Happiness succeeds Enlightenment: A way forward for leading balanced life

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Abstract

A Real Happiness can't be defined but can only be felt through inner consciousness of one's soul. Since every individual has the different ways to feel it that's why we will try to discover the new critical factors which affects the happiness.

The above theme is a very special topic in which I have tried to emphasize the essence of real happiness that is the urgent requirement in every organization where there are the lots of complexities, diversity and thus it is almost impossible to balance the professional & personal life which is directly connected with the psychological wellbeing of any individual. A real happy person is one who doesn't know why he/she is happy? If we have any reason for our happiness than it is not a real happiness. If we see anyone who is smiling that does not mean, he/she is happy. A very popular song from bollywood that is "Tum etna kyo muskura rahey ho , kya gam hai zisko chupa rahey ho" is enough to explain the total philosophy of happiness. A person who is at the top of the world in any field can be unhappy and at the same time a person who has nothing can be the happiest one in the world. Happiness is not an external characteristic; it is an internal phenomenon of any human being. If we know the technique of how to maintain the inner balance which is not influenced by external factors than we would be considered as a real happy one but how to achieve that inner balance is a big question mark. If we feel in every condition with the condition of "attachment with detachment" then we will not be affected by external factors which help in building our inner balance. According to ancient spiritual epic the Geeta if a person is unaffected in success &failure , profit & loss, respect & criticism, richness & poverty, hot & cold, health & illness, happiness & distress or in any type of duality then he/she is the real happy one. An another aspect of happiness is not to expect so that we don't feel disappointed and that will also maintain our real happiness at work place and for our wellbeing and if our every movement of time is filled with work, work , work and more work then we can never go in the depression because our mind is engaged with the full

of work .The thought power is also responsible for our happiness and distress because what we think either good or bad will revert to us with high intensity which means If we praise someone we will also be highly praised by others and in the same manner if we hate someone we will also be highly hated by others.

INTRODUCTION

The real happiness alone exists but everything else required something for their existence. If the happiness is not in our heart then we cannot find it in all the universe and our good behaviour and conduct should be like that no one can lift a finger before us then we can feel the real pleasure, happiness and peace within us. Whatever we had faced either good or bad in our life is the creation of our own thoughts and actions. Nobody even God itself is not responsible for it. It is we and our thoughts and actions which lay the foundation for the present and future condition of our life. We should try to accept our life whether it is good or bad and always try to enjoy the present to solve the issues and challenges of the personal and professional life .This can be carried while sorting out without thinking of past and future because if we enjoy the present that would also create a good base for the past and future.

In 99% of cases the real meaning of happiness has not understood by most of the people because we analyse everything through our body and mind consciousness but we are unaware of the soul consciousness which is the most powerful eternal energy less energy. By the help of this reality of any object whether it should be accepted or rejected and where the soul is the real instrument of wisdom which takes any decision without thinking of dualism that is free from good or bad. In that situation there is a matter of appropriateness which is utmost required at that moment [1]. Now in this condition we are above the world of duality where both happiness and

disappointment exist. Thus in this situation we can start feeling the real happiness from the core of our heart in every sphere of life whether it is personal or professional life [2].

Objectives of the research

1. To identify the various critical factors responsible for the happiness.
2. To find out the most critical factors by conducting factor analysis.
3. To know the impact of most critical factors on happiness through chi square test.

Significance of the research

By conducting the above research we are able to know the essence of happiness which is the essential requirement to live a balanced life and this research is also helpful for those people who believe that happiness is an external factor but in reality it is a pure internal factor of our inner heart [3].

METHODOLOGY

Data collection

We have collected primary as well as secondary data from the various sources such that primary data was collected through structured questionnaire from the Private, Government, Business groups and secondary data was collected from the various spiritual books, magazines and some meaning full spiritual website like (www.srcm.org) etc.

Sample size

In our study the sample size was 100 which was taken from the various Private Employees, Government Employees and Business people.

Sampling Method

For the sake of easiness, simplicity and less time consuming we have adopted non probability sampling technique in which convenience sampling the best suited for us.

Research Design

Research design is the blue print of any study and hypothesis which is the foundation stone for good research work. We have used descriptive research design and also formulated some important hypothesis [4, 5].

