

Happiest Person: A Case Study

Dr. T. Vinila

Assistant Professor of Commerce, Smt.N.P.Savitramma Govt Degree College(G) Chittoor.

Abstract

Happiness is a *positive and pleasant emotion*, ranging from contentment to intense joy. Moments of happiness may be triggered by positive life experiences. Human are one but differ in their aspects and it is proved scientifically, socially, philosophically, psychologically, spiritually in different ways. The term happiness is interchangeable with “subjective well-being,” which is typically measured by asking people about how satisfied they feel with their lives (evaluative), how much positive and negative emotion they tend to feel (affective), and their sense of meaning and purpose (eudaimonic). This study reveals the views of the 52 employees taken as samples on random basis including regular Principals, Faculty, Contract and Guest faculty both teaching and non teaching working in various Government Degree Colleges. The study is based on employees only to know how they are balancing their family life to that of their professional life. The study emphasises on the “Happiest person”-A Case Study

Keywords: Happy, Human, Life and Emotions.

I. Introduction:

July 2011, the UN General Assembly adopted resolution 65/309 Happiness: Towards a Holistic Definition of Development inviting member countries to measure the happiness of their people and to use the data to help guide public policy. On April 2, 2012, this was followed by the first UN High Level Meeting called Wellbeing and Happiness: Defining a New Economic Paradigm, which was chaired by UN Secretary General Ban Ki-moon and Prime Minister Jigmi Thinley of Bhutan, a nation that adopted gross national happiness instead of gross domestic product as their main development indicator.

The first World Happiness Report was released on April 1, 2012 as a foundational text for the UN High Level Meeting: Well-being and Happiness: Defining a New Economic *Paradigm*, drawing international attention. The first report outlined the state of world happiness, causes of happiness and misery, and policy implications highlighted by case studies. In 2013, the second World Happiness Report was issued, and in 2015 the third. Since 2016, it has been issued on an annual basis on the 20th of March, to coincide with the UN's International Day of Happiness.

The **World Happiness Report** is a publication that contains articles and rankings of national happiness, based on respondent ratings of their own lives, which the report also correlates with various (quality of) life factors. As of March 2023, Finland has been ranked the happiest country in the world six times in a row.

The 2023 World Happiness Report was a triannual analysis of 2020–2022, heavily influenced by COVID-19 and other significant challenges. For the sixth consecutive year, Finland was ranked on top, followed by Denmark, Iceland, Israel and the Netherlands. In the top-10 rankings, Israel jumped five places, while Switzerland fell four places. Lithuania was the only new country in the top-20. The rankings of national happiness are based on a Cantril ladder survey undertaken world-wide by

the polling company Gallup, Inc. Nationally representative samples of respondents are asked to think of a ladder, with the best possible life for them being a 10, and the worst possible life being a 0. They are then asked to rate their own current lives on that 0 to 10 scale. The report correlates the life evaluation results with various life factors.

India ranks 126th out of 146 countries in the World Happiness Index, indicating low levels of happiness. The decline has been attributed to the mental health crisis in the country, worsened by the Covid-19 pandemic. Sales of antidepressants and mood stabilizers have seen a significant increase, with a 41% surge in India and a 35% rise in Gujarat. The overall sale of drugs related to neurological and central nervous system therapy has also increased by 28%.

II. Review of literature:

Pharmarack recent data from reveals a substantial increase in the sale of antidepressants and mood stabilizer medicines, with India witnessing a remarkable 41% surge, climbing from Rs 1,382 crore in August 2019 to Rs 1,955 crore in August 2023. Gujarat, too, exhibited a similar trend with a 35% rise in these sales during the same period. The Moving Annual Total (MAT), which reflects the sales over a 12-month period on a rolling monthly basis, for antidepressants and mood stabilizers has surged from Rs 63 crore in August 2019 to Rs 85 crore in August 2023. Concurrently, the overall sale of drugs related to neurological and central nervous system (CNS) therapy increased by 28%, ascending from Rs 369 crore to Rs 473 crore.

Sheetal Sapale, Vice President of Marketing at Pharmarack, commented on the situation in a TOI report, saying, "Better awareness has played a pivotal role in the increased reporting of anxiety and depression cases since the onset of the Covid-19 pandemic." Since the pandemic, depression has become a significant global mental health concern, and India is no exception. Improved awareness has led to a significant rise in the number of young people, particularly adolescents and young adults, seeking therapy and treatment," said

Dr. Punita Grover, a consultant psychiatrist in a TOI report. According to estimates from psychiatrists in Ahmedabad, the number of patients seeking care at hospitals and clinics has increased by about 20–30% over the previous two years.

Dr. Kevin Patel recounted his observations and said that, prior to the pandemic, 80% of patients were referred to him or her by other doctors or general practitioners. But now, 50% of patients come to us directly for advice. The age group of 20 to 45 years has seen the most noticeable increase in patients.

Dr. Chirag Parmar, a psychiatrist, there has been a significant increase in the incidence of anxiety and panic attacks, a psychiatrist at the Government Hospital for Mental Health, highlighted, "The sales of early-stage medicines used to treat both depression and anxiety have almost doubled since 2019."

The World Happiness Index 2023 results, coupled with the growing demand for mental health treatments, underscore the urgency for increased mental health support and awareness in India to improve the overall well-being of its citizens.

III. Objectives of the Study:

The objectives of the proposed study are to:

- To examine the factors of happiness in human life
- To extract the obstacles for happiness in their life
- To measure the happiness of a person.

- To overcome their stress and offer a meaningful and feasible suggestions to lead their life happy.

IV. Research Methodology

The design of the present study is descriptive and the data is collected through questionnaire by Google form which is primary. It includes 24 simple questions and being analyzed with simple mathematical Percentage method. The questions are frames on the basis of human psychology including their self aspect, behavioural aspect, social aspect, physical aspect, emotional aspect, mental aspect and spiritual aspects and the other data were collected from books, magazines, websites, journals etc.

V. Data Analysis: For the analysis the simple statistical percentages and averages methods taking **number of employees as parameter as base** and exhibiting through charts and interpreting.

DIFFERENT ASPECTS TO LEAD A HAPPY LIFE:

We all want to be happy. But we sometimes think of happiness as a thing that happens to us something we have no control over. It's easy to link the idea of happiness with the situation we're in. We might tell ourselves, "If only things were different, then I'd be happy."

But that's not really how happiness works. Research shows that just a small portion of happiness (only about 10%) depends on a person's situation. So where does most of our happiness come from.

Born Happy:

Part of happiness depends on personality. Some people have a naturally happy nature. We all know people who are cheerful and **optimistic** most of the time. Their upbeat personalities make it easier for them to be happy. So what does that mean for people who are born with a personality that's on the grumpy side? They might see the faults in people and situations instead of the good. Their mood might be glum more often than it's cheerful. But if they'd like to be happier (and who wouldn't?), it is possible to get there.

Happiness is up to us:

I have found that more than half of happiness depends on things that are actually under our control. That's really good news because it means everyone can be happier. A big part of how happy we are depends on our mindset, the habits we practice, and the way we live each day. By learning the key ingredients of happiness, we can use them to become happier.

