

Atanque, Juhn Emmanuel F.

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Reflection Paper

Aristotle believed that everything we do in our lives has an inevitable result or what he calls, the Ultimate End. A lot of these actions that has their own ends may be different from each other or is done for a different purpose or goal, there would still be a final end of all of these which is what Aristotle claims is what we are seeking. Aristotle describes the final or the Ultimate end as the good or the chief good. Also according to Aristotle, if there was an end for all the things a person does in his life, this will be the good achievable by action. This idea also came from Aristotle's initial belief that our daily activities possess the innate moral principle and can only be shown by carefully studying them. From this premise, Aristotle develops his study on the fundamental desire of the human.

For some happiness would simply mean satisfying a desire, but most of the time, it usually quenches a temporary thirst. People don't really give happiness much thought and it is not exactly something one should really give much attention most of the time but not thinking about it doesn't really mean that it won't hit you eventually. The thought of what really does make you happy will definitely come in to mind. Aristotle perceives happiness deeper than an average man does. For Aristotle, Happiness must be understood as an "activity of the soul", an exercise of reason, in "accordance with virtue" In fact, Aristotle had a different description of happiness. It did not involve a state of mind or a feeling of pleasure or satisfaction. What we call happiness has a Greek term called Eudaimonia which for Aristotle, is the highest human good. As stated earlier, the ultimate end of a person which is desirable for its own sake, is the Eudaimonia.

According to Aristotle, one of the key aspects that happiness must be able to fulfill is self-sufficiency. Being self-sufficient for Aristotle means that the happiness on its own makes life worthy of choice and lacking in nothing. It should not need anything other than itself and never for the sake of anything else.

A thing or an object, much like a man, has its ultimate goal or purpose. To reach the ultimate goal, it is broken down in four causes by Aristotle. The first one is the Material Cause, which is the material that a thing is made of. The second one is the Formal Cause, which is the form of the culmination of those materials take. The third is the Efficient Cause which is the triggering action or event that enables the thing. Then lastly, the Final Cause is achieved, which is the ultimate purpose for which the thing exists for.