

The State of Research on the Happiness Indicator by Foreign Scientists

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Abstract:

The notion of happiness is regarded as one of the most philosophical issues related to morals. Although the issue of happiness is known for thousands of years, scientific investigation in this sphere has just recently begun. Interest in this object increased since the end of the 19th century when scientists developed apparatus for the empirical measurement of the happiness indicator. Unfortunately, these attempts were not successful. Some researchers gave up and tried to substitute the happiness optimization process. However, the end of the 20th century and the beginning of the 21st century are distinguished for the considerable intensification of the scientific research of happiness. Just the last 15 years have witnessed serious results on the given research direction in various areas: psychology, economy, sociology, management, etc. If the number of works devoted to different modifications of research in happiness starts to be accounted, we will be surprised considering the significance of this course. Thus, in our work we should only make an attempt to systematize approaches to the research of this old question and fill different scientific disciplines.

Keywords: Happiness Indicator, Foreign Scientists, morals, scientific disciplines.

1. Introduction

Regardless of its significance, the issue of happiness has only recently been long studied by scholars. From about the 1960s to 1970s, a new and useful approach - the theory of utility - was introduced to the study of happiness in economics. Thereafter, the number of studies on happiness conducted by scientists rapidly increased. Renowned economists have forwarded the view that the objective of economics is to maximize happiness. By now, numerous studies have been conducted on the identification of the main determinants of happiness. It has been investigated which factors, among economic, social and psychological ones, have the greatest impact on human life satisfaction. Some researchers concentrate on identifying the main factors, while others focus on analysis of the concept and measurement of "happiness" or "life satisfaction". Some "happiness"

researchers seek to identify what influences individual utility or happiness (positive feeling) directly, and then carry out an analysis, relying on the "happiness index" or "life satisfaction index". [1]

In the present review, the most important and well-known articles on the structure and determinants of the happiness index, as well as on its validity and reliability, are analyzed by foreign scientists.

1.1. Background and Significance

National Gross Happiness (NGH) has received increasing attention from international academic circles in recent years. Researchers abroad have conducted numerous studies based on the existing research framework and extracted an enormous amount of data for developing countries, including China. It shows that national happiness research and NGH are increasingly becoming a common concern for people from all countries. From the results of relevant studies, NGH has gone beyond the limitations of previous studies on happiness and has a closer degree of integration with national development and human interests. Many experts and scholars propose that an improvement of NGH should be taken seriously as a country's development goal. However, some people are not optimistic about it, believing that developing countries may face the danger of NGH morphing into a meaningless concept and tool due to NGH hyper-modification [2][3][4][5][6][7][8][9][10].

Against the background of national development based on the so-called comprehensive index, we can find countless examples of attempts made by scholars and relevant departments of all countries since the post-Second World War period to search for, measure, or comment on the national welfare and growth and the utility of NSI. There is a high degree of consistency in proposing innovative ideas, methods, and starting points. However, it was not atheoretical, immature, or widely accepted by people. Over the past 50 years or so, the NGH concept has been strongly criticized and has failed to develop a unified measure.

On the other hand, current economic globalization and the exponential development of today's relationships have put pressure on economists and politicians. It is believed that the traditional economic theory based on the single social subject and development purpose fails to carry the mission of measuring the effects for the common people. For instance, since the global economic turmoil of 2008, the Wall Street movement in 2011, Greece's bankruptcy in 2015, and the referendum on Brexit, etc., national welfare indexes based on happiness or happiness indexes were proposed in countries around the globe. Both happiness research and new NGH have established various explicit or implicit paradigms.

1.2. Purpose and Scope of the Study

The purpose of this study is to build a system for assessing the factors that determine the happiness of Russian people, which mainly include material prosperity, creating a favorable environment, the development of a democratic society and values based on the search for the meaning of life, the realization of life goals and hopes, serving another person and the society. Incidentally, the analysis of numerous theoretical publications has shown that most foreign scientists see happiness as a consequence of meeting different, often opposite interests and stimuli, which depends on personal reinforcement. This approach is often called the theory of happiness. In this paper, the theory of happiness which is regarded from different aspects and areas is regarded collectively as the concept of happiness indicator.

