



## **Biological, social and psychological needs of happiness**

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### **Abstract**

According to Positive Psychology main focus of psychology are in learning ways to increase positivity and helping people live happier, more satisfying lives. Rather than focusin g on mental pathologies, the field as an alternative strives to find ways to support people, communities, and societies improve positive emotions and achieve greater happiness. In this paper we focus on all 3 different needs i.e. biological needs, social needs and psychological needs and their effect on human beings in their life journey.

**Keywords:** positive psychology, mental pathology, biological needs, social needs, psychological needs

### **Introduction**

According to Sri Aurobindo view about happiness “The happiness is the normal state of humanity, as he wrote in his book “The Life Divine” he explained about it as delight of presence. However, human beings develop dichotomies of pain and pleasure. Aurobindo goes on to say that the ideas of pain and suffering are due to behaviours developed over time by the mind, which treats victory, honour and success as pleasant things and defeat, failure, disaster as disagreeable things.

In today's competitive modern world one meetings stress in numerous aspects of life. As an adaptive response to stress, there is a change in the serum amounts of various hormones including CRH, cortisol, catecholamines and thyroid hormone. These variations may be mandatory for the fight or flight response of the individual to stress. Though, long-term exposure to stress may lead to many poisonous consequences leading to various endocrine disorders. Also, stress leads to change in the clinical course or status of many endocrine conditions.

In order to fight against after effects of the stress on needs to be happy. According to Abraham Lincoln “*Most people are about as happy as they make up their minds to be*”.

Happiness is not a physical thing which we can by its an emotional state characterized by feelings of joy, satisfaction, contentment, and fulfilment. Although happiness has many different definitions, it is often described as concerning positive emotions and life satisfaction. When most people talk about happiness, they might be talking about how they feel in the present moment, or they might be mentioning to a more general sense of how they feel about life overall. Since happiness tends to be such a broadly defined term, psychologists and other social scientists naturally use the term 'subjective well-being' when they talk about this emotional state. Just as it echoes, subjective well-being tends to focus on an individual's overall personal feelings about their life in the present.

The concept of happiness in India- The philosophical and theoretical literature on happiness is abundant in India. Earliest texts and scriptures like the Vedas, the Upanishads and the Bhagwad Gita have discovered the nature of happiness, and the

insights gained from these writings are still applicable to Indian people, influencing their conceptions of happiness and guiding them on how to lead a happy life (e.g., Bhawuk, 2011). General Introduction 3 For instance, many verses in the Bhagavad-Gita, one of the most broadly praised religio-spiritual philosophical texts of the Hindus, focus on the idea of avoidance of extravagances and keeping a kind of steadiness or equilibrium to enjoy a state of happiness. Bhagavad Gita (verse 5.21) mentions that. He who is free to the external world and its objects, and is close to the inner Self, will achieve supreme happiness, which is everlasting. The Vedanta philosophy suggests that that in one's consciousness, there always exists a state of perfect peace and pure happiness. But, desire and fear may agitate one's mind and unclear the happiness that always exists within (Padmanabhan, 2010). Such religious-spiritual concepts are very normally used in India for both physical and mental well-being (Kiran Kumar, 2003, 2004; Rangaswami, 1994). Though, not all Indian styles to happiness are spiritual which is most accepted view in the world

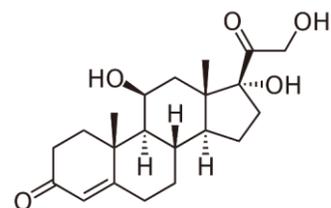
### **Types of needs of happiness**

#### **1. Biological needs of happiness**

**a. Hormones changes when we are unhappy-**Three most commonly effected hormones during stress-Cortisol, Catecholamine (Norepinephrine, Adrenaline), Insulin

#### **1. Cortisol**

a. Structure and function of Cortisol-



Cortisol

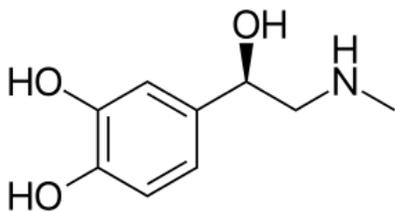
### Functions of Cortisol

Initiation of the pituitary-adrenal axis is a prominent neuroendocrine response to stress, promoting survival. Stimulation of this axis consequences in hypothalamic secretion of corticotrophin-releasing factor (CRF). CRF then stimulates the pituitary to adrenocorticotropin (ACTH), 8-lipotropin and 3-endorphin. Plasma levels of these hormones can increase two- to fivefold during stress in humans. The paraventricular nucleus of the hypothalamus is responsible for the integrated response to stress. Norepinephrine, serotonin and acetylcholine mediate much of the neurogenic stimulation of CRF production.

