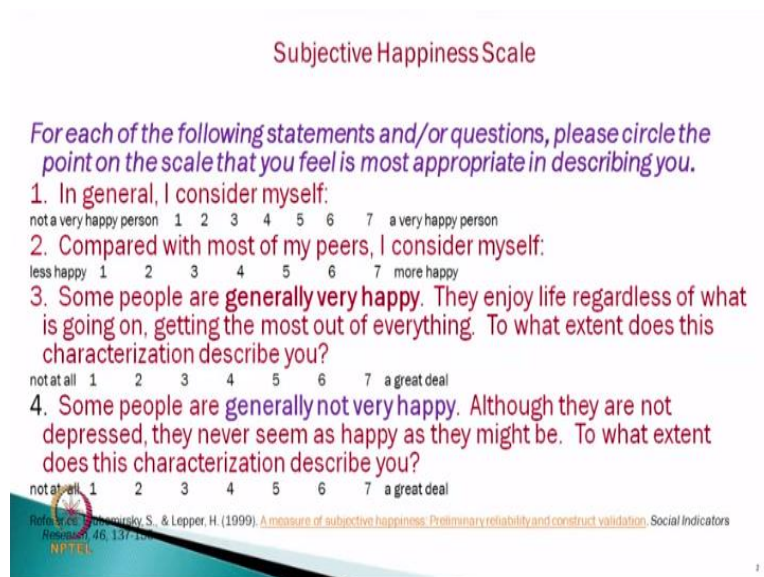


**Positive Psychology**  
**Prof. Kamlesh Singh**  
**Department of Humanities & Social Sciences**  
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**Lecture No 9**  
**Happiness & Well-Being: Part-3**

Let us revisit once again measures for happiness testing. To some extent, you know various ways to measure happiness.

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**Subjective Happiness Scale**

*For each of the following statements and/or questions, please circle the point on the scale that you feel is most appropriate in describing you.*

1. In general, I consider myself:  
not a very happy person 1 2 3 4 5 6 7 a very happy person

2. Compared with most of my peers, I consider myself:  
less happy 1 2 3 4 5 6 7 more happy

3. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?  
not at all 1 2 3 4 5 6 7 a great deal

4. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?  
not at all 1 2 3 4 5 6 7 a great deal

Reference: Lyubomirsky, S., & Lepper, H. (1999). A measure of subjective happiness: Preliminary reliability and construct validation. Social Indicators Research, 46, 137-155.


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I think simplest example is psychological testing and I have borrowed this test once again just to show how do we measure someone's happiness using psychological testing. Then we talk about our psychological test, actually these are standardized tools and developing psychological tests with self scientific method, in which we use rigorous statistical technique, which I discussed in the last number 3 or chapter number 3.

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**Repository of Positive Psychological Well-Being Scales**

- Multidimensional Positive Psychological Well-Being Scales
- Scales of Psychological Well-Being
- General Well-Being Schedule
- Mental Health Continuum- Short Form
- Positive and Negative Affect Schedule
- Satisfaction with Life Scale
- Subjective Happiness Scale
- Flourishing Scale (FS) and scale of Positive and Negative experience (SPANE)




Source: <https://www.hsph.harvard.edu/health-promotion/research-repository-of-positive-psychological-well-being-scales/>

So, when we say psychological tests, there are various psychological tests based on various theories. Now you know all those theories as well as we can identify some of the psychological tests, like multi dimensional positive psychological well being scales, scales for psychological well being. So, all these scales are based on a particular theory. And then they define what are the operational definitions, which they have taken in this psychological test, and then they decide factors under this psychological test.

So, similarly, general well being schedule, mental health continuum, which we have discussed again and again in previous classes, positive and negative affect schedule, satisfaction with life scale, subjective happiness scale, which I showed in the last slide, flourishing scale and scale for positive and negative experiences. So, like that, there are long list of psychological tests on happiness, which are based on different theories and in all these psychological tests, to some extent, they share their percentage of variance and to some extent they are unique as I discussed in previous classes also.

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- **Linton et.al (2016)** in their article reviewed of 99 self-report measures for assessing well-being in adults.
- A total of **99 measures of well-being and 196 dimensions of well-being** were identified within them.
- Dimensions clustered around 6 key thematic domains: **mental well-being, social well-being, physical well-being, spiritual well-being, activities and functioning, and personal circumstances.**



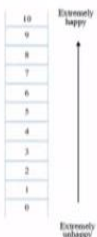
There are a number of psychological tests. For example, this meta analytic research in which they reviewed 99 self report measures for assessing well being in adults. So, Linton et.al in 2006, they reviewed the literature and they said 99 measures or psychological tests of well-being. And they identified these psychological tests covered 196 dimensions of well being, and main dimensions were mental well being, social wellbeing, physical well being, spiritual well being, activities and functioning and personal circumstances.

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▶ **Subjective responses: What is happiness ?**  
 ▶ **How would you define happiness?**

Our recent study on Elderly Indian Rural women Singh et.al. (2019):


Q1. (i) Taking all things together, how happy would you say you are? Please mark a 10 on the scale if you are very happy and 0 if you are very unhappy.



(ii) Please give us the reason why you chose the response:

**Qualitative Data collection Techniques on Happiness**

- ✓ Free Association method
- ✓ Interviews
- ✓ Focused group discussions
- ✓ Day Reconstruction Method
- ✓ Case study etc.



So, like that, I think now you are well equipped with this idea is that there are a number of psychological tests to measure happiness or well-being or mental health. So broadly you know, in some cases, along with the psychological testing, which I discussed in one of my research, we get some more ideas and in which we ask, please give us the reason why you chose the response. So, when you are giving these reasons, then you are giving specific

responses.

So, then we can identify some specific culture-oriented responses, gender-oriented responses, age-oriented responses and broader view we get in such kind of studies. Because in psychological testing, one limitation is we provide you or provide participants forced choice responses, for example, strongly disagree to strongly agree.

So, in this case, we do not ask what are the reasons behind these questions. So, if we have some ways to get even reasons behind that, then we will be getting rich data and with this data, we can get more insight on the responses. So, then that is mixed methodology, in which we are getting quantitative from such kind of responses and qualitative from kind of responses and we support our results quantitatively with qualitative approach.

In some cases, we just focus on qualitative data collection techniques. There could be various techniques like free association method, in one of the research if you could recall that was used. Sometimes we use interview methods and semi structured interview method or open-ended questions we ask to explore happiness and its related factors.

Sometimes focus group discussions could be used for getting qualitative data and maybe in some cases, day reconstruction method. In day reconstruction method you are recalling all the activities of your day and when you are recalling all those activities, then researcher tries to find out when you were happy when you were not happy, when you were satisfied when you were upset.

So, like that, then they, during this reconstruction of your day, they are identifying your frequency of your responses and in some cases, even case study can be used. So, like that, we have pure quantitative techniques, pure qualitative techniques and in some cases, we may use in between, say mixed methodology. So, this way, we can divide it in three categories. One in which we have forced choice questions and quantitative data collection is our objective.

Second one is we are getting some broad responses or responses in terms of sentences. In some cases, our objective is to collect qualitative data only. So, broadly we can divide them in three categories, only quantitative data, only qualitative data or mixture of both. So, then

once we have these kinds of psychological tests, which are well standardized, then we try to understand how happiness is spread in a particular culture.

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▶ Myers (2000) reported that about 60% of Americans described themselves as "pretty happy" and 30% said they "were very happy."

▶ The Gallup Organization (2010) reported that **48.4% of Americans felt "a lot of happiness [and] enjoyment without a lot of stress [and] worry"** (Witters, 2011).

▶ Diener analyzed subjective well-being reports **from over one million people in 45 nations** and found that the average global self-report of subjective well-being was **6.75 on a 10-point scale, or 67.5 on a 100-point scale** (see Myers & Diener, 1995).



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For example, there are some responses here; Myers in 2000 reported that about 60% of Americans describe themselves as pretty happy and 30% said they were very happy. So, in this case, we are able to know how they perceive happiness as per certain questions in questionnaires. Similarly, in another research Gallup organization in 2010, reported that 48.4% of Americans felt a lot of happiness, enjoyment without a lot of stress or worries. So, it means about 50% population feels happy.