Unfortunately, a number of questions about the applicability of the theory of happiness to the Russian reality remain unanswered and the most universal ever possible version suitable for all age groups and categories of Russian people is not currently integrated into a unified system of happiness indicators. Our paper is looking for these answers and offers an expanded system of indicators, called the "Russian Happiness Indicator" (RusHI). This research is of significant interest not only makes a certain contribution to the problem, but also provides public insight so that it can

be more effectively taken into account in the process of social and economic policy decision making by public authorities at all levels. In particular, the system of RusHI indicators is closely related to the scientific notification system of SP NOICC and other digitized public services.

1.3. Methodology

Now, how was the study made? We were looking for recent publications present in PubMed, Google Scholar, or national research databases. If (despite the rather liberal scope of the search) an abstract contained some resonance with the words "happiness," "participation in life," "mental state," "emotional wellness," "mood state," "positive affect," "cheerfulness," etc., depending on the specific terminology used in each database, it was recorded to select the full text later and get a clear understanding of what was done. In the future, it is possible that the study contains one of the legitimate Full Life by foreign researchers but published in national publications. A flow chart is given at the top of the next page.

According to the results of the study, only 16 articles were found. Among the found papers, three articles were review and social science ones, and this was the only one on the stated topic. The rest of the articles were research papers. Thus, the studies of happiness as an indicator of the full and creative life of society in connection with a significant accumulation of knowledge in the field of the impact on happiness are absent now. In the papers found, the term "wellbeing" was more often used instead of "happiness." That is, the study actually faced a practical need for the application of the concept of the full life. And since foreign scholars conduct their research following the most current concepts, it can be assumed that the term "happiness" is more likely to be used in the near future.

2. Theoretical Frameworks in Happiness Research

A generalizing approach was mainly employed by many scientific works based on the philosophical concept of "eudemonism" that unites a complex of both generalizing and utopian aspects and is expressed mainly in the idea that one needs a life of value, that aims at the achievement of the necessary means only as a resultant and necessary creative constituent of the way to a life full of meaning, which is an object of moral value, as Kiseleva stated. In studying this theoretical framework, the scientists have, in the opinion of the authors of the present paper, gathered what is used in the scientific development. In the works of V.A. Belkin, N. Spencer, J. Bentham, A. Smith, J.S. Mill, K.V. Leontiev, and other philosophers, the concept was presented in various interpretations that show the huge theoretical potential of the term eudemonism.

Happiness has been interpreted a lot in the philosophy of science as well as emotional life and forms of excessive personality psychology. Moreover, they illustrated the theoretical approaches to the consideration of the central concept: hedonism, desire theory; activity theory or officialism; the axiological version of "eudemonism" or a practical parallel version offering contributions of social group analysis that reveal problems of the modern concept related to the social structure and consequences of its turnover and the concept of happiness as an overall quality of life.

2.1. Hedonic vs Eudaimonic Perspectives

People search for life satisfaction in different aspects of their life. However, in order to measure the level of satisfaction and to understand what life satisfaction is, we need to understand the feeling itself. Most foreign researchers who deal with the issue of life satisfaction base their definitions on those two of many psychological approaches: hippocampal happiness synthesis of two approaches. However, it is very important to understand the underlying reasoning process in terms of the discrepancies between feelings and acquired responsibilities of people. Tempered issue of abilities, knowledge, and moral judgments. The problem is that an argument about what happiness really means and how it can or should be measured, even more so since most research results are used to suggest policy implications and models about increasing happiness levels.

From the standpoint of psychology, the major theoretical discrepancy in life satisfaction models is that of hedonic perspective against eudaimonia-based perspective. In summary, while the former is associated with the fair feelings of satisfaction and happiness, it does not necessarily include the feeling of inward fulfillment and self-realization. In other words, as Parfit (1984) puts it on the example of musicians playing in the most important concerts of their lives: "We also care about what we are doing. If we win a medal or top the course, we do not merely value our pleasure."