Happiness Matters

Happiness is more than a good feeling or a yellow smiley face. It's the feeling of truly enjoying your life, and the desire to make the very best of it. Happiness is the "secret sauce" that can help us be and do our best.

Here's what researchers found when they studied happy people:

- Happy people are more successful.
- Happy people are better at reaching goals.
- Happy people are healthier.
- Happy people live longer.
- Happy people have better relationships.
- Happy people learn better.

Ingredients for a Happy Life: Happiness is so important in our lives that it has its own field of research called **positive psychology**. Experts in this field have found that there are key things that make people happier

➤ **Positive Emotions:** Joy, Gratitude, Love, Amusement, Delight, Playfulness, Humor, Inspiration, Compassion, Hope, Creativity, Interest, Excitement, Enjoyment, Calm. We all like to have these positive feelings. Besides feeling good, **positive emotions** do good things for our brains and bodies. They lower stress hormones, help ease anxiety and depression, and improve our immune system. Feeling some positive emotions every day has a big effect on our happiness and well-being. That's why it's so important to do things that give us positive feelings. Even simple actions like playing with a child or a pet or going for a walk outdoors can inspire these feelings.

➤ Knowing how to manage our **negative emotions** is also key to happiness. Difficult emotions are a fact of life. But the way we handle them makes all the difference

➤ **Strengths and Interests :** The things we're good at, and like to do, are our strengths. We all have strengths, even if we haven't discovered them yet. Strengths include:

- The things we're interested in — for example, music, art, science, building things, cooking, reading
- Any skills we have — like painting, playing an instrument, or playing a sport
- our good qualities — such as kindness, humour, or leadership

Happiness increases when we discover a strength and practice it. The more we practice a strength, the better we get until we really master it. When we get really good at doing something we enjoy, we can get lost in it. That's called flow. Experiencing flow helps boost happiness. Finding daily ways to use our strengths is a key ingredient for a happy life.

➤ **Good Relationships**

The people in our lives matter. Good relationships are one of the best ways to enjoy happiness, health, and well-being.

Developing certain emotional skills can help us form and keep good relationships. When we are there for the people in our lives — and when they're there for us — we are more resilient, resourceful, and successful.

Here are some of the skills that help us build good relationships:

- Learning how to understand and express our emotions
- Using empathy to understand how someone else feels
- Using kindness
- Showing gratitude
- Developing assertiveness to say what we want and need

➤ **Finding Meaning and Purpose in Life :**

Our lives can be busy with day-to-day activities and responsibilities. Many of us multi-task, so we might race ahead, thinking about the next place we need to be. But slowing down to pay attention to what we're doing and why builds happiness.

Pay attention to the effects of your actions. Notice the ways (big or small) that you make a difference. Live life based on the values that are important to you. Take time to think of what really matters to you (like helping others or protecting the planet).

In what way do you want to make the world a better place? Notice any small daily actions that point you in that direction. They help give your life a sense of meaning and increase happiness.

➤ **Achievement :**

When our lives are rich with positive emotions, great relationships, strengths to practice, and a sense of purpose, we are ready to accomplish things.

➤ **Setting and achieving goals :** Gives us something to put our energy into. It lets us see how we make a difference. Put effort into things that matter to you. Do your best at whatever you try, without a need to be perfect. If things don't work out at first, keep an optimistic mindset and try again. Believe in yourself and your dreams.

➤ **Set realistic goals and small action steps to turn dreams into realities.** To make a success even sweeter, celebrate it with people you care about.

➤ **Get Happier**

OK, so you can learn how to be happier by managing your mindset, **calming your mind**, becoming more confident, using your strengths, building your **self-esteem**, doing things you enjoy, and creating good relationships. That's a lot of things to think about! You can't tackle them all at once. But you can start small and pick one thing to work on.

The best way to reach any goal is to begin with small, specific actions. After doing these for a while, they become habits — things that fit into your day without you thinking about them too much. That's when you move on to build a new daily habit. Achieving small, specific goals can add up to big happiness!

Data Analyses and interpretation

The data is collected from various employees including both male and female on random basis of 52 respondents and analysed the following based on their **number of employees as parameter** and exhibiting through charts.

Table 1.1 For the study the employees from different Government colleges from different places are taken as respondents of which the total number is 52 and that of male are 20 (38.4%) members and female are 32(61.5%) in numbers as respondents through Google form to analyse their happiness.

Table - 1.1 : Number of Employees

(in numbers)

S.NO	Gender	Number of employees	In percentage
1	MALE	20	38.4
2	FEMALE	32	61.5
TOTAL		52	100

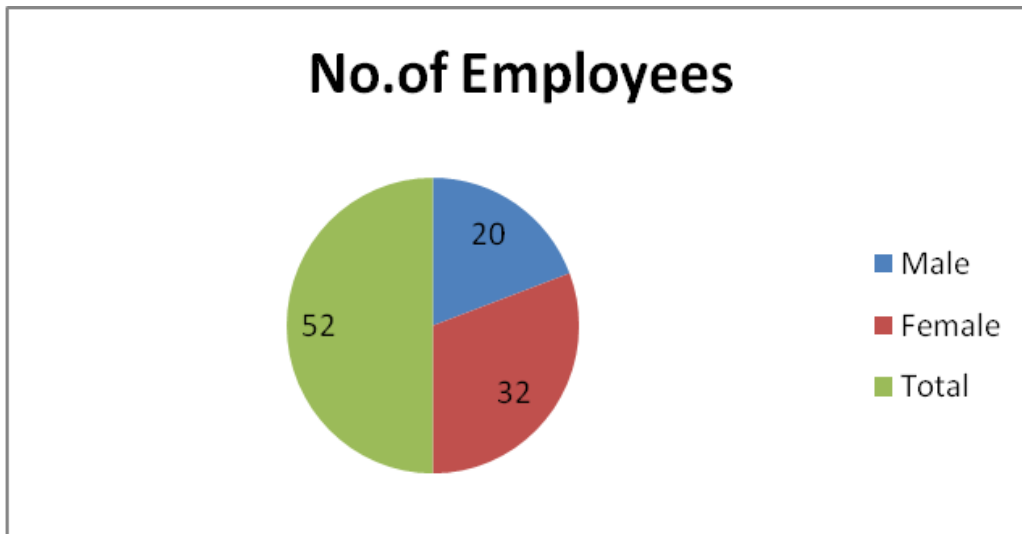


Table 1.2 : The study is emphasised to extract the happiness of the employees of different cadres in various Government Colleges in different districts, of which the total number is 52 and out of it, 03 of them are in Principal cadre, 29 are Lecturers, 10 are Contract faculty, 07 are Guest and 03 are Non Teaching. The respondents have been selected separately from cadre so their feelings, thoughts may differ from one person to other in their professional cadre also.