Diener analyzed subjective well being reports from over 1 million people in 45 nations and found that average global self report of subjective well being was 6.75 on a 10-point scale, or 67.5 on a 100-point scale. So, it means, we can say, on an average, score of happiness is above average and that is 6.75 on a 10-point scale.

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- ▶ Diener and colleagues found that people who scored a “10” on a 10-point scale of happiness were actually worse off than those who scored an “8” or “9” (Oishi, Diener, & Lucas, 2007). Those who scored less than “10” were more successful than the super happy (10/10) in several areas, including income, educational achievement, and political participation.
- ▶ The researchers concluded that if someone scores a “7” or “8” on happiness, that may be enough for daily well-being, and therefore the pursuit of total happiness may be counter productive (inefficient).



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Diener and colleagues found that people who scored a 10 on a 10-point scale of happiness were actually worse off than those who scored an 8 or 9. Those who scored less than 10 were more successful than the super happy, super happy here means 10 out of 10. And they observed that they were doing better, the people who scored 8 or 9, including at income, educational achievement, and political participations.

So, on the basis of this research, they highlighted that having score 7 or 8 out of 10 is better, rather having 100% or 10 out of 10. So, total happiness may be counter-productive or inefficient as they have highlighted in their research. And if it is a 7 and 8, that is enough to grow in our life as per this research. Then next question is, why we are talking about happiness, why it is so important factor, why we are talking about happiness, flourishing, mental health, and related factors.

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## Benefits of Flourishing/ Happiness

- ▶ Live longer
  - ▶ Are healthier
  - ▶ Use health services less
  - ▶ Take less days off work
  - ▶ Are more productive
  - ▶ Higher income
  - ▶ More likely to be in long term relationships
- (Keyes, Lyubomirsky, King, Diener)



And in recent years, it has been highlighted a lot, even if we talk about various definitions of positive psychology, then one of the definition is, positive psychology is the scientific study of happiness. Why do we give that much importance to this area? Because, there are various researches, which were conducted by various scholars, and they observed that happy people live longer, happy people are healthier than unhappy people. They also reported that happy people use health services less compared to unhappy people, and they take less days of work and they are more productive.

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- ▶ Also reported that Happy individuals are more likely than their less happy peers to have...
- fulfilling marriages and relationships,
- high incomes,
- superior work performance,
- community involvement,
- robust health, and
- a long life (Lyubomirsky, King, & Diener, 2005).

▶ In addition, positive emotions lead to better learning (Parish & Parish, 2005).




They have higher income, more likely to be in long term relationships they are and because of all those benefits, now scholars giving lot of importance to happiness. Some more researchers have highlighted why happiness is important and they also reported that happy individuals are more likely than their lesser happy peers to have fulfilling marriages and

relationships.

They have higher incomes, superior performance they have, community involvement more they have, robust health and a long life. And because of various benefits, we are giving very much importance to this field of happiness. In addition, positive emotions lead to better learning, it has been observed by Parish & Parish in 2005.

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The slide features a pink header with the text 'Happiness leads to:'. Below the header is a list of nine items, each preceded by a right-pointing arrowhead. The items are: Confidence, Optimism, Sociability (friendliness), Helpfulness, Less jealousy, Resilience, Creativity, More balanced lifestyle, and Better quality of physical health. At the bottom left of the slide is the NPTEL logo. At the bottom center is a reference text: 'Reference: The Benefits of Happiness (Psychology of Happiness #3)' followed by a YouTube URL. At the bottom right is the number '10'.

**Happiness leads to:**

- ▶ Confidence
- ▶ Optimism
- ▶ Sociability (friendliness)
- ▶ Helpfulness
- ▶ Less jealousy
- ▶ Resilience
- ▶ Creativity
- ▶ More balanced lifestyle
- ▶ Better quality of physical health

Reference: The Benefits of Happiness (Psychology of Happiness #3)  
<https://www.youtube.com/watch?v=UKMnDv2MKMw>

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It is also observed that happiness is positively correlated with various positive personality traits. For example, this study shows us happy people are more confident, they are more optimist, they have higher level of sociability or friendliness, they are more helpful, they are less jealous and more resilient, having higher level of creativity and they have more balanced lifestyle, better quality of physical health they have.

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## The Brain & Happiness

- The brain is the home of all our feelings – including happiness, sadness, fear etc.
- The **frontal lobes** play a role in **both emotions and thinking**.
- Therefore thinking and emotion affect one another  
(**Positive thoughts- positive emotions**).
- **Physical exercise and mindfulness meditation** can strengthen activity in the left pre-frontal cortex.
- During physical exercise our brain also releases some feel **good chemicals**.
- In short if you want to be happy, **keep your brain happy**.



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So, because of all those positive personality traits connection with happiness, we give lots of importance to happiness. Now, another section or sector is what is correlation or connection between the brain and happiness, because brain is very important for us, our thinking, reasoning, problem solving all inner processes are going on in our brain only. Let us know what are the connections between the brain and happiness.

The brain is the home of all our feelings, including happiness, sadness, fear, etc. So, all mental processes actually take place in our brain. Frontal lobes play a role in both emotions and thinking. Therefore, thinking and emotions affect one another. It means, when we have happy thoughts, we have happy emotion. On the other hand, when we have unhappy thoughts, we have negative emotions. The study is saying that physical exercise and mindfulness meditation can strengthen activity in the left prefrontal cortex. And that is correlated with happiness.

During physical exercise, our brain also releases, some feel good chemicals, some chemicals, which are actually facilitating our happiness. In short, if you want to be happy, keep your brain happy. And there are certain ways to keep our brain happy, say physical exercise, mindfulness meditation, and maybe some other activities, which we will discuss in the next classes.

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- If we can raise our **level of positivity in the present**, then our brain experiences - **a happiness advantage**
- Our brain at **positive is 31% more productive** than at negative, neutral or stressed.
- If we can **find a way of becoming positive in the present**, then our brain will work more successfully because a happier brain **works harder, faster and more intelligently**.
- Dopamine floods into our system when we are positive: it makes us **happier**.



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There is a newly developed concept, a happiness advantage. It means, if we can raise our level of positivity in the present, then our brain experiences happiness advantage, and that is why we have better productivity. Our brain, at positive, is 31% more productive than at negative, neutral or when it is stressed. If we can find a way of becoming positive in the present, then our brain will work more successfully, because a happier brain works harder, faster and more intelligently.

Happiness advantage means when our brain is happy, we are able to work harder, faster and more intelligently. Dopamine floods into our system when we are positive, and it makes us happier. So, when your brain is happy, it releases some chemicals, neurotransmitter, which help us to have higher level of happiness, and that is positive cycle in which we are happy, that is why we are generating some happy chemicals in our brain, and it is increasing our happiness level.


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## The Formula for Happiness & the Happiness Advantage

- 10% of our happiness – external world
- 90% - the way our **brain processes** the world
- So if we change the way our **brain sees the world**, then we change our formula for happiness and success.
- Only 25% of job successes are predicted by I.Q.
- 75 % are predicted by - your **optimism levels, your social support** and **your ability to see stress as a challenge instead of as a threat.**



*The happy secret to better work - Shawn Achor*



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Professor Shawn Achor, he gave this formula of happiness advantage. He said 10% of our happiness is due to external world, on the other hand 90% the way our brain processes the world. So, if we change the way our brain sees the world, then we change our formula for happiness and success. He also observed that there 25% job successes are predicted by IQ. On the other hand, 75% are predicted by various other factors.

Those factors are optimism level, social support, your ability to see stress as a challenge instead of as a threat. And there are various other factors which are contributing in this 75% like emotional intelligence, in emotions chapter we will discuss about it. So, when we talk about general formula for happiness, our traditional style is success leads to happiness.


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### General formula for happiness :

➤ **Success** → **Happiness** vs.

