
Biomedical Significance of Health and Happiness in Educational Institution

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Abstract- Human health is largely dependent on the overall happiness of the individuals. Thus, happiness is a predominant requirement of the life. In order to achieve lasting happiness, one has to develop lasting positive attitudes. Happy living ensures quality of life and prepare a person to deal effectively with exigencies in life with establishing one's own self-identity. Getting along with others (interpersonal relationship), helping others to give happiness (humanity), making better of your own self (self-help closeness with nature) and a continual process of dealing with one's problems, difficulties and overcoming the existing stress, conflict and frustrations that one confronts in satisfying his needs of life (adjustment).

In this paper, the happiness of a small group of students was assessed using the Happiness Scale. The findings, which were compared before attending happiness class (pre) and after attending happiness class (post) sessions, indicate that after attending happiness class, the level of happiness was more in the students. A sense of friendship, overcoming stress, conflicts, frustrations, optimism, and self-control enhanced students' happiness and proved to be strong indicators of their happiness.

Keywords: Health, Positivity, Quality of life, Optimism, Happiness, Well-being.

Introduction

Concept of Happiness:

Happiness refers to a range of balanced positive and pleasant emotions like joy, pride, contentment, gratitude, and living with ethics. It is also used interchangeably with subjective well-being. Happiness is a combination of experiences that brings a sense that one's life is not only good but also meaningful and worthwhile (Lyubomirsky, 2001) which is somewhat different from pleasure. Pleasure gives happiness and to become happy is to experience pleasure. Happiness is a combination of positive and negative emotions which has also been defined on the basis of

satisfaction with life that improves several aspects like health, relationships with others, positive well-being, and coping with daily stresses and traumas. All these help us to move on the path of well-being not only for oneself but also for humanity at large. The ability to find pleasure in daily life as well as the capacity to use one's abilities and talents to improve one's own life as well as the lives of others are both considered to be essential components of happiness. Despite the fact that most people in the world claim to be content, average happiness levels vary across the country. Researchers have discovered a number of variables that are consistently associated with happiness, despite the fact that people tend to overestimate the degree to which their subjective happiness parameters will change things for the better or the worse following particular life events. Although people tend to overestimate how much their happiness set variables can change for the better or for the worse after certain life events, studies have identified a number of elements that are consistently linked with happiness. Positive psychology has been a field of research in recent years with the aim of identifying and promoting traits that increase our level of happiness and fulfillment in life. Positive affect, optimism, and flow are some of these elements.

On the basis of divergent activities, two views have traditionally been proposed to characterize happiness. According to the hedonic perspective, the desire to live a happy and fulfilling life where good experiences outweigh bad ones emerges as one of the primary and fundamental motivations. The hedonic view of well-being (Kahneman, Diner, and Schwarz, 1999) maintains that having a happy life should be the main objective of one's life.

Eudemonic happiness shares many characteristics with humanistic psychology which emphasizes the idea of self-actualization (Maslow, 1968) resulting in a fully satisfied person (Rogers, 1961) as the two main requirements for healthy growth. It results from personal experiences and thus offers deeper meanings to one's life.

Happiness, Health, and Well-Being

"Happiness is a state of inner joy, which comes about when the mind becomes quiet, free from restlessness and worries." Well-being is the experience of health, happiness and prosperity. A sense of meaning of life, and excellent mental health, are all included.

Developing healthy attitudes towards life during not so pleasant situations or during real crisis ensure less trouble and provides a way to riggle out of the sticky situations.

Healthy and happy life means that a person is both, physically and mentally **healthy**. According to scientific research, happiness may have a significant positive impact on our health. To begin with, happiness encourages leading a healthy lifestyle. Additionally, it might strengthen our immune systems, protect our hearts, lessen discomfort, and combat stress. Additionally, it might potentially lengthen our life expectancy. Now let us see, what makes a person to develop positive attitudes. We are born in a family which is part of a society. Why we live our life the way we want but still we interact with a large number of people. Those even within the family may be toxic having not so positive attitude. With the result then they directly or indirectly affect the person right from the childhood. Such person when they grow will develop lot less or no healthy attitude and would find fault in every situation. Too much negatively with a check and balance and proper counseling or due schooling will derail a person. In such a scenario, school (good ones) play very important roles because teacher sense the psyche of the students in class and guide them without even making them aware that they are ordained to live a healthy life. Schooling in utmost important. But more than that what one gets from the family at the very early stage in life is equally or more important because in the family, foundation of personality development takes place. The role here is played by mother. Again, if mother is reasonably well educated, better still highly educated, she will groom the child into a confident boy who in turn will be groomed into a bright young man with pleasant disposition and commendable social attitudes. In the school, students get sufficient opportunity to interact with others and thus develop social skills. They more they interact with others, the better they become.