Table - 1.2 : Cadre of Employees

S.NO	Cadre of Employees	Total	In percentage
1	Principal	03	5.76
2	Lecturers	29	55.76
3	Contract faculty	10	19.23
4	Guest Faculty	07	13.41
5	Non Teaching	03	5.76
TOTAL		52	100

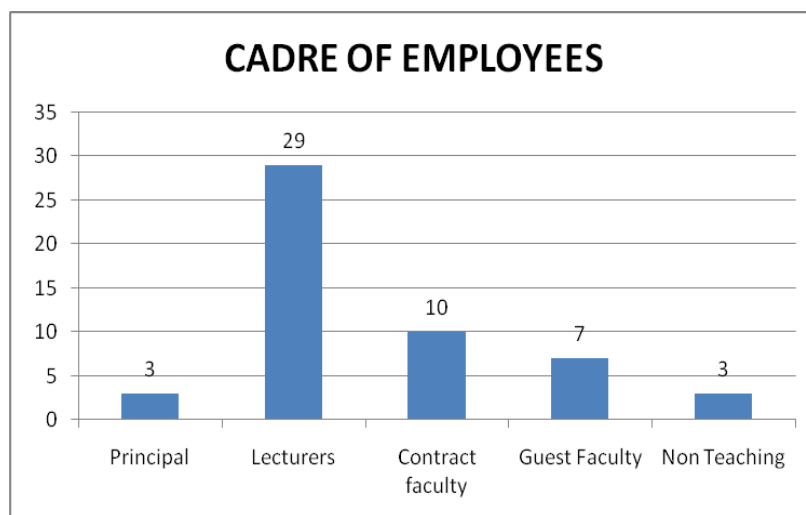


Table 1.3: Basing on the places, the employees of different districts may work in their natives places and enjoy both professional as well as family life, but some have to sacrifice their family which may affect their happy life, the respondents are selected from different places to know the place of work determine as factor for happiness. The total number is 52 and out of it 24 of them were Chittoor, Piller - 04, Pakala -01, Puttur- 01,Palmaner -01,Visakhapatnam -02,Kakinada- 01, Rajamundry- 01, Kalikri -04, Vayalpad- 01, Anathapur -01 and Kurnool -01.Majority of the respondents(46.15%) are from same colleges, of my case study.

Table - 1.3: No. Of Employees from Colleges

S.NO	Name of the college	Place	No.of employees	In percentage
1	NPS GDC(W)	Chittoor	24	46.15%
2	PVKN GC	Chittoor	06	11.53%
3	SG GDC	Piller	04	7.69%
4	GDC	Pakala	01	1.92%
5	GDC	Puttur	01	1.92%
6	SVCR GDC	Palamaner	01	1.92%
7	ANDHRA UNIVERSITY	Visakhapatnam	01	1.92%
8	VSK GDC(A)	Visakhapatnam	01	1.92%
9	PR GDC(A)	Kakinada	01	1.92%
10	SWRGDC	Kalikiri	04	7.69%
11	NTR GDC	Vayalpad	02	3.84%
12	GDC	Ananthapur	01	1.92%
13	GDC (A)	Rajamundry	01	1.92%
14	SVA GDC	Kalahasthi	01	1.92%
15	GDC(W)	Kalashasthi	01	1.92%
16	GDC(M)	Kurnool	01	1.92%
17	SRIRAMA COLLEGE	Chittoor	01	1.92%
TOTAL			52	100

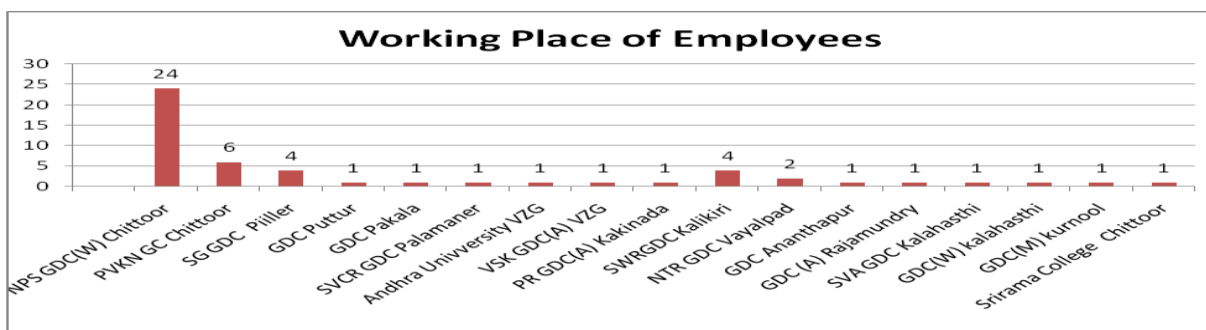


Table 1.4 : Age is one the important factor in human life. Basing on the age, stages of life have been divided as childhood , teenage, matrimonial stage and old age. People get their job from the age of 21 or further. The study is taken age as one of the factor to analyse their happiness. Out of the total 52 Employees or respondents (34.61%) are between the age of 30-40 who are fresher’s to their jobs,(36.53%) 40-50 have gained some experience, (23.07%) 50-60 have seniority in their job field and (5.76%) 60 and above and going to retirement within 2 or 3 years .As age changes automatically, the changes appear in the person. So the data is collected from different age people.

Table - 1.4 : AGE OF THE EMPLOYEES

(in Numbers)

S.NO	AGE	No. of employees	In percentage
1	30-40	18	34.61
2	40-50	19	36.53
3	50-60	12	23.07
4	60 and above	03	5.76
	Total	52	100

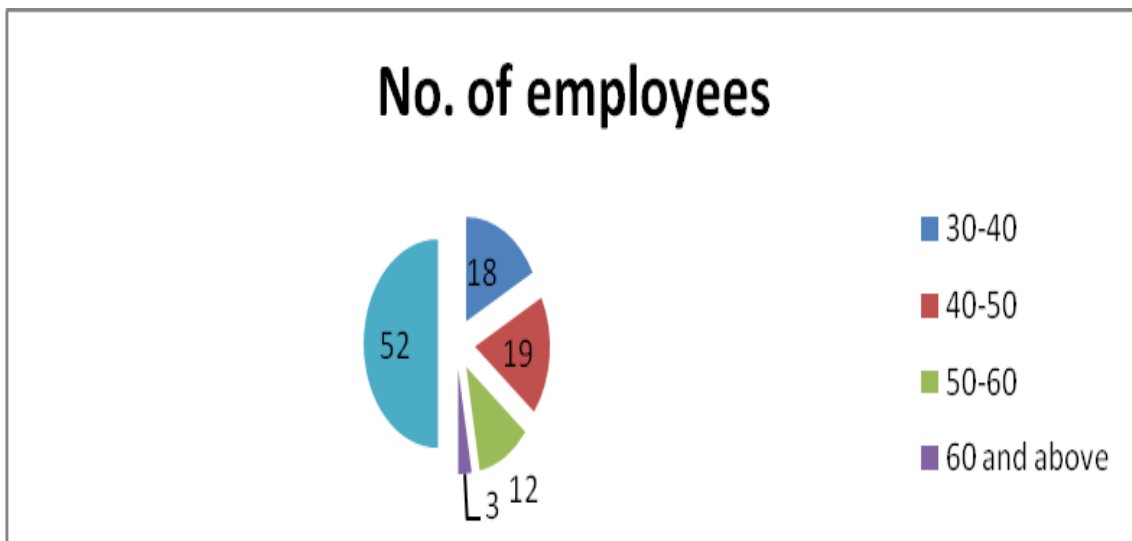


Table 1.5: Matrimonial life is the most important stage in human life. The data is collected from the married persons and the study is based on number of employees and professional life. So maximum the age of the respondents (employees) would be 30-60. The study is to know how they would balance their family life with professional life. Majority of the respondents are married (94.23%) 02(3.84) are unmarried and 01 (1.92%) is widow and nil divorced came across the study.

