

Cultural Construction and Ways of Experiencing Happiness.



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Quaid-i-Azam University Islamabad, in partial fulfillment of the
degree of Master of philosophy in Anthropology.

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Islamabad

2016

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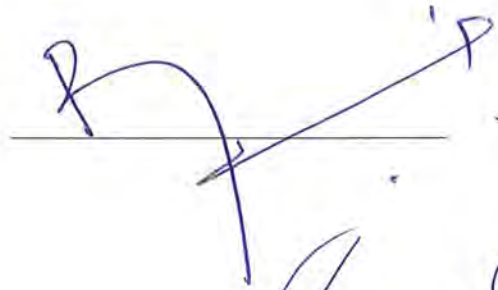
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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the Name of Allāh, the Most Gracious, the Most Merciful

Dedication

I want to dedicate my work to my family especially my mother, Brother and my husband,
for their support, endurance and patience

Acknowledgement

All praises goes to God Almighty who guides men to the right path and Muhammad (PBUH), the most compassionate and dignified.

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Abstract

The aim of the study was to find out possible meanings of happiness and the ways of interpretation on individual and collective levels. Factors like age, gender, education, casts, marital status, income residence and professions were asked in demographic section of socio-economic form (SES). A semi structured interview guide was developed having 18 loosely structured questions to keep the flow of interviews on right lines. There were 3 basic objective of the study; to understand how this phenomena is articulated, to explore the mechanism of sharing and to know how the concept of happiness is used in social welfare. Sample size was 30 and the data gathered was analyzed by thematic coding analysis.

Finding of the qualitative data was that happiness is a relative term and socially constructed term. Happiness can be in many forms but the real happiness according to respondents was the subjective well-being and inner satisfaction. There are many material and non material sources of happiness but helping others is the biggest source of happiness and the best way of sharing happiness. Happiness must be share for the social welfare in the society.



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1. Introduction

My topic of research is “Cultural construction and ways of experiencing happiness” which is focused on how people define happiness and how they experience it in a specific setting of an educational institution. Happiness is a relative term, which varies from person to person, and culture to culture and to get information about it, Qualitative methods were applied on my research. The locale of my research study was three Universities of Islamabad which were International Islamic University, Bahria University and Quaid-i-Azam University. The purpose of the study was to find out the socially constructed meanings of happiness and the possible ways through which the youth of these universities experience and interpret the process of happiness on individual and collective levels. One of the objectives was to also know the ways of sharing this happiness. Another purpose of this study was to find out the possible ways through which we can use this phenomenon of happiness for social welfare.

In Greek, Eudaemonia or eudemonia were the words used for happiness and welfare, and the more exact meanings are human flourishing. Etymologically it consists of two part in which eu (good) and daimon (Spirit), which means virtue or excellence and considered as the core element of ethics in ancient history (Robinson, 1989). As in historical studies, Aristotle in his first book mentioned that happiness is the major good and wrote more than 9 books in which he tried to explore about the phenomena of happiness and nature of happiness (Shin & Johnson, 1978). Greeks regarded happiness as a gift of gods while other thinks that it is the reward for their goodness in their life.

Social progress also depends on the level of satisfaction and happiness. A broad range of evidence showing the people who are emotionally happier, who have more satisfying lives, and who live in happier communities, are more likely both now and later to be healthy, productive, and socially connected. Many philosophers have discussed that the idea of happiness can be defined or studied simply in terms of "contentment" or "being satisfied (or pleased) with one's life." Others have made the more humble claim that being satisfied with one's life (Carson, 1981).

A lot of work being done by many researchers on health areas now-a-days, but understanding the link of happiness which is subjective well-being of people is being ignored. So the objective of this study is to get the understanding of the evaluation that people make of their lives, and may receive other designations, such as happiness, satisfaction, mood state or positive emotions and subjective evaluation of quality of life.

Beliefs, assumptions and expectations about world, socially construct the sense of the experiences of individuals. As culture influences personality and personality influences culture, in a reciprocal relationship, both levels of analysis are fundamental for understanding SWB within a socio-cultural perspective.

1.1 Statement of the problem

Happiness according to many people is the main objective of life (Ng, 1996). Statement of the problem normally asks the question, "what is...?" with the core purpose to describe a situation, state, or reality of a specific phenomenon. This problem is often associated with informative hidden or understudied questions.

The my research was based on the examination of the topic which was to know about the phenomenon of happiness, to know about what are the possible answers of the following questions like what is happiness, what are the possible meanings of happiness prevailing among youth? How they interpret the meanings? How an individual perceives the meanings of happiness and how a group or people collectively perceive its meanings? How happiness is related with sharing and how people share it with others? And to know how this phenomena of happiness used in the welfare of society?

1.2 Historical perspective

Historical perspective refers to understanding a subject in the light of earliest phases and successive evolution. This perspective differs from history because its object is to sharpen one's vision of the present not the past. Historical perspective increases research spheres by encouraging study of the relative permanence of phenomena, providing substitute explanations for the phenomena, and aiding problem formulation and research design (Lawrence, 1984).

We investigated social and authentic variety in ideas of bliss. In the first place, we broke down the meanings of joy in lexicons from 30 countries to comprehend social likenesses and contrasts in joy ideas. Second, we broke down the meaning of bliss in Webster's word references from 1850 to present day keeping in mind the end goal to comprehend authentic changes in American English. Third, we coded the State of the Union locations given by U.S. presidents from 1790 to 2010. At long last, we researched the presence of the expressions "upbeat country" versus "glad individual" in Google Ngram Viewer from 1800 to 2008. Crosswise over societies and time, satisfaction was most regularly characterized as good fortunes and positive outside conditions. In any case, in American

English, this definition was supplanted by definitions concentrated on good inside feeling states. Our discoveries highlight the estimation of a verifiable point of view in the investigation of mental ideas.

Like as our perspectives of action (Noguchi, Handley, & Albarracín, 2011), emotion (Pennebaker, 2011), cognition (Semin, 2000; Maass, Karasawa, Politi, & Suga, 2006) and culture (Kashima & Kashima, 1998) have been extended by point by point linguistic examinations, we trust that the linguistic comprehension of the term happiness is basic to progress mental hypothesis and the logical comprehension of prosperity and subjective well being. The second objective is to show the utility of a recorded viewpoint on mental science. Psychologists today are concerned solely with the most recent improvements and cutting edge research (Nisbett, 1990; Oishi, Kesebir, & Snyder, 2009). It is, nonetheless, vital to record the historical backdrop of our science and the part that history may play in forming our science keeping in mind the end goal to refrain to fail again and again. (Allport, 1954; Hilgard, 1987). In expansion to the epistemological point of interest, there are additionally favorable circumstances to exploring recorded changes in psychological wonders and ideas.

- **Ancient happiness**

The idea of satisfaction has been most widely broke down by rationalists and students of history. Most thinkers and history specialists concur that the idea of satisfaction in classical times based on good fortunes and fortune, while contemporary Americans view happiness as something over which they have control and something that they can effectively seek after (Kesebir & Diener, 2008; McMahon, 2006; Oishi, 2012). For

instance, Lu (2001) broke down the persuasive exemplary Liji, or the Classic of Rites, assembled some time somewhere around fifth and first century BC, also, watched that "fu" (福) was utilized to signify "blessed, fortunate, smooth and free of snags" (p.409). Likewise, student of history McMahon (2006) watched that the Greek expression eudaimonia (the term frequently interpreted as satisfaction in English; Thomson, 1953) was initially utilized by the artist Hesiod as a part of the Work and Days as takes after: "Cheerful and fortunate the man" (eudaimon te kai olbios).

McMahon 2008 concludes;

"eudaimonia thus contains within it a notion of fortune—for to have a good daimon on your side, a guiding spirit, is to be lucky—and a notion of divinity, for a daimon is an emissary of the gods who watches over each of us".

Since the related term eudaimon (the descriptive word of eudaimonia) is the mix of eu (great) and daimon (god, soul, evil spirit), McMahon closes "eudaimonia consequently contains inside it an idea of fortune—for to have a decent daimon on your side, a directing soul, is to be fortunate—and a idea of heavenliness, for a daimon is an emissary of the divine beings who watches over each of us" (pp. 3- 4). In this manner, in antiquated Greece joy was considered as something past human office, controlled basically by fortunes and the divine beings. McMahon (p. 19) goes ahead to proclaim: "happiness is the thing that happens to us, and over that we have no control".

It is intriguing to note that while artists and sad scholars acknowledged the fatalistic perspective of joy, Socrates considered happiness something at any rate halfway inside

one's control (McMahon, 2006). In *The Symposium*, Socrates contends that the instruction of yearning is a key to joy. That is, Socrates demanded that kids ought to figure out how to value the excellence of people and nature, with the goal that they can gain the gratefulness for learning and knowledge as grown-ups and approach joy appropriately. Moreover, in the *Republic*, Plato has Socrates express the taking after: "While [children are] youthful, they ought to be instructed and ought to study rationality in a way which suits their age... When their physical quality begins to wind down and they are excessively old to have open impact in the group or to serve in the volunteer army, they ought to be permitted to meander free and touch voluntarily, and to focus on theory, with everything else being accidental. This is the right program for individuals who are going to carry on with a glad life" (Waterfield, 1993) The Socratic perspective of satisfaction can likewise be found in Aristotle's *Nichomachean Ethics* (Thomson, 1953), in that Aristotle underscores the refinement amongst happiness and diversion, furthermore, contends that satisfaction comprises in a pensive (philosophical) life. While Aristotle shares the Socratic perspective of happiness, which is more agentic than other Greek artists and savants considered around then, take note of that Aristotle rushes to bring up the significance of outer variables, for example, great companions, wellbeing, and assets. Without a doubt, the conspicuous good logician Martha Nussbaum (1986/2001) keeps up that Aristotle was extremely mindful of the reality that ethicalness and consideration alone don't promise a eudaimonic life.

In *Nichomachean Ethics* Aristotle expressed, "By the by, it is apparent that eudaimonia remains needing great things from outside, as we have said; for it is incomprehensible or hard to do fine things without assets" (Nussbaum, 1986/2001) Aristotle examined the tale

of Priam who, for his whole life was temperate, yet lost his status, assets, family, and companions because of war. Concurring to Plato, Priam drove an eudaimonic life, however as indicated by Aristotle he didn't, because of his absence of luckiness. Immanuel Kant (who took the Platonic perspective of eudaimonia) made it clear that ethical logic should concentrate on components that can be controlled. Nussbaum (1986/2001) contends that the prevailing view today of eudaimonia as controllable stems from Kant and his compelling supporters.

More vitally, Nussbaum stresses that Aristotle utilized the Greek expression *makariotés* (fortune, favoring) reciprocally with eudaimonia, which demonstrates that living great to Aristotle moreover implied being honored. Therefore, the first significance of satisfaction and a decent life is being blessed, fortunate, and favored, which were exceedingly dependent upon outer conditions. This delicate, outer perspective of satisfaction was overwhelming for quite a long time.

