

# Free what is happiness essay sample

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Although psychologists have studied the reasons for happiness, they, have not been able to pinpoint any specific factor for that makes people happy. For many, there is still that underlying reason, that is unique to individuals, and which makes them happy. The fact is that, happiness differs according to the individual who is experiencing it. To some people, happiness is a state of feeling at ease. To others it is a feeling of being well, alive and having a good time. For example, some may say that married people are happier, but it is still unclear to those who have studied this theory that these persons are happiest because of the marriage or because happy people are more likely to get married. Happiness is often thought of as the 'good' life and filled with freedom from suffering, flourishing, well-being, joy, prosperity and pleasure.

Psychologists who have studied happiness have come up with their own theories of what they think make people happy. First, some persons are just merrier than some. They are of the opinion that happiness is inborn, and there is nothing that they or anyone can do about it. There are factors that affect our health, the way we feel, the way we look, our background, and that is just how it is. These conditions do not affect our happiness because of something that is termed the adoption principle. There are also those factors that are called deliberate conditions. These are the ones we create, as our jobs, where we live and the friendships we form. These we can change if they make us unhappy. In this instance we therefore have the power to choose the things that make us happy.

I would be happy if I am just comfortable. Still I will be happier if I had money. The reality is that nothing in life happens without money. To buy a

car, a house, to own a business or even to take care of oneself and one's family requires money. Ultimately money and the acquisition of money will create greater happiness in people on the whole. Most persons would be happy if they go after the things that they consider to making them happy. I do not think most persons are happier than before. They have burdened themselves with the things around them that limit their happiness rather than going after the things that they need to make them happy.

Wealth has increased for many persons yet their level of happiness has not increased but in my case wealth could make me happy as people in general will gravitate towards you if you have money. One may say that these friendships are based on hypocrisy, and are not true and will not last for long, but I would say that people come and people go and the more money one has, the nicer people will be to them.

At the top of the list, the things that makes me most happy is money and wealth. Some may argue that money cannot buy happiness but if you look at it rationally you will realize that money allows us all to provide the basic things that we need. Of course, it does make me happier as that is my pursuit of happiness.

Money also allows one to have the pleasure of enjoying at the highest level. I would be able to take the nicest vacation, travel the world, meet new people and even forget about the close knitted friendship that could have been formed if I were not wealthy. With the money, I would have been able to give to charity and help people who need help in other countries across the world. I would be happy knowing that I could give to the less fortunate who need the help and not to those who want.

If the money you acquire is used to buy or do the things that will always remain with you, then, of course it cannot be disputed that money is only for a moment and, therefore, will not or cannot satisfy your need to be happy. With money ties can be created and the ties that are formed can last forever, therefore, affording you what many persons cannot have. When you have money you are able to travel places and meet people. The friendships that are created can give you valuable and memorable experiences that you can share with others. The other factors that cause happiness, such as your job, where you reside, the relationships you form, can always be factored into happiness. Happier people laugh more, are more healthy, more successful and socialize more.

We always underestimate the power and the control we have over our own happiness. Psychologist Sonja Lyubomirsky, reported that a hundred percent of the times we determine our happiness. Our happiness is controlled by our genes, our life circumstances and by our own actions. While these factors set our happiness we are still able, to some extent, make certain choices that will either alter or advance our state of happiness. Ultimately, happiness really boils down to our outlook on life and taking pleasures in the smaller things in life. Persons can live in the poorest of situations, work at the most stressful jobs and find it difficult to adequately provide for their everyday needs and still be happy. It is said that happiness is a state of mind therefore having material wealth is only one factor that drives happiness.