Table - 1.5 : MATRIMONIAL STATUS OF THE EMPLOYEES

S.NO	Status	No. of Employees	In percentage
1	MARRIED	49	94.23

2	UNMARRIED	02	3.84
3	WIDOW	01	1.92
4	DIVORCED	-	-
	TOTAL	52	100

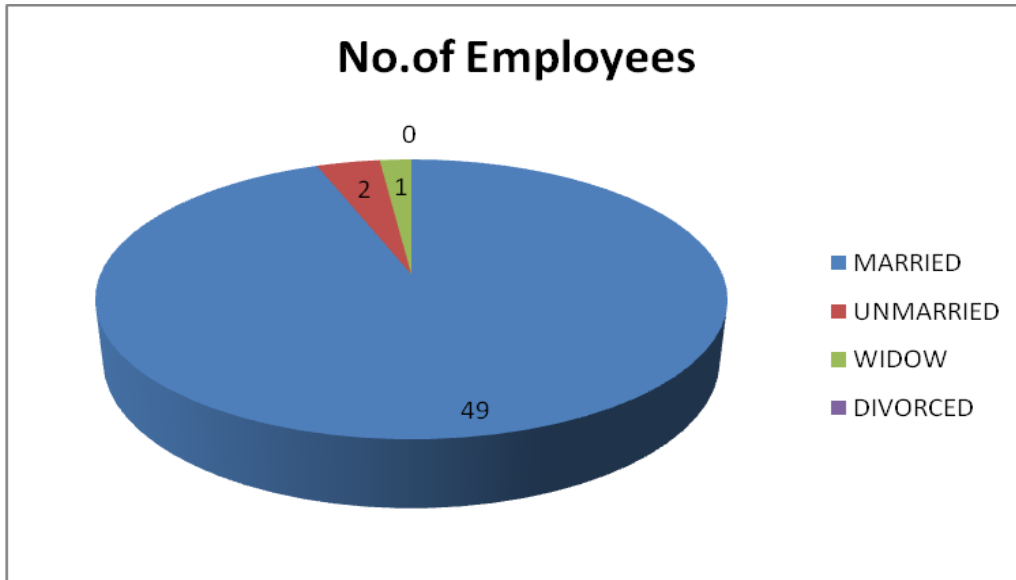


Table 1.6 : The stage of matrimonial is very important and crucial stage for leading a happy life where our life is being surrendered to other unknown persons to equalize the journey of life with two people one thought. Now a days, it is very difficult to lead a life with a know person and image how would be with a unknown person AS Egos are playing a dominant role in human life compared to other values. The half of the life is spent with parents, the other half with spouse. It is happy to say that in this study majority of the employees are happy with their spouses, children and family(78.84%) and (3.84%) are unhappy and (17.30%) leading their life satisfactorily.

Table - 1.6: MATRIMONIAL LIFE STATUS OF THE EMPLOYEES

Status of Happiness	No.of employees	IN %
Happy	41	78.84
Unhappy	02	3.84
Satisfactory	09	17.30
Total	52	100

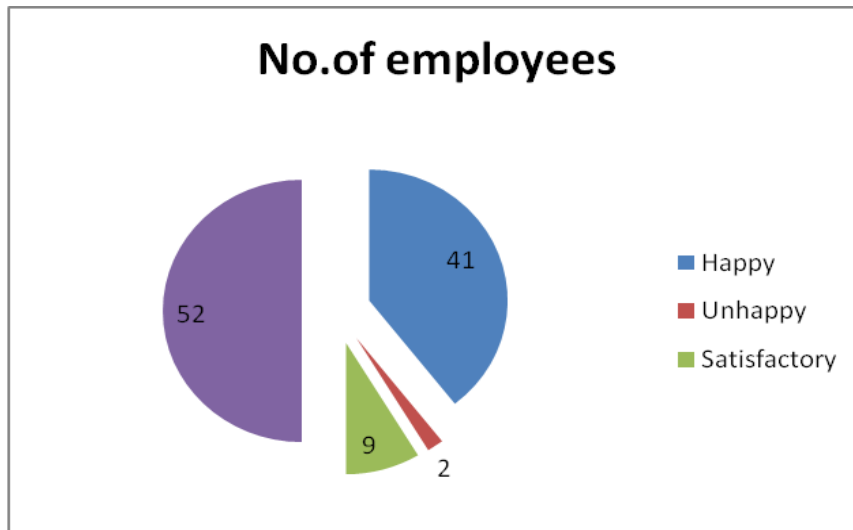


Table - 1.7 : Shows the Family status of Respondents having joint family (42.30%) and (57.59%) individual family. Most of the families are leading an individual family to have freedom in their families now a days. The aged people prefer joint families as they need support. By leading a joint family will come lot of customs and traditions as our country is religious country, sovereign ,secular. The status of family depends on their type of livelihood. From the study we can say that 22 members are happy to live in joint family and 30 members in individual life.

Table - 1.7 TYPE OF FAMILY STATUS

S.NO	TYPE OF FAMILY	NO.OF EMPLOYEES	IN %
1	JOINT	22	42.30
2	INDIVIDUAL	30	57.69
	TOTAL	52	100

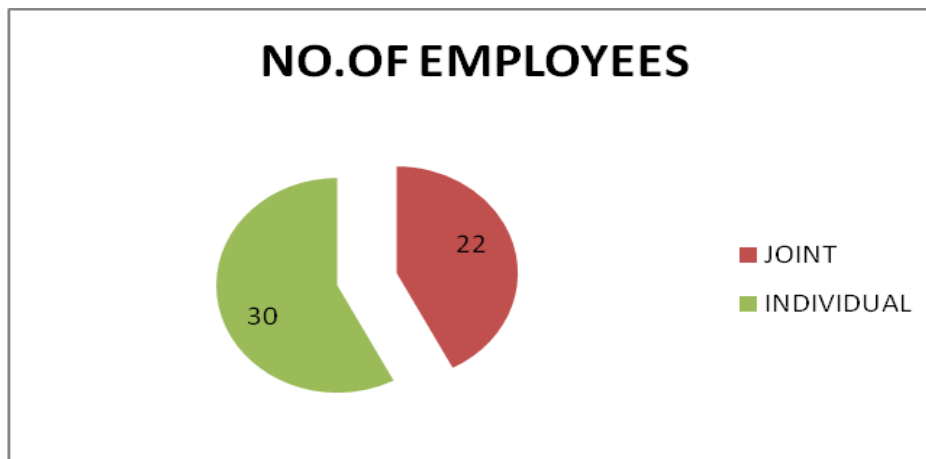


Table - 1.8 : Shows the what makes the Respondents life unhappy. From the study we can see that (1.92%)of the employee is having family stress (28.84%) having professional stress, (26.92%) have emotional stress and one respondent have political stress and majority of the respondents or employees have no stress in their life. So we can say that they leading a happy life without any stress.