- **Current Literature**

Happiness has been a point of enthusiasm for a long time, beginning with Ancient Greek logic, post-Enlightenment Western-European good theory (particularly Utilitarianism) to flow personal satisfaction and prosperity research in social, political and financial sciences. These days, happiness as an idea is by all accounts promptly grasped by the greater part of individuals and seems, by all accounts, to be more esteemed than the quest for cash, moral goodness or going to paradise. As anyone might expect, amid the previous thirty years and particularly since the formation of positive psychological science, psychological science too has turned its consideration towards the investigation

of well-being and happiness. There are a few reasons why the field of prosperity is thriving right now:

- As a matter of first importance, Western nations have accomplished an adequate level of fortune, with the goal that survival is no more a focal variable in individuals' lives.
- Personal satisfaction is turning out to be more critical than matters of financial flourishing.
- Individual satisfaction is turning out to be increasingly essential due to developing patterns towards independence.
- At long last, various legitimate and dependable measures have been created, which have permitted the investigation of prosperity to build up itself as a genuine and supposed order.

The sound judgment answer to this inquiry is that happiness is great since it feels great. Nonetheless, investigative evidences exhibits that there are different advantages as well: positive effect and prosperity lead to friendliness, better wellbeing, achievement, self-control and helping conduct. Curiously, happiness upgrades inventiveness and different considering. It creates the impression that happiness, comparably to positive effect, fortifies participating with new thoughts.

There is a major verbal confrontation in brain science about whether satisfaction can and ought to be measured equitably or subjectively. Some argue that it can't in any way, shape or form be measured analytically in light of the fact that none of the conspicuous practices can be connected to happiness in a solid way. Indeed, even a



cordial and well disposed appearance, which is so as often as possible saw among upbeat individuals, can be put on as a cover by the individuals who are troubled. Others, be that as it may, including Nobel Prize winner Daniel Kahneman, put stock in the target evaluation of satisfaction, which could be accumulated from found the middle value of our different appraisals of individuals' inclinations over a timeframe. Along these lines, a satisfaction evaluation would not be attached to memory and review accounts. All things considered, the subjective worldview seems to be successful right now, and this is the thing that I'll be concentrating on here.

Happiness was linked to a range of factors, for instance, grades achieved, friendships developed, school facilities, opportunities to participate in extra-curricular activities, and lecture quality. The findings reveal that the most important influences on the levels of satisfaction of students are school work, time management and relationships formed in university (Chan, Miller, & Tcha, 2005). The most utilized sort of introduction towards happiness is enjoyment (pleasure), pursued by significance and engagement at last. It has likewise been found that pleasure is the introduction most nearly related to happiness while engagement is by all accounts more identified with life fulfillment. These discoveries plan to the qualification between the ideas of happiness and life fulfillment and lead the consideration regarding the activities which can enhance the levels of happiness (San Martín, Perles, & Canto, 2010).

The exceptionally upbeat individuals had a rich and satisfying social life. They invested the minimum energy alone, had great associations with companions and had a present sentimental accomplice. They didn't have less negative and more positive

occasions, nor contrasted on the measure of rest, TV watching, exercise, smoking, drinking, and so forth.

Marriage more often than not prompts a quick increment in SWB, which, sadly, descends before long. Be that as it may, it doesn't come back to the beginning stage, however stays at a larger amount than some time recently. So marriage changes the set purpose of SWB, despite the fact that this change is not huge. Be that as it may, if your relationship is on the stones, you are liable to be less upbeat than individuals who are unmarried or separated (Hefferon & Boniwell, 2011).

Ruling measures of mental prosperity have minimal hypothetical establishing, notwithstanding a broad writing on the shapes of positive working. Parts of prosperity (i.e., self-acknowledgment, constructive relations with others, self-rule, natural authority, reason in life, and self-improvement) were operationalized. Three hundred and twenty-one men and ladies, isolated among youthful, moderately aged, and more seasoned grown-ups, evaluated themselves on these measures alongside six instruments conspicuous in prior studies (i.e., influence parity, life fulfillment, self-regard, spirit, locus of control, misery). Results uncovered that constructive relations with others, self-governance, reason in life, and self-improvement were not firmly attached to earlier appraisal records, subsequently supporting the case that key parts of positive working have not been spoken to in the experimental enclosure. Moreover, age profiles uncovered a more separated example of well-being than is obvious in earlier research (Ryff, 1989).

Satisfaction exploration depends on the possibility that it is productive to examine experimental measures of individual welfare. The most widely recognized is the

response to a basic well-being question, for example, "Are you Happy?" Hundreds of a huge number of people have been posed this question, in numerous nations and over numerous years. Analysts have started to utilize this information to handle an assortment of critical inquiries in financial matters. Some require solid suspicions concerning interpersonal correlations of its use; however others make just mellow suppositions in such manner. They run from microeconomic inquiries, for example, the way wage and utility are associated, to macroeconomic inquiries, for example, the tradeoff amongst expansion and unemployment, incorporating substantial regions in political economy. Open approach is another zone where progress utilizing happiness information is occurring. Given the focal part of utility ideas in monetary hypothesis, we contend that the utilization of satisfaction information in observational exploration ought to be given genuine thought (Di Tella & MacCulloch, 2006).

Study proof from 48 nations incorporated into the World Values Survey recommends that a mix of social, monetary and hereditary components has made a few social orders more tolerant of untouchables and more inclined to acknowledge gender equality than others. These moderately tolerant social orders likewise have a tendency to be more content, somewhat on the grounds that resistance makes a less upsetting social environment. Despite the fact that financial advancement tends to make all social orders more tolerant and open to gender equality and even fairly more satisfied, these discoveries recommend that cross-national contrasts in how rapidly these progressions are acknowledged, may reflect hereditarily connected social contrasts (Inglehart, Borinskaya, Cotter, Harro, Inglehart, Ponarin, & Welzel, 2014).

Affect Intensity (AI) may accommodate 2 apparently surprising discoveries: Women report more negative effect than men however come close to equal satisfaction as men. AI depicts individuals' fluctuating reaction power to indistinguishable and passionate boosts. A school test of 66 ladies and 34 men was evaluated on both positive and negative influence utilizing 4 estimation techniques: self-report, peer report, day by day report, and memory execution. A central part investigation uncovered an influence parity segment and an AI segment. Multi-measure influence parity and AI scores were made, and t tests were figured that indicated ladies to be as glad as and more exceptional than men. Gender represented less than 1% of the difference in happiness yet more than 13% in AI. In this manner, depression discoveries of more negative effect in ladies don't conflict with prosperity discoveries of equivalent happiness crosswise over gender. In general, females' more extraordinary positive feelings adjust their higher negative effect (Fujita, Diener, & Sandvik, 1991).

1.3 Significance of the study

This study will give a new dimension related to youth at universities to the existing literature. As when I started thinking on this topic I found this very and simple but when I actually started working on this I realized that this topic is not that simple as I was thinking. It was an everyday concept but when started working on it in a scientific way, it was difficult to disseminate the simple things. This study due to its uniqueness and newness in the field of Anthropology will help the students/youth and the institutions to improve the ways of life to make it better so that the youth will excel in a better and a healthier way. Gender perspective of my study to know about the gender difference

regarding happiness was very interesting due to which I found this topic very significant. As there is a lot of work done out there in the world on subjective well-being and happiness, but all the studies conducted used survey methods and surveys do not give the flexibility to the respondents to express their meanings and senses in their own words. The process of finding out the possible ways of sharing happiness for social welfare was also of the great significant in this study. It will help to know a lot about the phenomena of happiness which will not only be an addition to the knowledge but results to improve emotional and social life and will help to make a number of people more productive, healthy and socially connected. So I want to study this phenomenon in the cultural context on the basis of cultural relativism and want to know about happiness as how the respondents construct the meanings.

1.4 Hypotheses

Hypothesis is a statement having an assumption or proposed explanation made on the basis of limited verification as a starting point for further study. This research study contains two hypothetical statements given below:

1. There is a significant relationship between happiness and subjective well-being/self esteem.
2. Social Institutions are a source of providing cultural space for happiness.

1.5 Objectives of the study

Research objectives mean the aims or goal of the study which we want to get from the research. Research objectives help the researcher to prove the hypothesis in the light of

some basic focusing point in a systematic order. There were four main objectives of this research study.

- To find out possible meanings of happiness and the ways of interpretation at individual and collective levels.
- To understand how this phenomena of happiness is articulated
- To explore the mechanism of sharing happiness
- To know the usage of the concept of happiness is used in social welfare

1.6 Research questions

Research questions help to conduct the study on the track lines which leads the discussion to find out the required information focusing the objectives of the study. Research question aides and focuses your research study. It ought to be clear and centered, and in addition to integrate various sources to exhibit your unique argument.

- 1- How you interpret happiness on individual level?
- 2- What causes change in happiness?
- 3- How definition of happiness changes among groups or on collective level in different situations?
- 4- What are the formal and informal ways of sharing happiness? What is the mechanism of sharing happiness?
- 5- How this phenomenon is articulated/demonstrated (represented)?
- 6- Ho we can use this phenomenon of happiness in social welfare?

2. Conceptual and Theoretical Framework

According to psychologists, happiness is a mental state. Happiness is only possible when the spirit is rich and the mind is peaceful and stable. Happiness can be explain in four traits: (1) “free of physical sufferings, illnesses or disabilities; (2) being socially acceptable, getting along well with other people, being respected and cared for, not being isolated; (3) free of worries and hardships, being able to live a carefree and joyful life; and (4) possessing a healthy, normal mind, being accepted by the society” (Lu & Gilmour 20014). But according to anthropologists, Happiness is a socially constructed phenomenon. Happiness is totally great and one of the most significant states of being a person or living thing could ever practice. Happiness is doing and being who you are and who you want to be without the restrictions of society (Lu & Gilmour 2004).

Human capabilities vary in their psychobiologic origins and in the practical conditions needed to improve and maintain them. Human development, therefore, encompasses many types and patterns of changes. Multiplicity in social practices produces considerable individual differences in the abilities that are developed and those that remain underdeveloped (a social cognitive theory 2011).

There are two domains in which we can seek happiness; one is private/persona; and the other is public. For example positive relations with other people arc certainly a great source of happiness in both private and public life. In private life there are a lot of things which are linked with happiness like: what are we trying to accomplish in our life? for whom? Why? making a home, love of place and nature, parenting, development of

personal and interpersonal capacities, development of character, spirit, intellect, personality and education etc.

Happiness and education are interlinked (Noddling, 2003). Happiness contributes to education and education contributes to personal and collective happiness. Children and adults too, learn better when happy and students who are generally happy with their studies are better able to bring meaning to difficult periods and get through them easily.