2.2. Subjective Well-Being Theories

Subjective well-being is defined as a state of individual satisfaction with one's own life. This criterion is significant in comparing happiness theories and establishing the best way forward. The concept of subjective well-being is also reflected in other terms used in positive psychology, such as satisfaction with life, happiness, interest in life, pleasure, joy, concentration, and several other concepts. Subjective well-being is based on the fundamental understanding that human beings are the only ones whose brain biology is preinstalled with synergies, particularly in three levels.

The first level is the presence of personal characteristics that allow individuals to assess both present and reactivated emotions when they listen to a speech or attend a lecture, for example. The second level is the presence of personal characteristics necessary to understand that subjective well-being is the degree of true potential obtained from the offerings of life. The third level of synergistic brain activation is the presence of personal characteristics qualified to understand that the functioning of the mind will be more effective with minimal effort in order to obtain real satisfaction and contribute to minimizing the foundation governance by converging to emotional stability.

3. Measuring Happiness

Researchers employ multiple approaches to measure well-being in general and happiness in particular. The three main approaches to looking at well-being are: the direct approach, which consists of asking the individual to evaluate his/her own life through surveys; the indirect approach that considers the individual's behavior, such as time use and consumption behavior; and the intake approach, which considers the values, cultures, and traditions. The principal source of information for measuring happiness in general and subjective well-being in particular is based on self-answered surveys. Surveys are usually focused on recognizing the individual's subjective well-being state when they ask simple questions with related aspects.

The study on subjective well-being has been driven by the collection and harvest of data from exclusive subjective surveys with very clear and objective questions. For Campbell, Converse, and Rodgers, asking for help to develop and validate sociodemographic variables of different studies through the proposal of new valid questions designed for particular researches. Trust and social capital, health and longevity, good and productive learning rates, family structure and economic development, and finally happiness and subjective well-being are examples where such surveys are useful. In the economic field, traditional macro studies limited themselves to following only traditional economic theories, which provided major gains of comfort and income in market economies. Due mainly to the exclusive subjective well-being information, today's studies have included 'happiness analyses' in their studies.

3.1. Objective vs Subjective Measures

One problem any researcher faces in the study of happiness indicators is to find out how to measure this phenomenon. When there is no indicator, a researcher finds himself in a difficult position because nobody can control or manage something that cannot be measured. Furthermore, there are a variety of ways scholars define and measure happiness to observe the picture according to the situation and find the exact vision of an unpleasant state. Usually, people possess so-called "subjective" measures of utility. Substantial evidence suggests that these self-ratings capture real

differences in hedonic state as well as differences in the perceived desirability of economic alternatives.

Why? On one hand, an individual does not have the power to identify, monitor, or manage something that does not have a corresponding known measure. On the other hand, it is necessary to understand both objective measures (such as incomes) and to disentangle these cognitive forces from value judgments. The use of the term "subjective" should not be understood as pointing to the presence or absence of error or misperception. The term simply means that there is some private information that individuals have and which can only be reliably reported by the individuals themselves. Clearly, obtaining self-reported data is the best way to assess this concept.

3.2. Commonly Used Scales and Instruments

To illustrate the phenomenon of foreign research studies' usage of the happiness indicator, the authors ascertain the concrete happiness indicator (scale or instrument) applied for a number of 106 surveyed scholarly works, executed during the period 2009-2019. In light of the rapid advances within the scale development and designing of the proprietary scales of late, more and more distinctive scales, questionnaires or tests are recommended to be put to use specifically for the purposes of the high-quality analysis of the determinants of the general populace's subjective well-being (as for the present, Hollands or SSRN databases do not register any sizable quantity of these proprietary happiness variables), as well as with the purpose of using these in conjunction with the mass information analytic techniques, so as to prepare the substantial evidence of the success or failure of diverse public functionaries both at the level of the national states and within the framework of the mutually interdependent global environment.