Table - 1.8 OBSTACLES TO LEAD A HAPPY LIFE

S.NO	Type of stress	No.Of Employees	IN %
1	Family stress	01	1.92
2	Professional stress	15	28.84
3	Emotional stress	14	26.92
4	Political stress	01	1.92
5	No stress	31	59.61
Total		52	100

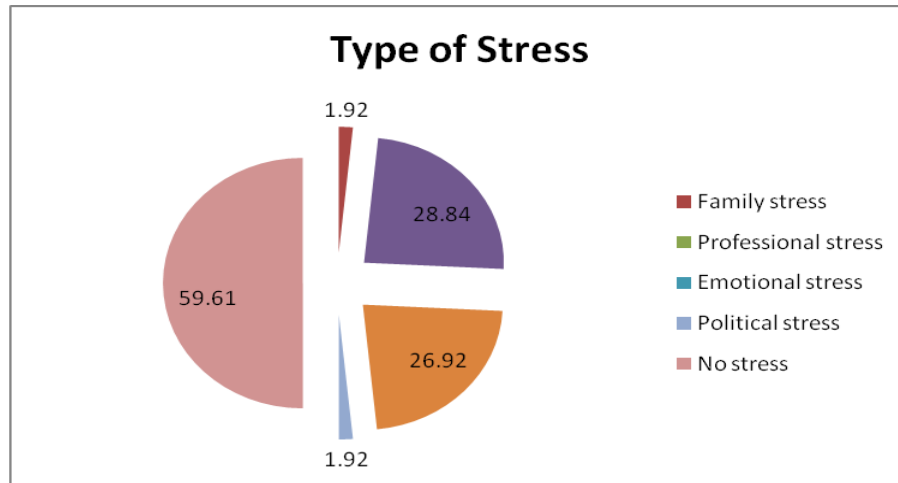


Table - 1.9 : Each and everything person have problems in life, but lead their life happily by balancing them with some other factors. It is very happy to say that 33 respondents have no problems, in fact they have problems, but they can come over it. they have confidence to overcome them, so they are happy.3.84% of the respondents have family problem,13.41% of them have financial problem,17.30% have health problems and 1.92% have all the above and majority of them(63.46%) are living happily with no problems. So we say that majority of them are happy.

TABLE - 1.9 MAJOR PROBLEMS FACED THE EMPLOYEES

S.NO	Major Problems	No. Of Employees	IN %
1	Family problem	02	3.84
2	Financial problem	07	13.41
3	Health problem	09	17.30
4	All the above	01	1.92
5	No problem	33	63.46
Total		52	100

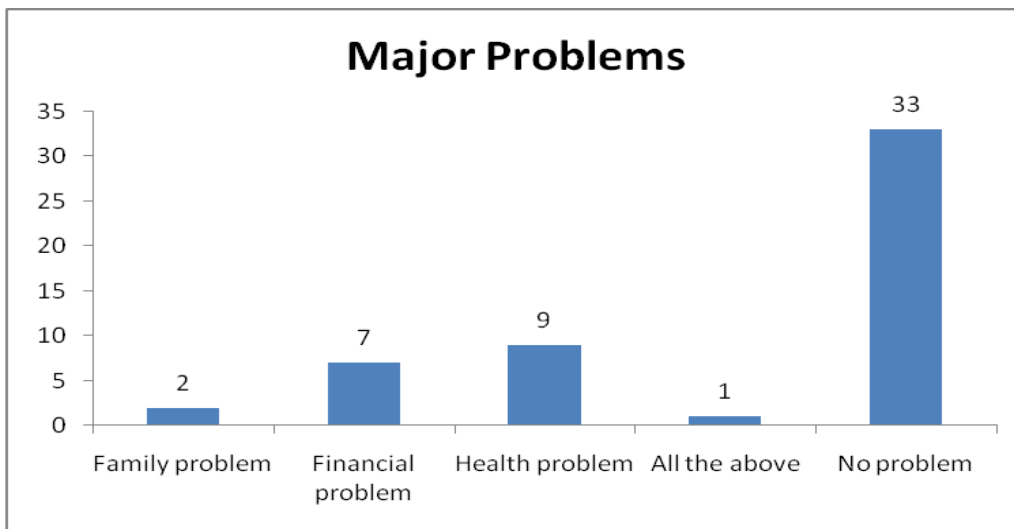


Table - 1.10 : Many of us say that we have no sleep in the night ,due to various reasons. It is pleasure to know that from the study 23.07 % of the respondents have sleepless nights and 76.92% have no such situations aroused. It is very much cheerful to hear.

TABLE - 1.10: SLEEPLESS NIGHTS DUE TO PROBLEMS

S.NO	Sleepless night of employees	No.of employees	IN %
1	YES	12	23.07
2	NO	40	76.92
	TOTAL	52	100

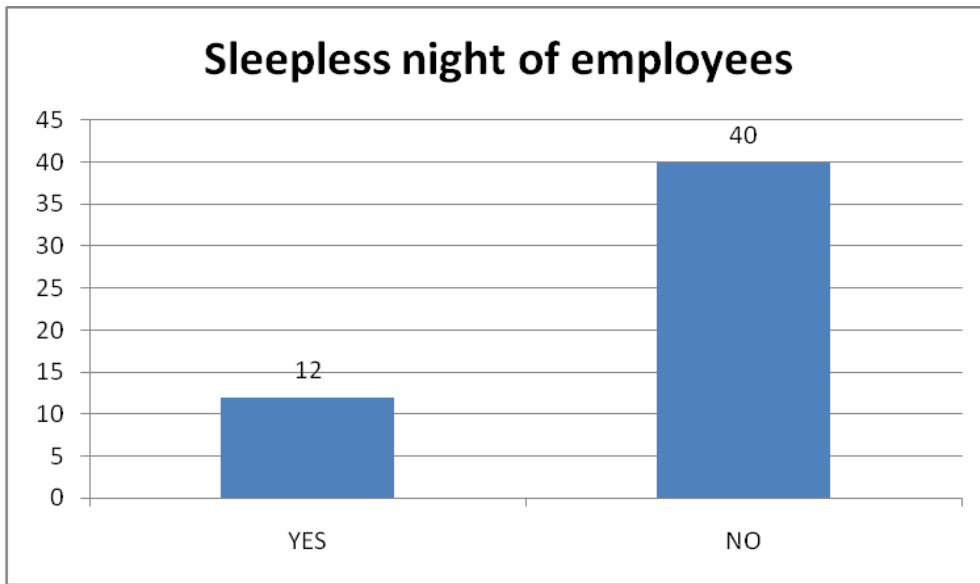


Table - 1.11 : Happiness plays an important role in life. Some moments give us happiness more than we expect. This type of happiness cannot be forgotten in life. We store them as memories in our life. In this study 94.23% of them have happiest moments in life and it is sorry to say that very few 5.76% have no such happiest memories. The reasons may be many.