Oxford University administered an Oxford Happiness Questionnaire (OHQ) having 20 items. Which was based on self-esteem, sense of purpose, social interest and kindness, sense of humor, and aesthetic appreciation (Argyle, et al. 1989). And this questionnaire was used to measure the Subjective Well-being of people. When millennium development goals (MGDs) were formulated, happiness economics were hardly existed. A world happiness report summarizes the evidences that how the number of articles increased in past decade which are working on subjective well-being, happiness and life satisfaction. Social progress also depends on level of satisfaction and happiness. A broad range of evidence showing the people who are emotionally happier, who have more satisfying lives, and who live in happier communities, are more likely both now and later to be healthy, productive, and socially connected. These benefits in turn flow more broadly to their families, workplaces, and communities, to the advantage of all.

Most of the authors in happiness studies admit a certain relationship between culture and happiness; they are certainly not univocal in their perceptive about the nature and the extent of that connection. While there are two extreme positions on the correlation between culture and happiness:

“one that sees happiness and well-being as universal—independent from culture—and the other that sees happiness as entirely culturally specific” (Zevnik 2014b).

Most of the researchers decide to choose the middle path, maintaining that some components of well-being are universal and the others, culturally particular (Zevnik, 2014a; Zevnik, 2014b) “*Culture in the broadest sense as ‘a particular way of life’*” (Zevnik, 2014a) but it’s not the only factor which we consider while understanding subjective well-being and happiness but rather as the prime reason:

“Culture can be a major force constructing the conception of happiness and consequently shaping its subjective experiences. “Well-being”—that constitutes any experience of happiness is not general, universal or a historical phenomena and experiences, but rather historically and culturally specific social constructions that are established through ‘cultural practices and meanings’” (Kitayama & Markus 2000).

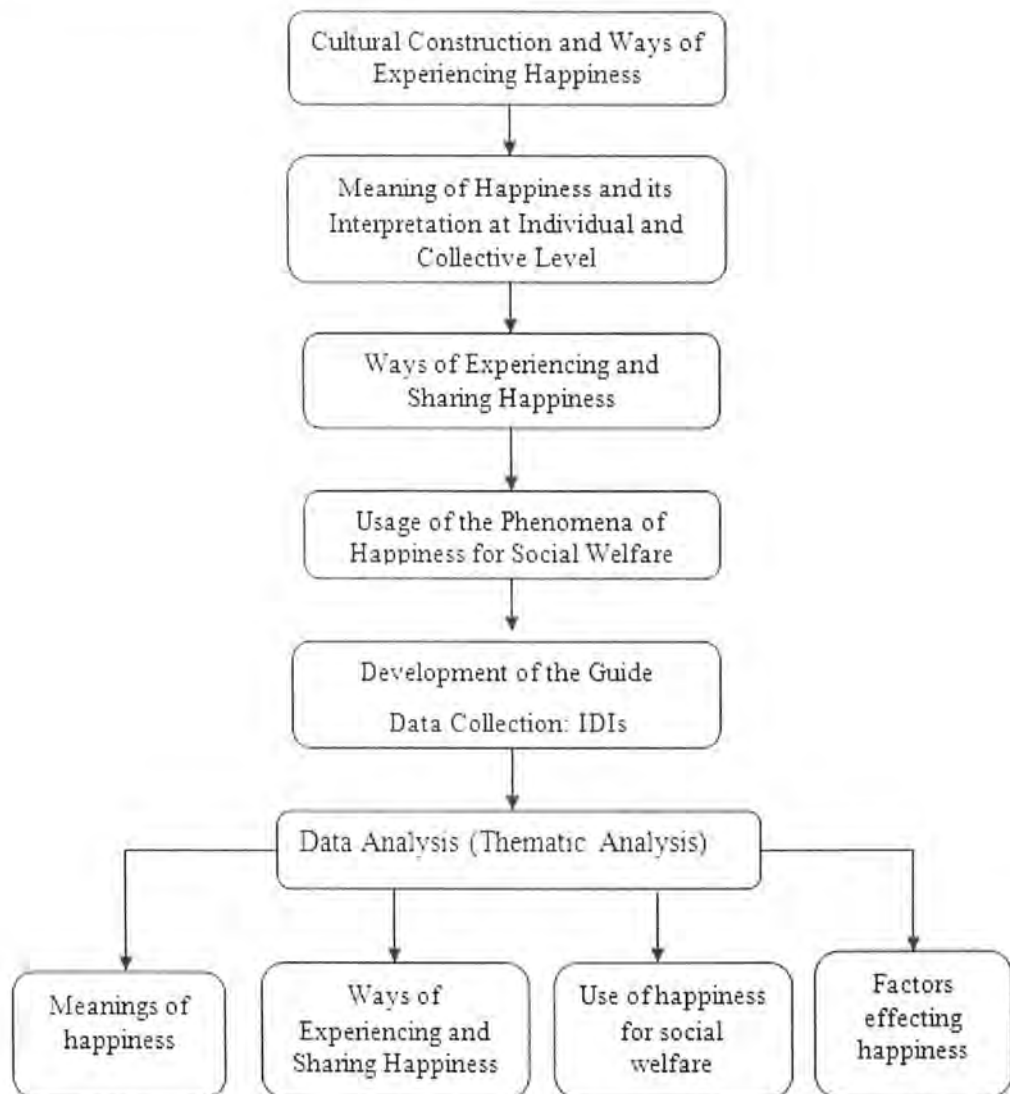
Steadily, culture has become a significant factor to be considered in order to make clear and determine the differences in levels of happiness between nations and cultures. However, amongst happiness researchers and theoreticians, there are still prominent differences in understanding the bond between culture and happiness (Haller & Hadler 2006). The “self” is the link between subjective well-being and culture. Culture provides the form and shape to the self, which enables him to feel and think differently at individual levels (Diener & Suh, 2000). In some American cultures, Self esteem (liking oneself) is a panacea (remedy for all difficulties and diseases) which in results that the person with higher self esteem is able to find more meanings in life and less affected by the negative moods (Greenberg, 1992).

In what sense people are happy? What is happiness for them? How they interpret happiness? Is this a cultural phenomenon? Is this the cultural phenomenon of happiness is individual or it's a collective thing? Is happiness episodic or can a whole life is described as happy? Is pleasure the main feature of happiness? Can only good people be really happy? And what is meant by good people? Is there such a thing like a happy personality? Is happiness is the absence of pain and sufferings? Do we know what makes us happy? Are there things which should make us happy? How much satisfied are you with your life? Understanding the possibilities and reflecting on them should in itself a major contribution in finding happiness. After 40 years of social scientist's study, they explained that happiness is the product of three major components: genes, events and values.

Grounded theory

Grounded theory refers to an arrangement of precise inductive strategies for directing subjective examination pointed toward hypothesis improvement. The term grounded theory signifies double referents: (i) a technique comprising of adaptable methodological systems and (ii) the results of this kind of request.

Research Framework



This flow chart shows the research process of my study and the systematic process of inducing result using grounded theory. Progressively, analysts utilize the term to mean the strategies for request for gathering and, specifically, examining information. The methodological procedures of grounded hypothesis are planned to build center level speculations straightforwardly from information investigation. The inductive hypothetical

push of these techniques is vital to their rationale. The subsequent investigations manufacture their energy on solid exact establishments. These investigations give engaged, dynamic, applied hypotheses that clarify the contemplated observational phenomenon (Charmaz, 2011).

3. Methodology

Research methodology refers to the underlying principle of the inquiry, for some the reality does not stand out there objectivity rather it is constructed differently by each person(constructivists), and there are those who believe in that principle that there is some sort of external which has approximation to the truth(positivists)(Bernard, 2011).

Figure 1 : Qualitative Research Process



The current research would be qualitative, collecting data through various anthropological research tools and techniques. While comparing with quantitative research, one of the strengths of qualitative research method is that it is exploratory and flexible.

Anthropology is mainly based on qualitative methods and they have become important tools in order to collect a qualitative and in depth data. Anthropologists believed that the

qualitative methods being dominantly followed in an anthropological research provide valuable insights in to the local perspective of study population. One of the major contributions of qualitative research is that it provides culturally specific and contextually rich data. One of the strength of qualitative research is its ability to provide a detailed and textual discussions of how people experience a given research issue. It follows an interpretive and humanistic approach and it provides information about the human side of an issue. Secondly, qualitative research can help us interpret and better understand the complex reality of a given situation. (Mack, 2005)

3.1 Research settings

Following sub headings defines the research settings in detail about each step followed in research.

3.1.1 Locale

I wanted to know the perspective of youth about happiness and for this; educational institutions were the best source through which I can collect my data easily. So I decided to collect my research data from 3 different universities of Rawalpindi Islamabad which were:

1. International Islamic University
2. Bahria University
3. Quaid-I-Azam University

The reasons of selecting these institutions were the different dynamics, like class, gender, status etc which give us a clearer picture of the phenomena according to different perspectives. Fatima Jinnah University was initially selected instead of International

Islamic University Islamabad but when I reached there, I had to wait there for 2 hours for entering in the institute and after 2 hours the gate keeper said that you have to submit your all details with a copy of your documents, your permission letter from your own institute and copy of the guides comprises of question which you will ask from students and then we will let you know about the time and date on which you will come for data collection, because the students were not available due to their examinations. They said that the institute will call you after vacations when students will come back to university again for classes. This whole process was time taking and may took a couple of months and I have to complete my data collection and research writing in one year so I discussed it with my Supervisor and we decided to replace Fatima Jinnah University with International Islamic University Islamabad. In which we included the female section of International Islamic University only so that we can have a gender perspective.

The meanings of happiness among females in this institute were different as compared to the students of Quaid-i-Azam University because Quaid-i-Azam University is a co-education institute. Bahria University represented a different chunk of students from a different social class and status. So the level of happiness and ways of experiencing happiness were different in accordance to these traits. Selecting more than one institute helped in getting more rich data and presentation of different people having different life styles, having different perceptions and experiences related to happiness. Data tells us that how people of these three institute experience happiness in different ways and how these three places are playing a role as places of happiness. Some information about these institutions is given below:

I. International Islamic University

International Islamic University in Islamabad is a center of Islam, theology and the Islamic sciences. University was founded in 1980 and started at Faisal Mosque Islamabad, as its first campus but later on shifted to H-10 Sector in Islamabad. The construction of new campus at H-10 sector was completed 1st phase of construction in 2013.

Figure 2: Map of International Islamic University Islamabad



II. Bahria University

Bahria University was established in 2000 by Pakistan Navy and its status was granted as civilian. This university offers degree programmes in areas like Electronics & Telecommunication, Electrical, Computer Sciences, Software Engineering, Business Management, Earth & Environmental Sciences, Medical and Health Sciences,

Professional Psychology, Social Sciences and Law. The head quarter of Bahria University is located in Islamabad sector E8.

