# A Comprehensive Analysis on Reasons why Darlene Erika H. Arada Deserves all the Good Things in the World and Deserves to be Happy Everyday

A research study presented to Darlene Erika H. Arada

In partial fulfillment of the gift for

Darlene’s 18th Birthday

Juele, Gabriel John Q.

June 12, 2021

# CHAPTER 1

# THE PROBLEM AND ITS BACKGROUND

## Background of the Study

Happiness is defined as an emotional stat characterized through the feeling of satisfaction, contentment, fulfillment, and joy (Cherry, 2020). When a person receives acclamation for happiness it is generally implied that the person provided assistance/ support during the times of crisis/ grief for the person giving the accolade. Further to this, an approbation of wellness and happiness is provided to someone especially during an event of immense to them like a birthday.

Darlene Erika H. Arada was born on June 12, 2003 in the City of Bocaue in Bulacan. The second child of a family, she had a rather dignified upbringing, being daughter of an Iglesia ni Cristo minister, well suited for present challenges and triumphs. Like a queen in a chessboard, she maneuvered and rose through the ranks with a short-lived career competing for the divisions of San Juan and Quezon City. Managing her way into the “City of Lights” she managed to enter Quezon City Science High School where she eventually met the researcher on her 2nd year in that school.

It is indisputable that online classes had been remarkably tough with those clinging barely with their states of mind just to manage themselves through (Department of Education, 2020). Remarkably, the general stability of a stable upbringing of Darlene and the buoyant navigation of the COVID-19 pandemic positioned her ready to take up the challenges and conquered some with the necessary respect. Integral to this are friends that have been by her side before the pandemic. Darlene played a significant role making sure that these friends remain in good order especially during the tougher parts of the virus. For that alone, a commendation is substantially deserved.

This analysis aims to look at all the reasons to which happiness and blessing of prosperity are well deserved for Erika, who is celebrant of her 18th birthday. This comprehensive analysis also aims to provide appreciation to which friends and acquaintances surely wish for Darlene especially in the manners they were touched.

## Statement of the Problem

The aims of this analysis is to establish the nature at which Darlene Erika deserves to always be happy. With this, the analysis is to be guided by the following questions:

1. What makes someone deserving to be happy?
2. What are the attributes that renders Darlene Erika deserving of this happiness in terms of:
   1. Personality
   2. Actions
   3. Vibe
3. How to ensure that this happiness is maintained.

## Assumptions

The assumptions of this study is that friends and even those barely acquainted with Darlene will ensure to make her happy always, despite the challenges that lie ahead, providing her with the appreciation and affection she well deserves.

## Theoretical Framework

As this is a gift to show appreciation, no specific theory will be applied as the seriousness of this analysis is for the aforementioned gifting and reflection on the life of Darlene. Instead, this must be taken in a fun, cute manner as intended by the researches because the study is designed to be a symbol of gratitude and well wishes. The researcher firmly believes in no longer requiring a theory for this study because the amount of things the researcher is grateful for in the time he had been known with the subject of this study is immeasurable. Moreover, quantifying this analysis would be very foolish as the sense of appreciation could only be explained by feelings and be merely described. Even the trust the researcher placed in Darlene knowing how she moves forward cannot be quantified in statistical manners as it undermines the purpose of this analysis which is to be a present of gratitude. In summary, you can’t put a price in the amount of happiness Darlene deserves.

However, as a sign of appreciation this could be closely affiliated to the theory of appreciation. This theory observed in the study of Fagley (2018) show that appreciation show to have led to greater amounts of positive emotions. In this regard, the researcher hopes that the appreciation and the well wishes provided here will provide this positive emotion well deserved of Darlene Erika.

## Research Paradigm

**Output**

The paper which appreciates for all the good deeds that Dar accomplished and that promotes the fact that she must be kept happy and deserve all the good things in the world. Moreover, it is also that the output is to wish her well and greet her for her 18th birthday.

**Process**

A looking back into the life of Darlene and in the process taking into account all the good she has accomplished and the people she made happy.

**Input**

The experiences that the friends had with Darlene Erika which are to be looked back and the prior experience of the researcher especially during good and terrible times because hey isscool.

## Scope and Limitations of the Study

The study is limited only within the scope that is accessible to the researcher. This involves the cracked stories the researcher could attain from the closest confidants of Darlene and those of the accounts by the researcher itself. This implies the period in which the researcher and the subject have been acquainted which began from 2017 and is continuing as of the writing of this study which happens to be in 2021.

To add, to ensure that this analysis is intimate and isn’t extravagant, keeping in the purpose designed by the researcher, this will focus on the reasons that Darlene Erika H. Arada is deserving to be happy.

## Significance of the Study

The study, being focused on the foundation to which the subject of this research is well deserving of will be of biggest contribution in several key areas.