Researchers now agree that there is a bimolecular aspect to all experiences, including **happiness**, and that the **brain** is the command center for the chemical and physiological changes that occur in the body which generate either positive or negative emotions. The brain responds to a pleasure stimulus by activating a reward system. There are four primary chemicals in the brain that affect happiness: dopamine, oxytocin, serotonin, and endorphins. By designing gamified reports that

spark off these chemicals, you may grow one's happiness and loyalty. Ashby et al. found that the effects of negative mood are against of the positive mood i.e., negative mood is associated with lower dopamine level. Researches by Mitchell and Phillips (2007), also indicated that increased of serotonin level related to positive mood. Hence, proved to be a mood stabilizer.

Definition of Happiness and Wellbeing

Dictionary defines happiness as: "the pleasant or notion of being happy" whilst well-being is described as: "a great or pleasant situation of existence; a notion characterized through health, happiness, and prosperity; welfare". By definition, happiness contributes to our overall well-being. Subjective well-being is a term that is frequently used in positive psychology studies to refer to happiness (SWB). Some people think that one of the fundamental elements of SWB is happiness, while others think that SWB is happiness.

According to Chu Kim-Prieto, Ed Diener, and colleagues' research from 2005, there are three primary approaches to happiness in positive psychology:

1. Happiness as a general evaluation of life and all of its dimensions;
2. Happiness as a memory of previous emotional experiences;
3. Contentment as an accumulation of various emotional responses over time (Kim-Prieto, Diener, Tamir, Scollon, & Diener, 2005).

The World Health Organization (WHO) defines fitness as "a country of entire physical, intellectual and social health and now no longer simply the absence of ailment or infirmity" (WHO, 1948). 'Wellbeing' frames health as a positive desire by referring to a positive rather than neutral condition.

Health, happiness, and prosperity are the experiences that make up well-being. It entails enjoying a high level of life happiness, good mental health, and a sense of meaning or purpose. In a broader sense, being well simply means feeling well. Well-being and happiness are deeply interrelated and akin to one another complementing each other. Many people link the two together with yoga, harmony, jogging, health, sports, and universally accessible workouts. But it may also mean much

more, like playing a sport you love, eating well, becoming your best self, and having meaningful connections. Although it might signify different things to different people, everyone strives to achieve it in life.

Role of Happiness in Management of Patients

The focus of a doctor's profession is on the patient as they exist because of the patients. Therefore, it's crucial to keep them content and satisfied. Patients who are satisfied with their care are more likely to use the doctor's services again in the future and to refer their friends and family to him or her. Making their patients happy also results in more positive ratings, which support the expansion of their practice. The things that truly make patients happy are free, despite the fact that doctors can treat their patients with the latest technologies and lavish amenities. It may be noted that a doctor may be an expert in his/ her areas of specialization. Nonetheless, s/he may not be aware of the psycho-profile of the patients. The doctor may even lack the due sensitivities to deal with the patients. The healthcare professionals reported finding happiness by helping patients learn skills to enhance their independence (Gannotti et al., 2019), doing good by helping preterm infants and their parents during the challenging times (Einarsdottir, 2012), and helping colleagues by coaching and teaching new skills and techniques to enhance their performance (Buaklee et al., 2017). The nature of healthcare professions involves having a desire to help others effectively perform and provide quality healthcare. Health authorities could provide opportunities for healthcare professionals to express their generosity or altruism, which has been found to increase happiness.

According to Veenhoven, 2017, happiness is the degree to which an individual enjoys his or her present life. The happier the healthcare professionals are, the better the quality of health care and services they provide (Khosrojerdi et al., 2018; Kaipa et al., 2017).