**Happiness** → **Success** (Broaden and band theory of positive Emotions)

- If you can raise somebody's level of positivity in the present then their brain experiences what we now call a **happiness advantage**.
- It means when our brain is positive, **it performs significantly better than does a negative, neutral or stressed.**
- If we become **more positive in the present then our brains work even more successfully** as we're able to **work harder faster and more intelligently.**



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On the other hand, in recent research, researcher focusing more on happiness leads to success

and they are saying that when we are happy, then we are more productive, we are more creative, we are facilitating our positive interpersonal relations. And that is why these all factors lead to success. I think you can correlate it easily with Broaden and Build Theory of positive emotions, which we covered in positive emotions chapter.

If you can raise somebody's level of positivity in the present, then their brain experiences what we now call a happiness advantage, as I discussed in a previous slide also. It means, when our brain is positive, it performs significantly better than it does in a negative or neutral stress level. If we become more positive in the present, then our brain works even more successfully as we are able to work harder, faster and more intelligently.

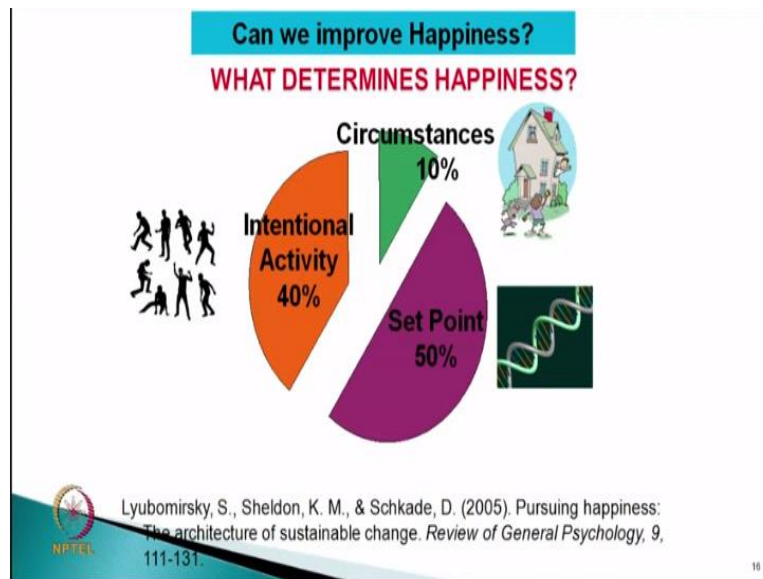
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Now, next point is, if it is so important, happiness is so important, then why do not we give importance to this area? Or why do not we give importance to happiness? Dr. Raj Raghunathan wrote very interesting book 'If You Are So Smart, Why Aren't You Happy'. In this book, and in his research, he observed that when we give importance to various goals, and when we are talking about or taking an action, then our responses are different.

And he observed that he had two questions; your priority in action or what is on your Genie wish-list? And another question was importance of various goals. He observed that, when we take it in action, or Genie wish-list, then we give top most priority to wealth, then to success, then fame and then happiness. On the other hand, when we give importance, otherwise without any action, then top most important factor for us is happiness, then success, then intelligence or knowledge and then mental health.

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So, somewhere, it seems our action-oriented responses are different. On the other hand, otherwise when we think about happiness, then our responses are different. Our next point is, can we improve happiness level? What determines happiness? If we go with this study, then 50% we are saying that it is because of intentional activities, as well as because of circumstances. So, by changing intentional activities as well as circumstances, we can change someone's level of happiness. On the other hand, 50% role is set point, set point means, this portion is more contributed by genetic and environmental factors.

And that is why we have stable patterns in our behaviour and that is our baseline. If you connect it with previous class, where we said, there is a set point and through certain activities, it may take ups or downs, but temporarily. After a certain period, we get again one's stable pattern, that is our stable level or can say, nature of an individual. And that is why, in same situation, different people show different level of happiness because of their set point.

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**INTERVENTIONS: Strategies to improve well-being**  
**Theoretical to practical (PP to APP): Basic science & its application**

- ▶ **Can Positive Psychology Make People Lastingly Happier?**
- ▶ From the Buddha through the human potential movement of the 1960s, through the pioneering work of Fordyce (1977, 1983) through the self-improvement industry of the 1990s, **at least one hundred "interventions"** claiming to increase happiness lastingly have been proposed.
- ▶ Random-assignment placebo-controlled (RCT) Studies (comparison of control vs. placebo gr.; control vs. experimental group & placebo vs. experimental group).



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So, when we psychologists start saying, can we improve someone's happiness level, then our main focus is on intentional activities as well as on circumstances. And, for that, we develop intervention programs. Intervention program means strategies to improve well being. And when we are moving towards interventions, or strategies to improve well being, then we are moving from positive psychology to applied positive psychology. Our attention is shifting from basic science to its applications.

Can positive psychology make people lastingly happier? There are a number of intervention programs and even before positive psychology, there were various scholars who worked in this direction. So, from the Buddhism, through the human potential movement of the 1960s, through the pioneer work of Fordyce in 1977, 1983, we discussed about it in last classes also, through the self improvement industry of the 1990s, at least 100 interventions claiming to increase happiness lasting have been proposed and in recent years, this number is definitely quite high.

So, when we say, you know, effectiveness of such kind of intervention programs, then as I discussed, random assignment, placebo-controlled research or studies are available. In all these studies, we tried to do very scientific research. For studying effect of these intervention programs, we use random assignment placebo-controlled studies, and in these studies, as I discussed in the third class, we compare control group with placebo group, control group with experimental group and placebo group with experimental group.

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› **Interventions:** Strategies to improve our happiness, character strengths and other positive psychology constructs.

1. **Deliberately delivered modules**

(Pre-testing- intervention- post testing)

2. **To identify existing socio-cultural factors (e.g Religious/ spiritual practices) which facilitate our well being and then reinforce them.**



And I think, you can easily understand for effect of medicines or psychological effect or no significance between all these groups, these indications give us new insight about the particular study. So, there are various intervention programs or strategies to improve our happiness characteristics and other positive psychology constructs.

Intervention programs can be divided into groups; one is deliberately delivered modules. In deliberately delivered modules, we have a group of some modules and we display those modules during intervention program and through pre and post testing we study effectiveness of this program. Such kind of modules will be discussed in next slides.

On the other hand, to identify existing social cultural factors, or maybe, religious spiritual practices, which facilitate our well being and then reinforce them through intervention programs. So, for example, in such kind of programs, we can identify some religious spiritual practices and by doing pre and post testing, we can study how effective these are. So, these are two ways to study effectiveness of certain programs.

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Strategies to Improve Well-Being	
Deliberately Delivered Strategies (Intervention programmes)	Existing practices in religion/spirituality /local communities
✓ Doing acts of kindness,	
✓ Writing about positive experiences,	✓ <i>Satsang</i> (singing folk-songs in a group),
✓ Practising gratitude by counting one's blessings,	✓ Religious/ spiritual practices
✓ Hopeful goal-directed thinking,	✓ Celebrating festival,
✓ Solution-focused coaching,	✓ community functions etc.
✓ Savoring (enjoying) the moment,	
✓ Writing about best possible selves etc.	

First, let us know, what are those strategies which have identified by positive psychologist as well-being enhancing strategies. So, these are deliberately delivered strategies or intervention programs. Second is existing practices in religion, spirituality or in local communities. Let us take example of both. So, there are some strategies, which are highlighted as well as tested by positive psychologist and they are saying that these strategies actually work in various situations and now these are well identified strategies.

They are saying that doing acts of kindness, if you have some kind of activity in some of the sessions, then definitely you may have changed in certain well-being indicators. Second one is writing about positive experiences, practicing gratitude by counting one's blessings. So, they asked them to count your blessing during such kind of sessions. Hopeful goal directing thinking, solution focused coaching, so you are learning some solution focused coaching during this process. Savoring or enjoying the moment, writing about best possible selves.

So, they ask, write about your best possible self, in which mode you think you will be best. So, let us know a little bit more about deliberately delivered strategies, those are intervention programs, as well as existing practices in religion, spirituality or in local communities. When I talk about these strategies, then some of these highlighted strategies have been borrowed from well established intervention programs like doing act of kindness. So, during sessions, they provide certain settings where you have to do certain acts for kindness.