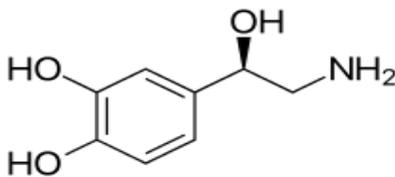
### 2. Catecholamines

Stimulation of the pituitary-adrenal axis is associated with release of catecholamines. Epinephrine (Adrenaline) and norepinephrine are two neurotransmitters that also serve as hormones, and they belong to a class of compounds known as catecholamines.

#### a. Epinephrine (Adrenaline)



#### b. Norepinephrine



This leads to amplified cardiac output, skeletal muscle blood flow, sodium retention, reduce intestinal motility, cutaneous vasoconstriction, increased glucose, bronchiolar dilatation and behavioural activation. Timio *et al.*, have reported increased activation of the adenosympathetic system during occupational stress. As hormones, they influence different parts of body and stimulate central nervous system. Having too much or too little of either of them can have noticeable effects on your health.

### 3. Insulin

Insulin may decline during stress. This along with upsurge in its antagonistic hormones can contribute to stress-induced hyperglycemia.

### Hormones and Overall Health

Stress hormones are only meant to be released by the body on occasions when we are unhappy. Yet, in the modern world, feeling “stressed out” every day is increasingly common. Those who are regularly stressed are at a higher risk of health problems, including weight gain, high blood pressure, thyroid issues and advanced risks for infection, fatigue, insomnia, depression, anxiety and gastrointestinal complications such as diarrhoea and

constipation. Too much stress also can reason an irregular menstrual cycle and sterility in women, as well as a reduced libido in both men and women. As stress also activates mood swings and irritability, a hormone imbalance can lead to personal problems. In general, when stress creates a hormonal imbalance, it's capable of negatively affecting your entire life.

### 2. Brain and Neurotransmitters

All of the activities achieved by brain. Opinions, feelings, activities, learning and love, all directed by brain. Mood and emotions are not apart from this role.

“The emotion mother board of the brain is composite, involving primarily structures in the prefrontal cortex, amygdale, hippocampus, anterior cingulated cortex, and insular cortex. These structures normally work together to process and generate emotional information and emotional behaviour. Study has particularly fixated on the prefrontal cortex which, unlike most other brain regions involved in emotion processing, shows asymmetric stimulation in relation to positive and negative emotions”. According to Davidson and his colleagues’ large individual differences in baseline levels of irregular activation in prefrontal cortex, related to a person’s typical emotional style. Persons with a positive emotional style show advanced levels of left than right prefrontal activation at rest (using EEG or fMRI), while those with a negative emotional style tend to show developed levels of right than left prefrontal activation at rest. Davidson and colleagues have also concluded that, autonomous of emotional style; induced negative mood increases relative right-sided initiation, whereas induced positive mood increases relative left-sided activation.

Limbic system that is placed in the central area of brain has the most influence on identifying the form of emotions. Increasing in metabolism of limbic system leads to depression in individuals. Along with that, studies showed that positive and negative moods affected by brain chemical in numerous ways. Two of the most important neuro-transmitters that intricate in mood are dopamine and serotonin. Positive mood and negative mood facilitated by dopamine and serotonin levels.

#### c. Effect of Genes

In the current years seemed a new branch of human psychobiology: a genetic approach to well-being and happiness. Twin studies proposed that genetic factors count for 35 -50 percent of happiness. Two genes which directly effects happiness are: *5-HTTLPR* and *MAO-A* Studies suggested an association between *5-HTTLPR* and life gratification as a cognitive dimension of happiness. This gene is coding serotonin delivery in brain cells and therefore leads to mood regulation. There are two different useful forms for this gene: Long one (L), Short one (S). L produces transporter- protein molecules and conducts serotonin transmitter in nerve cells. S produces high-level activity for the serotonin — hooked on brain system that regulates mood and behaviour. Every person has two kind of a gene that termed as allele and each of them inherited from parents. However, some people have two S alleles and alternative people have one L and one S. people who have one L, their life fulfilment is 8% more than others are. Those who have two L allele, their life fulfilment are 17% more than people that have just one S allele. In focuses with L form 35% are very fulfilled with life, 34% are satisfied while in subjects with S form only 19% are satisfied. *MAO-A* is

presented as a gene that involved in regulating happiness. This gene that located on chromosome X involved in mood regulation and it is a catabolic enzyme for serotonin, dopamine, and noradrenalin.