Therefore, these are five steps that medical professionals can do to improve patient satisfaction.

1.Share the Power of a Smile

Doctor's patients may have bad days. They might be frustrated with their boss or spouse, concerned about looming bills and financial obligations or slow speed of recovery. While treating a patient, a good and mature doctor believes that though he is working but actually it is the benevolent hand of God that is going to heal the patients. Either way, patients might be in a bad mood before they even arrive. In response, a warm smile travels a long way in turning the day around. Clearly, then the doctors should ooze out the positive energy on sustained basis ensuring *Munna bhai effect* all the time.

A baby's smile can light up an entire room. A dog's satisfaction, by wagging its tail and prancing up and down in excitement, can completely change a person's mood. Why? Just because expression of happiness in any form will have a contagious effect resulting in happiness and joy of other person. Similarly, welcoming someone with arms wide open and a warm smile, makes the person truly glad and reassured in his/her company.

A doctor's smile shows patients are happy to see him. After all, patients make doctors' practice thrive but then in the process, healing is also speeded up. Thus, sharing a smile while caring patients would prove to be a win-win situation for both brightening up the environment of the clinic/hospital.

2. Let the Praise Flow

Doctor's might not get the appreciation they deserve from the colleagues, family or friends or even from the patients. But doctors can be highly satisfied and happy with what they have accomplished. Their practice then becomes much more meaningful than just a medical practice and will continue to attract patient from far flung areas of the country.

Compliment patients on their outfits, presentation and disposition asking question about their lives. Listen to them and find something to praise. Did they recently get a promotion at work? Did they get engaged? Make patients feel important by letting them know that what they are important to the doctor. That is what most people want—they want to be acknowledged and appreciated

whether they deserve or not is different issue altogether. Thus, a doctor can create a huge follower in response to his humane indulgence with patients giving them bitter pills with gentle advice, a sense of reassurance and affirmation for speedy recovery.

3. Be a Good Listener

People love to talk about themselves because they want to project that they are very important. Even more, they love talking about themselves when they have an audience that is interested in what they have to say. Doctors and staff do not need to be a brilliant conversationalist to leave a lasting impression on their patients. Instead, encourage them to talk about themselves—what they are proud of and what troubles them—and listen to them. Listening suggests the patients that doctors care about them. Of course, doctors may not have the luxury of enormous time on their disposal to shower their indulgence on the patients. However, sparing sometimes will make a healthy and robust proposition augmenting the gracefulness of the doctor.

4. Address Patients by Name

The sweetest sound on earth is the name of a person when s/he is called by that. This magic strategy works with every one and all the time without fail. What patients appreciate most about their doctor besides being an excellent doctor is that every member of his staff knows his/her name. Even though the overall interaction time between patient and doctor may be short and limited.

If doctors and their staff make the effort to remember patients' names, they will also be rewarded with patients that are absolutely thrilled with their service. Doctors' patients in turn will remember them, and want to help them so that their practice succeeds.

5. Resolving the Disputes

No matter what doctors do, not all patients will be happy all the time. Sometimes a minor or an unintentional mistake on the part of doctors or staff might set a patient off. Other times, patients might just be having a bad day and take it out on them or their staff. It is easy to react and argue,

but the truth is, if doctors are drawn into an argument with a patient, they have already lost. Instead, try to listen.

A patient that berates doctors is venting. As much as that person might yell, they really just want someone to listen and empathize. No matter how the person acts, even if they are insulting hospital staff, it never helps to tell them they are wrong. If they want to diffuse the situation, it is essential to stay calm and respond in a friendly manner but it is easier said than done because so called self-respect and ego come on the way adding fuel to fire.

In short, when dealing with a complaint, let the patient speak. Doctors and staff should make a genuine effort to see things from their point of view. Try to find points on which patients agree. And, if they or their staff did something wrong—admit it. If possible, admit it before the patient says so. Talk through the complaint and find a solution. This approach offers a better chance of turning the patient's opinion around, and might even help doctors practice grow. The patient's satisfaction is not only important to build up the reputation of the doctors but in turn that would also prove to be vital for doctor's own health and well-being. After all, doctors too are human being having similar biology, physiology, human psyche and vulnerability.

