



EXPLORING POSITIVE EMOTION THE HAPPINESS WHICH IS THE ULTIMATE POWER OF LIFE

Education

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ABSTRACT

Emotions are also an important topic in psychology and the researches have great deal towards understanding the purpose of emotions and also conscious about how they occur in human being. Emotions play an important role in our daily lives. Each and every day we spend tremendous amount of time in witnessing the emotions of others, what does it mean and also determining how to respond and deal with our complex emotional situations. While the basic emotion tend us to be universal, researches have found many differences in how people express different emotions in various cultures. Human life is a collection of random thoughts, choices, experiences, and their interpretations. A permanent state of vague happiness does not exist, since they are temporary. Humans strive for some kind of happiness that is not conducive. Some measures of temporary sense of perceived happiness is achieved not by pursuing it but by recognizing meaningful moments. Happiness is not a permanent state of being; but it is only temporary state of mind. The pursuit of happiness is that one can miss the meaningful moments in life which plays an important role in creating these moments. This paper mainly focuses on the positive emotion of human beings that is happiness which gives temporary changes in ones life which is considered to be the temporary .

KEYWORDS

Empowerment Education, Development

INTRODUCTION

Life without emotion is impossible to imagine. Emotion color life experiences and give those experiences meaning and flavor. Emotions play many important roles in peoples lives and have scientific inquiry in psychology for many centuries. Emotions are intrapersonal which refer to the role that emotions play within each of us individually. It is also considered as interpersonal which refers to the role of emotions between individual and group. Finally emotions are considered as socio-cultural which has an important impact in the maintenance of social order within a society. Emotions helps us to behave socially in critical situations. Emotions gives meaning to events. without emotions these are mere facts only.

IMPORTANCE OF POSITIVE EMOTION IN HUMAN RACE

The positive emotions can play an important role in how we think and behave. The emotions which we feel each day can compel us to take action and influence the decisions we make about our lives. They are composed of subjective components how we experience the emotion, a physiological component how our bodies react to the emotion, and an expressive component how we behave in response to the emotion. Our emotions are short lived. Emotions can motivate us to take action and do something positive to improve our chances. Emotions help us to survive, thrive and avoid danger. When we experience fear we are more likely to flee the threat, but at the same time when we feel love, we might seek out a mate and reproduce. Naturalist Charles Darwin believed that emotions are adaptations that allows both humans and animals to survive and reproduce. Emotions serve as an adaptive role in our lives by motivating us to act quickly and take concerned action. Emotions can help us make decisions in situations they are guided by logic and rationality. Researchers have also found that people with certain types of brain damages have affected their emotions in taking and making good decisions. Emotions allow us to understand others it also helps others to understand us in any applicable situations. It also enriches the being to interpret and react to the emotions of others. Emotions can be fleeting, persistent, powerful, complex and even life changing. The positive emotion give us the tool and resource to interact meaningfully in our social world.

NEURO-REGION OF EMOTION

Emotions are generated by synchronization of neural networks throughout the human brain, which involves visual and auditory areas in occipital and temporal regions. During the positive emotion the areas interact with the medial orbit frontal cortex and the nucleus accumbens has been shown to be active when feeling desire. In the same way negative emotions such as stress, fear and disgust on the other hand are generally associated with deeper and old brain structures such as the amygdale or the insula. Emotions describe

physiological states and are generated unconsciously. By contrast feelings are subjective experiences of emotion and are driven by conscious thoughts and reflections. This means that we have emotions without having feeling, however we have feelings without emotions.

HOW TO NOURISH POSITIVE EMOTION

Positive emotional habits flowing from these principles of good practice will guide the human being to meet the challenge with optimism and vigor and respond to other people with openness and joy. The principles are;

Prompt motivation:

Motivation always runs in hand with confidence which is the harvest of competence. Try to break down new challenges into manageable components. For example right from learning a bike riding to learning a foreign language, and also provide new chances to children to showcase the emergency condition.

Spark curiosity:

Curiosity thrives on ones opportunities to take chances on ideas and also to enjoy the tidiness of answers. Curiosity ends when our imagination, humor, and risk are suspected.

