it operates at two levels. Scientists tell us that our happiness level is already predetermined. We talked about that when we were talking about environment and happiness. But the other thing is that, even in our habituation process, happiness set points happen. Let us say that you are having an ice cream every day, after one month you get used to having that ice cream the novelty factor wears off.

You take it for granted that you are going to have an ice cream. So, the delight the excitement, the surprise that was associated with having an ice cream for a young kid, that is lost. So, the set point is not only genetically determined, it is also something which is linked

to habituation. Link to the genetic condition is that its happiness is a trait, like personality trait. Some people tend to be happy; some people tend not to be happy.

And for people who tend not to be happy for maybe environmental reasons or genetic reasons, transforming is a difficult task and they have to work on it. And the point I was making about set point, is something which is also linked to the concept of hedonic adaptation. And the habituation process that I mentioned a little earlier, is linked to this concept of hedonic adaptation. We get habituated, and that creates a kind of a set point.

Or rather, I would put it this way that a genetically determined set point and habituation correlate and work together. So, let us say that I am generally happy at a level of 7 out of 10. If I have ice creams for five days my happiness level goes up to eight. But then habituation or hedonic adaptation sets in, and again come down to seven which is my set point. So, that is how the two work together.

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Yet: the silver lining

- Despite the finding that our happiness is partially genetically influenced and despite the finding that our life situations have a surprisingly small impact on how happy we are, still a very large portion of happiness – up to 40% – is in our power to change.

↓

- We search for happiness / the ultimate WANT or DESIRE

↓

- We TRY to CHANGE

FROM (1) Lyubomirsky, S., Sheldon, K. M., & Schkade, D. (2005). Pursuing happiness: The architecture of sustainable change. *Review of General Psychology*, 9, 111-131. (2) Lyubomirsky, S. (2008). *The how of happiness: A scientific approach to getting the life you want*. New York: Penguin Press.



Yet, there is a silver lining. And there is a relationship between the two, which is that we have the choice. Earlier I told you about that, being roughly 25 percent some theorists believe that it can go up to 40 percent, that we have the ability to change ourselves. So, there is hope that we can change ourselves. The second point is that, very interestingly in earlier sessions we talked about the fact that wants desires are unlimited.

But interestingly one of the desires and a very very powerful desire happens to be the search for meaning and the search for happiness. So, although desire in some sense is a bad thing.

Desire also is a very good thing, because it leads to creativity, it leads to exploration and amongst those exploration is the search for happiness. And then of course, that leads to the fact that desires motivate us to change.

So, if you are looking at the logic, you find that we have the ability to change, we have the intent to change. And once we have the intent, we actually act upon it and we can bring about transformations.

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The slide is titled "Increase Happiness: Strategies that have worked" and features the NPTEL logo in the top right corner. It lists ten strategies in two columns:

- Expressing gratitude and appreciation
- Practicing acts of kindness
- Coping well with adversity
- Nurturing optimistic thinking
- Learning to forgive
- Savoring the moment
- Investing in relationships
- Committing to significant life goals
- Practicing your religion
- Meditating regularly
- And engaging in physical activity or exercise


At the bottom left, there is a small line of text: "FROM Lyubomirsky (2005), Diener et al. (1999), Myers (2000), Diener & Lucas (1999), Angelle (1999)". In the bottom right corner, there is a video inset showing a man in a green vest speaking.

There can be a series of strategies, that can be used for increasing happiness. And we have discussed some of them, and we will be discussing some of them later on as we go ahead specifically things related to pro-sociality, things related to networking we would be elaborating on them. So, expression of gratitude is pro-sociality kindness, coping with adversity which deals with resilience, optimistic thinking deals with positivity learning to forgive which is again pro-sociality.

Savouring the moment which relates to the concept of mindfulness, investing in relationship, getting networked, committing to significant life goals, meaningfulness practicing your religion spirituality, meditating regularly practices engaging in physical and creative activities. Now if you find these points, you find that many of these sessions to follow would be addressing some of these points individually.

And they get linked to the concept of what finally can be done strategically, in order to lead one to happiness. So, these are the antecedents which can transform us and make us happy.

