

Happiness & Sustainability Around the Earth

WHAT DOES HAPPINESS
REALLY MEAN?



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Happiness is a subjective word that is given different interpretations by different people

In Nigeria, the various tribes have different nomenclatures for happiness

For instance, the Yorubas call it Idunnu, the Igbos, Obi anuri and the Hausas, Jin dadi

To all these linguistic groups, happiness is commonly accepted as something (a circumstance, mood or event) that evokes pleasure



LEVELS OF HAPPINESS

There are three main kinds or levels of happiness according to social researchers viz **Pleasure, Passion and Purpose**

- **Pleasure:** Pleasure is important to us as human beings but its benefits are relatively short-lived
- A delicious meal eaten, a happy reunion with old friends or listening to a favourite music produce endorphins, giving us feel-good (happy) moments
- Some of these can be the highpoints of our day
- However, these brief periods do not equate to long-term satisfaction

Passion: Developing a passion for a noble cause, hobby or some worthwhile activity(ies) can precipitate happiness

Usually, the judgment we make from the feelings associated with these activities touch on happiness one way or the other



These activities deliver short or medium-term contentment, offering us a sense of variety in life

Purpose: This deals with fulfillment at a high level such as self actualisation

It is a high level of happiness because one feels being a part of something bigger than oneself

It is related to Abraham Maslow's hierarchy of needs where self-actualization is at the top of the pyramid

People who live more in harmony with their deeper values experience this kind of happiness often

In summary, towards the lower level, happiness is more immediate, sensual, and measurable

Towards the higher level, however, happiness is more rational, reflective, and relative

This furthermore makes happiness subjective



Top 10 Human Values that can translate to happiness

- Health and Energy
- Love
- Gratitude and Appreciation
- Kindness and compassion
- Integrity
- Giving
- Growth
- Peace
- Godliness
- Family, Friendship and connection
- Happiness

Thank You