Figure 3: Map of Bahria University



III. Quaid-i-Azam University

Quaid-i-Azam University is located in Melpoor city Islamabad. Quaid-i-Azam University stood in top 10 universities in 2016 in Pakistan by Higher education commission. University consists of four faculties and nine affiliated research institutes, consistently ranked as the top university in Pakistan. The university is internationally known for its research, technological advancement, and intellectual communication with various international institutes, including the United Nations, University of Tokyo and the ICTP.

Figure 4: Map of Quaid-i-Azam University



3.1.2 Participant observation

Participant observation was a major part of the study. Being a student of Quaid-i-Azam University, I came up with this idea through this observation as there were many events in which students participate willingly and experience happiness. One of the examples is “*Attan*” (cultural dance of tribal Pathans) was an activity in which the students of all other areas participate with them and everybody enjoys a lot, even the girls also enjoy watching that traditional dance. Similarly I have done my Masters degree from International Islamic university and I had that experience which helped me to differentiate the experiences of both the places. Bahira University was a difficult part for participant observation but I managed to go there before conducting interviews as well for better understanding about the students and also observed during my data collection phase. Students of all the universities were very excited after knowing about the topic due to its uniqueness as they said they never think about this phenomena of happiness before. Respondents were not reluctant and were very open in their discussion during the

interviews. This was the most important part of my study which helped me to select these three areas for my study.

3.2 Sample selection

Convenient sampling was used to collect data from the respondents. Convenient sampling technique is a non probability sampling technique which involves the selection of respondents on the basis convenience rather than selecting purposively. (Suen, L. J. W., Huang, H. M., & Lee, H. H. 2014) In convenient sampling, respondents are easily accessible and more like to be included by the researcher.

3.2.1 Sample Size

Sampling is a significant research technique to select a definite number of respondents from a large universe. It is a process to derive unit of analysis. The selected sample is closely studied and could be generalized on the whole universe from where the sample was selected. 30 in-depth interviews (IDI's) were conducted, in which the respondents were the students of 3 different universities, 10 IDI's from each university, having different dynamics and different representation of social class and gender as mentioned above in detail.

3.2.2 Socio-Economic Forms

Socio-economic forms were filled before conducting the interviews which includes university name, respondent's name, age, gender, cast, social status, education, marital status, residence and monthly expenses including scholarships/personal earnings etc. The purpose of finding information around these points was that it will help to link the effect



of these factors with the construction of meaning of happiness and ways of experiencing it.

3.3 Methods of data acquisition

The qualitative data was gathered through primary and secondary methods. 30 was the number of individual interviews of students which was the primary data. Convenient sampling was used for data collection process. I approached the respondents in all university included in my study on the basis of my convenience and their availability. Secondary data was collected through books available in library of Quaid-i-Azam University and through research articles online and with the help of PASTIC institute in collecting relevant research papers. Participant observation was a major source of knowledge addition in the data.

While conducting the IDIs, I recorded the interviews in an audio recording. After the interview I transferred the recordings of the interview and transcribed it word to word having all the verbatim of the interview through listening to these recordings. This transcription took 3-4 hours per interview to write it down in a document word to word. After the 1st step of transcribing the interview, the next step was to extract major themes from the data. So I go through the interviews one by one and marked every important theme and its sub-themes which were going to add up along this process for any new information in upcoming interviews. After extracting themes, the 3rd step was that I started the write up of the data according to these themes and sub-themes. This was an extensive and time taking process but it helped me a lot in arranging data accordingly. So I started writing this data in chapter 4 under themes in a form of matrix. The next chapter

followed the discussion of this data and included the quotations which were the verbatim from the data.

3.3.1 Bibliography and referencing style

I added all the citations of the scholarly articles and books published from Google scholar. All the relevant references of articles and books are import in the bibliography and arranged in alphabetic order and in APA 6 style.

3.3.2 Tools

Semi structure interview guides was used for interviewing the respondents along with the socio-economic survey form (SES). The length (time) of the individual interviews was between 20-30 minutes and stopped collecting data because there was a saturation of data. According to Margret Mead saturation is a point of monotony when the research heard it all and bored with the repeated responses. (Morse, 1995)

To select the interview participants, purposive sampling was used in which the researcher identifies a certain category of participants which he believes would best assist in the investigation based on their expertise or being informed on the topic at hand so as to have an appropriate representation of the population. (Adler & Clark, 2007)

3.3.3 Ethical consideration

Keeping ethical considerations in view, an informed consent was developed. Informed consent contains details about topic, details of the interviewer and the purpose of the study. Respondents were asked for the approval of recording the interview and taking notes in the consent form. They were also explained about the topic if there were any query. Anonymity of the respondents was assured.

3.3.4 Rapport establishment

Rapport establishment is very important in qualitative research for getting more detailed and true information but this was not an issue for me because all the respondents were students, educated and they understand the purpose of research so they were comfortable during the interview as I started with my complete introduction and through explaining the purpose of study. But it was not that simple in Bahria University because I visited for the very first time. A friend Haq Nawaz (from face book) accompanies us through the process of entering in the university and approaching the students, which helped me a lot in rapport establishment.

3.3.5 Interview guide

Interview guide is an important tool for data collection in a qualitative study. But one cannot fully rely on strictly structured interview guide because in qualitative interviews you follow the flow of the discussion and track your interview towards your objectives or research questions keeping in mind. The objective of using this kind of interview guides is to get maximum and detailed information about your research topic. So I developed a semi-structured culturally sensitive interview guide for my data collection based on 17 questions according to my research questions and objectives of the study.

3.3.6 Probing

For getting appropriate in-depth information about the research topic, the researcher must know the skill of probing. Probing helps the researcher to maintain the focus of discussion around the topic and helps to keep it on track. Probing is the key to engage the respondent effectively and to get the right information without injecting personal view or biasness.

3.3.7 Thematic Analysis

The information gathered from each question's response was then analyzed to draw themes or patterns from similar responses in a form of a matrix. Each response contains frequency at the end of the statement in the matrix. Themes contain some sub themes regarding nature of responses in the data.

3.4 Methods of data analysis

The research conducted was an exploratory in nature. Exploratory research means that the researcher has very limited knowledge in hand and gathers firsthand information about the topic. (Jaeger & Halliday, 1998). Research study followed the Grounded Theory Approach. Grounded theory is about collecting firsthand data instead of forming a theory and themes are generated from the data to extract a theory. (Urquhart, 2012)

3.4.1 Data analysis

Results were analyzed through thematic analysis by using Social Cognitive theory, which tells us that how people acquire and maintain certain behavioral patterns.

4. A reflection on demographics for the phenomena of happiness

This chapter is divided in to two parts according to analysis and discussion of the data. The first part presents frequency distribution and percentages of various answers obtain through SES during data collection. The second part contains the responses of respondents regarding phenomena of happiness in a matrix. Matrix contains all the data collected from respondents in a form of themes, generated from the collected data accordingly.

Table 1: *Distribution of respondents according to their Gender*

Gender	(n)	(%)
Male	11	37%
Female	19	63%
	30	100%

(Source: Field data)

The purpose of finding the gender of respondents was to make sure about the representation of both genders in the data regarding the topic. Gender is very important in constructing the meanings and interpretation of happiness. This table explains distribution of respondents according to their gender. 11 respondents were the male members out of 30 respondents which were 37% of the total. Rest of 19 (63%) respondents was females which participated in the research

Table 2: Distribution of respondents according to their age

Age range	(n)
20-25	18
25-30	12

(Source: Field data)

Like gender, age also matters in defining one's ideas, exposure and experience regarding the phenomena of happiness. The meanings and perceptions of people about constructing and experiencing happiness sometimes changes over time and according to situations. Diversity in the age range gives us a view of a difference in opinions and perspectives. Table 2 shows the distribution of respondents according to their age range. 18 respondents out of 30 lies between the age range of 20-25 years and 12 between the age range of 25-30 years. There were no outliers according to the age range provided above in the table when even observed collectively in all three universities.

Cultural diversity is also an important factor in any research phenomena, as well as in my research. Diversity of the casts represents different cultural norms and values which can affect happiness and how it defines happiness in a specific way.

Table 3: Casts of respondents

Cast		
<i>Mughal (3)</i>	<i>Kakkar</i>	<i>Chaudhry</i>
<i>Zondrey</i>	<i>Khattak</i>	<i>Gakhar</i>
<i>Rajpoot (3)</i>	<i>Araien</i>	<i>Qureshi</i>
<i>Chohan</i>	<i>Tanoli</i>	<i>Syed</i>
<i>Bajwa</i>	<i>Baloch/khushk</i>	
<i>Abbassi</i>	<i>Malik (7)</i>	

(Source: Field data)

Purpose of asking about the casts of the respondents was exactly as mention above for the age and gender questions. People of different casts lives and construct the meanings of their lives differently. Casts also gives us a view about any phenomena according to the hierarchy of casts in a given societal structure in which they are living. Above table explains the diversity of the data collected in the research according to the casts of respondents. The maximum number of respondents included in the research from the same cast was 7, which belonged to the cast *Malik*.

After the cast *Malik*, the highest number of frequencies of the respondents belonging to the same cast was 3 from the casts *Mughal* and *Rajpoot*. Rest of the respondents belongs to a different cast each. This shows the diversity of the data collected from all 3 universities. 4 respondents didn't respond to this question.

Table 4: Distribution of respondents according to their education

Education	(n)	%
Bachelors	1	3%
Masters	23	77%
M.Phil	6	20%

(Source: Field data)

Education is an important factor regarding the cultural construction and ways if experiencing happiness. Educational background and recent places of education also changes the perspective and meanings of happiness of them. Attaining a certain level of education is also a source of happiness for them. Above table contains the frequencies and percentages of the respondents according to their level of education. The highest frequency of the respondents according to education was 23 having the percentage of 77 from the total was the students of Master degree program from all universities. The minimum number of respondents was from the Bachelors degree program which was 1(3%).

There were 6 respondents having the percentage of 20 out of total from M. Phil included in research from 3 universities. Surprisingly, came to know that no PHD student or students doing any other program from these three universities were interviewed when entered the data from SES at the end.

Table 5: Distribution of respondents according to their marital status

Marital Status	(n)	%
Married	2	7%
Unmarried	27	90%
Widow/divorced	1	3%

(Source: Field data)

Marital status of the respondents was also asked in SES Form before interview just to know about if there would be a difference in opinion regarding the topic due to marital status or not. As I didn't approached the respondents by pre-inquiring about their specific demographics traits but conveniently. There were only 1 widow and 2 married respondents in the selected sample size which contains only 10% of the data representation. 27 respondents out of 30 were unmarried which is 90% of the data representation.

Purpose of asking marital status in was to know about the change in responses of respondents regarding happiness due to change in marital status. As the number of married respondents was very low due to which no obvious change was observed due to marital status.

Table 6: Distribution of respondents according to their Residence

Residence	(n)	%
Hostel	6	20%
Day scholar	24	80%

(Source: Field data)

Table 6 shows the distribution of respondents according to their residence. Only 6 respondents out of 30 were living in university hostel while 24 respondents which were 80% of the total sample.

