

REAL ESSENCE OF HAPPINESS: HAPPINESS & WELLNESS QUOTIENT: STATUS OF WOMEN IN INDIA

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ABSTRACT

Happiness... a small word...yet utterly meaningful. This paper is all about understanding the real essence of happiness. Where happiness could be found ? Are we really Happy? What is the real essence of happiness? Though, these questions may seem really simple but diving into the answers of these is a truly daunting task. Much has been talked and preached about happiness in Vedas, Upanishads, sacred books of different religions, by philosophers, by psychologists etc. but how much we have understood, how much we practice it in real sense, is what really matters. Moreover, wellness can be explained as that state of mind in which one feels good and well, experiencing positive emotions like contentment in which he/she has control over one's own life, having positive relationships etc. Basically, having a sense of purposeful and meaningful life and efficient functionality is wellness.

Lord Krishna says that 'there is only one kind of Joy that lasts forever, and that, is the Bliss felt by discovering the divine oneself'.

Therefore, this paper is an honest attempt that revolves around discovering ourselves. This paper aims at throwing some light on understanding the concept of wellness and happiness based on the understanding of author's view point. It also focusses on comprehending the happiness and wellness quotient among women in India.

Keywords: *Essence, Happiness, Wellness, Oneself.*

Introduction

It is a moment of both happiness as well as thoughtfulness because we are talking about this extreme relevant issue 'Happiness'. The moment of happiness is that we paying heed to happiness that is utmost important, but, ironically, we cannot turn away face from one reality that we focus and talk about those subjects which are somehow, somewhere, down the line, losing their importance. Therefore, there is a dire need and urge to understand the inevitable significance and real essence of happiness.

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Further, the most important question that comes as to what is the importance of happiness ? In today's scenario it is imperative and utmost essential to focus on the happiness factor of human beings (especially women) because happiness should be the ultimate aim for which humans must strive for.

The relevance of this particular topic could be judged from this reality that we all are aware that International Day of Happiness is celebrated every year on March 20th. The core idea to celebrate this day is to augment the significance of happiness, well-being and mental health in our lives. As we all will agree that happiness should be the ultimate universal goal and aspiration for the people worldwide. Moreover, this is irony that we all are somewhere failing to understand the real essence of happiness that is why we need to celebrate it as a day to spread awareness regarding its significance.

Happiness blooms for each individual at different stage of life, but, some stimulus might be greater at particular period of life, such as childhood freedom, socializing in adolescence, and professional goals in adulthood. No matter what the stage of life we are in, though, there are opportunities to land at better and more meaningful essence of happiness.

Review of Literature

After a thorough review of the literature I have found that studies have been conducted on happiness and wellness quotient but much focus was not given on the qualitative aspect of happiness. There is still a gap on this area therefore this study focusses more on qualitative aspect of happiness and tries to analyse that what are the real parameters of happiness.

Objectives

- To study and analyze the core meaning of happiness and wellness.
- Focus is on selected women in India.
- To analyze the happiness and wellness quotient among women of India.

Research Methodology

H₀ 1: No significant impact of happiness on women in India.

H₀ 2: No significant relation between happiness and wellness on status of women in India.

Type of Research

- Qualitative and Exploratory
- Cross-sectional study (2020-23)

Data Collection

Secondary sources

Tools of Data Analysis

Comparative analysis through observations.

Analysis of Data

The data retrieved from various sources revealed that meaning of happiness was different for different people. These heads are classified under following heads:

- **Happiness is based on one's feelings**

It includes various emotions and gestures that were prevalent as early signs of happiness. Moreover, happiness is a condition of mind where there is emotional and mental stability. People felt satisfied, calm and relaxed.

- **Happiness based on societal interactions**

Happiness also depends upon strong relationships with society, peer and groups. It was found that when people have more social acceptance and recognition in society or among friends, they became happy.

- **Bonding with Family**

Family relationships is found to be one of the most apparent factors that determine happiness. When the bonding with family members is strong people were happy. On the contrary, when ties with family members was not strong or people were not able to fulfil their responsibilities towards members of family they were bound to be unhappy. Moreover, when some mis happening was there people felt frustrated and anxious.

- **One's Company**

The next most important factor of happiness is the place where one works in. It was seen that people were positive with positive persons and were not so happy with the people around who are reluctant, not so happy and doubtful

- **Impact of Pandemic and Social Distancing**

This factor has become quite relevant due to the impact of the Covid-19 pandemic. It has greatly impacted the happiness of people because they were subjected to disrupted social interactions. It impacted the feelings of people to a great extent. People felt restlessness, hopeless, and helpless. Happiness and wellbeing levels somewhat, somehow declined because people lost their personal and physical touch.