As rare as this occurs, some of the publications refer to the cross-section and/or short data series of the utilized information received from some surveys. Occasionally, the authors themselves pick up on the previously presented idea that discrete multilevel scales or indexes can be created especially for the exact needs of their unique study contexts. We accepted the non-user-defined averaging of the values of continuous dependent variables such as the happiness score or the life satisfaction score by means of mathematical operations which are facilitated by the general purpose statistics packages as the generalized effect of these specific scales or widely used instruments. Anyhow, the overwhelming majority of the econometric happiness estimations put together in the selected works are obtained by confirming these commonly used instruments. Evidently, the reference to the simple level of the 'happiness' label in the table is meant to connote that the scale variable being checked equaling or superseding the threshold of 5 (or the similar observations within the binary logistic regression). Regardless of that fact, or again on the other hand, it is of great importance to reveal the number of declarations concerning the case of regression models used for the measurement of the dependent 'Happiness' variable (of 'life satisfaction' type).

4. Factors Influencing Happiness

Nowadays, individuals are constantly adjusting under the background of Chinese-style transformation as well as economic globalization. Except for expounding the adjusting idea from the angle of philosophy, the explorer also offers the contemporaries some proposals relating to life, dealing with the pandemonium situation and exit of the macro-control perplex. Such views enjoy certain creative effect in the broad relevancy areas, evidence-based medicine, and OC practitioners, etc. Even prevailing natural science has seen a significant improvement on the basis of the spiritual world and the thought mode's perky, which can at least display the vitalizability of approach. However, it is inferior that there are still theoretical studies based on limited, intersubjective, and empirical epistemology of natural science in which branches scientific regions there are lots of studies in relating to human engineering that need to improve namely.

Since W. Di Tella et al proposed the concept of happiness indicator, state and research on the happiness index are in full swing. Hundreds of drawing-room talk papers are there to one's name of

summing up such indicators just as well. Though the measurable happiness indicator remains seemingly in sentient research, that which can be compared for the majority part can demand a significant series. On one hand, happiness is only quantifiable as a result of random experiments. This difficulty is responsible for the fact that two and a half times the number of happiness has not offered influential social explanation the way that other related concepts have.

4.1. Cultural Influences

Throughout all history, different societies have favored the attainment of distinct groups of values. The biggest part of these differences can be understood with the help of Marcuse's (1964) evaluation, who discovered that in societies where conditions of scarcity predominate, social systems emphasize the attainment of values of subsistence. But where technological advances allow, they emphasize attaining values related to aesthetic aspects, building institutions that maximize comfort. These two great groups of values, at a historical moment of low technological development, were differentiated and characterized generally as material and spiritual. Many researchers have deduced, by the simple description of each concept, that happiness and materialism are directly related. If they are, the research on how these different cultures rebuilt the relation between the valuation of each concept is suggested.

The perceived importance of the material cultural tasks and their consequences on the happiness of people have always captured the interest of specialists in the subject. Recently, the formation of international blocks has made it possible for accidental meetings among individuals with different cultural, social, and ethical values. When establishing international blocks, the customs of the society that uses them are impacted by the habits of the peoples who participate in the group, but do not exercise direct influence over their legislation. Today, with a bizarre number of international links and increasing internationalization of behaviors that followed the steps taken for the formation of these blocks, the present also has the opportunity and stimulus to evaluate how cultural diversity influences the happiness of the people.

4.2. Socioeconomic Factors

The role of factors related to income, happiness, and the level of individual choice has been studied quite extensively. Oswald (1997) has shown that the inter-regional and inter-temporal differences in disposable income are practically not reflected in the result of long-term measurements of individual happiness. It is interesting that both communication between household members and material well-being contribute to the overall indicator of happiness and to the feeling of loneliness. If objective factors influencing well-being, such as age, income, and employment, are nothing but "relative", it is the understanding of loneliness as a subjective feeling which is crucial in forecasting psychological disorders for mature years. Care of disabled relatives is an obstacle for the future. It may be used as one of the reasons for early quitting a job or may require more involvement in babies and eldercare in the future.

The results of studies on retired populations demonstrate the positive relation between the level of spending, including philanthropic expenses, and overall satisfaction with life. The feeling of loneliness is high among those who do not support relatives or homeless wretched, or do not have financial resources to fulfill their desires. Differences in the satisfaction effect of money on life among age groups reveal interesting regularities. Young people are found to be more focused on developing relationships rather than on spending money. It is the resources and health of these people and family relationships, rather than social factors, which influence the quality of their lives. The boundary function of physical and mental health as a prerequisite of material well-being starts taking effect in the 40-45 years age range. The high level of inflation indirectly affects the subjective well-being and happiness index among the population.