Table7: Distribution of respondents according to their Profession

Profession	(n)	%
Nil	26	87%
Teaching	1	3%
Researcher	3	10%

(Source: Field data)

Table number 7 tells us about the frequency distribution of respondents according to their professions. Only 4 respondents out of 30 in all three universities were doing job, which were a part of research. One respondent's profession was teaching and 3 respondents were doing research related jobs. Majority of the respondents which was 26 having 87% of the total were only students.

Table 8: Distribution of respondent's monthly expenses

Monthly Expenses (PKR)	(n)	%
<5000-10,000	13	43%
11,000-15,000	5	17%
16,000-20,000	1	3%
21,000-25,000	4	13%
26,000-30,000	2	6%
31,000-35,000>	3	10%
Skipped	2	6%

(Source: Field data)

Above table shows the frequencies and their percentages of respondents lying between the ranges of monthly expenses starting from <5000 and ends at 35,000>. Highest frequency of respondents lies in the range of <5000-10,000 which is 13 (43%) and minimum frequency was 1 (3%) lying between the range of 16,000-20,000. Table shows the exact representation of respondent's expenses according to class ranges. Income was one of the major factors effecting happiness of respondents.

2 respondents skipped this answer which is 6% of the total.

5. Analyzing and understanding the context of happiness

This chapter analyzes the data collected from the respondents which will help us to understand the context of happiness. It will help us to understand the construction and ways of experiencing happiness among youth in selected three universities. Relevant responses of the data follow the themes along with the interview number of the response. Multiple numbers after responses explains that the respondents of that interview number also said the same thing or agrees with the same response. Happiness is relative term having culturally constructed meanings, and this chapter will tell us the reflection on this phenomenon with the variety of the data.

"In my opinion, I would like to say that there is no specific single definition of happiness, there are parts in your life which gives you happiness." (IDI-RP03-FS-BU)

Happiness

According to the data gathered from respondents, happiness in general is meant to be like

HAPPINESS IS...



being
free of worries

a positive emotion, satisfaction in life or general well-being. The "happy" life is sometimes called the good life, or the "choice-worthy life", which includes all of those goods we would choose for ourselves, including intrinsic worth and moral values. A respondent explained happiness like:

"For me, happiness is not like laughing 24 hours, but satisfaction is happiness. If a person is satisfied he will definitely be happy." (IDI-RP02-FS-BU)

Theme: Meaning of happiness

Sub themes: Material and non-material

- Being with friends is happiness. (11,12,13,20,26)
- Minor to minor things can make people happy, giving nick names to others, praising someone or not hurting someone. . (2,7,18,30)
- Happiness is not like laughing 24 hours but inner satisfaction. (2,15, 25,29)
- Happiness vary from person to person, happiness is satisfaction with yourself; the things you are doing are good. (5,6,10)
- Feeling satisfied and contented is happiness. (17, 19)
- Absence of sorrows and sadness is happiness. Parties get to gathers, social work, sports, adventures and good food also gives us happiness. (14,18)
- Having siblings makes us happy because we can share many things with our siblings which a single child cannot. (15,20)
- Happiness is to look good, wearing good clothes and makeup. Fives prayers a day gives happiness. Money gives happiness. Dance gives happy. (16,27)
- Having a conversation with a person to whom you want to talk, looking at beautiful people, bunking classes, listening to music, good places, rain, sports, baby girls, long drives and being with friends is happiness. (13, 18)
- Helping others and putting a smile on their faces gives happiness. (12,14)
- The more the self esteem will be high the more the person will be happy because he will be satisfied from inner. (7,29)
- Having a family is happiness or to make others happy is happiness. (21)
- Happiness vary person to person, some people remains happy alone and some in gatherings. (16)
- Facing fears gives happiness. (12)
- Happiness is absence of negativity or any negative emotions. (11)
- Happiness is happiness when a person has sadness along with it otherwise it will be a routine thing having no charm. (9)
- When you get what you idealized, like anything, feelings, emotions etc. (7)
- We feel happy when somebody cares for us, talks with us, help us and stays around us. (5)
- Having no regrets. (1)
- Doing something good for others.(1)

(Source: Field Data)

The meaning of this term happiness varies from person to person, culture to culture and country to country. Like people in America seems happy if they are smiling but in

HAPPINESS IS...



inner peace

Russia there is a famous notion that if a person is smiling either he is a fool or an American.

"If you are happy from inside, you'll find happiness everywhere."

(IDI-RP01-FC-IIUI)

Similarly the respondents of my research define the term in their own socially constructed meanings and terms. 14 respondents out of 30 explained that the happiness is the self satisfaction and contentment of your inner self.

"Happiness for me is being able to sleep peacefully at night without having any regrets." **(IDI-RP01-FS-BU)**

Rest of 16 respondents, which was a great representation, explained that happiness is related to making others happy and by helping others. They said that happiness is to make other happiness and putting a smile on their face. Some also said that happiness is being with friends and having good time and being free of worries.

"If you are emotionally intelligent and mentally peaceful, you are able of being happy." **(IDI-RP01-FS-BU)**

Momentarily happiness

This theme was emerged from the collected data when analyzed the responses.



Respondents explained such types of happiness which give them happiness for the time being or for the short term. So I named this theme as a momentarily happiness.

"Some material goods can provide you happiness in short term but not in long

term". (IDI-07-RP04-MS-QAU)

Theme: Forms of happiness
Sub Themes: Momentary Happiness
<ul style="list-style-type: none"> ➤ Some material goods can provide you happiness in short term but not in long term. (7,29,30) ➤ Enjoying with friends in university gives you happiness but it will be effected when we completes our degree and level of happiness changes of some time until we will adjust in a new environment. (8,26,29) ➤ Music gives you momentary happiness. (7,10,13) <p>Functions, parties, watching a movie when alone. (14,24)</p>

(Source: Field Data)

Some people don't consider entertainment as a source of happiness but just a



timely diversion for your relaxation so that you can come back to work again and perform better.

Some people listen to the music to relax for a while which gives them happiness. 3 respondents answered that music is a source of happiness when listen, for a while.

"Music gives momentary happiness". (By respondents 7, 10 & 13)

Other respondents said that the happiness they get from watching a movie or going to a party or function is not that much long lasting and is a form of momentary happiness.

Along with the momentary form of happiness some respondents defined another form of happiness which is pretending happiness. Some people pretend happiness for the sake of others and their loved ones. Some people pretend to be happy as it's a required behavior. Society constructs the demand of certain behaviors which one has to represent in order to be a part of that society as a normal personality.

HAPPINESS IS...



to sleep for a while
and forget everything

10-RP07-FS-QAU)

"People pretend to be happy as it's a socially accepted behavior". (IDI-01-RP01-FS-BU)

Another respondent share his view that:

"People pretend happiness to maintain their image as a happy person". (IDI-

Individual happiness

Individual happiness is something related to one's own preferences and it's for its own good or bad. Individual happiness refers those things and events which give happiness to single person solely. 7 respondents out of 30 explained that happiness is more of a personal thing, if you are not happy from inside, outward environment will not make a difference, no matter how good the environment is, or how good your company is. You cannot be actually happy.

Theme: Meaning of happiness

Sub themes: Individual happiness

- Happiness is more of a personal thing, if you are not happy from inside, outward environment will not make a difference, no matter how good the environment is, or how good your company is. You cannot be actually happy. (16, 17, 18,19,24)
- Individual happiness is when you help someone or help a needy. (6,21,24,29,30)
- Happiness is achieving goals; anything which gives you comfort, pleasure or satisfaction is happiness. (22,25)
- Achieving life's goals is individual happiness. (13,29)
- Happiness is individual in a sense that we do many things for our happiness which also have some consequences for which the individual is responsible. (12,17)
- Happiness is how we perceive different things in different situations. (10,11)
- Playing games is a form of individual happiness. (14)
- Getting a degree gives you happiness.(11)
- If a person remains happy all the time, he will get bored of it. And after some time he will be deviated towards drugs. (9)
- When I plan something and everything works that way (fulfillment of plans), makes me happiness. (9)
- A person cannot be happy with cultural restrictions, it's human nature that they feel happy with freedom.(6)
- Individual happiness means direct relation with God, when you offer prayer or spiritual happiness. (5)
- Happiness is individual in a sense that when you get good grades or good cell phone etc. (3)
- Happiness demands to be yourself and not influenced by others and no one have the right to steal your happiness.(1)

(Source: Field data)

HAPPINESS IS...



graduating

A respondent said that for him happiness is getting a degree.

"Getting a degree gives you happiness".

(IDI-RP11-MS-QAU)

"Happiness is more of a personal thing, if you are not happy from inside,

outward environment will not make a difference, no matter how good the environment is, or how good your company is. You cannot be actually happy". (IDI-RP01-FS-BU)

HAPPINESS IS...



contagious

3 respondents said that happiness is achieving life's goals on individual level. A respondent said that playing a game also gives him happiness which also a level of happiness on individual basis. A respondent said in contradiction to others that:

"Individual happiness is not real happiness. One can only be happy when selfish/insensitive". (IDI-RP03-MS-QAU)

Collective happiness

20 respondents out of 30 said that happiness is not an individual thing but collective phenomena. They said that "Happiness" depends on other people and the people around you who matters. Like a female student of Bahria university explained:

"It is a collective phenomenon because we touch other people's life and every moment and I believe we are the cause of each other's happiness."

(IDI-RP01-FS-BU)

Theme: Meaning of happiness
Sub themes: Collective happiness
<ul style="list-style-type: none"> ➤ Happiness depends on other people and the people around you who matters. (1,2,6,7,9,10,11,15,20,21,25,26,27) ➤ Parties get to gathers, sports, hiking with friends and explorations are a form of collective happiness. (14,23,27,30) ➤ Sometimes spending time with friends and about life events makes us happy.(3,5,10,15) ➤ Happiness is collective because we share things with others, a person cannot be happy with sharing and being alone. (15,22) ➤ Eid is an event of collective happiness. (10) ➤ Basant is a source of happiness. (10) ➤ Living with a group of friends in a hostel room is happiness. (8) ➤ Individual happiness is not real happiness. One can only be happy when selfish/insensitive. (6) ➤ Collective in a sense when you get good grades your family and friends will be happy. (3) ➤ It's very important for man to socialize in a social environment otherwise he will become abnormal.(2)

(Source: Field Data)

Happiness changes among groups and individual. There is a difference in ways of sharing, expressing and experiencing happiness when people are alone or in groups. People's behavior also changes from individual to groups. Most of the people modify their behaviors according to the best socially acceptable behaviors even if they are not feeling that way but many people find real happiness in groups as well. This change also depends on the nature of a person. If the person likes to be alone and quite then his/her behavior or response toward group happiness would be different but if the person is social and likes gatherings the behaviors will show the change accordingly.

HAPPINESS IS...