This begins with the happiness Darlene deserves. As previously stated, the deserved happiness cannot simply be quantified. However, this study provides an understanding as to the degree to which it is to be understood. In addition, those that’ll be provided within this paper will ensure that the arguments being made to justify the well -deserved happiness of Darlene as she enter the years of legality.

Second is as a show of appreciation. It is repeated over and over again that the researcher is in a manner touched by the support and acquaintance that Darlene is sure to provide. A lack of appreciation for Darlene by the researcher in any form whatsoever is a demeanor unforgivable and deserving of an eternal chastisement. Moreover, the insightfulness that the subject provides especially in times of trials and tribulation is surely there to be of an utmost help. No wonder it is, that Darlene Erika is well deserving of an appreciation, not only on her special day, but in the subsequent days and years that lie ahead.

# CHAPTER 2

# REVIEW OF RELATED LITERATURE: ANALYSIS

## Analysis

Stability and security especially in the midst of the pandemic, put simply, is a hard a goal to attain. In the case of the subject of this Research, it is paramount (H.M. Australian Government, 2020). The accounts to be provided herein are mainly focused on the perspective of the researcher and those closely and mutually affiliated with the researcher and the subject, Darlene Erika. The implications of happiness are usually profound in a sense that it gives you a state of well-being or being remarkably healthy to which at its fundamental level is deserved by every person thar exists (Maili, 2019). It is however, deserving that this state of happiness must be guarded and impediments be alleviated for Darlene Erika H. Arada as to be explained in the following paragraphs.

It is in the year 2017 when the researcher first met Darlene Erika. As classmates in Grade 8, the two have formed a friendship though not a very close one. It all began with a tease over a treat for an Oreo. The friendship though usually teased and shipped within the classroom stood. Sadly, in the 9th grade, the two slowly grew apart though remaining relatively acquainted. It is in the 10th grade that the researcher became close once more with the subject at hand.

As it turned out this friendship grew and grew to something that is today. In this account, this will mainly focus on the researcher’s perspective and maybe more on a biased side however it is important to note that this is still in the context of the appreciation for Darlene. As the researcher is recovering from the horrors of Grade 9 and only recently being far away from friends that happened to be terrible, Darlene became a friend, a close one that is, whose company guaranteed a disconnect from the terrible friends of past and a tantalizing success in the academic front. This academic success could be attributed in two key aspects: the fact that the researcher had feelings for Darlene (which prompted a motivation to study harder; and the assistance her presence and encouragement provides. In this front, the researcher attained success in manners remarkably unthinkable but actually happened. Furthermore, a trust was developed over this friendship as the researcher was able to rant and listen when Darlene does the same in reverse. Even if this is in the dead of night, Darlene was there willing to always listen.

Then, the COVID-19 pandemic happened. This provided instability for most and saw the cancellation of the moving-up ball to which the researcher and Darlene will share a dance. However, this didn’t mean the end of the road for a closeness as quite simply the opposite happened during the pandemic and the subsequent onslaught of Online Classes. In the course of quarantine, Erika took drawing as a hobby. Although more lowkey, this art developed into an art account of which a follow is well-deserved. The mutual trust mentioned in the previous paragraph further developed in this aspect in various ways of which the researcher is thankful for. When the researcher also drew as a past time, it would often be that Darlene would be the first to see it of which she was absolutely supportive. This kind of support others would be envious of is something the author of this study himself is eternally grateful for.

Online classes had been in the perspective of the writer of this study, challenging. There are challenges at the onset that need of a good disposal and it found its way being ranted through Erika. The researcher knew this is something to be grateful for. However, there is a transferee whom the researcher encountered as a groupmate in General Biology. Together with the person ‘mentioned challenging at the onset’ whose lackluster contributions are front and center, Darlene was there to provide some help given they’ve finished early and someone to lean and rant with the abhorrent behavior that the researchers’ groupmates experienced. In the first semester, Darlene was downplaying the chances of her managing it to the top 10 then turned out that she did manage it to the top 10. In this respect, the support she provided to the researcher is immense especially in sorting through challenges posed by subjects like Practical Research 1.

The 2nd semester, which happens to be occurring as of writing of this paper proved to be more challenging. However, with the trust placed in the researcher, and the closer relationship between the researcher and the subject, it seems likely that the 2nd semester will be managed through.

In terms of attitude, there is no denying that Darlene Erika will always be on the positive side. There are accounts of her being a very insightful individual knowing and providing solutions to problems when friends and the researcher himself when problems arise. In addition to this, Darlene is a shoulder to lean on, metaphorically and literally. People closest to her of whom the researcher gathered some accounts mentioned that in their worst of times and rebuilding themselves after having tragic years of which Darlene was there willing to help and to support. Apart from this, her generosity is to be noted as there are those that borrow her mobile hotspot so that they could connect to the internet during face-to-face classes. When there are schoolworks that needs to be printed, Darlene is always there willing to help provide a solution. Even in terms of lunch she is generous to share food.

