

## Of Happiness

Dibakar Pal

M.Phil, Retired Executive Magistrate (Civil Servant) & PhD Student, Department of Business Management, University of Calcutta, India

**\*Corresponding author**

Dibakar Pal, M.Phil, Retired Executive Magistrate (Civil Servant) & PhD Student, Department of Business Management, University of Calcutta, India

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**Abstract**

Satisfaction offers happiness. If a satisfied person runs after more then he becomes unhappy. Similarly, if an unhappy person stops hankering he becomes happy again. The idea is very simple. But practically it is quite difficult to implement. The person experiences violent emotion. Thus unhappiness is a disease. And dissatisfaction is a dangerous disease. Only a man can make him happy. There is none who can rescue him from such man made problem i.e., self-created crisis.

**Keywords:** Happy, happiness, pleasure, satisfaction, fortunate, convenient, glad, please

**Introduction**

Creative writing is based more on manifestation rather than on expression. It does not inform, rather it reveals. So it bears no reference. The best creative writing is critical, and the best critical writing is creative. This article is an outcome of thinking about creative writing meant for a general readership. As such, I have adopted a free style methodology so that everyone can enjoy the pleasure of reading. As you might know, Francis Bacon (1561-1626), the immortal essayist, wrote many essays namely 'Of Love', 'Of Friendship', 'Of Ambition', 'Of Studies', and so on. The multiple-minded genius correctly pointed out that all the words of the dictionary can be used as themes for essays. But little has been done since his death to continue or finish his monumental task. Bacon's unique individual style of presentation ignited my imagination and encouraged me to write creative essays as a method of relieving a wide range of emotions through catharsis.

**Article**

Happy is feeling, showing, or causing pleasure or satisfaction. For example: Della came in looking happy and excited.

It means fortunate and convenient. For example: He had the happy knack of making people like him.

It is favored by luck or fortune e.g., a happy coincidence. It is notably fitting, effective, or well adapted. It implies felicitous e.g., a happy choice

It is enjoying or characterized by well-being and contentment e.g.,

is the happiest person I know; a happy childhood.

It is expressing, reflecting, or suggestive of happiness e.g., a happy ending

It is glad. It is pleased. For example: I'm happy to meet you.

It is having or marked by an atmosphere of good fellowship. It is friendly e.g., a happy office.

It is characterized by a dazed irresponsible state e.g., a punch-happy boxer.

It is impulsively or obsessively quick to use or do something e.g., trigger-happy

It is enthusiastic about something to the point of obsession. It is obsessed e.g., education-conscious and statistic-happy

Happy is used as a polite way to express your willingness to do something. For example: I'm driving that way and I'd be happy to drop you off at your home.

Happy is also used in greetings for special occasions, expressing good wishes. For example: Happy birthday! Happy New Year!

Enjoyment manifests happiness. Conversely, only a happy person can enjoy or join in an enjoyment. With tension or dissatisfaction a person cannot participate in any jovial event.

A lucky person is happy. An unlucky person is unhappy. It seems

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luck is a very crucial factor in human life. Someone believes in luck. Someone believes it not. The second school of thought contends that, "Man is the architect of his own fate". This doctrine renders a person active. It teaches to hate laziness. The first school of thought believes that man cannot control luck, rather luck controls man.

Suitable offers happiness. Suitable partner makes one happy. Suitable environment helps to flourish properly. Suitable culture paves the way to be enriched culturally. Suitable seat offers pleasure to a passenger. Suitable accommodation makes a tourist happy.

Both happiness and unhappiness are omnipresent. To someone to be happy is very easy. To someone to be happy is not easy at all. It is very difficult.

Happiness is not permanent. It is temporary likely to be permanent. Decision to make someone happy depends on the likeness of the happiness alone. In this regard someone may have choice but voice of happiness is final.

If happiness decides to make someone happy he will be happy. If happiness decides not then he will be happy not. A person may be happy in the morning. The same person may be unhappy in the evening of that very day. Thus mood and motif of happiness are gloriously so uncertain. In fact happiness is very restless like wind and tide.

If a person wants to make him happy, he can. If he wants not then none can make him happy. It is a matter of pure willingness. Thus happiness is private and is fully private in nature. Here public has no role to play or no scope for intervention.

The rich enjoys holding instinct. But happiness is not a commodity. It is an abstract matter. As such the rich cannot buy it. The paradox is that a poor person is happy but a rich is unhappy. It confirms that money cannot offer or guarantee happiness. Here lies the limitation of money.

The rich is envious of the true happiness of the proletariat. They cannot find out the chemistry of such happiness. In this regard they are quite undone. They experience sleepless nights. They cannot enjoy sound sleep. They are deprived from this natural blessing which the poor enjoys always. They are so cursed.

A poor is happy with little. He is mentally so rich and strong as well. A rich is unhappy even with much. A rich is mentally so poor and weak as well. Hope, desire, demand and hankering cause unhappiness. Aim, ambition and allurements make a person mad. Frustration offers it an extra dimension.

A person is happy now. In the very next moment he may be unhappy. For example: A lover is happy seeing his partner. He becomes unhappy, if he cannot see his partner very next moment. However,

conversion from happy to unhappy is easy than unhappy to happy. Contentment is the most precious factor of human life. This factor renders a person happy. This is the only factor for happiness. It is so cheap to a fortunate soul. It is so precious to an unfortunate soul that has already been hardened enough.