When we go out to celebrate

"You don't get stressed when there are people around you." (IDI-RP02-FS-BU)

People can smile or just feel happy when alone but in gathering they can share that thing, have laughers, and dance and more celebrations. Gathering provides opportunities for sharing

happiness like universities provides such opportunities for interacting and experiencing happiness among students by promoting social activities.

"Man is a social animal, and if he will not go into a social environment and socialize, he will become abnormal and stressed." (IDI-RP02-FS-BU)

Subjective well being

One of the major factors affecting the happiness was subjective well-being. It's a psychological concept in nature which affects the psychological health of the individual which is vital for one's happiness. Subjective well being is something which almost all the respondent thinks is important for happiness and without this one cannot experience true happiness.

HAPPINESS IS...



to love
and be loved

“Things going on in your conscious and unconscious affect a lot on your mental health, mood and behavior, which affects your happiness”. (IDI-RP02-FS-BU)

Theme: Meaning of happiness
Sub themes: Collective happiness
<ul style="list-style-type: none"> ➤ Subjective well-being affects the happiness and vice versa.(1, 2,20,22,26,28,29) ➤ Something satisfactory from inside cannot affect the outer world but outer world can change the inner feelings and behavior.(2,20) ➤ Self satisfaction is important for happiness. (12,19) ➤ Happiness is to be satisfied with you. (11) ➤ Subjective well being is very important for your happiness so that you can make others happy. (8) ➤ Spending time with yourself makes you happy. (3)

(Source: Field Data)

HAPPINESS IS...



inner peace

Subjective well being is very important for one’s own happiness as well as for the happiness of others. If one person is not mentally satisfied or happy then how can he makes other happy.

“Subjective well being is very important for your happiness so that you can make others

happy”. (IDI-RP05-MS-QAU)

After analyzing the responses of real happiness and subjective well being, conclusion for both is same all respondent said that real happiness is satisfaction of one’s inner self and peace of mind heart and soul and vice-versa.

“If you are not satisfied from inner self how could you react or pretend that you are happy.” (IDI-RP02-FS-BU)

Material sources of happiness

Like subjective well-being and inner satisfaction worldly things also provides us the

HAPPINESS IS...



shopping till you drop



sources of happiness. Data tells us that material things are also a source of giving happiness to different people in different situation. 7 respondents out of total responded that material things like new cell phone, getting a degree, water melon and ice-cream makes them happy. Material things can also provide moments of happiness to many individuals according to

their preferences and needs.

Themes: Means or Sources of Happiness
Sub Themes: Material sources
<ul style="list-style-type: none"> ➤ Good grades makes happy. (1,3,5) ➤ Getting a degree give you happiness. (11,18) ➤ Ice-cream and good weather makes happy. (21) ➤ Facilities in urban societies provide more opportunities for happiness rather than rural settings. (8) ➤ Water melons make me happy. (1) ➤ Kids makes happy. (1)

(Source: Field Data)

A respondent said that material things including facilities in rural and urban areas, makes a difference in happiness:

"Facilities in urban societies provide more opportunities for happiness rather than rural settings". (IDI-08-RP05-MS-QAU)

Non- Material sources of happiness

There are different responses against this statement in which they tell us the non material



sources which gives them happiness. One respondent said that:

“Being myself and being apologetically myself.” (IDI-RP01-FS-BU)

2 respondents from Bahria University said that having good friend gives you happiness.

Friendship is a non material source of

happiness.

“Good company of friends who understands you”.

(IDI-02-RP02-FS-BU), (IDI-03-RP03-MS-BU)

Themes: Means or Sources of Happiness
Sub Themes: Non-Material sources
<ul style="list-style-type: none"> ➤ Good company of friends who understands you.(2,3) ➤ Celebrating birthdays makes us happy. (18) ➤ Wedding of 2 people provide the source of happiness to many people to come and share the happiness. (18) ➤ Company of spiritually enlightened souls and interesting personalities makes happy. (17) ➤ Hoping for thing even you don't have them gives you happiness. (17) ➤ Having a girl friend is happiness. (13) ➤ Good weather makes me happy. (2) Being myself. (1)

(Source: Field Data)

Theme: Forms of happiness
Sub Themes: Real Happiness
<ul style="list-style-type: none"> ➤ There are no forms of happiness.(2,16,18,20) ➤ Happiness of mind, heart and peace. Inner satisfaction like yoga and hiking. (14) ➤ Real or continues happiness is happiness of friends and family, and loyalty. (13) ➤ When you are happy within and in actual. (1)

(Source: Field Data)

Theme: Forms of happiness
Sub Themes: pretended Happiness
<ul style="list-style-type: none"> ➤ Sometimes we pretend to be happy for the sake of our family and friends. (8,24,29) ➤ Everyone remains between happiness and sadness, but some people just shows that they are happy.(5,10) ➤ When we do something for the sake of happiness of our family and children but not by heart. (17) ➤ There is a difference between happy mood and happy personality; people having many problems pretend to be in happy mood. (11) ➤ People pretend happiness to maintain their image as a happy person. (10) ➤ One cannot pretend happiness if he/she is not satisfied from inner side. (2) ➤ People pretend to be happy as it's a socially accepted behavior. (1)

(Source: Field Data)

Factors effecting happiness

According to the research data, respondents described the link of some factors which affect happiness. Those factors are health, income, friends/peer group, gender, social institutions and extraneous factors.

Health

Interestingly, there were not a single respondent who said that there is no link between

HAPPINESS IS



...good health.

health and happiness. 8 respondents linked mental health directly with happiness, that a person cannot be fully happy if he/she is not mentally well. Many factors are interlinked so the change in one factor also affects the other sometimes.

Theme: Factors Effecting Happiness

Sub Themes: Health

- Physical bad health affects your feelings and happiness.(11,12,15,16,20,21,25,27,28,30)
- If you are not healthy, you cannot enjoy many sports like running etc. (13,19)
- Subjective well-being and mental health affects happiness.(1, 18)
- If you are not healthy you will fell depress. (2,17)
- Happiness makes you healthy just like stress causes many diseases. (5,6)
- Physical and spiritual health affects your happiness, if you are not physically and mentally healthy, you can't sleep well and you will feel restless. (3)
- Emotional intelligence and mental peace is important for being happy.(1)

(Source: Field Data)

Subjective well being is important for good health and happiness.

“Physical and spiritual health affects your happiness, if you are not physically and mentally healthy, you can't sleep well and you will feel restless”.

(IDI-05-RP02-MS-QAU), (IDI-06-RP03-FS-QAU)

While 13 respondents said that physical health plays an important role in a person's happiness. They said that happiness and physical health are inter linked.

"Physical bad health affects your feelings and happiness".

(10 respondents said that).

Income

12 respondents said that happiness is linked with income. According to these 12

HAPPINESS IS...



knowing you've
got enough money

respondents money is very important to enjoy happiness. Without money a person cannot full fill many wishes and needs which may be the reasons of happiness.

"Income can alter the state of mind". (IDI-11-RP07-MS-QAU)

Theme: Factors Effecting Happiness
Sub Themes: Income
<ul style="list-style-type: none">➤ Income influence a lot and affects on the happiness of whole family.(5,16,17,27,29)➤ Money is very important for your happiness, because without money you cannot fulfill your needs. (21,25,30)➤ Income is very important for enjoying many things. A person having money will not think much before buying a thing or going for outing etc and ultimately will be happy. (18,19)➤ Money is important for enjoying cigarettes, outings and other things which gives us happiness. (13)➤ Income can alter the state of mind. (11)

(Source: Field Data)

2 respondents said that money is very important for enjoying many things. A person having money will not think much before buying a thing or going for outing etc and ultimately will be happy. 5 respondents said that factor of income influences a lot and affect the happiness of whole family.

"Income is also a factor which influences happiness like I've seen this with my parents, when there is a financial problem it effects the environment of the whole house and happiness." (IDI-RP02-FS-BU)

Friends/Peer group

One of the major sources of providing sources of happiness and modifying behaviors is

HAPPINESS IS...



having crazy friends

friends/per group. 11 were the respondents who said that friends are vital for the happiness. They think that friends gives them happiness in many ways, like when they teases, when they make them happy when around and changes their mood from sad to happy with their company.

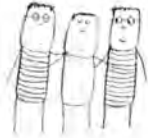
"My friends enjoy every minute of life and enjoy well. They are ideal personalities for me; they know well how to put life in everything." (IDI-RP02-FS-BU)

Theme: Factors Effecting Happiness
Sub Themes: Friends/peer group
<ul style="list-style-type: none"> ➤ You cannot be so happy if you don't socialize with friends. (2,21,24,27) ➤ Happiness increases in groups and you feel more excited. (2,16) ➤ Group of happy friends can change the sad mood of a friend into happiness.(2,5) ➤ Happiness changes among individual and in groups because as an individual you solely thing for your own happiness but in groups you will think about the happiness of others. (14) ➤ When friends tease us, it gives happiness. (13) ➤ If someone in our circle is not happy then it also makes us sad. (3)

(Source: Field Data)

Socialization is very important for being happy. A person cannot be happy so much long in isolation.

HAPPINESS IS...



reliable friends

"You cannot be so happy if you don't socialize with friends". (IDI-04-RP01-MS-QAU)

Another respondent said that:

"Happiness changes among individual and in groups because as an individual you solely thing for your own happiness but in groups you

will think about the happiness of others". (IDI-14-RP06-MS-BU)

"The purpose of friendship is to divert the attention of a sad friend from the sad event and to change her mood toward happiness." (IDI-RP02-FS-BU)

Gender

The purpose of asking the link and affect of gender on happiness was to see the responses

HAPPINESS IS...



freedom



in the cultural context and settings. And according to the responses, 25 respondents from all 30 said that factor of gender makes a different in the happiness of youth.

"Being a boy is a fortune, there is a lot of freedom for boys and gender affects a lot". (IDI-20-RP03-FS-

HUI)

Theme: Factors Effecting Happiness

Sub Themes: Gender

- Males can socialize more as compare to females because it's their nature that they cannot stay at home for so long. (2,10,14,21,26,27,28,29,30)
- Gender doesn't affect the happiness. (1,2,11,14)
- Interaction with opposite sex changes the level of happiness naturally. (13,14)
- Being a girl I can't stay out for late and have to get back to home even if I want to stay but boys can without any restrictions. (18,20)
- Gender affects happiness, parents are more concerned about girls in Pakistani society then boys. (22)
- Being a boy is a fortune, there is a lot of freedom for boys and gender affects a lot. (19)
- Gender construct the meanings of happiness like it matters a lot for a girl to look good but not for a male, may be they feel happy to smoke a cigarette even without washing the face. (16)
- Gender factor varies in different areas but in Pakistan it affects a lot. As a girl I can't go for swimming but boys can. (12)
- In tribal areas, there are fewer opportunities for females to enjoy and achieve happiness as compare to males. (9)
- Getting married with the person of your choice is happiness. (6)
- In university if your relation with a girl is going well, it will give you happiness and vice versa. (6)
- Sense of superiority over women in case of gender gives you happiness sometimes. (5)
- In friendship gender matters because one can easily share more with a friend of a same gender. (2)

(Source: Field Data)

09 respondents said that males can easily socialize with others as compare to females and there is more freedom to boys than girls in our cultural settings of Pakistan.