Writing about positive experiences, so they ask to write about some positive experiences. Practicing gratitude by counting one's blessings, so you just count your blessings during the




sessions. Hopeful goal directed thinking, solution focused coaching they provide during the sessions, savoring enjoying the moment, writing about best possible selves. So, these kinds of sessions are provided by the experimenters and after the sessions and before the sessions, they do testing on well-being indicators.

And then they say on the basis of comparison of pre and post testing, they just study effectiveness of these programs. On the other hand, in existing practices, we can identify some local practices. For example, in one of our research, we identified that how *Satsang*, *Satsang* means singing folk songs in a group is contributing to our well being. Like that, there could be various religious spiritual practices, we can think about celebrating festivals or community functions and what kind of impact they have on our well being.

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**Positive psychology interventions: a meta-analysis  
of randomized controlled studies, Bolier et.al (2013 )**

- ✓ Resilience improving exercises
- ✓ Optimism and gratitude exercise
- ✓ Doing acts of kindness
- ✓ Writing about positive experiences
- ✓ Practising gratitude by counting one's blessings
- ✓ Writing about best possible selves
- ✓ Rehearsal of positive statements
- ✓ Thinking about positive life experiences




So, these are two main examples. Let us know some more practices which have been highlighted by positive psychologists in terms of sessions in intervention programs. There is a very interesting study by Bolier et.al in 2013, in which they had meta-analytic research, and they identified well established sessions or sub intervention programs which were used in broad intervention programs. So, let us know what are the techniques or what are the strategies or practices, which they claim by doing those strategies or those particular practices that we may improve our well-being.

These practices are resilience improving exercises, so they have some exercises through which we improve our resilience. You must be knowing that resilience means bouncing back from adverse conditions. Optimism and gratitude exercise, they have during these sessions,


doing acts of kindness. Writing about positive experiences, practicing gratitude by counting one's blessings, writing about best possible selves, rehearsal of positive statements, thinking about positive life experiences.

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- ✓ Hopeful goal-directed thinking
  - ✓ Self-management
  - ✓ Positive bibliotherapy (the use of selected reading materials as therapeutic messages)
  - ✓ Cultivating sacred moments,
  - ✓ Solution-focused coaching,
  - ✓ Life coaching and attainment of goals
  - ✓ Use your strengths in a new way
  - ✓ Working for Wellness Program,
  - ✓  Positive future thinking,
  - ✓ Projecting a positive self in the future
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They also highlighted on hopeful goal directing thinking, self-management-oriented activities they have during these sessions, positive bibliography or the use of selective reading materials as therapeutic messages, so something where you have therapeutic messages. Cultivate sacred moments, solution focused coaching, life coaching and attainment of goals, use your strengths in a new way, and use your strengths also. Working for wellness program, positive future thinking, projecting a positive self in the future.

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- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>✓ Savouring the moment</li><li>✓ Strengths exercises</li><li>✓ positive thinking</li></ul> | <ul style="list-style-type: none"><li>✓ Life coaching and attainment of goals</li><li>✓ Positive writing</li></ul> |
|--|--|
- Package of 4, 6 or 8 positive psychology exercises such as **active-constructive responding, gratitude visit, life summary, three good things, savoring, strengths** or (Three good things, signature strengths, self-compassion, optimism, compassionate action, gratitude intervention)
- 
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How you can improve, how you can have positive self in future. Savoring the moment,

strengths exercises, positive thinking, life coaching and attainment of goals, positive writing. So, like that, they have number of sessions, which have been well established now in various intervention programs. So, once you decide a particular program, as per age, as per gender, as per locality, as per nature of participants, you may borrow some of these sessions or strategies, and then you can make your tailor-made program.

And in this program, you can decide whether you are interested to take four, six or eight strategies. And then again, I am repeating same point, these sessions would be in between and you will be doing pre testing and post testing to see effectiveness of these programs. So, for example, these are two examples, in which they have highlighted some of these strategies in their particular program like active, constructive, responding, gratitude visit, life summary, three good things.

Savoring strengths were used in one of the intervention programs. On the other hand, in another intervention program, they borrowed three good things, signature strengths, self compassion, optimism, compassion actions, gratitude interventions. So, by combining all those interventions, they prepared one module and then they study how effective it is.

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**Some more happiness & well-being improving strategies:**

**Happiness-increasing activity: Happy Habits**

**At individual level:**

- ✓ Pursuing goals that are important to me (73.7%)
- ✓ Being optimistic (68.4%)
- ✓ Doing physical exercise or sports (65.8%)
- ✓ Savouring life's joys (61.4%)
- ✓ Acting like a happy person (60.5%)
- ✓ Doing activities that make me feel "in the Moment" (59.6%)
- ✓ Practicing religion and/or spirituality (41.2%)
- ✓ Using strategies that help me cope with stress or adversity (40.4%)

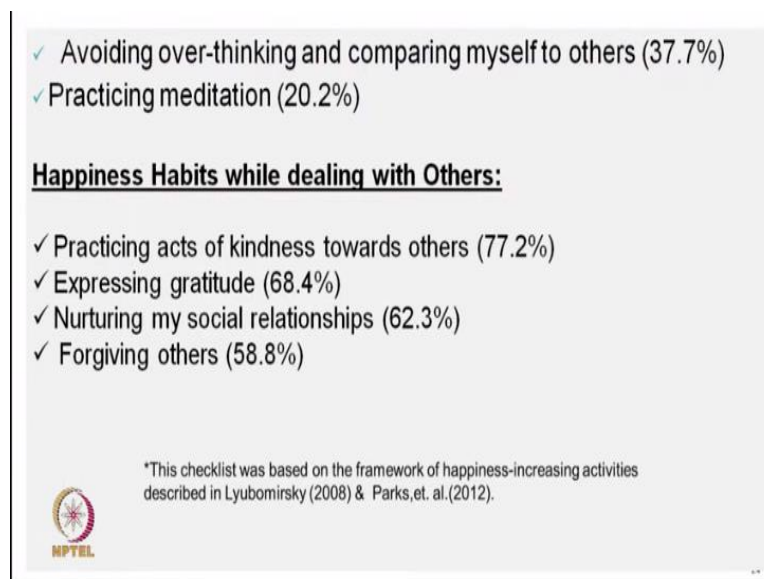


On the other hand, some scholars focused on other way to identify positive intervention programs or strategies, which help us to improve our well being. So, in this case, actually, scholars try to find out happy habits. In these happy habits, first of all, they did explorative research. In this explorative research, they asked people, what do they do to get happiness? Then they made a checklist and they provide this checklist in another research, and they

identified how it is rated by people to get happy habits.

So in this research, they observed that at individual level, participants highlighted that pursuing goals that are important to me, 73.7% people rated this strategy, being optimism, 68.4% people rated this strategy, doing physical exercise or sports, 65.8% rated this strategy, savoring life's joys, 61.4%, acting like a happy person, 60.5% people rated this strategy, doing activities that make me feel in the moment, so mindfulness kind of activities 59.6% people highlighted this strategy, practicing religion or spirituality, 41.2%, using strategies that help me cope and stress or adversity, 40.4% people rated this happy habit.

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- ✓ Avoiding over-thinking and comparing myself to others (37.7%)
- ✓ Practicing meditation (20.2%)

**Happiness Habits while dealing with Others:**

- ✓ Practicing acts of kindness towards others (77.2%)
- ✓ Expressing gratitude (68.4%)
- ✓ Nurturing my social relationships (62.3%)
- ✓ Forgiving others (58.8%)

\*This checklist was based on the framework of happiness-increasing activities described in Lyubomirsky (2008) & Parks, et al. (2012).

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Then avoiding over-thinking and comparing myself to others, 37.7% people rated this is important and they use this strategy in terms of happy habits, practicing meditation, 20.2% people highlighted it. Happiness habit while dealing with others, then they highlighted that practicing acts of kindness towards others 77.2% people highlighted it, expressing gratitude 68.4%, nurturing my social relationships 62.3% and forgive others 58.8% people highlighted in terms of happy habits.