- **Well-being of one's own Nation**

The current scenario on social, economic and political issues of the nation also triggered the happiness quotient of people. Some persons are so intricately connected with the policies of government that they strongly presented their views on the policies adopted by the reigning governments.

- **Financial Stability**

However, in addition to the previous factors of happiness, as deduced in this particular research, was the dependency on having basic life necessities. People, especially women paid greater heed towards their financial stability. Not only this the satisfaction derived from their jobs also raised their happiness levels. In this study it was found that during Pandemic many people lost their jobs or even worked at 40% and 50% of their salaries which made them despair and frustrated.

- **Health and Lifestyle**

Women were deeply impacted by their lifestyles that in turn had an effect on their health. It was observed that when females are engaged in healthy lifestyle, say for example, walking, yoga, meditation and exercising etc. they found themselves to be more jubilant, energetic, fresh and happy.

- **Recreational Facilities**

This aforementioned determinant is again one of the highly significant factors that decides upon the level and quotient of happiness and wellness among the respondents of this particular study. Women attached much importance on work and play at their place of work. Their happiness levels were more when they experienced amicable working environment.

- **Appraisal and Appreciation on Accomplishments**

It is quite natural that employees feel good when they are appraised and appreciated on achieving milestones. They feel more connected towards their employer and in turn happiness tends to rise. The study also reveals that women employees became elated on receiving rewards and recognition.

- **Spiritual Beliefs Based on Religion**

Such beliefs act a pivotal role and has huge impact in the lives of people. Amongst the respondents also acceptance was high on the fact that when people are inclined to their Deity or Guru they experience greater levels of happiness and contentment. At times of distress the inclination towards the songs, bhajans, meditation etc. uplifted their mood and it is observed that people, women in particular became happier and their level of confidence also boosted.

- **Role of Nature**

Who else is better than nature to uplift and revive the happiness and wellness levels of women. It is very commonly observed that when people are in the vicinity of nature their happiness levels automatically enhances. Good weather, green grass, blooming flowers and chirping birds all not only adds to the beauty of nature but also raises the levels of happiness.

- **Personality Traits**

It is very well said that the responsibility of being well and happy lies upon one's own shoulders. External factors no doubt are important factors in boosting up the levels of happiness but it is also true that when the person is not happy from within he/she can not find happiness outside. Therefore, finding happiness, contentment, affiliation etc. is a part of human being's nature.