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Happiness interventions that work!

Over the course of 1-3 months, volunteers are asked to do the following on a regular basis:

- Commit acts of kindness
- Count their blessings
- Live their life like it's their "last month"
- Make someone else happier
- Write gratitude letters
- Visualize their best possible future
- Affirm their most important values
- Savor and replay happy days


FOR RECENT REVIEWS, SEE: (1) Layman, R., & Lyubomirsky, S. (2013). How do positive activities increase well-being? Current Directions in Psychological Science, 22, 57-62. (2) Layman, R., & Lyubomirsky, S. (in press). The how, why, what, when, and who of happiness. In J. Gruber & J. Moskowitz (Eds.), Positive emotions: Integrating the light and dark sides. New York: Oxford University Press.



So, happiness interventions work. There have been studies, and the references are given at the end. And some of the points we made, pro-social behaviour is one of them. And you see all these examples; like acts of kindness, counting blessings, and we will talk about a couple of them as we go ahead. Making other people happier, writing gratitude letters all these things have some kind of impact and interestingly almost all spiritual traditions talk about them as we discussed.


But in Buddhism there are specific advanced meditation techniques, which focus on some of these aspects especially development of empathy and the attempt to transcend one's ego.

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An Exercise: Three Good Things / Blessings

- Buddhist tradition
- Redirecting attention towards positive thoughts and away from negative thoughts
- Transforming instinctive and survival orientation
- Think of a good thing
- Write it down
- Reflect on why it happened



So, you see that here is an example which is very closely associated with the Buddhist tradition, where you redirect attention towards positive thoughts and away from negativity and transforming the instinctive and survival orientation. If you remember a little earlier, we talked about that. That human beings as organisms are triggered for survival. And now that the survival instinct is something which is not actually needed at a physical level.

Many of these things are kind of become symbolic, they become symbolic. And the physical survival is translated in terms of survival in a job, survival in terms of one's identity in social relationships and so on. And this negativity is all come in and do not function properly, because they were not meant for that. What is the strategy? Because the mind is obsessed with negativity, is it possible to distract the mind towards positivity?


The experiments have been done, and it has been found that when you do that, they work. And many of the spiritual traditions actually practice these. Today what scientists' kind of validate or something which was not discovered by the scientists. It was something which was there way back in the early traditions as well. So, let us say that you take three steps you think about a good thing that has happened to you, then you document it.

Once you pin it down, that thought is pinned down it is there as an example. And reflect on why it happened. So, when you start reflecting on a good thing that happened and you try to ascribe a meaning and the various emotions of gratitude, of wonder, of awe. Even if you say that in the morning you woke up and looked at the sky and it looked beautiful, you say that this is a good thing that has happened, write it down a beautiful sunrise.

Reflect on why it happened? Why is it that the sunrise is beautiful? You might say that, you might thank. If you are a spiritual person, you might thank some higher force for it. If you are even not a spiritual person, you might thank chance, good fortune, or whatever has made it possible to have a fit body and a fit mind to appreciate this beautiful morning whatever it is, you express this gratitude.


So, what happens is that the negative orientation of the mind is kind of reoriented, and this brings about a change.

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Identifying unhappiness: Key points

- Smiles (Indirect)
- Socialization (Indirect)
- Crying (Indirect)
- Sleep (Indirect)
- People avoiding socialization (Indirect)
- Behaviour / body language (Indirect)
- Isolation, frustration, lack of eye contact, avoidance, lack of self confidence
- Addiction
- Negative emotions, lack of self care, food, etc.
- Lack of energy and motivation (indirect)
- *Formal surveys, counselling cells, mechanisms (direct)*
- *Mess record, class attendance, etc (context specific, Indirect)*




And this has been validated through experiment. Before we move a little further, I would digress a little. And I did an activity with many of my students in class and I said that how do we identify happiness and unhappiness. The reason for focusing on unhappiness was so that we could transform it. Earlier also we talked about it. Because here we are talking about transforming something negative into something positive.