In 2012, researchers stated that the health workforce is at the core of every health system (Anand and Bärnighausen, 2012). Healthcare professionals are part of the health workforce. Healthcare professionals are individuals who are formally trained in providing healthcare services to human beings that are curative, preventive, and/or promotive in nature (World Health Organization, 2013).

Mental health research among healthcare professionals within health systems is largely focused on reporting their weaknesses and pathologies as opposed to positive aspects of their mental health. For instance, there is more evidence on healthcare professionals experiences of higher levels of distress, burnout syndrome, depressive symptoms, and suicidal ideations more than among other professionals in other sectors (Brand et al., 2017; Kokonya et al., 2014; Dyrbye et al., 2017;

Lafreniere et al., 2016). It is essential to recognize problems and challenges, but it is equally important to promote the optimistic aspects of mental health. Although positive attitudes and experiences may not eliminate difficult experiences, they act as a buffer that is paramount for healthcare professionals (Einarsdottir, 2012).

Doctors Staff is Key to Patient Happiness

Humans are emotional creatures. We want to be loved, to feel important and to know that other people care about us. If doctors give their patients the above-mentioned things, they will keep coming back to their practice. And, they will be more inclined to go out of their way to help doctors—by writing a review or referring other people to their office. There will be patients who are never satisfied, no matter what doctors do to appease them, and they also might leave a negative review. In these situations, try to respond with empathy, in the same way doctors would in person. For the major part, sharing of these free kindness tokens, and friendliness combined with happiness surely creates mutual appreciation not only between doctors but also with their staff and patients. This will enable them to succeed in their practice and in the process become more visible commanding respect all over.

Students Happiness and Caregivers in Medical Sciences

In psychology, happiness is recognized as “emotion” or emotional state of mind. Emotion is divided into “negative emotion” and “positive emotion”. Psychologists believe that two main components of happiness are as follows: The relative existence of positive emotion and the lack of negative emotions associated with life satisfaction. Medical field is the one that due to the clinical practice, hospital pressure and stressful environment have considerable effects on happiness of the students and their job performance. Medical students are the future healers of the society. Student happiness level not only affects their performance but also influences the attitude and behavior. Happiness is considered as an important part to live a quality life. Happy people present four consistent traits: self-esteem, optimism, sense of self-control, and extroversion. In today’s world, happiness is taken into consideration as a factor in the prevention of diseases.

Increased happiness can be a health promotion strategy that is executed in different societies.

As the population ages, non-healthcare professionals are taking on more and more caregiving responsibilities. Anyone who helps another person in need, such as a sick partner or spouse a disabled child, or an elderly relative, is referred to as a caretaker. Family members who are providing active care for an older individual, however, frequently do not self-identify as "caregiver." Caregivers can get the support they require by acknowledging their role in the family.

Caregiving is Rewarding but Stressful

Giving care can offer a lot of benefits. Being there for a loved one in their time of need is a core value and something that the majority of carers want to offer. But it's almost inevitable that roles and feelings will change. It is normal to feel irate, annoyed, worn out, lonely, or depressed. Caregiver stress, or the mental and physical strain of providing care, is widespread.

Stressed-out caregivers may be more susceptible to changes in their own health. The following are risk factors for caregiver stress:

- Being a woman
- Having less formal schooling than required.
- Sharing a residence with the person you are caring for
- Social withdrawal
- Being depressed
- Financial challenges
- More hours spent providing care
- A lack of coping mechanisms and challenges with problem-solving
- Not having a choice about providing care.

Signs of caregiver stress:

- Feeling beaten or continuously worried
- Feeling worn-out often
- Getting an excessive amount of sleep or no longer sufficient sleep
- Gaining or dropping weight
- Becoming effortlessly indignant or angry
- Losing interest in activities one used to enjoy
- Feeling sad
- Having frequent headaches, bodily pain, or other physical problems
- Excessive use of alcohol or drugs, including prescription medications

Plenty of stress, mainly over an extended time, can damage their health. As a caregiver, they may be much more likely to enjoy signs and symptoms of despair or anxiety. In addition, they'll now no longer get sufficient sleep or bodily activity, or devour a balanced diet — which will increase their hazard of health problems, which include coronary heart sickness, diabetes, etc.

