Name

Institution

Course

Tutor

Date

Happy people live longer than unhappy people

From the self-reports, a Likert scale and closed-ended questions will be used to rate the happiness of the participants. The following questions can help in this case; to what extent do you feel gratitude about what you have achieved in life? (1 - Hardly, 2 - Somehow/to a smaller extent, 3 - Greatly). Do you feel optimistic about the future? (Yes, No). How often do you have/enjoy some form of humor in a day? (1 - Not at all, 2 - hardly, 3 - More often, 4 -frequently/all the time). For the first question, gratitude is a characteristic of happy people; therefore, those who are grateful to a greater extent are happier. A "yes" response to the second question also depicts a happy person. Happy people also have humor most of the time; therefore, a rating of "4" is expected from a happy person.

Some behaviors can be used to distinguish happy people from other people. These behaviors can be used to identify people who are happy. They include spending most of the time with friends. They value people around them and create a good proportion of their time to attend to them/be with them. They engage in more fun as opposed to the pursuit of material things. They also engage more in acts of kindness.

When people are happy, they are likely to express happiness on their faces. They have a different look in their eyes than they would if they felt otherwise. They usually smile more as well. Positivity is also closely related to a feeling of being uplifted. A physiological mechanism that indicates happiness is a high level of serotonin. Serotonin triggers/shows that a person is in a good mood.