In our study there are five demographic variables ; Gender, Age, Education, Occupation, Income, 30 independent variables like Financial Freedom, Employer behavior, Job security, Promotion in job, Work Responsibility, Work Authority, Work place, Social media, Print media, Govt. Policies, Marital life, Children, Joint Family, Vacation, New clothes, Delicious food, Owning new car, Owning new house, Friends, Love & affection, Open hearted, Early wakeup, Morning walk, Religion, Mediation practice, Self-Respect, Social Recognition and Healthy feeling and one dependent variable that is happiness . Because of time constraints and large number of independent variables we have used factor analysis to reduce the independent variable and that reduced variables can be further used in the formulation of hypothesis.

After doing factor analysis we got highest factor loading of following important variables that can be further used in the formulation of hypothesis:

1. Employer Behavior
2. Owning New Car
3. New Clothes
4. Social Media
5. Self-Respect
6. Vacations
7. Job Security
8. Children

From the above following important independent variables we have done the Hypothesis Testing on four variables that are Employer behavior, Children, Social media and self-respect to know the impact of these variables on the dependent variable Happiness by accepting or rejecting Null Hypothesis [6].

Formulation of Null Hypothesis

H0: There is no impact of Employer Behavior on the Happiness.
H0: There is no impact of Children on the Happiness.
H0: There is no impact of Social Media on the Happiness.
H0: There is no impact of Self Respect on the Happiness.

Significance Level

In our study we have fixed in advance 5% level of significance that means we would be 95% confident in our decision making. If sig. value will be less than 0.05 than reject Null Hypothesis and if sig. value is greater than 0.05 accept Null Hypothesis.

Statistical Tools

The Frequency test and Chi square test is selected for analyzing the various important categorical variables with the help of SPSS 20 (A statistical Program for Social Science)

Data Analysis

In first phase we have analyzed the demographic data through frequency analysis and after that performed chi square test to know the acceptance and rejection of Null Hypothesis.

Table 1: Showing output form SPSS 20, Frequency Analysis (Demographic Variables)
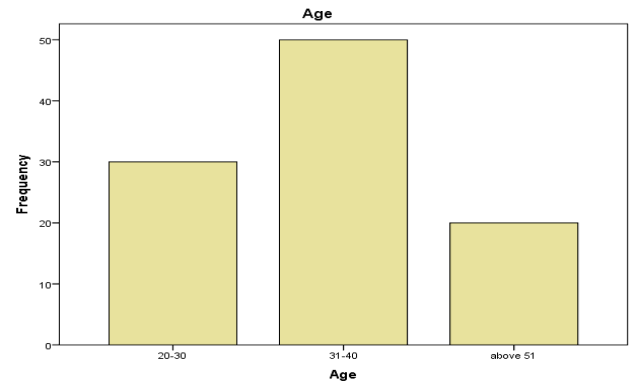
(a) Gender of the respondent

Gender	Frequency	Percent	Valid Percent	Cumulative Percent
Male	60	60.0	60.0	60.0
Female	40	40.0	40.0	100.0
Total	100	100.0	100.0	
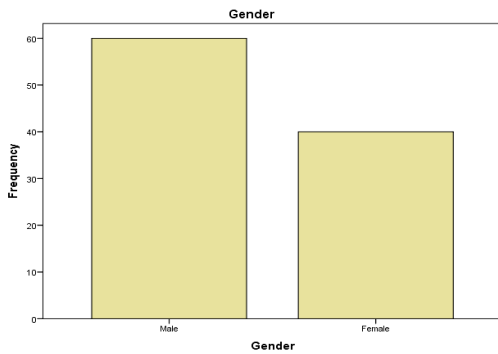
Figure 1: Showing gender of respondent, there are 60% male respondent and 40% female respondent
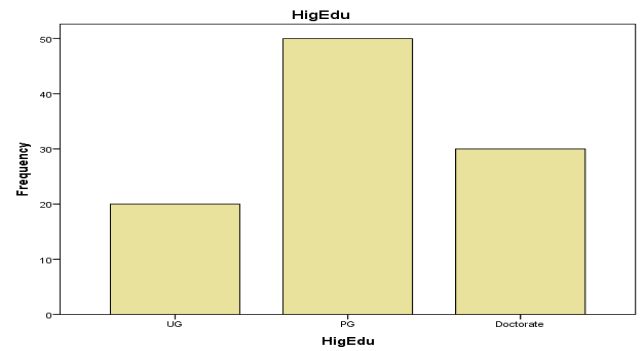
Table 1(b): Age of the respondent