In terms of vibe, Darlene is always on the cutting edge of what is trending of the times; although, this doesn’t mean that being close to her is an easy task. By the researchers’ experience it is something that takes time and requires cultivation. It requires tenacity and well you simply have to be a good person for it to actually bear fruit, otherwise it would’ve been really tough. However, once a person attains a degree of closeness that many friends of Darlene have, well that vibe will be someone shared or common with. During quarantine, there are times the researcher and Darlene Erika would talk about the series they’ve watched if there be a case where both have watched a series or a movie, sharing thoughts is rather commonplace and definitely well appreciated. Darlene’s insightfulness surely shines here as her ability to seek a deeper understanding shine. This example is shared with all those close to her and enjoy this vibe with her as well.

To ensure happiness it is significant to highlight the roles of those closest to Darlene. The roles that her friends play especially with the goals they pursue is tantamount to the safe guarding of the happiness and the overall stability of Darlene. For it is, that seeing her friends on the brink of chaos renders Darlene Erika would sympathize, most specially to ensure that her friends are on stable courses. Her show of empathy and affection cannot be understated and those friends could do their part by the mutual show of empathy and affection is of significance already. It is also hard to undermine that in this regard it shows how more deserving Darlene is to be made happy always.

The researcher, friends of Darlene, Darlene Erika herself, are all in the crossroads of decisions that will underline the roles they play in society. In accordance with this, it is important that the closest confidants, would be of support and guide to her and sympathize in a manner that must be genuine and whose differences being set aside. It is also important to be insightful in the manners in which we speak for it is a manner that Darlene shows. In addition, it renders no reason for us to enter a thorough discussion without having an idea as to where we are heading into. Moreover, a sense of validation and understanding is key as Darlene could be characterized as someone who is willing to both empathize and resolve a problem which is widely appreciated.

Continuing, being insightful and sympathetic isn’t enough to play our role as good friends. Oftentimes, it is important to return once favor as a sign of mutual affinity with that of a confidant. This could be accomplished as well in several manners which include checking on her from time-to-time, listening to her rants, treating her, and other generous deeds thinkable must be attained. In this regard, it shows that we are willing to maintain such an affinity to a high degree and that we are actually present. Although this paragraph shows heft, it is important to again look back that we are sincerely grateful for Darlene and it is natural for humans to return favors especially given.

In the simple ways that the closest acquaintances could be present, they are doing their most important role to ensure that Darlene is cared for and kept happy. If the subject managed it to this paragraph, it is important to note that although this is a comic way to gift in a cute manner, it is important that all the accounts mentioned here are attested with. As a friend, the researcher vows to ensure that the happiness will be maintained as Darlene Erika moves into a new chapter of her life. Although there will be challenges ahead could be bumpy, as they often are, do understand that there are people that will acknowledge your thoughts and validate it as much as Darlene does especially to her closest friends. It is also important that a new beginning, though daunting, will never be an end. As it had been mentioned countless times in this paper, it is understated but often noted of the good things that the subject has managed to accomplish and the souls that she managed to assist. Through the good and the bad, the subject never failed to be there for those that needed her utmost assistance. The new chapter brings with it new opportunities to show worth of the appreciation and the well wishes mentioned in this paper to which the researcher, and Darlene’s closest confidants are confident that she will conquer just like a Queen does on a chessboard on a path to victory.

Again, Happy 18th Birthday Darlene Erika H. Arada you always deserve the best and your friends will always be here as a support and a backbone in the challenges that lie in the immediate future. Your friends also hope for you to be happy as you have wished your friends to be and whose affection will always be here when you need it.

## Bibliography

Cherry, K. (2020, October 26). *What Is Happiness?* Retrieved from verywellmind: https://www.verywellmind.com/what-is-happiness-4869755#:~:text=Happiness%20is%20an%20emotional%20state,positive%20emotions%20and%20life%20satisfaction.

Department of Education. (2020). *Adoption of the BAsic Education Learning Continuity Plan for School Year 2020-2021 In Light of the COVID-19 Public Health Emergency.* Pasig City: Department of Education.

Fagley, N. S. (2018). Appreciation (Including Gratitude) and Affective Well-Being: Appreciation Predicts Positive and Negative Affect Above the Big Five Personality Factors and Demographics. *Sage*, 1-11.

H.M. Australian Government. (2020, September 28). *Stability and security*. Retrieved from Head to health: https://headtohealth.gov.au/covid-19-support/impacts-on-everyday-life/stability-and-security

Maili. (2019, August 5). *Do I Deserve To Be Happy? (Full Guide On Deserving Happiness)*. Retrieved from trackinghappiness: https://www.trackinghappiness.com/do-i-deserve-to-be-happy/