

happy

by Happy Happy

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Happiness

Several issues, concepts, ideas, theories, among others, have been a bother to society across the globe. People have tried to unravel the state of such issues using the level of knowledge that is available. Despite this, no conclusion has been reached over the same issues. The nature of such issues has continually been a bother to human beings from time immemorial, and they continue to be debatable issues across time. The issues raise arguments as humans try to defend their stand over them. The state has resulted in enduring questions as people strive to justify their opinions and what they know about such issues. The types of questions usually asked have never gotten justifiable answers which have sparked discussions over time. Some of the various issues that have posed a dilemma in human life are money, love and relationships, success, and money happiness, among many others. In this essay, I will discuss happiness as one of the issues.

Happiness is an issue that has raised numerous questions and ravel about it across time. They have been trying to define what happiness is and what it requires for one to be happy. Their main aim is to know how to source happiness and retain it once one is happy. The happiness issue has acquired diverse definitions which take the basis of personal lives. To one person, happiness may mean being a millionaire, to another having a good family, building a good home with nice houses. In contrast, others may view happiness as being at peace with society (Helliwell, 2019). This, however, does not give a clear definition of happiness because many other classes of different people have their take on what happiness is. Basing on such argument, I can relate happiness as a state of mind. It has been a sweet and marvelous discovery over my life. Being happy has to do with how one perceives it in his or her mind. This is to say that whenever someone may want to be happy, they can always change their minds' conditions.

However, a debate arises on how one can be able to change their state of mind. This has raised intense discussion, which has never achieved any state of agreement.

Several people have tried to mentor people on how to achieve the change in the state of mind. Such are great motivational speakers and life coaches who are renowned and have a couple of felt results on how they helped people out of specific issues (Sachs, 2018). This takes me to a great person who once helped me relate well to happiness and the state of mind, John c Maxwell. He argues that for one to change, it has to take place in the mind first. He says that actions follow thoughts. By this, Maxwell means that whatever thoughts hit one's mind influences what the person will do. If the thoughts are negative and helpless, there is no doubt that the person will follow suit. If the thoughts revolve around being upset or sad, the results will be sadness. He continues to explain that the attitude of a person is defined by what thoughts the person has. Here he quotes a bible verse that relates well with his definition. ¹Philippians 4:8 "finally brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable- if anything is excellent or praiseworthy- think about such things." Even if one may not be based on faith, it is clear to relate what the holy book says about our mind. Whenever we fill our minds with happiness, it is close to impossible that we shall reciprocate sadness.

When I listened to Maxwell, I was carried away to trying out the basis of his facts. It did not disappoint to find out that his basis worked awesomely. His emphasis on what we feed our mind with worked excellently with me. I realized that the words we speak to ourselves are specially deposited in our minds and consequently defines our actions. At; one point, I decided to take action my friend had taken against me negatively. The state was defined in my mind, and to my surprise, sadness was the main result that I got. I remained mad at the person and almost

everyone. I learned later that the person meant nothing against me, and my state of sadness was squarely based on myself. I quickly reflected on John Maxwell's definition and the influence of our minds on our attitude. I decide to change the situation and think about happiness. This time around, it worked superbly, to my great surprise. I concluded that the thoughts that we entertain define our state of being.

What is the essence of happiness in one's life? Does it really matter? This is another deep debate that has not been settled. Many have tried to define the importance of happiness in life. Is it really essential to be happy? Based on how happiness has attracted many people's attention, it can be concluded that happiness is of great importance in people's lives. Many people are much willing to pursue this virtue, from their religious leaders, seniors, and mentors to life coaches. The satisfaction that is derived from happiness can be used to define a particular being. It has always been found that it is tough and almost impossible to submerge the power of happiness. The level of enthusiasm of a happy person cannot be equated to even passion. Happiness is the driving force of our potential responsible for any change in our spheres of life. Happiness helps us achieve the ambitions that preoccupy our lives. It is the state that will build our confidence when alone and even before crowds. Happiness is the only source of appreciation that we give to ourselves. It helps us improve and achieve our life's purpose.

What is the debate course on the source of happiness? Happiness has been said to have two sources, from within the self or from the surrounding. The kind of happiness derived from within self is perceived to be more potent than the latter one. The power that is associated with happiness from within makes it impossible to hide the state. It is so hard to submerge it (Elwick, 2017). It stirs up the actual being in a person. People can tell that one is happy. It speaks itself from the face. The kind of talks and every action they take all along explain their happiness. The

discussion takes us to the state of mind. Happiness from within can merely be associated with self-mastery, which is purely based on our mind statuses—having dominion over one's thoughts, emotions, and complete being. Happiness is a choice in this case. Happiness from within does not hold people hostage by whatever circumstance that surrounds them. Happy people do not seek their happiness from others but choose to be happy every day.

On the other hand, happiness that is gotten from the outside is associated with our surroundings. This can be our close associations such as our marriage partners, workmate, classmates, relatives, or even our neighbors. There is some level of happiness that is associated with our close ties. For example, some favors we get from our relatives or parents give us pleasure and a deep sense of belonging. This resultantly stirs up happiness in our lives. It is so satisfying to be in a working environment that is full of happiness. It easily translates to happiness in us. In most cases, happiness from without is influenced by the state of the environment created by who we associate with.

There has been a not ending debate on the stimulus of happiness. Questions have it on whether happiness surfaces on its own. Can one be happy out of nothing? What is it that stimulates happiness, whether from within or from without? It is rare to find happiness existing on its own. It is usually a product of some actions—a product of the change in the state of some aspects of our life. Taking an example of human health, I have encountered many people who value their health. This they explain it based on how happy they were when they were healthy (Steptoe, 2019). A sick person is ever in agony. They do not find anything good when sick. Everything seems miserable. No one seems good to them. When that state changes, everything becomes tasteful. They can associate freely with people, laugh with friends, and fun moments

with family members, etc. This gives us a clear view of how happiness exists. The product of being healthy is happiness.

Happiness can be associated with choices. What we choose to do with life makes us happy or unhappy. Choices can closely be related to moral values. Morality is the capacity of a human being to decide what is good or bad and chooses right from evil. The choices that we make based on moral values define the code of conduct (Phillips, 2017). This consequently results in a definition of how we take ourselves in society. Wrong choices mean that the kind of life to be lived is miserable on and with bad association with other members of the society. This deprives us the happiness from without. A ruined association with close associates means that one can never enjoy the extent of happiness derived from the association. The choice of good or evil is impactful to our state of happiness. The repercussions of choices we make are the results we either get happy or sad. This is a fascinating contrast. The mere ability to make choices, to choose between what is right or wrong, is in itself a sense of happiness. In some instances, people choose happiness at the expense of morality. However, being morally upright does not translate to being happy. Happiness can be enjoyed alongside moral values or even when moral values are foregone.

In conclusion, happiness is a topic that research has not exhausted its facts. It is a discipline that has defined every living human being as a researcher. Everyone is determining to define happiness. Everyone is coming up with their definition of happiness. In my opinion, happiness from within is the most sought-after. If everyone gets happy from within themselves, it translates to creating a happy environment. However, this environment can never be created without a change in the state of mind. Our mind acts as the driving engine to happiness. It can be so satisfying if a definite way to change our state of mind can be solidified. However, the nature

of the issue of happiness cannot allow. It is one of the long-enduring questions. The answers to how to be happy cannot get a definite definition unless human beings become robots that can be programmed. It, therefore, remains to be debatable and base on personal opinion and definition of the issue. A society defined by happy people is a prosperous society.

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