So, these are some other strategies we can say these strategies are like lay strategies, what kind of strategies people use when they want to get happiness. And these lay strategies are from the people, which kind of strategies they are using and we just compile all of them and then we prepare a list of happy habits.

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### Platforms to deliver intervention programs:

- Online interventions
- Classroom/ school settings
- Organization settings
- Clinical settings
- Community/ social settings
- R/S settings
- Apps in mobile etc.

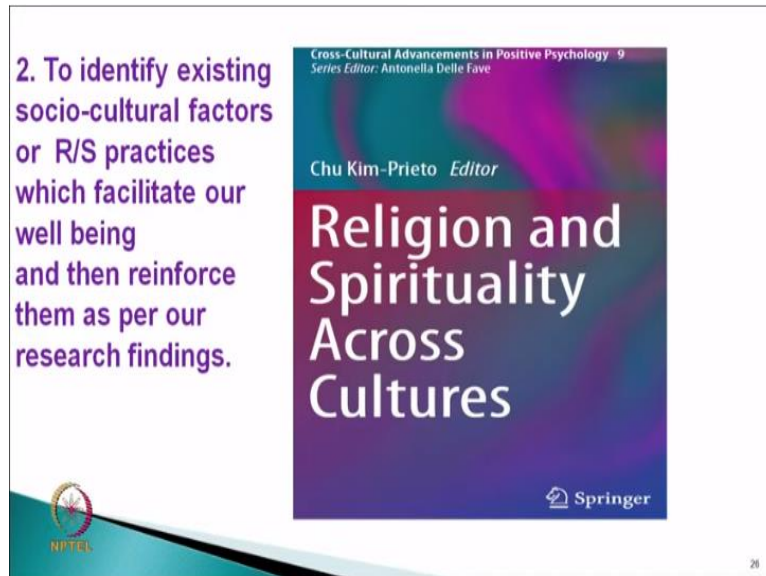


So, there are various platforms to deliver intervention programs. For example, you could find number of programs available on online, online intervention programs we have, in classroom settings, school settings, from school settings, number of programs nowadays we have. Like even in India, happiness curriculum in Delhi schools. Organization settings, there could be some programs for this setting. In clinical settings, even clinical psychologists using positive psychological strategies or intervention programs.

Community or social settings they have, religious spiritual settings can be highlighted in such kind of programs, for example, in religion and spirituality, already they have a number of programs, say 3 days program, 5 days program, 7 days program and in all these programs, if we just highlight how these are helping to have better well being or better state of mind. So, in all these settings, we positive psychologists, just observe the things and by doing pre and post testing, we can highlight how certain programs which are proposed by some particular religious or spiritual groups, how these are effective.

And nowadays, there are various applications even in mobile phones. So, there are various platforms on the internet, in classroom, in organizations, in communities and social settings where positive psychologists are delivering certain programs and then highlighting effectiveness of those programs. Second group is to identify existing social cultural factors or religious practices which facilitate our well-being, and then reinforce them as per our research findings.

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And in this book, Religion And Spirituality Across Cultures, in this book, actually, they have highlighted practices from various religions, like from Islam, from Hinduism, from Jainism, from Sikhism, from Buddhism and in all these practices, they highlighted that by doing those practices, how people are getting better wellbeing, or better health, physical as well as psychological.

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### Cultural orientation

- Sitting rather too comfortably in the pigeon holes of the University departments, which do not mirror socio-cultural realities of the common man in India, psychologists have increasingly chosen to remain insular (narrow-minded) and self-absorbed (Dalal, 2010)
- Main objective is to understand our own culture and to develop socio-cultural issues based modules and R/S aspects based modules and study their effectiveness.
- To count culture as a major influence on the development and manifestation of human strengths & good living is a significant factor.

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So that is why, I think, we should not ignore this domain, which is very important and studies supporting such kind of research nowadays. Our cultural orientation is very important to highlight socio-cultural factors or religious spiritual factors. And even Indian scholars have been highlighting such kind of studies.

For example, Prof. Dalal in 2010 mentioned that sitting rather too comfortably in the pigeon

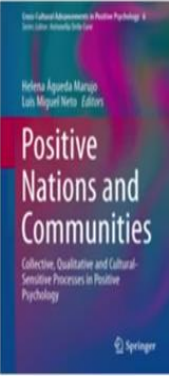
holes of University departments, which do not mirror social cultural realities of the common man in India, psychologists have increasingly chosen to remain insular or narrow minded and self-absorbed. So that is why, main objective is to understand our own culture and to develop socio-cultural issues-based modules and religious spiritual aspect-based modules and study their effectiveness.

I think that could be very unique contribution to the world of psychologists from India. I think, to count culture as a major influence on the development and manifestation of human strengths and good living is a significant factor that we should not ignore. Our next study. just supporting this point further.

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**Book Chapter:**

Singh Kamlesh, Jain Anjali & Singh Dalbir  
(2014) **Satsang: A culture specific effective practice for well-being**. In Positive Nations and Communities - Collective, Qualitative and Cultural-Sensitive Processes in Positive Psychology (Edited by Helena Agueda Marujo & Luis Miguel Neto), pp. 79-100, Springer Pub., Netherlands.



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We did one research and this research was ‘Satsang: A culture specific effective practice for well being’ and this research published in Positive Nations and Positive Communities book in which collective, qualitative, culture sensitive processes in positive psychology were highlighted. And that is why, our research Satsang: A culture specific effective practice for well being was very relevant for this book, and it is published study now.

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**Research Question: -Is singing folk songs acts as Music Therapy/ intervention especially singing *Bhajan* in *Satsang*?**

- ❖ Sample: A group of women (25-30 women participants almost everyday) were Interviewed and had focused group discussions.
- ❖ Mean Age=55 yrs. (Range=45 yrs.- 85 yrs.)
- ❖ 45 yrs. (8members) – 85 yrs. (4 members)
- ❖ Education=
 

10 <sup>th</sup> pass with teacher training- 50%
8 <sup>th</sup> -12 (Home Maker)- 25%
Uneducated (Home Maker) 25%
- ❖ Occupation Status: All were Home Makers & 50% among them were retired school teachers.



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So, let us know what did we do in this and how it is contributing to the field of positive psychology. So, let us discuss this research, which happened here in local community. For this research, research question was, is singing folk songs acting as music therapy/intervention especially singing Bhajan or Satsang? A group of women, 25 to 30 women participated almost every day, were interviewed and we had focused group discussions with them in this study.

Mean age of these women was 55 years and age range was 45 years to 85 years. 45 years, 8 women and 85 years 4 members were there. Education wise, they were not highly educated, 10th pass with the teacher training about 50% women out of them, 8th to 12th homemaker 25% and uneducated homemaker were about 25%. Occupation wise, all were homemakers and 50% among them were retired schoolteachers.

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- ✓ -Women can be seen singing bhajans in this image
- ✓ Educated women helped the others to sing new songs by reading out the content
- Came with accessories such as water bottle, stick, mats for sitting comfortably

**In some cases, women brought their grand children along with them.**

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This study was conducted on these women, they actually came daily in local parks to sing songs or folk songs you can say. So you could see in this picture, women can be seen singing Bhajans in this image. Educated women helped the others to sing new songs by reading out from the copies or reading out this content, came with accessories such as water bottles, stick mats for sitting comfortably, sometimes they come with their grandchildren, so that way, they are contributing to the family also.