Nourish intellect, talent, and power:

Find what you need, budget time, money and psychological energies for the good stuff. And be intellectual in doing the works.

Encourage connections:

Connections can be counteracted by connecting experiences with words, words with pictures, pictures with songs and weave ideas and happenings to web of life.

Monitor growth:

Prepare a portfolio for each child and monitor their growth every week and monthly to get over the emotional changes.

Accept special considerations:

Try to know the strength and weakness, laughter for good soul of life, organizational help, and also opportunities for development.

HAPPINESS THE ULTIMATE POWER OF LIFE:

Happiness is a fuzzy concept which includes well-being, quality of life, flourishing, and contentment. In philosophy happiness may be defined as living a good life. Happiness is not pleasure, nor is it virtue. It is the exercise of virtue. Psychology describes happiness as an

emotional or mental state of well-being which can be defined by positive or pleasant emotion ranging from contentment to intense joy. Happiness is the perfection of human nature. since human is a rational animal, human happiness depends on the exercise of his reason. It mostly depends on acquiring a moral character where one displays the virtues of courage, generosity, justice, friendship, and citizenship in ones life. It requires intellectual contemplation, for the ultimate realization of our rational capacities. It is the ultimate end and purpose of human existence.

8. <https://en.wikipedia.org/wiki/Happiness>

PURSUIT OF HAPPINESS:

The pursuit of happiness is fruitless, as it is the pursuit after something that does not have a clear definitions that are any permanence. This is full of pretense and exaggerated self-importance and emotions, masked by some insightful ideas and efforts to change the world. The perceptual illusion and reality inevitably results in suffering as reality shatters the illusions. Human reality is filled with illusions and seemingly important pursuits of self-realization and exploration against the largely unknown able reality. For most of the waking hours the mind is preoccupied with thoughts and illusions about life based on hopes and desires. Throughout the life, high hopes and expectations dominate human aspirations. The concept of happiness is constantly present in terms of discrete moments. Real life consists of a myriad of these choices which are constantly fleeting into memory and is continuously analyzed. In general the concept happiness is rather vague as they include many different emotions and states of mind which is complex and changeable.

PHILOSOPHERS VIEW ON HAPPINESS:

Happiness is a fleeting state of mind, where the meaningful life is extended in time, since it relates to the past and the future. Socrates opines that happiness does not depend on external factors but how they are used and living a virtuous life is preferable because it leads to happy life. Aristotle Greek philosopher illustrates that happiness is not pleasure but it is about self-fulfillment and living in accordance with virtue, furthermore it is not temporary state but a goal of life. Epicurus distinguishes happiness as goal to achieve in life and also satisfying of life includes simple pleasures, tranquility, moderation and intellectual contemplation. Frank insists that satisfaction and fulfillment in life arises not from pursuit of happiness but as a result of pursuit of meaning in life. According to Kant one can articulate what happiness is as it is an experimental concept that can be influenced by a myriad of factors specific to each individual.

RELIGIONS THOUGHT ABOUT HAPPINESS:

There are many religions each religion has different views and concepts about happiness. In Hinduism Advaita Vedanta the ultimate goal of life is happiness in the sense of duality between atman and Brahman is transcended and one realizes oneself to be the self in all. Buddhism portrays that ultimate happiness is achieved only by overcoming craving in all forms. It also encourages the generation of loving kindness and compassion, the desire for the happiness and welfare of all beings. Confucianism states that the experience of intoxicating joy if one celebrates the practice of the great virtues especially through music. Judaism encourages when a person is happy they are much more capable of serving God and going about their activities than when they are depressed. Roman Catholicism is of the view that happiness involves good fortune or happenings.

CONCLUSION

A man who cannot command his temper should not think of being a man of business. We are responsible for the change of emotions which may be either positive or negative. Our life is not what most people think it to be, therefore your opinion about yourself depends on your frame of mind. Remember that there is no other individual like you and you are unique. At the same time remember that you have the potential to do everything that nobody has done or can do. If you try to discover your talents sincerely, it will lead you to acquire knowledge. Happiness is a positive emotion which helps you to enrich you as the world is not conducive to it. As life is a series of moments and memories which are perceived or interpreted as good.

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