Strategies for dealing with caregiver stress:

To help manage caregiver stress:

- **Accept help:** Have a list ready of ways that family members or other caregivers can assist you, and then allow the assistance decide what they would like to do. For instance, a buddy might offer to go for weekly walks with the person they are caring for. Alternatively, a friend or relative might be able to cook for them, pick up their groceries, or run errands for them.
- **Emphasizes the services that caregivers can offer:** Although it's common to occasionally feel guilty, realize that nobody is a "perfect" caretaker. Trust that the caregivers are always acting responsibly and making the best choices they can.

- Set a sensible objective: Organize challenging chores into manageable steps for the caregiver. Make lists, set priorities, and create a daily schedule. Start declining requests that put a strain on you, like hosting holiday meals.
- Make connections: Research local resources for caregivers. There are classes focused about the illnesses that their loved one is dealing with in many communities. There may be caregiving services provided, including housekeeping, meal delivery, and transportation.
- Be a part of a support group: A support group can offer affirmation, inspiration, and techniques for dealing with challenging circumstances. Support group members are aware of the difficulties that caretakers may be facing. Making deep friendships can also be facilitated by joining a support group.
- Seek social help: Try to maintain close relationships with family and friends who can provide compassionate emotional support. Make time aside each week.
- Establish personal health objectives. For instance, make it a point to find time to exercise most days of the week, maintain a nutritious diet, and drink lots of water. Many caretakers have trouble falling asleep. Long-term poor sleep can have negative effects on one's health. Consult a doctor if caretakers are having difficulties falling asleep at night.
- Visit the doctor: Obtain the appropriate screenings and immunizations. Please let your doctor know that you are a caregiver. Mention any worries or symptoms you may have without holding back.

The Era Educational Trust established the private Era University in Lucknow, Uttar Pradesh, in 2016. The university offers classes in nursing, pharmacy, science, liberal arts, and computer application, and courses in medicine and associated sciences.

The **Department of Happiness** is the first department of its sort in India has been established by Era University in Lucknow on 16th August 2019.

The presented curriculum is a value-added course on happiness designed for medical and paramedical students who work in a stressful atmosphere helping patients who are ill and undergoing tiresome medical procedures.

Prof. Abbas Ali Mahdi, Vice Chancellor of Era University, stated that the new department's goal is to produce instruments for happiness and build an environment that will allow people to achieve their own potential for inner well-being. Additionally, the initiative will assist in educating medical and paramedical students on the value of maintaining happiness in the face of adversity. The university, according to him, is the first in the nation to have a Department of Happiness.

Objectives of the Study

1. To find out the specific factors responsible for the unhappiness of the students.
2. To find out the level of happiness in students after attending happiness class.
3. To enhance the stress coping mechanism of medical and paramedical students.

Review of Literature

Mental peace and happiness have become the need of the hour due to the increased stress of modern-day life. It has become necessary to understand happiness, quantify it and find ways of being happy in our lives if we want to prevent the ticking time bomb of mental illness from exploding. Psychologists define happiness as a mental or emotional state of well-being defined by positive or pleasant emotions ranging from contentment to intense joy. Happiness brings about improved physiological functioning in humans, improves the capacity to combat stress, and pain, and lengthens life span.

Goleman (1995) has emphasized glee, fun, and happiness to lead a better life. A few factors were found highly responsible for the inculcation of happiness namely change, compliments or praise from others, rules of realization, application of strength and capabilities in the right perspective, praise for the right person's actions and thinking, equipped with love and reverence, creating new ventures, self-control kindled by knowledge, purity of wisdom, discipline, humility, non-violence, uprightness, differentiation between action-non-action and patience. In addition, blaming others in

vested interest, attachment for any object, jealousy, selfishness, ignorance conflict, anxiety, inferiority complex, tensions, and ill fame reduces happiness.

Dalai Lama quoted that 'Compassion is a necessity and not a luxury and without it, humanity cannot survive'. Meditation of loving-kindness and compassion are associated with feelings of happiness (Davidson, 2008). High religious attitude ensures higher happiness (Aghili and Venkatesh, 2008). Perceived discrimination can lead to distress and reduced happiness (Padela and Heisler, 2010).