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**On auspicious occasions group is invited at member's house for Satsang**

**Sharing Prasad & Donation Money**

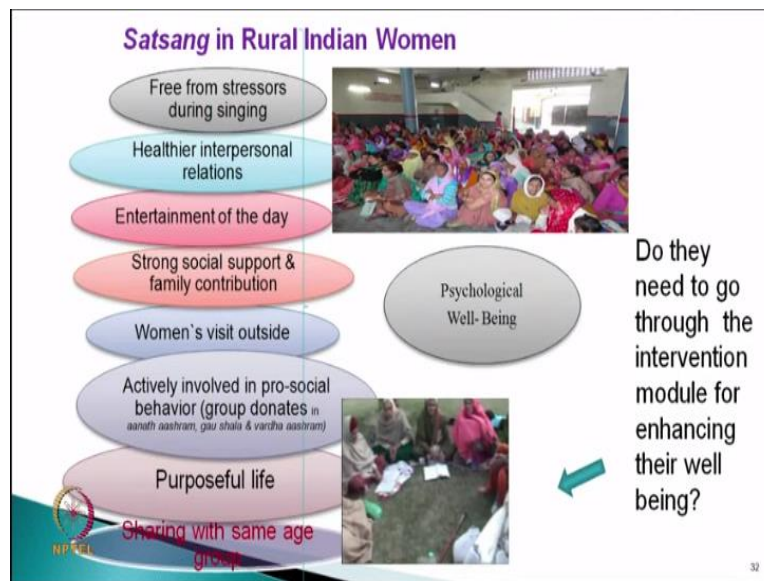
**Another group in the background**

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There are some more photographs, sometimes on auspicious occasions, group is invited at members house for Satsang, so, they visit their members houses also in some settings. At the end, they share Prasad as well as donation. And you could see, there are various groups, for example, another group also singing. So, this is quite common practice in Delhi and its surrounding as well as I think it is in North India everywhere it is, like this data has been

taken from Haryana.

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So, we observed that when they are singing these songs, and through interview and focus group discussions, we highlighted some of the themes and through these themes, we are saying that by doing this local activity, they are getting almost same benefits, which they could get through an intervention program. And if it is so, then we should promote such kind of activities in our community.

So, first, let us talk about results, we observed through focus group discussion as well as interviews data analysis, that the themes emerged from the discussions were, they are free from stresses during singing. So, when they are singing, during this period, they are away from stressors. Healthier interpersonal relations they have. You know, they have interpersonal relations with their age group and similar kind of women.

So, they observed that they have very rich interpersonal relationship. This activity can be counted as entertainment of the day. Entertainment of the day is very significant activity in almost all intervention programs, which are proposed by a positive psychologist. Social support and family contribution, so, strong social support as well as family contribution as they come with their grandchildren and they play in park when they are singing songs and all, so that way actually, they have strong social support, as well as family relations.

They visit outside. On the other hand, you know especially old age women, they do not go outside. So, that is good way to approach other women and spend some time with them.

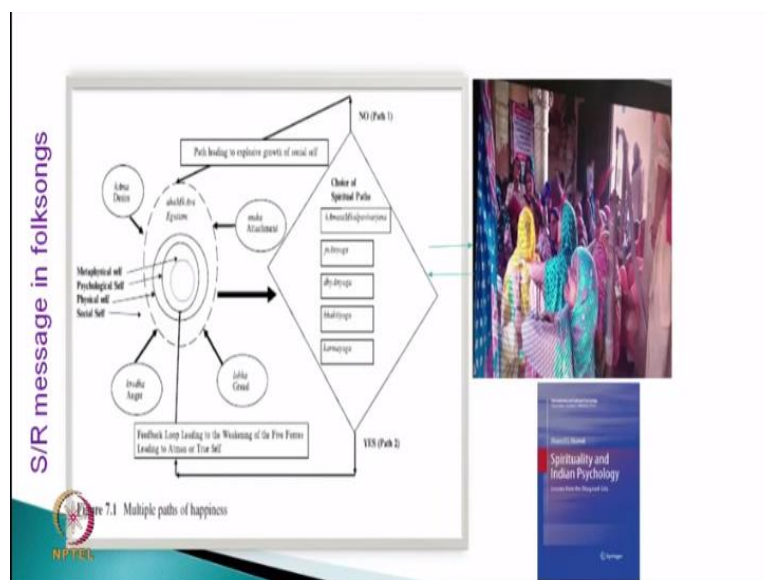
They are actively involved in pro-social activities. They donate in different organizations like *virdha aashram*, *anaath aashram*, etc. So, now research is showing that pro-social activities as well as spending money on others or donations, these activities contribute positively to our well being.

And in this age, singing folk songs or Bhajans, that is purpose of life, because this is very relevant religious activity in this locality. Sharing with same age group they have, so during this period, they are dealing with their own age group, so similar kind of motive, similar kind of talks, they may have. So, all these factors or themes, which emerged through interviews, as well as focus group discussions highlighted here, that they are actually contributing to their well being.

On the other hand, if we take some new modules, I think now you can connect easily with the strategies, which I discussed in last slides and I mentioned that how these strategies have been used by positive psychologist for improving our well being. So maybe some of these activities are not very appealing for them, or it is just like alien activities and that is why they might be not highlighted or not appreciated much by such kind of women.

So, by giving all those references, we asked the question, do they need to go through the intervention module for enhancing their well being? Rather we supported that they should actually participate in such kind of activities more and these activities actually already helping them to have higher level of well being.

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Similarly, it has also been observed that these spiritual religious messages in folk songs they are singing. In this book, Spirituality and Indian Psychology, Prof. Bhawuk has highlighted this model. And in this model, he is saying that there are some *Vikaras*, like *Kaam*, *Krodh*, *Moh*, *Lobh*, which are reducing our well being and there are various parts in terms of yoga like *Dhyaan*, *Yog*, and various other yogas which are helping us to have higher level of well being.

And in one of our research, we highlighted that how similar kind of message are being sung by these women. So, I think this is very good way to disseminate our information, which may help to have higher level of well-being. In the series of such kind of researches, we also discussed about perceived quality of life in one of our research papers.

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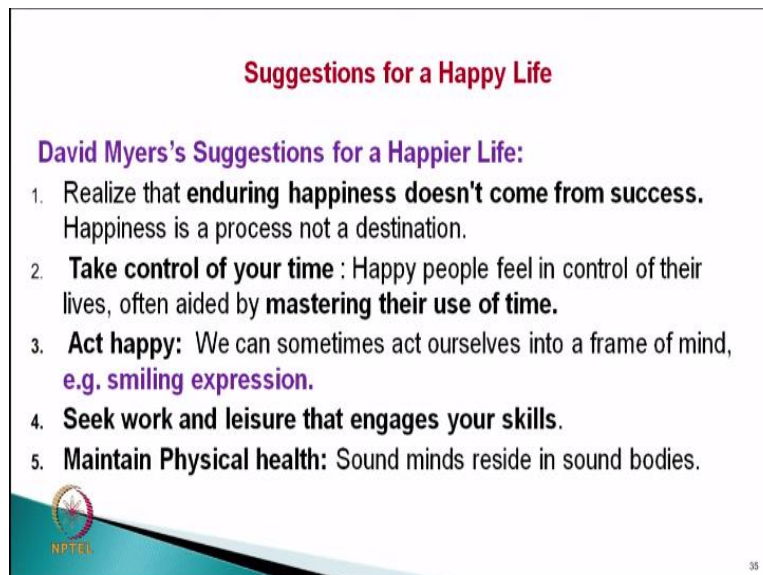
And during this experience, when I was trying to find out quality of life - how do they perceive, again older rural women, and in this study, I asked them a simple question; What do you think in last 10 years your quality of life has improved or deteriorated or it is at the same mode?

And in this question, I was confused because some of them were very positive, others were not. And during those discussions, I came to know actually there are two main factors; when they are taking into account facilities available and when they are taking into account interpersonal relations. And broadly, message was, when they are taking into account interpersonal relationships, they said, definitely it has deteriorated.

On the other hand, when they are talking about facilities, facilities available, and they said, definitely, it has been improved. So, it means, you know, I think with our previous discussions, you are able to understand that interpersonal relationships are hallmark of our happiness. On the other hand, perception in our community is that interpersonal relationships are deteriorating in our recent period.

So, conclusion from this research was, we need to reinforce, acknowledge and maintain our society's strengths, and these are interpersonal relations. So, this research is highlighting that we should focus on our culture, on our socio-cultural factors, religious spiritual factors, and then, try to understand, how we can improve well being of our people, or well being of Indian people.