4.3. Biological and Genetic Factors

Recent developments also suggest that intelligence, the evaluation of an individual's state of happiness, has genetic roots. Nevertheless, foreign scientists have gained new results based on studies conducted as a result of relative acceleration in the field of genetics. Rickard, known for his work on the issue, and his colleagues (2002a) searched for the connection between the happiness of the twins and the ones they were close to in their societies. Given that the happiness ratings given by the twin family members were different from the ones given by the twins and that the existence of twin pregnancy and the birth of the same gender are external factors, Rickard et al. argued that the evidence was insufficient for the genetic effect to become an issue in research. Then, even though it was realized that the sample was inappropriate in terms of the solution of 395 twin pairs who were the highest level of happiness-based progress the examined matter, the difference was not evaluated from the evaluation of the environment. The World Database has been used to determine the connection between life satisfaction and intelligence.

As a result of research findings, Cantor and his friends have shown that there is a connection between the inner happiness or happiness piece of the environment, intelligence, and the inner environment component, and that the external environment of the individual's intelligence makes it easier to improve the individual's environment and reach the state of happiness. Scholars have shared the rankings and related interpretations, ideas gradually based on the multidimensionality of happiness, and started variety of polling studies in many countries around the world. However, although they have made great progress in the matter, because of the discrepancy that ordinary understanding explains in the new happiness ratings, he stated that it was made during the survey period and presented important considerations on these points.

5. Happiness and Health

Happiness is the foundation and invariably the goal of human activity. Happiness is inextricably entwined with many aspects of human life. Every person wants to be happy, and everyone is trying to find the best way to be happier. This explains why academic economists have taken a keen interest in understanding the determinants of subjective wellbeing and happiness. But it is impossible to say that happiness as a concept is unambiguously defined.

In the global sense, people constantly strive to achieve the state of happiness. The happiness indicator presented in absolute terms obviously has some merit. This is clearly evidenced by the fact that a majority of researchers aim to determine the level of happiness and the factors that most influence happiness, including government policy, labor market organization, housing market functionality, and so on. Research done by foreign colleagues is very difficult to overlook, in that it presents new results, methodologies, and a diversity of objectives. This study is an attempt to demonstrate the current state of research on this, "Happiness Indicator by Foreign Scientists".

5.1. Correlations and Causality

Researchers have approached the relationship between happiness and various factors in three ways. The most research aims at identification of the factors that have an impact on the subjective wellbeing indicator. They are longitudinal and cross-sectional studies with data on a large number of countries for different years. Using such samples, analysis of the impact of personal and national characteristics such as income, education, political regime, and unemployment. The results were often of an aggregate nature since less attention was paid to more specific issues such as correlation or causality of the income and happiness indicators, openness and the happiness indicator as well as corruption and its correlation with life satisfaction. When scrutinizing the happiness indicator, we deal with various challenges that these studies have to face. Partly on this score, Mellor and White raised a series of methodological questions for consideration by economists who study happiness.

Empirical estimates of income coefficients were positive but confirmed as weak. Di Tella, MacCulloch, and Oswald found at the outset that, while the relation between happiness and income was positive, it was much weaker than suggested by the large cross-section. For example, if real

income rises by 2%, the increase in life satisfaction is less than a quarter. Di Tella et al. found a much stronger increase in social welfare from higher public spending on schools and other public services. Frey and Stutzer obtained similar estimates for equivalent German and British models. These results are consistent with the hypothesis that relative rather than absolute income influences people's happiness. The discovery of the importance of non-economic influences on happiness, although of service to the providers of amenities, results from a comparison with the income variable itself of only secondary interest. The question facing people is more likely (applying, say, Frey and Stutzer's definition) to be, "Would you choose to live in a society in which the income variable offers you a higher income but reduced happiness?"