So, you see that; smiles, or lack of smiles, socializations, crying, sleeping, behaviour of the body, isolation, frustration, negative emotions communicated lack of energy and of course, going for formal interventions like counselling cells mechanisms of other kinds, mess records class attendance, because this was in the context of our classes. They came up with a random set of things, but if you summarize you find that many of them are indirectly understood, many of them they are directly understood.


In the sense that, somebody says that I am feeling unhappy. And this element of identifying ours level of unhappiness or unhappiness in somebody else is important. Because this realization, may help us bring about a change.

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Solutions

- Interaction with loved ones
- Inclusion
- Listening
- Temporary materialistic distraction
- Case history (formal)
- Counselling/talking (formal/informal)
- Problem solving
- Emotional support
- Support group (formal)
- Distraction from problem
- Confidence building/boosting
- Self care / self love
- Formal happiness courses
- Family level interaction (recommend)
- Focus on the other than on the self




And so, I asked my students that how do we change it? And the patterns which emerged again get linked to the points I made which have been identified through research. Two points can be made from this; one of them is that probably the solutions need not always necessarily be identified through research. The solutions are probably socially and culturally embedded and given to us. We are only validating it through research.

This class is not about telling you what to do, but to tell you, it is about telling you that, what you do some of the things at least what you do are valid, and they have been scientifically identified to be valid. In some of the classes to follow Professor Mandal will dispel some of the myths, because some of them are not valid. And we believe them to be valid, and you would get to know why they are not valid and how they are not valid.


So, you see that I will not go through the list. You can see for yourself that; they have been identified to be significant.

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Insights


- If we care for the other, we can always find out by direct or indirect means, if the person is happy or unhappy
- If we care enough, we can make a change
- Network theories suggest emotions are contagious (chilli experiment)
- If we formalize, if we do things collectively, we can make a difference
- *Do we wish to do so?*
- *Why?*
- *Does it make us feel happy? Meaningful? Both?*



Insights: if we care for others, you can always find a direct or indirect means, to make a person happy. If we care enough, we can make a change. Networks suggest that we influence others that is something which will take up separately in one of our later classes. And this fundamental thing, the last two questions; why do we want to do it? And does it make us feel happy meaningful?

Connects us to the concept of pro-sociality which we have reiterated, and which will be reiterating again and again. It is something which very interestingly gives us a sense of happiness. So, the activity we talked about three, making three wishes, or three blessings counting three blessings is all about pro-sociality as well.

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Studies on the benefits of happiness

Happy people...

- **Work:** Are more productive at work and more creative
- **Earning:** Make more money and have superior jobs
- **Leadership:** Are better leaders and negotiators
- **Relationship:** Are more likely to marry and to have fulfilling marriages, and less likely to divorce
- **Networking:** Have more friends and social support
- **Health:** Have stronger immune systems, are physically healthier, and even live longer
- **Pro-sociality:** Are more helpful and philanthropic
- **Resilience:** Show more resilience to stress and trauma

FROM: Lyubomirsky, S., King, L. A., & Diener, E. (2005). The benefits of frequent positive affect: Does happiness lead to success? *Psychological Bulletin*, 131, 803-855.



Now you see that we have talked about happiness in our earlier sessions. The cultural conditions, the contextual conditions, the linguistic conditions, definitions, within which happiness can be understood. Its relationship and its difference from well-being. We have also talked about, what are the conditions, preconditions, the antecedents which lead to a condition of happiness. But why should we be happy?

Apart from the fact that is very strongly linked to our pleasure principle. So, that is one of the very fundamental reasons we need to be happy because when we are looking at the pleasure pain principle, we are attracted towards pleasure. Happiness gives us a sense of pleasure, or its positivity or whatever it is. So, that is a biologically wired or a genetically wired condition for leading us in the direction of happiness fine. But are there any other benefits?

So, if you are looking at findings, you find that at work we are more productive and creative, studies have been done in this area. When it comes to making money, because you are in a state of happiness you are more creative probably you will get a better opportunity to work. We will talk about this concept later on. But lonely people are generally isolated, because they send out signals where people do not associate with them.