Gender	Frequency	Percent	Valid Percent	Cumulative Percent
20-30	30	30.0	30.0	30.0
31-40	50	50.0	50.0	80.0
Above 51	20	20.0	20.0	100.0
Total	100	100.0	100.0	

Figure 2: Showing that 31-40 age group respondents are 50 % and 20% respondents are from above 51 age group

**Table 1(c):** Highest Educational Qualification of the respondent

Highest Qualification	Frequency	Percent	Valid Percent	Cumulative Percent
UG	20	20.0	20.0	20.0
PG	50	50.0	50.0	70.0
Doctorate	30	30.0	30.0	100.0
Total	100	100.0	100.0	

Figure 3: Showing that there are maximum 50% Post graduate respondent and only 10 % are under Graduate.

Table 1(d): Occupation of the respondent

Occupation	Frequency	Percent	Valid Percent	Cumulative Percent
Pvt. Job	70	70.0	70.0	70.0
Govt. Job	20	20.0	20.0	90.0
Business	10	10.0	10.0	100.0
Total	100	100.0	100.0	
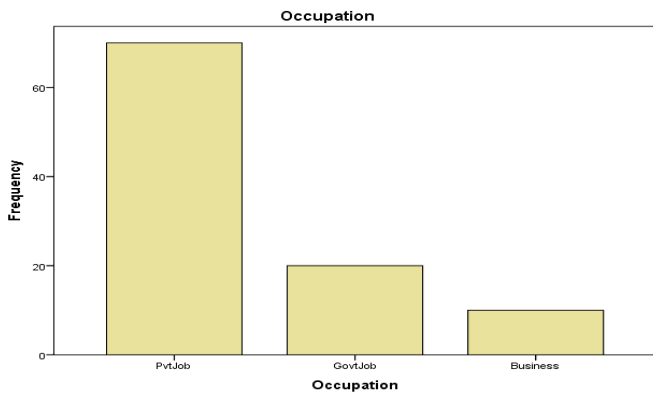
Figure 4: Showing that maximum 70% respondent are Pvt. Employee and only 10% from the Business groups.

Table 1(e): Monthly income of the respondents

Income	Frequency	Percent	Valid Percent	Cumulative Percent
<20000	50	50.0	50.0	50.0
20001-30000	20	20.0	20.0	70.0
30001-400000	20	20.0	20.0	90.0
>40001	10	10.0	10.0	100.0
Total	100	100.0	100.0	
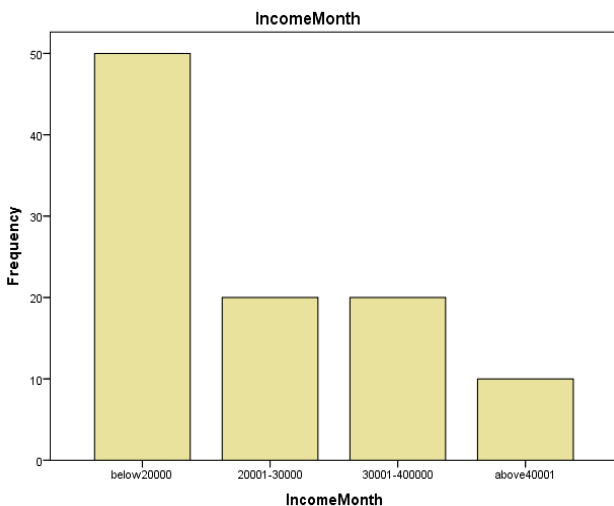
Figure 5: Showing that 50% respondent are below Rs 20000 income and only 10% respondents are above Rs 400001.

Results of Null Hypothesis (Accept or Reject) testing

Table 2 (a): Output table for H0: There is no impact of Employer Behavior on the Happiness

Employer Behavior * Happiness Cross tabulation	Happiness			Total
	Strongly Agree	Agree	Neither Agree Nor Disagree	
Strongly Agree	20	20	10	50
Agree	10	10	20	40
Neither Agree Nor Disagree	10	0	0	10
Total	40	30	30	100

Table 2 (b): Chi-Square Tests

Chi-Square Tests	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	26.250[a]	4	0.000
Likelihood Ratio	29.110	4	0.000
Linear-by-Linear Association	0.522	1	0.470
N of Valid Cases	100		

[a] 3 cells (33.3%) have expected count less than 5. The minimum expected count is 3.00.

From the chi square table sig value is 0.000 which is less than 0.05 (5% sig level) , hence reject Null Hypothesis Ho so we can conclude that employer behavior will have impact on happiness.