Table - 1.11 HAPPIEST MOMENTS IN YOUR LIFE

S.NO	Happiest moments Of employee	No.of employees	IN %
1	YES	49	94.23
2	NO	03	5.76
	TOTAL	52	100

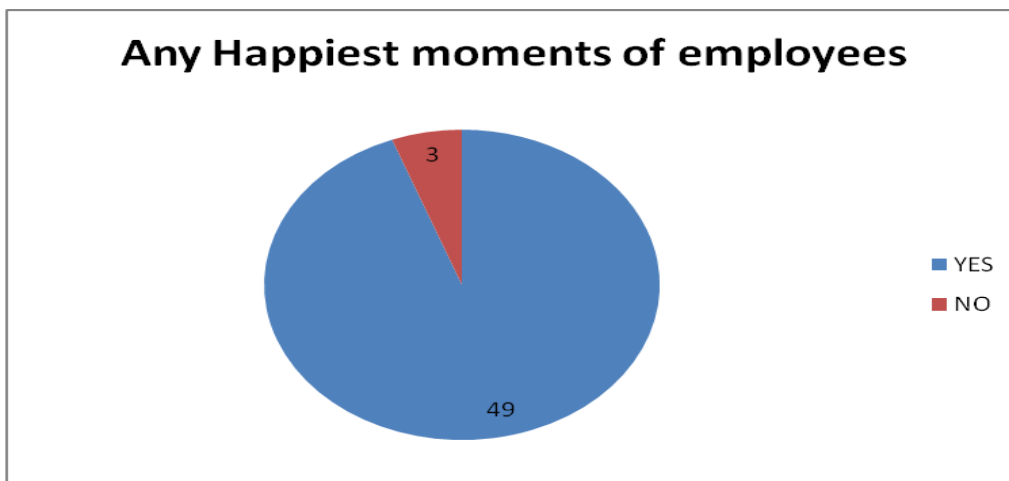


Table - 1.12 : As an employees we will not have must time to spent with anything we like. The time when feel free occasionally like vacations, holidays we can only spent on them. Most of the respondents(36.53%) play with children. In this study most of them are married, they spent their time with their spouses(23.09) and 19.23% with colleagues and 3.84 with grandparents and mobiles. World is only the mobile but still we value our relations with physical touch, this gives happiness and happy to know least importance is given to mobile. It is unfortunate to say that 03 respondents does not spend time with anyone.

TABLE 1.12 TIME YOU SPEND MORE WITH

S.NO	TIME SPENT	No.of employees	IN %
1	Grandparent	02	3.84
2	Mobiles	02	3.84
3	Children	19	36.53
4	Collegues	10	19.23
5	Friends	03	5.76
6	Spouse	12	23.09
7	None	03	5.76
	TOTAL	52	100

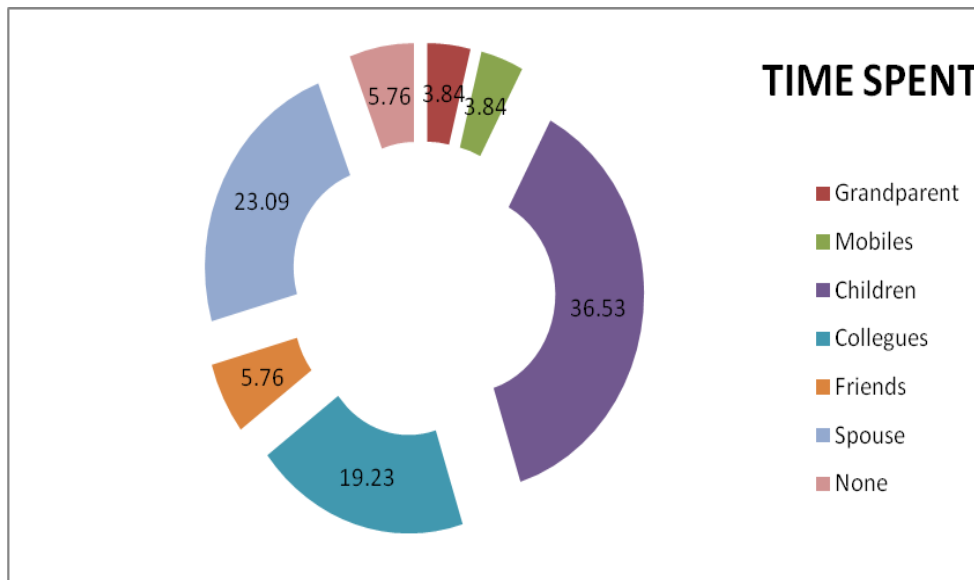


Table - 1.13 : It is natural that we are born as human by creation of God, but they human are defined in different ways and follow different values, believes and customs and traditions.51.92% of them believe in God ,15.38% believe in luck and 30.76% believe in their self doesn't depend on God or Luck, believe in their self confidence and 1.92% of them doesn't believe in anything.

TABLE : 1.13 WHOM YOU BELIEVE IN

S.NO	BELIEVENESS	NO.OF EMPLOYEES	IN %
1	GOD	27	51.92
2	LUCK	8	15.38
3	BOTH	0	0
4	YOURSELF	16	30.76
5	NONE	01	1.92
	TOTAL	52	100

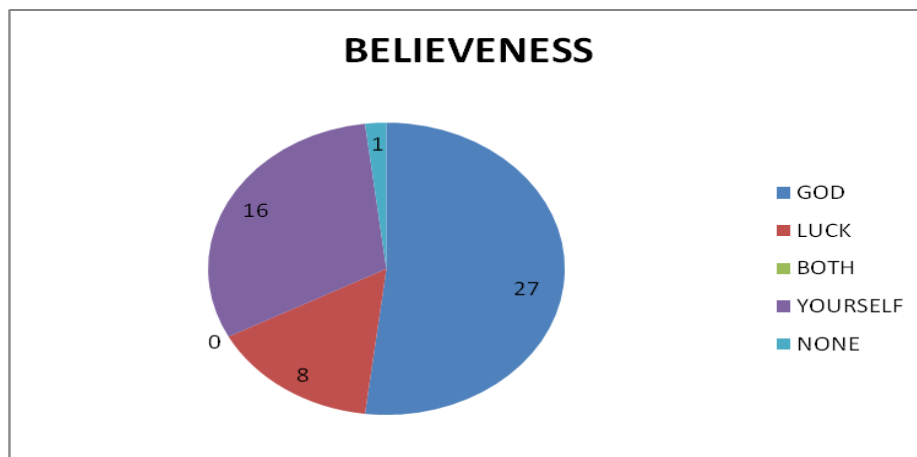


Table - 1.14 : Humans are born with anger and temper, when we loose our temper emotions come out and start fighting. So most of the time we fight with one or other. In this study 29 of the respondents do not fight with none, as they are very patience and indicates their coolness,08 of them fight with their spouse after coming from the offices with different type of stresses, 05 on their respondents fight on their children for not listening to them or incomplete in their works, 04 on parents and 01 on colleagues as they have to stay morning to evening with their colleagues.