A few studies indicated that gender differences were found with respect to happiness (Diner, Suh, Lucas and Smith, 1999; Manstead, 1992). Females were happier than men (Ragan and Easvaradoss, 2012). Health contributes to our happiness and happiness contributes to our health. Health promotes good mental and physical health (Thomas, Harbaugh, Coan, and Sarra, 2015). The impact of subjective well-being on health has been shown in the association between happiness and longer life, lower susceptibility to disease, and better recovery from cardiovascular disease (Diner and Seligman, 2004). Intervention increases happiness, forgiveness, and gratitude (Ragan et.al., 2012). Marriage has been found to be a strong predictor of life satisfaction, happiness, and overall well-being (Woods, Rohdes, and Whelan, 1989). Married people on average were found to be happier than single people (Myers, 2000). The high degree of dependency on others always involves emotional-motivational pathological symptoms that affect the development of personality adversely and reduces the capacity to experience happiness (Bharadwaj, 2017).

A recent World Health Organization (WHO) report (2012), declared that India accounted for the highest number of suicides in the world with 84 suicides occurring per day due to family problems on average (Pereira, 2013). Suicides were reportedly highest in the age group of 15–29 years which represents adolescence and early adulthood. Another report highlights that the IT sector, which though high paying is also extremely stressful with their employees seeking counseling more often than other professionals and their suicide rates rising by 8–10 % from 2009 to 2013 (Banerjee,

2013). India also has the highest rate of major depression cases in the world (Chatterjee, 2011) suggesting poor mental health status in the country.

Swaminath and Rao (2010) observed from various researches that positive emotions physiologically down-regulate lingering negative emotions, and broadens momentary thought which not only improves the ways people cope during crises but also helps build physical, social, intellectual, and psychological resources for an individual. Khosla and Dokania (2010) also found that happier individuals both women and men have higher emotional intelligence than unhappy women or men.

Religion and spirituality are at many times considered to be paths to achieving well-being. Ramesh, Sathian, Sinu, and Rai (2013) found that Brahma Kumaris Raja yoga Meditation significantly increases an individual's self-satisfaction and happiness by enhancing positive thinking in them.

Result:

The happiness scale by Bharadwaj and Das (2017) was administered to 39 pharmacy students of Era University. Before the commencement of the happiness class, the happiness scale was administered to them and after completion of the happiness course; the happiness scale was again administered to the same students.

Before the commencement of the happiness course, the result obtained for the pre-course assessment showed that out of 39 students, 17 were unhappy and 18 were not so happy showing lesser happiness levels.

Post-assessment results showed that those students who were not so happy or unhappy scored a higher level of happiness after attending the happiness course.

Number of Students	Pre-Scores	Percentile	Post Scores	Percentile
1.	100	40(Average Hap.)	128	95(Greater Hap.)
2.	99	30 (Less Hap.)	120	90 (Greater Hap.)
3.	94	30(Less Hap.)	120	90(Greater Hap.)
4.	100	40(Average Hap.)	125	95(Greater Hap.)

5.	90	20(Unhappy)	119	80(Greater Hap.)
6.	90	20(Unhappy)	122	90(Greater Hap.)
7.	92	30(Less Hap.)	121	90(Greater Hap.)
8.	93	30(Less Hap.)	120	90(Greater Hap.)
9.	95	30(Less Hap.)	125	95(Greater Hap.)
10.	94	30(Less Hap.)	124	95(Greater Hap.)
11.	85	20(Unhappy)	114	80(Greater Hap.)
12.	80	20(Unhappy)	120	90(Greater Hap.)
13.	96	30(Less Hap.)	120	90(Greater Hap.)
14.	92	30(Less Hap.)	121	90(Greater Hap.)
15.	90	20(Unhappy)	114	80(Greater Hap.)
16.	97	30(Less Happy)	110	70(High Hap.)
17.	90	20(Unhappy)	122	90(Greater Hap.)
18.	87	20(Unhappy)	122	90(Greater Hap.)
19.	115	70(High Hap.)	128	95(Greater Hap.)
20.	95	30(Less Hap.)	116	80(Greater Hap.)
21.	98	30(Less Happy)	124	90(Greater Hap.)
22.	91	20(Unhappy)	120	80(Greater Hap.)
23.	89	20(Unhappy)	115	80(Greater Hap.)
24.	89	20(Unhappy)	110	70(High Hap.)
25.	90	20(Unhappy)	122	90(Greater Hap.)
26.	98	30(Less Happy)	125	95(Greater Hap.)
27.	95	30(Less Happy)	123	90(Greater Hap.)
28.	96	30(Less Happy)	119	80(Greater Hap.)
29.	95	30(Less Happy)	116	80(Greater Hap.)
30.	95	30(Less Happy)	118	90(Greater Hap.)
31.	96	30(Less Happy)	122	90(Greater Hap.)
32.	94	30(Less Happy)	120	80(Greater Hap.)
33.	97	30(Less Happy)	122	90(Greater Hap.)
34.	91	20(Unhappy)	120	80(Greater Hap.)
35.	92	20(Unhappy)	125	95(Greater Hap.)
36.	94	30(Less Happy)	116	80(Greater Hap.)
37.	91	20(Unhappy)	117	80(Greater Hap.)
38.	92	20(Unhappy)	123	90(Greater Hap.)
39.	93	20(Unhappy)	123	90(Greater Hap.)