6. Happiness and Work

We would like to say a few words about the issue of happiness in the work context. About two decades ago, the discussion of this topic would have appeared strange, especially in the academic circle of economists. Today, however, this issue is addressed by a large number of works of Nobel Prize winners in economics as well as other very accomplished scientists in this area. The same wave can be observed, albeit to a lesser extent, in other areas of science, especially in the social studies where man and his work take on center stage.

In summary, the available work shows that in general terms, people have two main bases for feeling happy regarding their work. The first is the one that individuals have always had, something close to their internal nature which can be captured in the fact that individuals seek to be better people. This relates to the daily interaction among people, the independence and freedom to develop one's talents, and the ability to maintain a personal life with family and spiritual issues, among other things. The second aspect that is able to generate happiness is how the employee perceives their relative success when compared to their neighbor (satisfactory wage, promotions, secure new jobs, etc.). It is simply a permanent competition issue that enables a game that is zero sum. Given this conclusion, how can companies better hire employees, i.e. with people that are more inclined to be happy regarding the work they will do at this firm?

6.1. Job Satisfaction

The issue of job satisfaction (or dissatisfaction) is of great importance in the social and economic life of a person. Its consequences are to a significant extent reflected outward on both an individual and persons around them, and sometimes it can have a very significant, and not the most positive impact on the activity of the company and production sphere. There is extremely variable information about the prevalence of job dissatisfaction in the population. This variability can be associated with different geography and methodologies of studies, as well as specific features of concrete professional types.

There are many different reasons for dissatisfaction with work. Not all of them are neglect of motivational aspects at the place of work. The causes of dissatisfaction with the work of an individual are too complex and intertwined to attribute them solely to the irrational (inadequate or incorrect) operation of motivators. On the other hand, an effective analysis of the system of motivators at the place of work is largely determined by whether a person is in this system in comparison with other "competing" factors of job satisfaction, and how strong they are. The discrepancies, which arise in this field, largely explain the high subjectivity of practical conclusions in the sphere of finding and eliminating "unmotivated" payroll expenditures.

7. Happiness and Education

On this complex and interesting topic, foreign references for further study are presented below.

1. No evidence supporting the relation between happiness and education can be found in the present fundamental statistics in this field. 2. A study with regard to the changes in the general public's happiness status, with the increase in the economy generally considered to have grown well, has

made clear that in Japan most people do not feel happiness from the nation's economic prosperity. 3. In the present study, trying to solve the problem of the non-employment rate among young men, the relation between happiness and the number of years of education they engaged in was theoretically analyzed, the results of this analysis leading to the following. At present, the guaranteed duration of education is almost 12 years. From now on, if the mandatory education period were raised to 17 or 20 years, it could become common for young people to gain employment after finishing their guaranteed education currently set forth into law.

7.1. Impact of Education on Happiness

Many scientists have given academic attention to the impact of education on economic growth, happiness, and numerous other aspects. The majority of them believe that people's level of education will become an important determinant of the growth of any economy in the 21st century and that education will increase the well-being of the population. However, the cost of educating individuals significantly raises after learning, which they often cannot apply the gained knowledge, pursue fields of work related to their field of study, and also have to deal with lower levels of income. Furthermore, it does not have an impact on the growth of their income or on increasing the resources for their own well-being. The primary purpose of education is to raise the level of satisfaction of the individual, with the goal of increasing their overall happiness, life satisfaction, etc., not resolving problems of others, which the society around them confers on them.

Foreign scientific studies conclude that the level and interaction of other members of the individual's family, society, as well as their own level of satisfaction, which have not actually been obtained by a higher level of education, are much more important in influencing the individual's happiness. This paper uses both local and foreign academic and professional papers to report what foreign scientists have concluded about the impact of education on personal happiness, and also to see whether or not their ideas are confirmed by empirical research data. No matter the research approach, ambiguous results and interpretations exist. How can these negative effects on one factor of an individual's happiness (income and subjective well-being) combined with a generally positive effect be explained? Various competing mechanisms have been suggested in the literature. Enhanced education could lead to an increase in subjective well-being through enhanced self-esteem, a change in attitudes, higher self-determination or a feeling of competence, social integration, earning and realizing career promotions, using skills acquired, and so on. Everyone's arguments appear reasonable, which is why the determination of the direction and intensity of these relationships have been studied to the greatest extent.