"Gender factor varies in different areas but in Pakistan it affects a lot. As a girl I can't go for swimming but boys can". (IDI-12-RP04-FS-BU)

"Being a girl I can't stay out for late and have to get back to home even if I want to stay but boys can without any restrictions". (Respondents 18th & 20th)

A respondent said that gender does not affect the level happiness for her and her happiness would remain the same if she were a boy.

“Even if I were a guy, even if I were an ugly guy, I would have been happy the same way I am today, being a girl and being a beautiful girl (laugh).”

(IDI-RP01-FS-BU)

Another respondent replied when asked about the gender and happiness:

“If I were a male, I would be able to define better but as I am not, I cannot define a male’s psyche.”

(IDI-RP02-FS-BU)

Social Institutions

Educational institutions play an important role in happiness and give an opportunity to



find good friend. 13 respondents said that Universities are a source of providing opportunities of happiness like fun galas and class gatherings.

“Social institutions are a process of socialization through which we socialize with others and feel better. It affects our happiness”. (5 respondents said this)

An ex student of Fatima Jinnah University, currently enrolled in Quaid-i-Azam University said that:

"We use to go out when I was in my previous university (FJU) to find happiness but in QAU we stay in university to be happy." (IDI-RP09-FS-QAU)

4 respondents said that religion institutions also give opportunities for happiness like Eid and event. Praying makes you happiness.

"Religion and spirituality affects happiness".

(IDI-01-RP-01-FS-BU)

Theme: Factors Effecting Happiness
Sub Themes: Extraneous Factors (Environment/ nature Places)
<ul style="list-style-type: none"> ➤ Age and maturity affects the level of happiness. (8, 9,10,16,29) ➤ Good weathers makes me happy.(2, 6,21,27,29) ➤ Nature and environment change happiness even if you are not fond of nature. (1,12,14,21) ➤ Nature and environment affects the personality like people of mountains and desserts are rigid and rough and tough in nature while people living in green areas are cool, calm and flexible towards adopting new behaviors and happiness. (8,24,29) ➤ Rain makes us happy, and walking in rain gives joyful feelings. (16,19) ➤ Exi-lawn is my favorite place in the university, flowers, greenery and the lovey dovey couple makes me happy. (1,2) ➤ Proper sleep is important for our happiness and satisfaction, which is an extraneous factor. (13)

(Source: Field Data)

7 respondents talked about the family institution and its effect on happy. One respondent said that:

"Wedding of 2 people provides the source of happiness to many people to come and share the happiness".

(IDI-18-RP01-FS-IIUI)

Extraneous Factors

Factors rather than health, income, friends, gender and social institutions which can affect



the fragrance of the first rains

happiness are included in extraneous like Environmental factors, rain, earth quakes, natural disasters, misunderstandings and income affects the happiness.

“Environment is a universal factor which affects the mood of Pathan, Balochi and everyone equally.” (IDI-

RP02-FS-BU)

Themes: Factors Effecting Happiness

Sub Themes: Social Institutions

- Universities provides platforms as a sources of happiness like sports and funfairs etc. (11,18,20,25,28,29)
- Social institutions are a process of socialization through which we socialize with others and feel better. It affects our happiness. (2,24,26,27,30)
- Universities are a source of providing opportunities of happiness like fun galas and class gatherings.(8,9,10,25)
- Educational institutions play an important role in happiness and give an opportunity to find good friend. (2,13,16)
- Social institutions are very important for socialization which controls our mood swings. (2,19)
- Eid is a religious source of happiness. (10,11)
- Family institution is very important in happiness. (2,29)
- Religion calms you and soothes you but it's different from happiness. (2,11)
- Nature of QAU is like an addiction. (16)
- Environmental factors like rain, earth quakes, natural disasters, misunderstandings and income affects the happiness. (22)
- Coming to university gives happiness. (16)
- Interaction with people of different classes and cultures gives happiness. (16)
- Social institution doesn't play any role in happiness, like I will be the same person if I would be from any other religion. (16)

- 40% people get married because it's their happiness. (14)
 - Mosque provides us place for pray which gives us happiness. (13)
 - Educational institutions are a source of happiness if you are involved in some kind of relationship or friendships. (11)
 - Personality types and way of perceiving things vary from person to person. (11)
 - Excess of information about people around you also affects your happiness or may lead to negativity sometimes. (11)
 - When you expect more from people you love and they don't meet your expectations, it will affect the level of happiness or you love the person little less. (11)
 - Family back ground matters a lot related to your happiness. (10)
 - Competition between relationships also effect happiness. (9)
 - In universities, mental capabilities and maturity is important for enjoying happiness, which is effected by the admissions of BS students because they are not that mature. (8)
 - Family institution is very important; the day of my marriage will be a big day and family grooms us from the very start. (6)
 - Chitral or some hilli area makes me happy in hot summer days, or greenery makes me feel happy.(5)
 - Sometimes we want to go to restaurants or on hills which makes us happy. (3)
 - Religious institution could be source of happiness for only those who are spiritual by nature otherwise not. (2)
 - Seasons affect the happiness.(1)
 - Something else which is unpleasing affects the other happiness. (1)
 - Religion and spirituality affects happiness. (1)
- Praying gives you contentment satisfaction and happiness.(1)

(Source: Field Data)



Weather and environment changes the mood and happiness accordingly.

"Rain makes us happy, and walking in rain gives joyful feelings".

(IDI-19-RP02-FS-IIUI)

3 respondents said that nature and environment

affects the personality like people of mountains and desserts are rigid and rough and

tough in nature while people living in green areas are cool, calm and flexible towards adopting new behaviors and happiness.

"I cannot have a smile when it's this hot outside."

(IDI-RP01-FS-BU)

"Cooled wind breeze across your ears that somehow gives you a chilling effect." **(IDI-RP01-FS-BU)**

"I feel very excited when it's cloudy and windy outside."

(IDI-RP02-FS-BU)

"Like if I am very happy from inside and everything outside is not well I can do nothing but if outer world is well, it can change my personality and my attitude."

(IDI-RP02-FS-BU)

A student from Quaid-i-Azam University said that:

"Nature of QAU is like an addiction". **(IDI-16-RP09-FS-QAU)**

HAPPINESS IS...



*to sleep for a while
and forget everything*

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Another respondent said that sleep is an extraneous factor which affects the happiness on individual level. Proper sleep is important for enjoying happiness properly.

"Proper sleep is important for our happiness and satisfaction, which is an extraneous factor".

(IDI-13-RP05-MS-BU)

Music is also an extraneous factor because it changes the mood of the person and also the

HAPPINESS IS



...listening to old songs.

level of happiness. Like after listening to a sad song the person starts feeling sad or low.

“Music affects the level of happiness like after listening to sad song you feel sad without any reason and after listening to a refreshing song you start feeling good”.

(IDI-RP02-FS-BU)

Competition between relationships also effects people’s level of happiness in different cultural setting. For example if a person’s younger brother gets married before him, he will be happy for his brother but sad feelings of him as not getting married may over lap these feelings of happiness. Or another example given by the same respondent that if you are sad for not passing the exam, but your close friend also fails the same exams there is stranger feelings of happiness.

Sharing happiness

Happiness increases by sharing it with others. Happiness could be share free of

HAPPINESS IS



making people smile

cost and easy to spread even minor things like caring someone, sending a text or a written note and even by giving a smile. 28 out of 30 respondents said that happiness could be shared and some of them said that it could be shared with anyone.

Theme: Sharing Happiness

Sub Themes: Happiness could be shared

- Happiness should be shared. (1, 2,8,9,10,11,13,14,18,19,20,21, 23,24,26,27,29)
- Happiness could be shared by enjoying rain. (16,27)
- Happiness could be share if you are also happy or in a good mood but not the other way round. (22)
- Happiness could be share like giving this interview is happiness because it's a sharing of feeling. (12)

(Source: Field Data)

HAPPINESS IS..



getting a message
from someone you love

“When I finally passed my FSC that was after quite many attempts and my mom took me for shopping and I was telling the shop keeper that I scored 50%.”

(IDI-RP01-FS-BU)

Different respondents explained different ways of sharing happiness.

HAPPINESS IS...



seeing a cute smile
on your face

“Happiness could be shared through a smile, a hug, sending a written note, by appreciating others or by complimenting others”. (IDI01-RP04-MS-QAU)

Theme: Sharing Happiness

Sub Themes: Ways of Sharing Happiness

- Happiness could be shared by helping and taking care of others. (10,11,19,20,27,30)
- When we share the things which make us happy with our friends and family, it's sharing of happiness. (5,13,14,25,30)
- Celebration is kind of sharing happiness.(8,20,28)
- Happiness could be share with anyone. (1,28)
- NGOs which are working for welfare also play a role in happiness by providing basic needs and shelter. (21)
- Talking with friends, use of mobile and internet is a source of sharing happiness. (13)
- Happiness could be shared by resolving issues with relatives on wedding events and inviting them to share your happiness. (11)
- Happiness could be share by smiling. (9)
- Happiness could be shared through a smile, a hug, sending a written note, by appreciating others or by complimenting others. (7)
- Like when you write something and share it with society and they read, this is way of sharing happiness. (5)

(Source: Field Data)

Helping other is another way of sharing in which many respondents believed. Helping others brings smile on their faces which give you happiness. Happiness could be share by even smiling as a respondent narrated a quotation:

“Capture their minds, their souls will fall for you!”

Theme: Sharing Happiness
Sub Themes: Sharing Happiness For Social Welfare
<ul style="list-style-type: none"> ➤ Sharing food and sharing of thoughts, adventures and motivation are the sources of sharing happiness. (14,24,27) ➤ Happiness could be shared by giving treat to your friends on your achievements. (18,21) ➤ Happiness could be shared by helping others financially or by donating blood. (12,18) ➤ Providing source of drinking water is a way of sharing. Wall of kindness is an example of sharing clothes with needy without even asking by them. (19) ➤ Happiness could be shared by giving charities to non profitable organizations, providing water sources, food and shelter to those who can't afford outings and by giving gifts. (19) ➤ Giving <i>Sadqa</i> and <i>zاقات</i> in mosques, helping people on ceremonies or looking after their guests is a way of sharing happiness. (13) ➤ Donating a part of crops in the name of God and Islam for no return gives real happiness and it shares happiness through helping other. (6) ➤ Sharing happiness for welfare is an idealistic way of saying this every one cannot do this. (2) ➤ There should be a platform for sharing happiness for social welfare. (2) ➤ It is important to use your happiness for social welfare and it's necessary for cultural uniformity. (1) ➤ It gives reasons to others for happiness.(1) ➤ By sharing happiness with less privileged people is kind of serving. (1)

(Source: Field Data)

"Happiness could be shared by giving charities to non profitable organizations, providing water sources, food and shelter to those who can't afford outings and by giving gifts". (IDI-19-RP02-FS-IIUI)

"When you go to some orphanage or some NGO that are supporting less privileged people and when you saw them and the smile on their faces makes you happy as well." (IDI-RP01-FS-BU)

A respondent said that it is important to use your happiness for social welfare and it's necessary for cultural uniformity. Blood donation is also a form of sharing happiness for social welfare.

