In some countries, young people are not only richer but also safer and healthier than ever before. However, they are less happy. What do you think are the causes of this? What solutions can you suggest?

Currently, there has been a general concern over the public happiness regarding the fact that a huge number of young people in some countries are not happy, though they are rich and spending more healthy and safe life than ever before.

According to my point of view, one of the main reasons for unhappy life of youngsters is that they are not spiritually satisfied, as well as they are not enough mature to handle the difficulties of practical life. This discussion has the following two major aspects.

For the majority of young people, happiness seems a long-distance thing since hardly can they really liberate themselves from the growing social requirements and shrug off the anxiety in the fast-paced society. Especially in this highly commercialized world which has dramatically changed in terms of the intensity of competition, one must go through before achieving success. In most cases, these individuals are dreaming of wealth and fame, or even power, but what will also be inevitable is the tons of stress, uncertainty, insecurity and dissatisfaction.

Psychological factors such as maturity is another cause for concern, which may also be closely related to personal happiness. If a teenager or youngster is not enough mature then chances are high that he or she might be negative and complain about different things in his or her life. He or she can also fear to face the difficult situation of life and give up too early in these scenarios. In the worst case, it generally means a dissatisfaction, which leads him to an unhappy life.

Faced with the above challenges, it is clear that different places such as schools, offices and other social places provide great opportunities for the youngsters to improve their psychological health. As activities like quality development is booming in China, which enables them to feel relaxed, love and become positive. In addition, for the self-disciplined youngster, reading, social gathering and physical exercises can also help them to experience happiness and joy in life.

In conclusion, although the pursuit of happiness is not a simple matter for human beings and it is the fact that a large number of people are deprived of happiness and dissatisfaction by the progress of society, I still believe it can be solved by developing individual’s overall mentality and perception of happiness. In contemporary society, it is time to avail the opportunity to stay happy and keep others happy.