Imagine a workplace, where you are happy and radiating other people will network with you, they will want to spend more time with you. Obviously, it might lead to promotions or better conditions of work and would affect your earning. Leadership, will talk about leadership at a later point of time towards the end of our session but positive people make better negotiators, better leaders. And that ideate a sense of positivity to the employees.

Relationships sense of fulfilment with marriage, less likely to get divorced, less likely to have broken relationship with the network of families. Networking, something, I have just mentioned and I will be talking about in greater detail later at a later point of time. Health, and this is something which I will emphasize with some tips from one of my earlier senior colleagues Professor Damodar Suar, who some of his points I have shared here.

And of course, pro sociality we talked about it. And then resilience, the ability to bounce back, fight. So, when we are happy when difficult situations come, we are able to cope with them better. So, you have a list of reasons to be happy, other than the very fundamental reason that you want to be happy. So, you can always justify if a person is unhappy and says

that yes, I want to be unhappy, you can point to a series of reasons why this person should change his viewpoint.


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Physical health

- Findings related to disease, accident, old age, all show that happier people, other things remaining the same, live longer.
- Happier people are more resistant to cold
- *Handwritten autobiographies from 180 catholic nuns, composed when they were 22 years, scored for emotional content and related to survival during ages 75-95. Inverse association between positive emotional content in these writings and the risk of mortality in late life. Positive emotional content was associated with longevity 6 decades later (Danner et al, 2001, JPSP, 804-813)*

FROM: Deeg & van Zonneveld, 1989; Kubzansky & Thurston, 2007; Davidson et al., 2002; Hamilton, 1996; Kircaldy & Fureham, 2008; Odeh et al., 2011; Kouvonen-Honkanen et al., 2004; Krause et al., 1997; Xu & Roberts, 2010; Lacroix et al., 2011



Because there are people who have a tendency to be unhappy, and changes need to be made about. Physical health: I will give you two examples so, a lot of findings; some of the references are given here and at the end tell us that when it comes to disease, accident so, happy people not extremely happy people, but happy people tend to have less accidents than unhappy people.

Extremely happy people will also have more accidents, because the focus should be gone, they live longer. And diseases, accidents all these things are reduced. More resistant to cold, there have been specific studies which deal with cold virus. And findings suggest that, if you are positive then you are less prone to catching cold which is indicative of other diseases. In context of cancer, it has been found that positive people survive for a longer period of time maybe three to four years longer than negative people.

And this is a very interesting study by referred to in Diener's work, where you find that handwritten autobiographies of 180 catholic nuns, when they were 22 years old were documented, discovered and documented. And I will not go into the details of the experiment. They try to analyse and identify the from their writings from their journaling, the most positive upper segment and the most negative lower segment of these nuns.

And when they started looking at their lives after 50 years or 60 years, they found that the people who were more positive significantly outlived the people who were negative. This relates of course, to the predisposition that we talked about. But it also relates to the fact that we can change our predispositions through small beginnings and of course, habituation is very important.

If you start something and stop, it would not work. We have to continue doing that, but days, months, years and then it starts paying dividends.

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Work performance

- **STEP 1:** Measure how happy employees are (mostly male, avg 45 years, on job 17 years)
- **STEP 2:** 3.5 years later, their department managers rate them on overall work performance and on these dimensions:
 - Offers useful ideas
 - Has high goals for performance
 - Pays attention to my instructions & feedback
 - Works well with others
- **RESULTS:** Happier employees are rated by supervisors as superior on all dimensions.

Those in happy mood are more creative than those in neutral mood.

But too happy and excited is detrimental to focus and good work.

FROM: Wright, T. A., & Staw, B. M. (1999). Affect and favorable work outcomes: Two longitudinal tests of the happy-productive worker thesis. *Journal of Organizational Behavior*, 20, 1-23.

FROM: Estrada, C., Isen, A. M., & Young, M. J. (1994). Positive affect improves creative problem solving and reported source of practice satisfaction in physicians. *Motivation and Emotion*, 18, 285-299.