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**Suggestions for a Happy Life**

**David Myers's Suggestions for a Happier Life:**

1. Realize that **enduring happiness doesn't come from success.** Happiness is a process not a destination.
2. **Take control of your time** : Happy people feel in control of their lives, often aided by **mastering their use of time.**
3. **Act happy:** We can sometimes act ourselves into a frame of mind, **e.g. smiling expression.**
4. **Seek work and leisure that engages your skills.**
5. **Maintain Physical health:** Sound minds reside in sound bodies.

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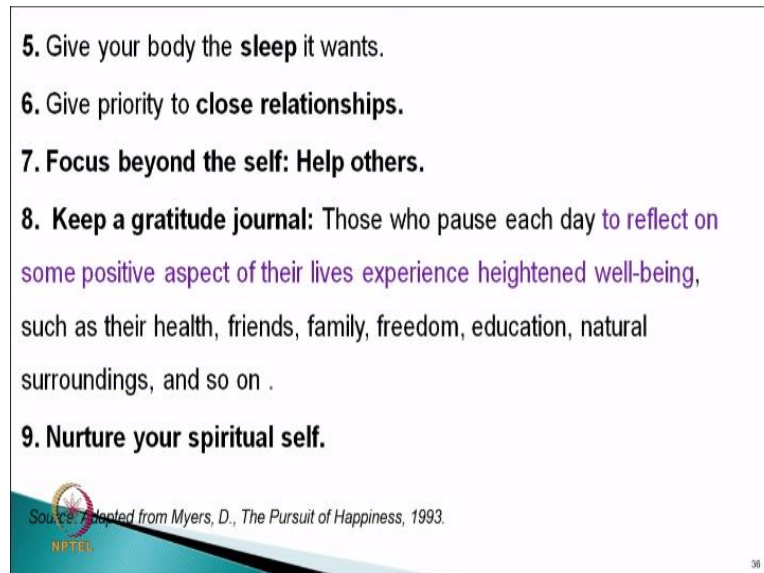
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In this series, next topic is suggestions for a happy life. There are various scholars who have highlighted some points or ways of living our life and these are the suggestions for having a happier life. So, let us start with David Myers's suggestions. He mentioned realize that enduring happiness does not come from success, happiness is a process not a destination. So, each and every moment of our life should have happiness. Take control of your time. So, where you are spending your time, you should know about it, and happy people feel in control of their lives, often aided by mastering their use of time.

So, they should be mastered, how and why they should use their time. Third factor is, Act happy. It means, we should consciously choose those activities which are making us happy, like smiling expression, seeking work and leisure that engage your skills. Ultimately, we

want to get purpose in life or meaningful activities, that is why, our activities should support certain skills. Fifth point is maintaining physical health. Sound mind resides in sound bodies.

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5. Give your body the **sleep** it wants.

6. Give priority to **close relationships**.

7. **Focus beyond the self: Help others.**

8. **Keep a gratitude journal:** Those who pause each day to **reflect on some positive aspect of their lives experience heightened well-being**, such as their health, friends, family, freedom, education, natural surroundings, and so on .

9. **Nurture your spiritual self.**

Source: Adapted from Myers, D., *The Pursuit of Happiness*, 1993.

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Sixth, give your body the sleep it wants, because during this period, our body and mind repairs and that is why give proper time to our sleep. Give priority to close relationships, I think it is hallmark of our happiness, and very important for us. Focus beyond the self, help others, there are various studies saying that when you have positive relationship with others, and have high level of compassion, forgiveness, gratitude, helping others, then you are getting more happiness.

Keep a gratitude journal, those who pause each day to reflect on some positive aspects of their lives, experience heightened well being, such as their health, friends, family, freedom, education, natural surroundings and so on. So, when we are doing gratitude journaling, during this period, we are generating positive thoughts and our positive thoughts are generating positive emotions, which lead to happiness.

Ninth one is nurturing your spiritual self. Some scholars have focused on spiritual domain a lot. So these are the highlighted factors or highlighted activities by Myers to get happiness. Similarly, another recent work in which they have highlighted on five factors - connect, be active, take notice, keep learning and give.

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**Five ways: connect, be active, take notice, keep learning & give**


**Connect** – Make connections with friends, family, colleagues and neighbours.

- ✓ They help enrich your life with new experiences and opportunities.

**Be Active** – Get moving. Walk, skip, run, dance – move your muscles.

- ✓ Exercise not only makes you feel good, it keeps you healthy.

Therefore, Pick a physical activity that you enjoy.



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So, in connect, make connections with friends, family, colleagues, and neighbors. I think again, I will repeat same point, hallmark of happiness, they help enrich your life with new experiences and opportunities. Second is be active, and some of the scholars focusing on active activities in which you are getting happiness. They are saying that get moving, walk, skip, run, dance, move your muscles. And exercise, not only makes you feel good, it keeps you healthy. So therefore, pick a physical activity that you enjoy, and you should keep it continued for experiencing happiness.

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**Take Notice** – Be mindful. Be curious. Notice the things around you – the weather, the landscape, the mood and feelings of the people around you.


- ✓ This way you learn to appreciate the things that matter.

**Keep Learning** – We never stop learning. Keep trying something new – e.g. a new course, a new game, a new skill etc.

- ✓ Challenges keep us on our toes and increase our confidence and excitement in our day.

**Give** – Be generous with your time, your knowledge and your talents, giving to friends, family and even strangers. **Be thankful, smile at people, and volunteer for help.**

Source: The New Economics Foundation (NEF). Five Ways to Wellbeing. The Evidence. 2008.  
<http://www.neweconomics.org/projects/entry/five-ways-to-well-being>.



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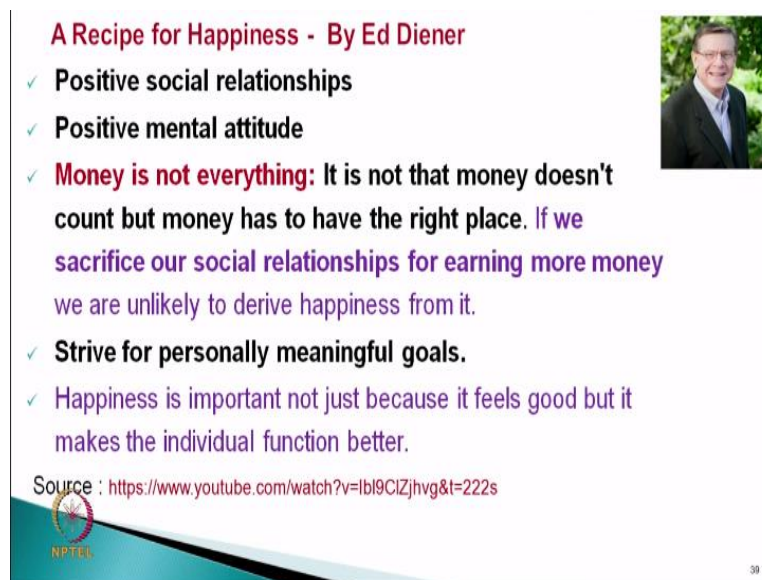
Next one is to take notice, that is mindfulness. And in one of the class, I will discuss only on mindfulness which is very important to have a higher level of happiness. Be mindful, be curious, notice the things around you, the weather, the landscape, the mood and feelings of the people around you. This way, you learn to appreciate the things that matters, and it is

very important to notice our surrounding environment.

Keep learning, love of learning, even Diener has highlighted this point, we never stop learning. Keep trying something new. For example, a new course, a new game, or new skill, and when we keep learning, then we are getting higher level of happiness, and challenge keep us on our toes and increase our confidence and excitement in our day. Give, be generous with your time, your knowledge and your talent, giving to friends, families, and even strangers. Be thankful, smile at people and volunteer for help.

So again, I think you could easily connect some of these factors are overlapping. And all scholars have highlighted certain activities, for example, pro-social spending, donating. These are very important factors for getting happiness. Here, I have taken some messages from TED Talks. I think getting messages from TED Talks is really interesting and it works like edutainment approach.