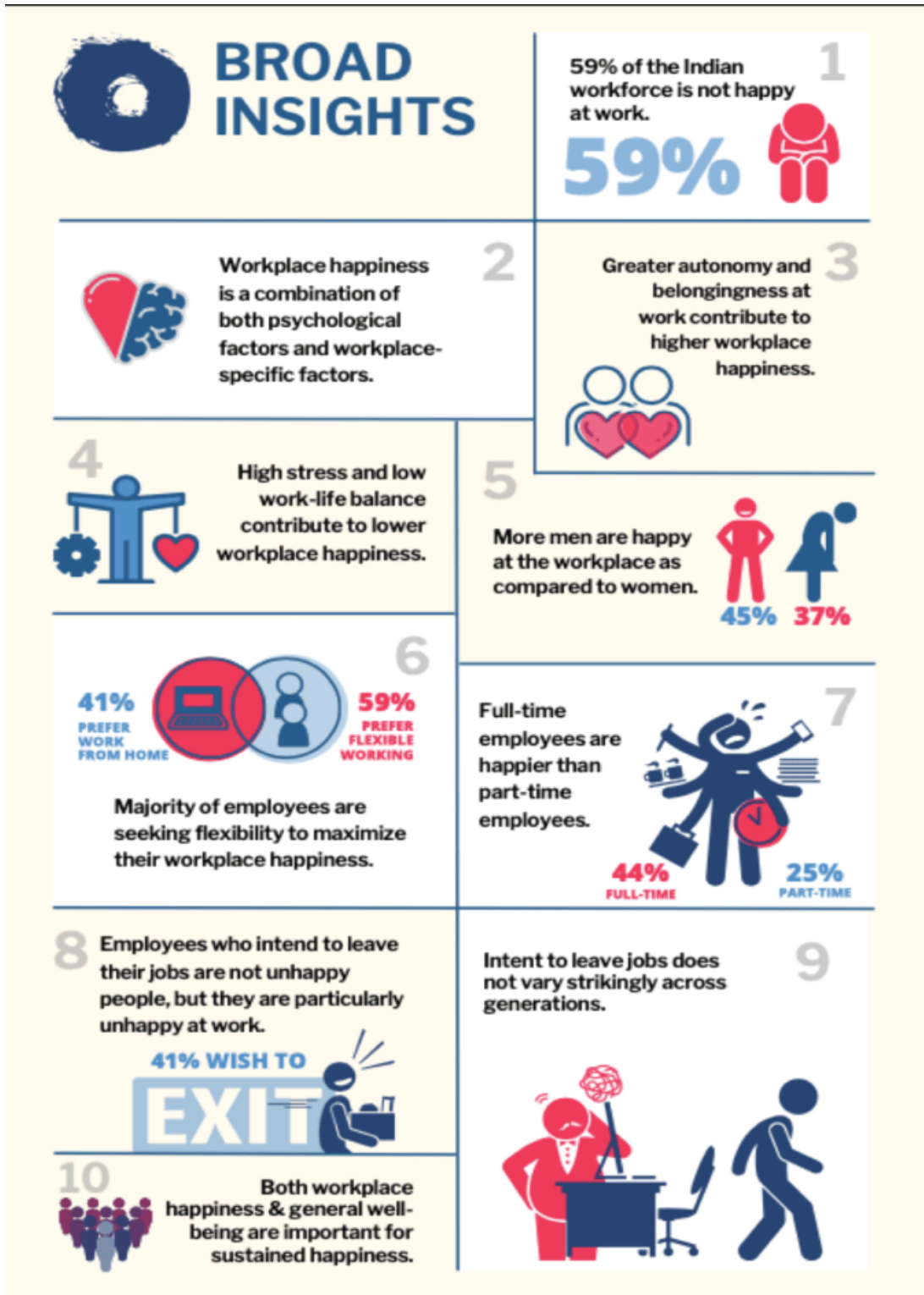


Table 3.1: Happiness Rankings for 2020

State / Union Territory	Happiness Ranking	Happiness Score
Mizoram	1	3.57
Punjab	2	3.52
Andaman & Nicobar	3	3.47
Puducherry	4	3.44
Sikkim	5	3.43
Gujarat	6	3.42
Arunachal Pradesh	7	3.41
Lakshadweep	8	3.41
Telangana	9	3.41
Uttar Pradesh	10	3.41
Andhra Pradesh	11	3.4
Maharashtra	12	3.4
Tripura	13	3.39
Kerala	14	3.38
Jharkhand	15	3.37
Karnataka	16	3.37
Haryana	17	3.36
Ladakh	18	3.36
Manipur	19	3.36
West Bengal	20	3.36
Himachal Pradesh	21	3.35
Assam	22	3.34
Delhi	23	3.34
Chandigarh	24	3.32
Bihar	25	3.31
Dadra & Nagar Haveli and Daman & Diu	26	3.3
Jammu & Kashmir	27	3.3
Madhya Pradesh	28	3.3
Tamil Nadu	29	3.29
Nagaland	30	3.27
Rajasthan	31	3.26
Goa	32	3.25
Meghalaya	33	3.25
Odisha	34	3.25
Uttarakhand	35	3.22
Chhattisgarh	36	3.19

Source: National Herald

Conclusion

The current research is an honest attempt made to analyse and experience the real essence of happiness among individuals. Though many such studies have been already conducted to measure happiness but not much researches were done to measure or identify the qualitative aspect of happiness and wellness among people.

Therefore, the above study is done to probe into the concept of happiness specially in context of Indian women. The purpose to study the women in India is to know what really is inside the minds of women and how they actually perceive happiness and wellness. On carefully observing it was revealed that basically by nature women are shy and they do not speak their hearts out when it comes to about their feelings. Thus, deductions have been made by the behaviours exhibited by them in different situations and scenarios.

It is also found out that happiness is not a thing that can be really quantified and measured in numbers. Yes, it is true that people feel that one becomes happy and contented when he/she possesses material things in more quantities. But, is real happiness is really this ?

Thus, the motto of this study is to find out what people specially women think about real essence of happiness.

As it has been seen that various factors have been the determinants of happiness and particularly in times of Covid people have actually realised the real value of happiness and how bonding with family and social interactions have been important. The conclusion of this study was not merely based on numbers but it is to know that in reality how much value people attach to understand the real meaning of happiness.

The findings of the study agrees that obtaining respectable position in job, high economic status in society, well to do status of children, good salary and other quantifiable measures adds to the happiness of human beings but the significance of numerous eternal factors like good health, mental peace, low or no stressful situations, nearness to family and peer group, meditation, inclination towards deity etc. are also inseparable measures of happiness and wellness index. This is more true at different-different stages of lives of humans. Therefore, this study also paves the ways for future researches to be done in this area because the enlightenment regarding knowing the real essence of happiness is what every being should strive for.

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