Envy and greed make a man unhappy. It is quite common to the common people. If someone be not influenced by such beckons he is uncommon or special someone. A fool cannot restrict itself from being envious. Greed renders it mad. It behaves madly. It reacts unnaturally and very sadly. Only a wise can conquer such allurements. Wisdom saves the learned from such evil thoughts thereby danger and ultimate destruction.

Happiness means stability. The mind of the happy man is stable. Unhappiness means instability. Unhappiness makes someone restless. Restless is a driving force. Either mind controls man or man controls mind or both control both simultaneously.

Mind is the sole controller of happiness. He who can control mind becomes happy. He who cannot becomes unhappy. Happiness depends on various controlling factors. It is very difficult to control those factors. It needs expertise. Only an expert can do it. It is an art. All are not artist. All cannot be artist. All are not destined to be artist. This answers why we see few happy persons around us.

A rich person may not be happy. In contrast a poor person may be happy.

Satisfaction offers happiness. If a satisfied person runs after more then he becomes unhappy. Similarly, if an unhappy person stops hankering he becomes happy again. The idea is very simple. But practically it is quite difficult to implement. The person experiences violent emotion. Thus unhappiness is a disease. And dissatisfaction is a dangerous disease. Only a man can make him happy. There is none who can rescue him from such man made problem i.e., self-created crisis.

There are two types of people. The first category is happy with little. He contends that it is his allotment destined by the Almighty. He has nothing to do. So he is contented what he has.

The second type is not happy what he has. He needs more and more. He achieves one target that provokes to hanker after another one. It is a series of endless episodes of an eternal drama.

For the fact is that only a blessed soul is happy. Very few fortunate persons get that divine blessings.

A selfish person is always busy for his own happiness only. He never cares for others. He never thinks for others. Self-interest is his top-most priority. It is his only single agenda. This attitude makes all foes instead of a single friend. As such he gets no help in need. For this problem he is singularly liable.

An evil person may be brilliant. He may also be dangerous as well. Then he is either dangerously brilliant or brilliantly dangerous or possesses both the traits simultaneously. Such a person may be

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genius. This genius person may be diverted. Then the person becomes diverted genius. Sometimes the diverted genius may be a misguided missile. They are all corrupted characters. Everybody avoids such degraded souls. These cursed victims are really unhappy. Thus they are deprived from the blessings of happiness.

A judicious person is happy. The learned knows how to be happy. He knows how to convert a crisis into an opportunity. A fool knows it not. To it happiness is a matter of far-off land. It is as if an untrodden hill to a globe trotter.

A customer chooses one thing from many options. He returns back home with happy mind. He again sees the thing and judges it. He then perceives that the things which he did not choose are far better than which he carried at home. He again goes to the shop and collects another one. He again discovers that the rest things of the shop are far better. He rebukes his own taste. It is an endless story of unhappiness man experiences from cradle to coffin as a daily drama.

A lover loves. He enjoys love at first sight. After few days he leaves the former one and loves a new comer. In this way he loves many lovers. Similar is the case of marriage. A man marries a woman. After few days he marries another women keeping first marriage secret and so on. Actually both the persons are unhappy. He who wants to please everybody can please nobody. He who wants to enjoy everybody can enjoy nobody. For, he is deserted by all of his fiancée for his polygamy.

If a car has no brake it faces accident. Similarly, if a man has no base and no brake i.e., no control upon his whims he can never be happy.

They say a man should fix his target and objective regarding selection of life partner within a time frame. Within that period he should choose the best one, from available options, as per his sweet will without being influenced by third party. He must be rigid in his decision. He must not change the previous partner if he is allured by another one later on. Then he will never be happy.

He who believes in single brand is happy. In contrast he who believes in multiple brands i.e., use and throw policy can never be happy. He is paid back by his own coin. He gets same reciprocation later on. As you sow so shall you reap is his destiny. Misfortune comes back as boomerang. When he reaches the autumn of life he realises that cheating never pays.

It is better to lose basing on self judgement rather than third party's choice. Self-judgement offers experience. It strengthens self confidence which is an asset. This is a precious tool of future that helps to win every sphere of life.

Instant profit or instant choice may not always be good. Here future consequences are not considered rather ignored.

They say a life partner should not be considered on the ground of mercy. The woman is rescued being emotionally driven. The woman may be happy, but the man may not be happy. Mercy is an outcome of emotion. Emotion vacillates. Emotion vanishes as well like dew drops which disappear with the rise of sun. Then the person considers the life partner as a living luggage. Actually, marriage is a long journey. Tolerance is its only fuel. Tolerance may not show mercy on mercy.

### Conclusion

There is happiness index. Happiness is qualitative judgement. It is a perception. So, quantitative measurement is a difficult task. In mathematics fuzzy logic is a novel concept. Fuzzy quantifies qualitative perception. Since happiness basically is qualitative in nature it cannot be unique. The reason is all men are not equal or identical in characteristic nature and behaviour. Identical issue cannot please or displease i.e., make everybody happy or unhappy equally. Here lies the uniqueness of happiness rather than unique happiness.

### References

No reference, since the present article is an outcome of Creative Nonfiction Writing.

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