

Happiness and health: Potential related factors

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ABSTRACT

As a temporary emotional situation and a relatively stable state of being happy (subjective happiness level), happiness can be considered. In fact, people with high subjective happiness level think more positively than others.

There are many factors with potential positive or negative effects on happiness such as: the (dark and milky) chocolate, Yoga, outdoor group walks in the natural environments, personality, social exclusion, negative emotional feelings, normative and subjective oral health status, socioeconomic factors, leisure time program, training like skills for coping with stress, increasing marriage satisfaction, improving economic status, and religion.

Due to different related factors affecting on each person, it is not an easy task to clarify the methods of raising happiness in the communities. Each part of the world has its own culture and traditions, resulting in the fact that there is no identical way to make happier people. It is recommended to have several studies on happiness worldwide to investigate the specific policy for each region.

Keywords: Happiness, Health, Factors.

INTRODUCTION

Happiness is usually considered as a temporary emotional situation and a relatively stable state of being happy (subjective happiness level). In fact, people with high subjective happiness level think more positively than others. There are many factors which can affect on happiness. For example, in a study in 15 European countries, it has been suggested to be happier by increasing physical activity.¹

Many factors can have some potential effects on happiness. For instance, the (dark and milky) chocolate may have positive effect on happiness.² Yoga could also increase happiness through positive thinking and its effect on happiness.³ The effect of outdoor group walks in the natural environments on well-being and happiness is important too.^{4,5} Other potential factors include genetic variations such as cannabinoid receptor 1

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genotypes, personality and happiness (although very complicated), and social exclusion and effect of current policies.⁶⁻⁸

Different ages might have various issues related to happiness worldwide. For instance, normative and subjective oral health status could affect on schoolchildren's happiness in Brazil.⁹ Psychological health and marital status was also considered as an important item affecting on children's happiness in Veterans of Iran.¹⁰ Lack of happiness and negative emotional feelings among Korean middle school students was studied too.¹¹ It should be noted that video game playing seems to make happier people but due to its characteristics, happiness and flow, it could also be considered as predictors of addiction.¹² Moreover, in older ages, the role of social networks and wellbeing as well as life satisfaction and happiness especially among older people should be considered such as a study in Kenya.¹³ In addition, socioeconomic factors affected on subjective happiness among elderly in rural China.¹⁴ In a study, the effect of happiness and related factors among Shahrud women (leisure time program, training like skills for coping with stress, increasing marriage satisfaction and improving economic status) was investigated.¹⁵

Furthermore, patient happiness and satisfaction with treatment at home, subjective well-being among primary health care patients and important effect of health care providers, health interventions (positive moods and social interaction), happiness among hospital patients, having self-control ability, personality, and work place effects on happiness have been considered as well.^{8,16-20} In addition, a causal model for the association between marital relationship of infertile couples with mental health with the mediator role of happiness has been designed.⁵

Religions have also considered happiness as a result of connection with God. For example, in Islam, Holy Quran, the book of Muslims, has mentioned happiness several times and emphasized on its positive effect on human's positive feelings; such as: Inaam Sura verses 44 and 48, Tobeh Sura verse 81, Younes Sura verse 22, Roum Sura verse 36, Ghafer Sura verse 83, Ghesas Sura verse 76, Hadid Sura verse 23 and so on.²¹

The main question would be: How can increase happiness among people? Taking into account these varieties of related factors considering their different own effects on each person, it is not an easy activity to make people happier. Each part of the world has its own culture and traditions, resulting in the fact that there is no unique way to make happier people. There should be several studies on happiness worldwide to investigate the specific policy for each region.

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