In the context of performance, findings suggest that when we are happy, we are more creative. Sometimes in that particular context, these are examples of I have taken with the help of my senior colleague Professor Suar of the steps one can take. And the implications that, people who are positive they offer more useful ideas, high goals for performance, and relationship-wise also more meaningful.

People in happy moods have been found to be more creative than people in neutral moods. But as I told you a word of caution, whether it is driving or whether it is work, extremely happy people can be distracted, can lack focus. And if that is the case, they may not be as creative, as innovative as possible. And there are also counter examples we need to keep in mind. Some of the you see that we are creative out of a sense of happiness.

We are also creative out of a sense of compulsion or survival. Some of unfortunately some of the best innovations happened during the world wars. We need to also keep that in mind that,

the desire to survive, to fight back also leads to a lot of innovation. But ironically, they were the history of the world tells us that it can be self-defeating. So, going the negative way in the context of creativity and innovation can be self-defeating, it can be self-destructive.

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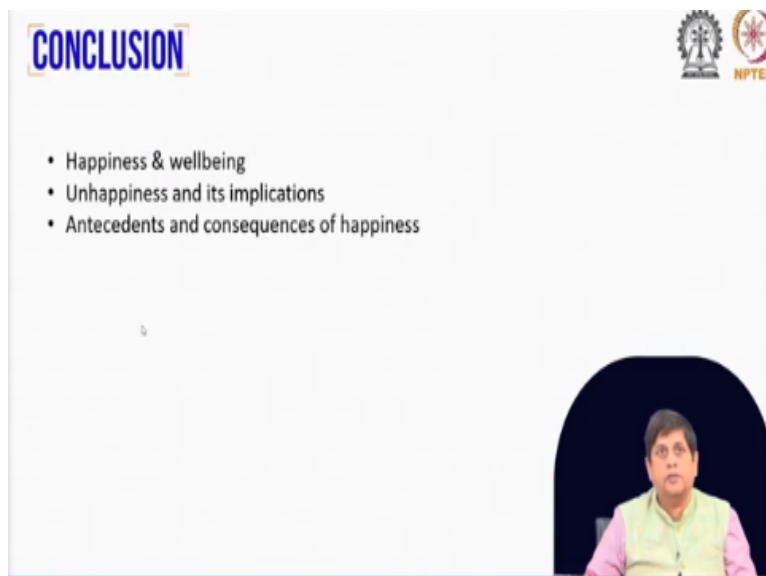
Happy people...

- Are physically healthier -
- Accomplish more
- Offer creative ideas - creativity
- Help their colleagues - relationship
- Garner social support - networking

The slide features the NPTEL logo in the top right corner. A video inset in the bottom right shows a man with glasses wearing a light green vest over a pink shirt, speaking.

So, yes, it has very significant positive implications. As we saw, happy people to sum up or to conclude are happier healthier, accomplish more. And points that we would be taking up in much greater detail are more creative. And we will try to find out creativity its relation to happiness in greater detail. Tools for developing creativity in some of the later classes. Relationship we will talk about it shortly and networking which are so very significant in the context of happiness.

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CONCLUSION

- Happiness & wellbeing
- Unhappiness and its implications
- Antecedents and consequences of happiness

The slide features the NPTEL logo in the top right corner. A video inset in the bottom right shows the same man from the previous slide, speaking.

So, at the end of this session, I would like to sum up by saying that; we started by tracing back our context to the earlier discussions we had and differentiating between happiness and well-being. Founded the relevance and unhappiness at least to the biological human organism in its primitive survival context. And the way once we understand that we can bring about changes in order to gear ourselves in the direction of happiness.

The fundamental desire of human beings towards happiness, and the conditions within which happiness evolves. And finally, we summed up the implications which are rich in dividends that tell us that if we are happy, it has a lot of positivity in terms of our wealth, our health, as well as our longevity and well-being.

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So, thank you friends. These are some of the references that you can look up. And we look forward to the next set of sessions with Professor Mandal, which will deal with the biological aspects, the mental conditions, as well as certain fundamental issues or questions related to, why should we be happy or what is happiness in from a different perspective. As well as, dispelling some of the myths about happiness which is so very important right at the initial stage of a course like this. Thank you, friends.