TABLE: PHARMACY STUDENTS: PRE- AND POST-DATA

Discussion

The present investigation was intended to determine the level of happiness in pharmacy students after attending happiness class, to check the factors responsible for their unhappiness, and strengthen their stress coping strategies.

As *Aristotle* said “Happiness is the perfection of human nature. Since man is a rational animal, human happiness depends on the exercise of his reason.”

For many people and professions, happiness can mean different things. The Dalai Lama, Plato, Aristotle, and many other intellectuals throughout human history have all concurred that the goal of life is to find happiness. Our lives have purpose when we are happy. It is deemed more significant by people than any other personally desirable goal, such as wealth, beauty, or fame.

The positive items of the happiness scale i.e., self-control, cheerfulness, decision making, self-analytical, and optimism have been reported low in students (pre-study). The negative items i.e., sentimental and work pressure showed low scores in students (pre-study). This clearly indicated that students did not have control over their emotions, they were not much optimistic, had difficulty in making decisions, and were emotionally weak and under pressure. Supporting evidence may be traced to the findings of Swaminath and Rao (2010) who observed that positive emotions can act as buffers against negative health outcomes.

After attending the happiness course along with sessions of Yoga and Meditation, students’ post-analysis reported that they learned to manage their own emotions, and became more confident, optimistic, and cheerful. Yadav, Koushal, Aggrawal, Saini, and Sharma (2012) believed that the interconnection between mental and physical health can be used to harness positive feelings through exercise and physical actions to reach goals order to enhance them. Peltzer and Pengpid (2013) observed that greater social support, personal mastery, and higher socioeconomic status lead to greater happiness.

A lower level of happiness has been found among pharmacy students before the happiness class and a higher level of happiness has been found in the same students after attending happiness class. This proved that from the happiness course they learned the ways to increase their happiness levels through positive change in perception, i.e., how they think and what they do in their daily lives. We have many opportunities to increase or decrease our happiness levels through how we think and what we *do* on daily basis. Our findings are in support of what Ed Diener (1984), Norrish and Vella-Brodrick, (2008) found i.e., people are happy if they think they are, and each person is the best judge of whether they are, in fact, happy or not.

If we all schooled ourselves in how we think and behave, we could all be a lot happier. That would make us feel happy, peaceful, and comfortable. Although we are unsure of the extent to which humans can develop and adjust to shifting conditions, happiness helps us to understand that change is possible since we have power over our thoughts, feelings, and actions. As per our objectives, the results showed that before happiness class students were unhappy but after attending happiness class their level of happiness increased from unhappiness to greater happiness. Therefore, post-analysis of results indicates a sense of friendship, overcoming stress, conflicts, frustrations, optimism, and self-control enhanced students' happiness and proved to be the strong indicators of their happiness.

Conclusion and Recommendation:

1. Lower level of happiness has been found among pharmacy students before the happiness class
2. Higher level of happiness has been found in the same students after attending happiness class.

Future Prospects:

1. Long-term happiness course can be planned for Pharmacy students in the first semester.
2. Happiness course must be included in every semester for Paramedical and Medical students to foster a healthy change in their perception.

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