Researches showed that in women, the low expression allele of the monoamine oxidize (*MAO-A-L*) gene predicts higher self-reported happiness.

## 2. Social Needs of Happiness

### a. Happy People Support Others More

Happy people appear more interested to help others, or as scientists would call them, are more prosocial. Happy people volunteer more often than their unhappy friends and colleagues for charity and community service groups, as religious, political, health-related, and educational organizations. Overall well-being has a direct linking with helping others with our time, money, or other resources to a cause we feel enthusiastic about. Studies propose people who volunteer to help have better health and more joyfulness than those who do not.

### b. Happy People Have Better Relationships

Many researchers have confirmed relationships are the single most significant factor responsible for the survival of the human species. Happier people have more friends and better social support, and also, they are more content with their friends and their group actions. Relationship with friends and family are energetic to the human experience. In one research, the top 10% happiest college students liked better relations. They experienced less jealousy and had closer bonds with their family. This results in even more happiness, so it's a cycle.

### c. Happy People Have Better Marriages

Happy people have more fulfilling marriages. They tend to find more gratification within their marriages. Studies demonstration a powerful relation between happiness and satisfaction in a marriage. People who express more happiness are more likely to be fulfilled with their partner. Like good relations with family and friends, happiness and a good marriage fuel each other. Waite and Gallagher in their book *The Case for Marriage: Why Married People are Happier, Healthier and Better off Financially* advise happiness or life fulfilment of married individuals is higher because spouses offer emotional care and a sense of a greater purpose or meaning to life. The marriage partnership permits for economic and emotional knowledge. It also offers access to an accessible sexual partner.

## 3. Psychological Needs of Happiness

### a. Happy People Earn More

Researchers have found people who are happier with their lives also have higher incomes and more physical wealth. They also found people having more money have higher overall life gratification. According to the United Nations World Happiness Survey, 2015, a person's income is the rank first for happiness. According to Cornell University economics professor Robert Frank, improved yearly income is the most considerable way to increase happiness. Though, this connotation is not a straight line. Up to a point, more money may fetch more life satisfaction. People with little money felt happier with increased income. An better income improved their life fulfilment even after it took care of their basic needs. But, as income increases, its impact on

happiness compresses out and goes down. So rich people are not always happy.

### b. Happiness makes you more artistic

Happy people are not only more productive, but they're also more artistic. Research shows a association between positive thinking and an honesty to new ideas and knowledges. Dr. Shelley Carson, a creativity researcher, says that as someone's mood becomes more positive, they're able to see additional thinkable solutions to artistic difficulties.

### c. Happy people see the bright side of things

Research suggests that happy people are rationally more positive. They are more likely to have a positive lookout on things and less likely to get pulled into insignificant disagreements. For better or worse, happy people tend to see the best in people, as well as the bright side of all situations. They're less sceptical or uncertain.

### d. Happiness makes you more generous

In a research published by the *Journal of Happiness Studies*, researchers asked one half of a 51-person group to remember the last time they spent \$20 or \$100 on something they wanted. The other half thought about when they last spent that much on somebody else. They wrote down how they sensed. Researchers then gave money to everyone, telling them to spend it on themselves or others based on what would make them happier. The results showed that people felt happier when they remembered buying something for somebody else. They were more likely to spend their new cash on someone else, creating more happiness.

### e. Happy People Are More Strong

The people who are happier are grittier and more resilient. Flexibility is our "bouncing back" capability. It defines how fast and how well we can recover from our problems. Happiness is about being able to make the most of the good times—but also to *cope effectively* with the likely bad times, to practice the best-possible-life complete.

## Conclusion

According to Swami Vivekananda-Swami Vivekananda has explained that the purpose different meanings of *ānanda* and different traditions of attaining it are present in Hindu philosophy is that humans differ from each other, and each chooses the most suitable path to *ānanda* for himself. Ananda means happiness and according to the view of Swami ji we all have different meaning, different ways and different criteria for happiness. We all are doing everything to achieve happiness with the help of this paper we can easily conclude that we need happiness on all levels i.e biological, social and psychological.

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