HAPPINESS IS...



donating blood

"Happiness could be shared by helping others financially or by donating blood".

(IDI-12-RPO4-FS-BU),

(IDI-18-RP01FS-IIUI)

"I've seen in a movie that Salman Khan helps a person who makes him happy and in return says to help others, this is a good way of sharing happiness."

(IDI-RP01-FS-IIUI)

"There should be a platform like an artist has a stage through which he entertains you and makes you relax for the time being and divert your attention, otherwise this is all very idealistic." (IDI-RP02-FS-BU)

Happiness and culture

13 respondents out of 30 said that happiness and culture are interlinked. Culture affects the happiness and constructs the meaning of this term happiness. Like in Mangol culture, there are some games in which people have to die during game which is also a part of their happiness. So culture defines happiness and plays an important role.

"Mehndi's event on wedding is an example happiness related to culture. It's a cultural event but makes you happy and makes you forget everything else".

(IDI-01-RP01-FS-BU)

Theme: Happiness and Culture
Sub Themes: Cultural events effects happiness
<ul style="list-style-type: none"> ➤ Happiness and culture are interlinked. (1,7,13,20,21,24,25,29,30) ➤ Cultural events like <i>Eid, Milaad</i>, wedding and festivals are the sources of happiness. (22) ➤ Sometimes to know about your culture also makes you happy. It's good to know about the cultural things, places and events. But sometimes culture also restricts us from many things and affects vice-versa. (21) ➤ Culture allows us to do things for happiness and affects a lot. Like in our culture love marriage as a taboo affects level of happiness. (13) ➤ Culture is also an extraneous factor which affects like thinking about other people what they would think if I do this "Log kya kahain gay?" (12) ➤ One has to find happiness with in his/her culture. (12) ➤ Culture defines happiness and play an important role.(11) ➤ Culture and happiness are interlinked. People create and enjoy happiness differently in different cultural settings. For example in Punjab making fun and jokes (<i>Juggatain</i>) are a part of daily life and source of happiness but in Balochistan people gather in formal settings and enjoy differently. (8) ➤ Mehndi's event on wedding is an example happiness related to culture. It's a cultural event but makes you happy and makes you forget everything else. (1)

(Source: Field Data)

"I would be the same if I belong to Pathan culture rather than a Punjabi.

I met hundred of those people in this university (QAU) who belongs to different cultures but we share the same level of happiness." (IDI-RP09-

FS-QAU)

Happiness depends on how we perceive things around us. For example now a days "*Attan*" (tribal cultural dance of Pakhtoons) is a source of happiness and promoting culture, people enjoy it is a fun but if we ask someone about its history then we will come to know that it was started as a dance before going for war.

Some respondents said that there is no link between culture and happiness. Most of the respondents said that culture affects the level of happiness and restrict the person from many things by putting cultural boundaries.

"Sometimes to know about your culture also makes you happy. It's good to know about the cultural things, places and events. But sometimes culture also restricts us from many things and affects vice-versa". (IDI-21-RP03-FS-IIUI)

Theme: Happiness and Culture
Sub Themes: Cultural events effects happiness
<ul style="list-style-type: none"> ➤ Culture and happiness have no link; you can find happiness in any way because it's an individual phenomenon. (6,16,19,27,28) ➤ Happiness is an individual phenomenon not cultural, if you are not happy culture and traditions cannot make you happy. (22) <p>You will find Cultural things interesting but it cannot affect your happiness. (2)</p>

(Source: Field Data)

Happy personality

11 respondents said that there are happy personalities who remain happy with a smiling



face always, no matter what the situation is. Even if they are sad inside but their faces will never show sadness and smiles always.

Themes: Happy Personality
<ul style="list-style-type: none"> • Sub Themes: Empirical findings about happy personality
<ul style="list-style-type: none"> ➤ The person who enjoys every minute of life is a happy personality. (2,16,24,27) ➤ There are happy personalities who always stay happy and they transfer their optimism and positivity in others. (1,22) ➤ People who are happy from within have happy personality. (1,6) ➤ Happy personalities are those to whom people feel happy when they or talk. (16,18) ➤ Smiling faces are happy personalities because one cannot smile if not satisfied from inner. (6,16) ➤ There are happy personalities, because they don't let problems to overcome and solves the issue do well and stay happy. (20) ➤ Yes, interviewer is a happy personality in outlook and while talking. (13) ➤ Happy personalities have positives vibes due to which others connect with them easily. (1)

(Source: Field Data)

“Everyone have vibes positive or negative, happy personalities just fancy you in a way or other and so all of us.” (IDI-RP01-FS-BU)

Themes: Happy Personality
Sub Themes: Happiness is continuous or episodic
<ul style="list-style-type: none"> ➤ Happiness is episodic that's why there are mood swings. (2,13, 16, 19,21,26,29,30) ➤ Happiness is episodic, sometimes happy sometimes sad. (12,20,22,24,29,30) ➤ Happiness is episodic. (7,8,9,10, 16) ➤ Its human nature that a man cannot live in the same condition throughout. Feelings changes with situations and conditions so we cannot say a person a happy person. (8,14, 18) ➤ Happiness is episodic, life we spend in bits and parts like childhood, youth, and old age, education and professional life etc. like you stood 1st in class its happiness at that time but no one may be counts it in the life after. (5,6) ➤ There is no one in the world who is satisfied in all ways, who's all needs and desires are fulfilled. (9) ➤ One cannot say he is a happy personality if he is always happy,

because he doesn't know about happiness because he is unaware of the relative things like sadness or grief. (7)

➤ Happiness without sadness is incomplete. (1)

Happiness is episodic but when at the end you account all the moments of life you can say that my life was a happy life. (1)

(Source: Field Data)

But mostly respondents were of the view that happiness is episodic and not continuous.

"Happiness is episodic. It comes some times and sometimes you will be sad that's why there are mood swings."

(IDI-RP02-FS-BU)

Happiness is linked with ups and downs of life and a whole life cannot be said as happy life because sadness is also a part of life.

"Whole life could not be pleasant because life is zig-zag and many factors affects. So it's episodic, comes in slots and intervals." (IDI-RP02-FS-BU)

A respondent said that:

"There is no end of happiness,

Hazaron khwahishain asi kay har khwahish pe dam niklay

Bohat niklay meray armaan magar phir bhi kam niklay!!"

(IDI-09-RP04-MS-QAU)

Happiness is not a big thing but a number of small things!!!

Conclusion

The aim of the study was to find out possible meanings of happiness and the ways of interpretation on individual and collective levels. Factors like age, gender, education, casts, marital status, income residence and professions were asked in demographic section of socio-economic form (SES). A semi structured interview guide was developed having 18 loosely structured questions to keep the flow of interviews on right lines. There were 3 basic objective of the study; to understand how this phenomena is articulated, to explore the mechanism of sharing and to know how the concept of happiness is used in social welfare. Sample size was 30 and the data gathered was analyzed by thematic coding analysis.

Finding of the qualitative data was that happiness is a relative and socially constructed term. Happiness can be in many forms but the real happiness according to respondents was the subjective well-being and inner satisfaction. There are many material and non material sources of happiness but helping others is the biggest source of happiness and the best way of sharing happiness. Happiness must be share for the social welfare in the society.

Happiness is a relative term but if we compare the responses and observation of all three universities we will see a big change as we presumed in the start. Social class differences and co-education casts a great impact on their behaviors and perceptions regarding happiness. We found conventionalism in the students of International Islamic university and found students of Bahria University more materialistic in nature. The students of Qaid-I-Azam University were open minded and flexible in nature for any kind of

change and there was more cultural versatility. On the basis of these characteristics students interpreted the meaning of happiness.

Conclusion of this whole study was that happiness depends on inner and outer both worlds, situation and environment plays a role in the articulation of this phenomena. No person can always be happy, there are ups and downs in life. And happiness should be shared with others and also for the social welfare of the society.

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Annexure

Annex A

Informed Consent

My name is Zainab Suleman and I am doing my M.Phil in Anthropology from Quaid-i-Azam University Islamabad. I want to conduct an interview with you. I will just take one hour out of your precious time. I would like to talk about your experiences and your views about the concept of happiness, cultural construction and ways of experiencing happiness. All the information will be kept confidential and your responses will be represented as anonymous. You have the choice not to talk on anything which may disturb you or you think it can be harmful. You may end the interview at any time if you feel uncomfortable. I will be happy to answer any of your questions what I have just explained. With your permission I would like to record the conversation because I don't want to miss any of your comment. Although I will be taking notes during the interview but it's not possible to cover all in written notes. I will discard the recorded interview after the completion of my research. Are you willing to participate in this interview?

Interviewee

Date

Annex B

Demographics:

1. University name _____
2. Name _____
3. Age _____
4. Gender _____
5. Cast _____
6. Father's profession/social status _____
7. Education
 - i). Bachelors ii). Masters iii). M. Phil iv). Others (PHD/Diplomas/Trainings)
7. Marital status
 - i). Unmarried ii). Married iii). Widow/Divorced
8. Residence
 - i). Hostelite ii). Day scholar
9. Profession if any _____
10. Monthly expenses (in rupees) _____
(Including scholarship/personal earning etc

Annex C

Interview Guide:

1. What is happiness? Or define happiness?
2. Is happiness an individual or collective phenomenon? And why?
3. What makes you happy?
4. Do you think there are any forms of happiness?
5. Happiness changes among groups and individuals?
6. What causes change in happiness? / What are the factors which can affect happiness?

(Like health, income, friends, peer groups etc. for interviewer's help)

7. Do you think gender affects the meanings of happiness? Or do you think happiness can be affected by gender?
8. Do you think extraneous factors affect the level of happiness and inner satisfaction? If yes then what are those factors?
9. Do you think social institutions play any role? If yes then how?
10. Do you think happiness is related to subjective well-being? If yes then how?
11. Do you think happiness could be shared? If yes, how?
12. What are the ways of sharing happiness?
13. How can we use this phenomenon of happiness for social welfare?
14. Do you think happiness and culture are interlinked? How?
15. Do you think happiness is cultural phenomena or individual phenomena?

16. Do you think places, nature or environment plays any role in providing happiness or changes level of happiness? If yes, how?
17. Is there such a thing like a happy personality?
18. Is happiness episodic or a whole life can be described as happy?