TABLE 1.14 : THE TIME YOU FIGHT MORE WITH

S.NO	TIME SPENT	TOTAL	IN %
1	Spouse	8	15.38
2	Children	05	9.61
3	Parents	04	7.69
4	Friends	0	0
5	Colleges	01	1.92
6	None	29	55.76
7	All the above	5	9.61

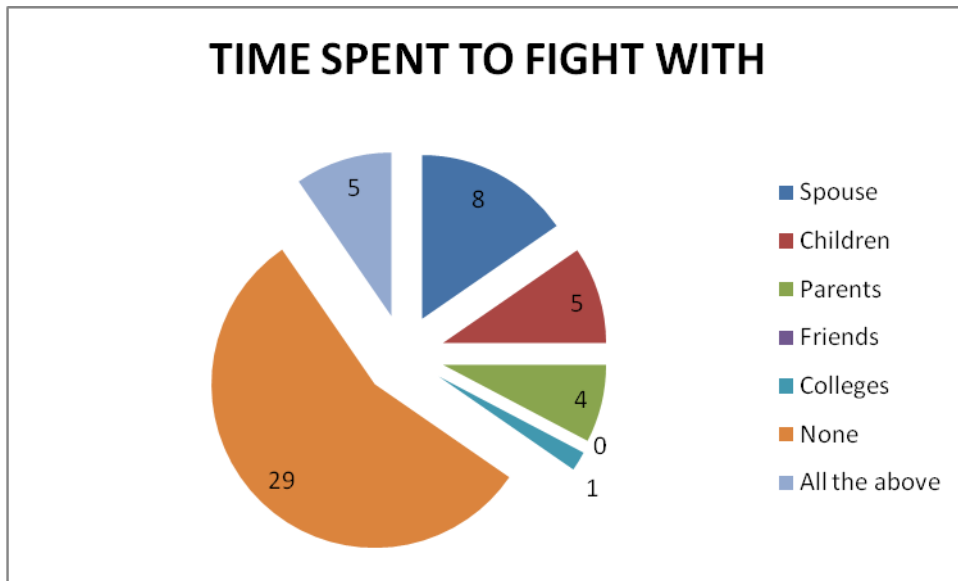


Table - 1.15 : Sometimes when we are tired or suffer with troubles as a girl child or vice versa, naturally we feel to born as a girl or boy for meanwhile satisfactions, but it is impossible. We have to overcome whatever given to us with positive challenge without coming The respondents give their answers as girls(56.76) and boys (44.23).As the total number of respondents are 20 males and 32 females. In that 3 males felt to be born as girls and 03 girls loved to be born as boys due to their own reasons. So we can say that God as created them correctly.

TABLE 1.15 DO YOU FEEL AT ANY TIME THAT YOU WOULD BE BORN AS

BORN LIKE	NO.OF EMPLOYEES	IN %
GIRL	29	56.76
BOY	23	44.23
TOTAL	53	100

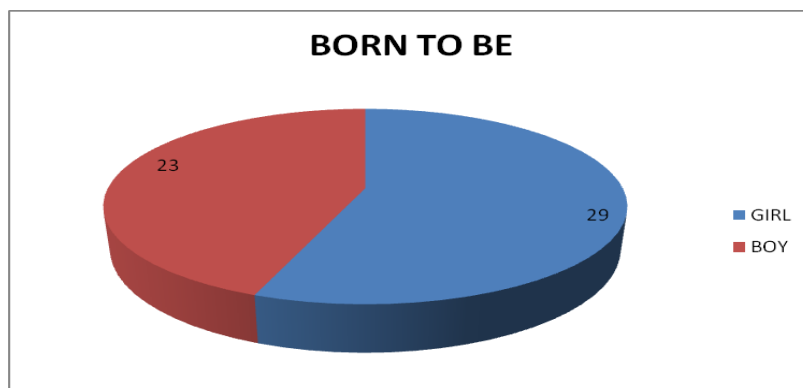


Table - 1.16 : The main reason for this case study is to know how happy they are in their life. From this study the respondent agree that 19 of them are 100% happy, 25 are 75%, 07 are 50% and 01 is 25% happy. So majority of the employees are 75% happy(48.07).

TABLE 1.16 HOW MUCH YOU ARE HAPPY WITH YOUR LIFE

S.NO	% OF HAPPINESS	NO.OF EMPLOYEES	IN %
1	25%	01	1.92
2	50%	07	13.41
3	75%	25	48.07
4	100%	19	36.53
	TOTAL	52	100

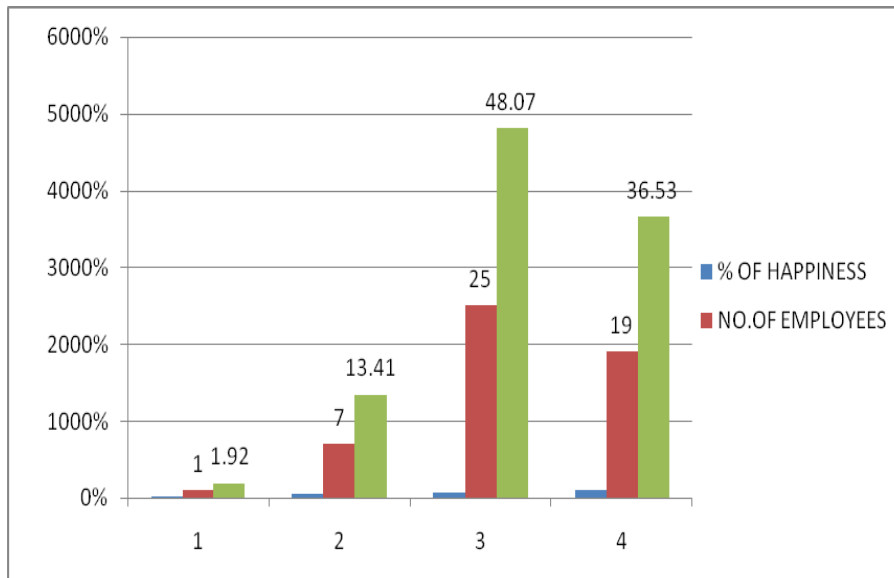


Table - 1.17 : Every person has strength and weaknesses in life. Majority of the respondents answer that their family is their strength to lead a happy life (92.30) and least percentage was given friends and colleagues (1.92).