Table 3 (a): Output table; H0: There is no impact of Children on the Happiness

Children * Happines Cross tabulation	Happiness			Total
	Strongly Agree	Agree	Neither Agree Nor Disagree	
Strongly Agree	10	20	10	40
Agree	30	10	20	60
Total	40	30	30	100

Table 3 (b): Chi-Square Tests

Chi-Square Tests	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	13.194a	2	.001
Likelihood Ratio	13.234	2	.001
Linear-by-Linear Association	.957	1	.328
N of Valid Cases	100		

[a] 0 cells (0.0%) have expected count less than 5. The minimum expected count is 12.00

From the chi square table sig value is 0.001 which is less than 0.05 (5% sig level), hence reject Null Hypothesis Ho so we can conclude that children will have impact on happiness.

Table 4(a): Output table for H0: There is no impact of Social Media on the Happiness

Employer Behavior * Happiness Cross tabulation	Happiness			Total
	Strongly Agree	Agree	Neither Agree Nor Disagree	
Strongly Agree	30	0	0	30
Agree	0	20	10	30
Neither Agree Nor Disagree	0	10	20	30
Disagree	10	0	0	10
Total	40	30	30	100

Table 4 (b): Chi-Square Tests

Chi-Square Tests	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	111.111a	6	.000
Likelihood Ratio	141.398	6	.000
Linear-by-Linear Association	15.304	1	.000
N of Valid Cases	100		

[a] 3 cells (25.0%) have expected count less than 5. The minimum expected count is 3.00.

From the chi square table sig value is 0.000 which is less than 0.05 (5% sig level) , hence reject Null Hypothesis Ho so we can conclude that social media will have impact on happiness.

Table 5(a): Output table for H0: There is no impact of Self Respect on the Happiness.

Self-Respect * Happiness Cross tabulation	Happiness			Total
	Strongly Agree	Agree	Neither Agree Nor Disagree	
Strongly Agree	30	20	30	80
Agree	10	10	0	20
Total	40	30	30	100

From the chi square table sig value is 0.003 which is less than 0.05 (5% sig level), hence reject Null Hypothesis Ho so we can conclude that Self-respect will have impact on happiness.

Table 5 (b): Chi-Square Tests

Chi-Square Tests	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	11.458a	2	.003
Likelihood Ratio	16.903	2	.000
Linear-by-Linear Association	5.739	1	.017
N of Valid Cases	100		

[a] 0 cells (0.0%) have expected count less than 5. The minimum expected count is 6.00

RESULT & DISCUSSION

Demographic Results and Findings
1. There are 60% male respondent and 40% female respondent.
2. 31-40 age group respondents are 50 % and 20% respondents are above 51 of age group.
3. There are maximum 50% Post-graduate respondent and only 10 % are Under Graduate.
4. Maximum 70% respondent are Pvt. Employee and only 10% from the Business groups.
5. 50% respondents are below Rs 20000 income and only 10% respondents are above Rs 400001.

Hypothesis Results and Findings
1. For Employer Behavior sig value is 0.000 which is less than 0.05 (5% sig level) , hence reject Null Hypothesis Ho so we can conclude that employer behavior will have impact on happiness.
2. For Children sig value is 0.001 which is less than 0.05 (5% sig level), hence reject Null Hypothesis Ho so we can conclude that children will have impact on happiness.
3. For Social Media sig value is 0.000 which is less than 0.05 (5% sig level), hence reject Null Hypothesis Ho so we can conclude that social media will have impact on happiness.
4. For Self Respect sig value is 0.003 which is less than 0.05 (5% sig level), hence reject Null Hypothesis Ho so we can conclude that Self-respect will have impact on happiness.

CONCLUSIONS

We can conclude that the selected independent variables like employer behavior , children , social media and self-respect will highly create impact on

the dependent variable happiness but a real happiness is something different from the above false happiness because real happiness is defined as by my teacher is;

Happiness = [No of Desires fulfilled/Total No of Desires] X 100 %

That is if our 5 desires have fulfilled out of 10 than our Real happiness is 50% and if the total Number of desire is 0 which is impossible (absolute condition) than Real Happiness is infinite which is an ideal condition which is very hard to achieve but not impossible. Through mediation technique and its regular practice we can achieve that condition (a rare condition of attachment with detachment) of real Happiness in our professional and personal life.

CONFLICT OF INTEREST: None

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