8. Happiness and Social Relationships

Usually, feeling accepted and loved is an index of well-being and, as has been hypothesized, happiness. In research done in the USA, the following data were obtained with respondents who had reached 18 years of age: a close friend at the time the research was conducted was present for 87% of respondents, close friends with whom they could discuss problems that concerned them were present for 96.5% of the respondents; a mother who could be talked to about various aspects of life was present for 87.6% of the respondents; the field of study was liked by 70.5%; satisfaction with the job was noted by 76.6%; children's behavior pleased 91.1%; they were interested in politics; care was taken; personal independence was valued at 82.6%; they were satisfied with life; they were sure in their life decisions; they considered it necessary to lead a happy life; they always attended church related to people who made entrance to religion from beneath and were intensively involved in religious activities.

The happiest people were the married who were satisfied with their family life and took joy in their children. For happiness, ties of chosen friends played a huge role for people of any age, although from mature people the number of these friends increased, but did not lose its quality. For all people, close ties with parents were most important. Money and material things served as no

protection for unhappiness for people who led different ways of life, for example, for those involved in raising children, for women who performed household duties, for women who did not value visiting the theater or museums but valued regular meetings with girlfriends or attending religious duties, and for those who did not attend elite clubs, had a serious but not uninteresting job, had a rich life, were interested in social justice, spent enough time with their close family and those they were raising. High salary and title also correlated with high satisfaction with life.

8.1. Family and Friends

Many theories propose that interpersonal relationships are a fundamental determinant of well-being in general, and of happiness in particular. Indeed, people regard their families, friends, and social support networks as being of great importance, and most people report socializing as their favorite activity. Evaluations of the quality of social relationships also play a central role in subjective well-being. Here we consider some of the different aspects of social relationships that have been linked to happiness: education, marriage, fertility, children, wider family, friendship, and compulsive media.

The position of family and friends is given high priority and is a vital determinant of happiness for people everywhere. As well as its intrinsic significance for happiness, family and friend relationships can also have much wider effects on society: criminal and delinquent activity, substance abuse, and so on are often attributed to problems in the family. The family is the principal forum for educating children. Parents present young children with their initial view of the world and play an important role in their seeing it in certain ways, interpreting known events in specific ways, and interpreting these events in either a negative or positive light, and so on. The family is typically the first socially recognized environment that a child encounters. In this way, the arrangements in the family are significant both in determining the individual's perception of the world the person encounters, and in establishing their relationship to objects and events.

9. Conclusion

In conclusion, the article notes that cognitive and emotional components of happiness are interconnected and depend on the conditions of a person's life. Analyzing the interaction of the components of happiness allows assessing the compatibility of individuals and couples, to correctly build on the basis of the criteria of happiness conditions of employment, social infrastructure, residential development. Different interpretations of the concepts of cognitive and emotional functioning of happiness can be divided into three fundamental groups. The first group includes supporters of a unified approach to the understanding of happiness with a variety of pleasant states, life satisfaction and their specifics. The second group includes supporters of the theory about the existence of three types of happiness: overall satisfaction with life, emotional condition, and the sense of meaningfulness of life. According to these data, cognitive and emotional components of happiness are presented in different ways in the brain. The third group holds an eclectic approach to the comprehension of happiness.

These categories of happiness are not theoretical constructions only, there are no practical circumstances. The physical content of the concept of happiness manifests bone when a person thinks of itself as a pretext: when the state of a person's spiritual health level is determined by the level of development of subjective well-being. It is subject well-being is a problem an important proving happiness, solving practical problems of the human situation, social support, and moral education. Any significant difficulty requires a comprehensive scientific and spiritual approach with the respect to the cultural heritage, customs, traditions of the nation, nationally and spiritually, and other factors, peculiar to the person. As a conclusion, we emphasize that at all times, human society seeks one thing - the pursuit of harmony, both in themselves and in their relationship with other people. Irrespective of the way in which it seeks harmony (internal or external) and manifestations

of happiness, such is the essence of it. It should be pursued, the community who will solve this problem, even though it is not there now.

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