Frimpong Opoku Agyemang

Writing 3

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CAN WE DETERMINE OUR OWN ASSIGNMENT?

The topic of happiness was best defined by Henricks (2019) as “the quality of personal assessment in which we comprehend that our current conditions uphold the standards we have for our lives.”

Happiness can be agreed on to be an abstract feeling, but the steps in attaining happiness are not quite abstract. To “will” ourselves into happiness, is possible, and therefore can be done.

The question of whether happiness can be willed or not can be easily assumed as simply conjuring a positive mindset about life, and just automatically becoming happy just as Smith in *Why Happiness is Not A Choice* talked about, but that is not it. The view of being able to will one’s self into happiness is definitely not as flat. There are steps to be taken, and a positive change in mindset is definitely a start – after that, there are a few more.

To be able to carve a way into feeling happy, there are two phases. The first being the most important aspect – being comfortable and having access to basic needs such as: food, shelter and water. For without these, the body and mind will be in no shape for any positive cognitive assertion. And the first step can be easily reached with access to an amount of money, or any acceptable form of exchange other than money.

In the second phase, when comfort has been achieved, there are a few dimensions of the human life that exist and cater for the happiness of virtually all who exist. Some might need a few of these dimensions to be going well in order to consider themselves truly happy, others might need all of these dimensions, and others might just need one to be working well in order to be happy – it defers per person. But in the end, if these dimensions are considered by every individual, steps can be taken to achieve true happiness.

Flynn (2015) recognizes this, and therefore analyzes some dimensions of the human life that if fulfilled, would most likely equate to happiness. According to Flynn, if an individual was academically successful in a way that it counted to them, financially secure, had all the support they needed from family and friends, and had a great image in society, then chances of them not being happy are close to none.

Considering Flynn’s conclusion on his experiments, we realize two very important things that inform us that happiness can actually be willed.

The first important observation is that stability in most of the dimensions she mentioned can be reached, if some steps are taken.

And secondly, some of the dimensions she talked about are closely related.

To begin this journey of finding happiness, through self-awareness, one has to identify what really makes them happy.

As research has shown that happiness defers widely from person to person due to their orientation in *Do Orientations to Happiness Mediate the Association Between Personality Traits and Subjective Well-being.*  Knowing one’s self is key.

Using Flynn’s dimensions, an individual who is negatively affected by their poor academic achievements and enthused by the high achievement of others is very likely to be fulfilled and gratified if they achieved better academic results.

One who cares more for familial support and societal and social connections, can also be assured of happiness if only they take the steps to consistently put in the effort to converse, associate, and relate with the community.

For the others that are most concerned by what image they hold in people’s mind, there should be an effort to constantly rise to expectations whenever demanded.

Even if a person’s analysis of themselves does not put them in any of the dimensions, a relationship between the terms can be built between to attain happiness.

For instance, if an individual’s happiness depends on their parent’s appreciation. A way to attain the parent’s attention would be to analyze what is really expected of them by the parents. If it were A\* in a mathematics paper, then, aiming for in A\* in the next math test will be noted as the road to that person’s true happiness; not necessarily from the acquisition of an A\* in mathematics, but the appreciation of the parents for efforts in achieving that score in mathematics – which is happiness through relationship of the dimensions by Flynn.

In conclusion, I strongly side with Flynn in his analyzes and further state that, happiness can be willed. “Will” not being a simple mental adjustment, but as the first step to a series of calculated steps, after a thorough analyses of one’s self, on what really formulates their “happiness”.

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