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**A Recipe for Happiness - By Ed Diener**

- ✓ Positive social relationships
- ✓ Positive mental attitude
- ✓ **Money is not everything:** It is not that money doesn't count but money has to have the right place. If we sacrifice our social relationships for earning more money we are unlikely to derive happiness from it.
- ✓ Strive for personally meaningful goals.
- ✓ Happiness is important not just because it feels good but it makes the individual function better.

Source : <https://www.youtube.com/watch?v=Ibl9CIZjhvg&t=222s>

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And here because scholars focus more in terms of translational research or knowledge translation, and layman easily can understand their message. So that is why, I have taken summary of these TED Talks and I recommend watching these TED Talks on YouTube. So, let us take, in this series, first message, first message is by Ed Diener in terms of recipe for happiness, he has focused on positive social relationships, positive mental attitude, he also mentioned that money is not everything.

It is not that money does not count, but money has to have the right place. It should not be



highlighted more than our social relations, as he has mentioned that if we sacrifice our social relationships, for earning more money, we are unlikely to derive happiness from it. So, after certain period, social relations are more important than money.


Strive for personally meaningful goals, we should have some personal meaningful goals in our life. Happiness is important not just because it feels good, but it makes the individuals function better. As you know, previous scholars also mentioned on this point. In his next talk, he is talking about what you need to be happy, he again emphasized on social relationships, activity that you love in life and work, so active leisure.

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**What You Need To Be Happy by Professor Diener:**

- ▶ **Social Relationships**
- ▶ **Activity that you love in life and work**
  - active leisure
- ▶ **Learning new things**
- ▶ **Having life goals that are bigger than oneself**
- ▶ **Creativity**
- ▶ **Religion and Spirituality**

Source: <https://www.youtube.com/watch?v=7qSdZPAybf0>

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Learning new things highlighted by various scholars, having life goals that are bigger than oneself, creativity, religious spiritual activities - this domain has been highlighted once again by Ed Diener in the talk.

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## The Good Life | Robert Waldinger

- There was a recent survey of Millennials (born between 1980-early 2000s) asking them what their most important life goals were.
- Over 80 % said that a major life goal for them was to get rich and another 50% of those same young adults said that another major life goal was to become famous.
- The key message from the 75-year longitudinal Harvard Study of Adult Development is that - good relationships keep us happier and healthier.
- They have learned three big lessons about relationships.

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The next one is, which is very interesting study by Robert Waldinger, The Good Life. And in this study, they have focused on interpersonal relationships, and role of relationships in our life. And studies are very interesting. That is why, I have selected among these TED Talks, this talk. He has started his message with this study, in which he saying that there was a recent survey on millennials, you must be knowing that as per birth orders, now we have particular name of certain generations.

So, millennials - those born between 1980 to early 2000, this group, he is talking about, particularly this group. Asking them what their most important life goals were, over 80% said, that a major life goal for them was to get rich. And another 50% of these same young adults said that another major life goal was to become famous. So broadly, these young participants saying that life goals, which are very, very important for them, to get rich, having more money, as well, as famous, these are two main goals of their life.

On the other hand, he is talking about 75-year longitudinal Harvard study of adult development and then he has focused on relationships. And he is saying that good relationships keep us happier and healthier. And these are very, very important. And through this study, he is talking about three big lessons about relationships.

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- ▶ **1. Social connections are really good for us and loneliness kills.**
- ▶ People who are more socially connected to family, to friends, to community are happier, they're physically healthier and they live longer than people who are less well connected.
- ▶ People who are more isolated (lonely) :
  - ✓ they are less happy,
  - ✓ their health declined earlier in midlife,
  - ✓ their brain functioning declined sooner and
  - ✓ they live shorter lives than people who are not lonely.




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Very interesting these lessons are, let us take one by one. Social connections are really good for us, loneliness kills, that is his first message. And he is saying that people who are more socially connected to family to friends to community are happier, they are physically healthier, and they live longer than people who are less well connected. On the other end, he is talking about isolated or lonely people also - comparatively more isolated and lonely people.

He mentioned that they are less happy, their health declined earlier in mid life, their brain functioning declined sooner, and they live shorter lives, than people who are not lonely. So that is why here message is, if you feel connected, then you have happy and healthy, even old age.

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- ▶ **2. The second big lesson learnt from this study is that it's the quality of your close relationships that matters.**
- ▶ The most happily partnered men and women of this study reported in their 80s that on the days when they had more physical pain their moods stayed just as happy.
- ▶ On the other hand, the people who were in unhappy relationships on the days when they reported more physical pain- it was magnified by their emotional pain.
- ▶ **3. The third big lesson is that good relationships don't just protect our bodies they protect our brains.**



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Second lesson was, big lesson learnt from this study is that, the quality of your close relationships that matters, rather number of and there are various scholars who are saying that quality of your close relationship is very important rather how many relations you have in your life. The most happily partners, men and women of this study reported in their 80s, that on the day, when they had more physical pain, their mood stayed just as happy. So, physical pain is actually isolated, it is not generalized to the life.

On the other hand, the people who were in unhappy relationships, on the days when they reported more physical pain, it was magnified by their emotional pain. So, it has been observed that the people who had unhappy relationships during physical pain, this emotional pain actually add on and that is why they had higher level of pain. Third group said big lesson is that good relationships do not just protect our bodies, they protect our brain also.

So, not only physically or mentally, but even brain activities wise, the people who had good relationship, healthy and happy relationship, they had better brain activities as compared to unhappy relationship people. Being in a securely attached relationship to another person in your 80s is protective as per this study.

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- ▶ Being in a securely attached relationship to another person in your 80s is protective.
- ▶ People who are in relationships where they really feel they **can count on the other person in times of need – their memories stay sharper for longer period.**
- ▶ People in relationships where they feel they really can't **count on the other one**, those are the people who experienced earlier memory decline.

Source: <https://www.youtube.com/watch?v=q-7zAkWAOYg>



People who are in relationships, where they really feel they can count on the other person in times of need, their memories stayed sharper for longer period, I think you can easily connect with this question. That was the main part of World Happiness Report also. And the question was count on the other people in time of need.

So, if you count someone, you are able to count someone, whenever you need someone, someone is available for you. So, if you count such kind of relations, then your memories stay sharper for longer period. People in relationships where they feel they really cannot count on the other one, those are the people who experienced earlier memory declines. So, message from this study is if you have happy and healthy relationship, then your mind your body, your management of pain, as well as brain activities are sharper.

On the other hand, if you had unhappy relationship, then physical, psychological, even brain activities wise deterioration recorded by this study. And I recommend, again, to watch in detail of this study on YouTube. Let us conclude this topic with this interesting study by Huppert in 2000. Challenges in defining and measuring well-being and their implications for policy.

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**Challenges in Defining and Measuring Well-Being and their Implications for Policy - Huppert (2017)**

- ▶ He concluded by asking “What would our world look like if policy was seeking to promote well-being?”
- ▶ Governments would organise programs that promote capability, engagement, positive relationships, and health.
- ▶ We might visualize a world where people have vitality, develop their full potential, respect one another, and live in harmony.

It supports to have some well-being enhancing national level policies & programs

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He concluded by asking, what would our world look like if policy was seeking to promote well being? Governments would organize program that promote capability, engagement, positive relationships and health. We might visualize a world where people have vitality, develop their full potential, respect one another and live in harmony. So, it supports to have some well being enhancing national level policies as well as programs

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## Recap:

- ▶ Happiness/well-being
- ▶ Cultural orientation and Happiness
- ▶ Ways to measure happiness
- ▶ Important research findings related to well-being
- ▶ Demographic and other important factors for happiness
- ▶ Importance of happiness
- ▶ Strategies to improve happiness



**THANKS**

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At the end, let us summarize what we have covered in this chapter. We discussed about happiness and well being theories, number of theories we have covered here. Then, we discussed about cultural orientation, and happiness. We discussed various ways to measure happiness, important research findings related to well being have been addressed here, we discussed demographic variables, as well as other important factors for happiness, importance of happiness, as well as various strategies to improve happiness have been discussed in this chapter.

However, more strategies can be addressed if we have application focused course in future. I hope you have understood various things related to happiness in this chapter. Thank you.