TABLE 1.17 STRENGTH OF THE EMPLOYEES

S.NO	STRENGTH	NO.OF EMPLOYEES	IN %
1	Spouse	0	0
2	Children	0	0
3	Parents	0	0
4	Friends	01	1.92
5	Colleges	01	1.92
6	Family	48	92.30

7	None	0	0
8	others	01	1.92

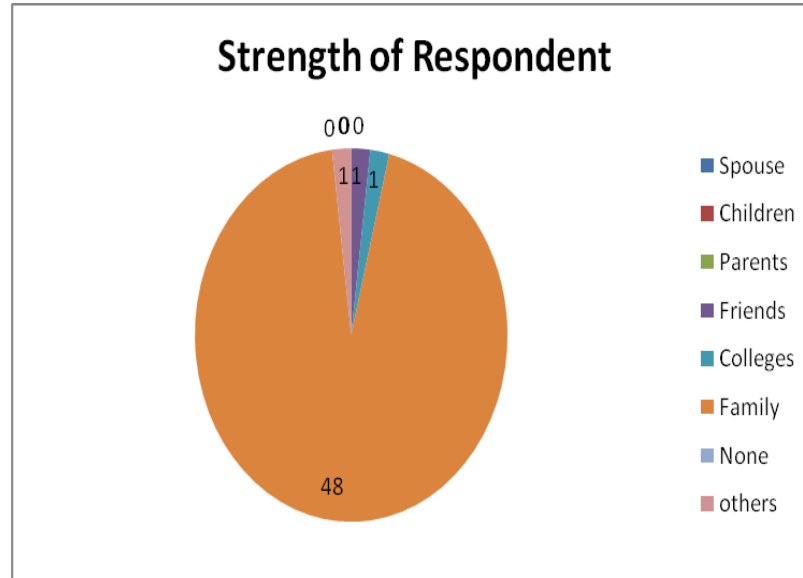


Table - 1.18 : People enjoy their life happily in different stages. here in this study we draw that majority of them enjoyed their childhood stage (30.76%) as there will be tensions, responsibilities and targets rather than others, (23.09%) enjoyed their matrimonial stage, (13.25%) professional stage which includes stress of workload and 17.30 college days where there will be no responsibilities except study and 1.92 has not enjoyed in any stages due to their problems.

TABLE 1.18 STAGE YOU ENJOYED YOUR LIFE HAPPILY

S.NO	STAGE	NO.OF EMPLOYEES	IN %
1	Professional stage	13	13.25
2	Childhood stage	16	30.76
3	Matrimonial stage	12	23.09
4	College stage	09	17.30
5	None	02	1.92
	Total	52	100

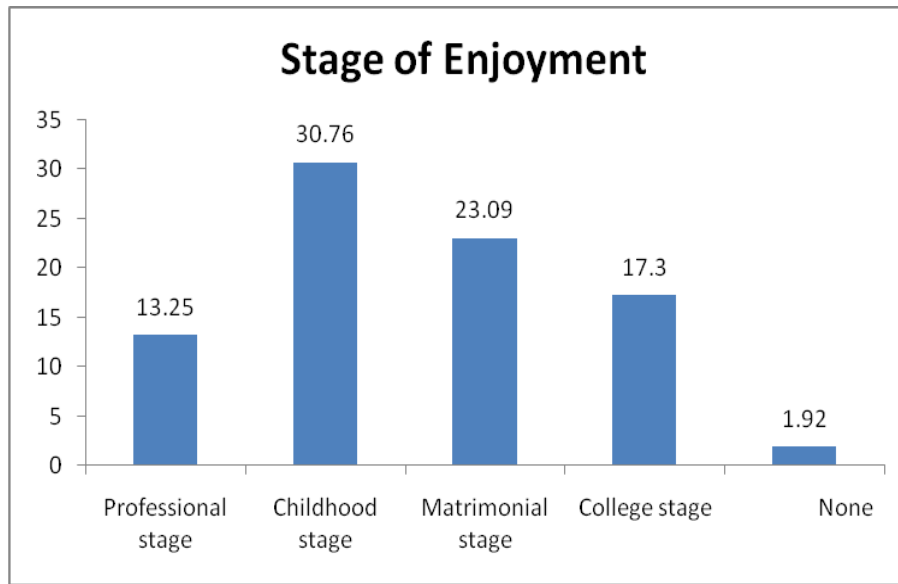
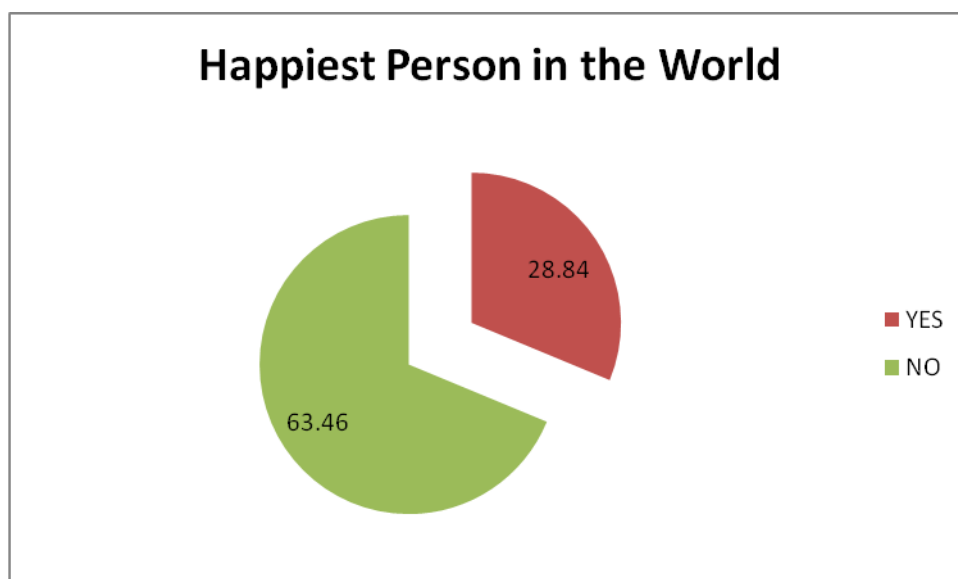


TABLE :1.19 : Life is mysterious we can't guess how our life would be, it is written by God generally the way the answer comes out. In this study the persons who believe in God are (51.92%) in table 1.13 and the majority of the respondents has answered that there are 100% happy (36.53%) in table 1.16 without any problems and 63.46% of them answered that they are "Happiest person in the world"

S.NO	Happiest Person	No.of employees	IN %
1	YES	15	28.84
2	NO	37	63.46
	TOTAL	52	100



All the above answers are gathered from the respondents through Google form and analysed.
click here <http://forms.gle/KdtG36wTwMyW6Xpz6>

Suggestions and Findings:

- The suggestions given by the respondents how to make our life happy
- Be Cool, Be positive, Be good.
- Don't Think Any Thing Seriously
- Stop Comparing With Others
- Doing Meditation
- To Coordinate Family And Professional Life Together
- Satisfy with what we have and do except more from anyone
- Taking Everything Positive
- Believe In Yourself
- Adjustment In Life
- Peace Of Mind
- Smile
- Open Mind
- One of the respondent has given answer as "wife"
- Utilize the present time carefully

Findings:

This case study finds that 63.46% of them are happy with their life as they have no problems 63.46 % and no type of stress 59.61% and 78.84% are leading their matrimonial life happily which the crucial stage in life .So majority of them are leading happy life by following their suggestions.

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