

PURSUIT OF HAPPINESS IN CONTEMPORARY ENGLISH LITERATURE

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ABSTRACT

Based on new research in the discipline of Happiness and Positive Psychology, the Pursuit of Happiness task provides science-based information on the life skills and practice needed to improve well-being, build spirit against hopelessness and nervousness, and pursue a meaningful life.

KEYWORDS: Happiness, Spirit & Pursue

INTRODUCTION

The pursuit of happiness is our fundamental right. I believe there is no one on this earth who does not desire to be happy! But we need to be careful. Not all roads to happiness are handy. There are many examples that seeking pleasure as a way to be happy could actually be the wrong way in life.

Seeking pleasure might make you happy in the short run, but in the long run, it could make your life dejected. Like sugar, it is sweet and gratifying while consumed, but has undesirable side effects as well. Drugs, stealing somebody's costly stuffs, rich food all provide short-term satisfaction; they might make you happy for a while only to be followed by a feeling of emptiness over time and when your conscious gives you sleepless nights that the happiness you attained was the reason of somebody's discontent.

People who chase happiness are the one who doesn't really understand what happiness is all about. They take from life as much as possible, in any way that will gratify them, and as soon as possible. When a person who is dependent on instant satisfaction is not given the pleasure they insist on having, they feel like their delicious food filled plate is pulled from them when they were hungry. They cry with or without tears.

India is a land of opportunities. Happiness in our country is for the taking. It could be the Flight or a Train ticket that you managed to book your own without paying commission to your travel agent. It could be the bribe you didn't have to pay for your transfer or promotion. It could be helping someone needy. It could be watching the movie of your favorite actor or actress. It could be visiting some places. It could be having food of your choice. It could be the getting appreciated for your hard work. Happiness could even be your Adhaar Card which you got after standing on the queue for long hours

Trying to stay happy for a day is like being an open-minded after the release of Padmavat, It's not necessary that you will be happy on March 20, the International Day of Happiness. What consumes our happiness are our views. An irritating neighbor in your society and building can spoil your day by a contemptible act and a scary right is enough to leave anyone down in the dumps on the day while you step out of your house presuming all is going to be well because it's the International Day of Happiness.

I read a story behind the International Day of Happiness, of an orphan adopted from the streets of Kolkata who grew up to launch a campaign lobbying all the member states of the United Nations for recognition of happiness as a fundamental human right and goal. A UN resolution authored by that orphan, Jayme Illien, established the International Day of Happiness. It promotes “a more comprehensive, fair and balanced approach to monetary growth that promotes sustainable expansion, poverty eradication of many diseases, happiness and the well-being of all peoples

Tradition of Being Happy in India

After reading Deepak Chopra’s 7 Laws of Success, I reached this conclusion that happiness lies within. You could be happy about somebody’s success and if others happiness makes you happy then I suppose you are the happiest person on this earth. Many people think that money can buy happiness. But I strongly oppose this notion. For example

Health - Your health is the biggest happiness in the world. And you cannot buy it. You may have all the money in the world and all the allied things that money can buy but if your health and safety are not in order, then you can’t be happy at all. **By health**, I mean an all-round state of wellbeing, where your body is fit and your mind is cool and calm. When you are not well, the doctors and the medicines can get you temporary relief, but that is far from the natural state of health which lets you enjoy life to its fullest. Other example is -- Education - You cannot buy a good education and upbringing with money. If your parents have given you good education and upbringing, please be thankful to them and the God. Some people with plenty of money may send their kids to the best boarding schools but that doesn't guarantee a good education and upbringing.

Joy of doing small things, freely – You must have noticed that joyful things are really cheap or free. If you have loads of money but cannot enjoy these small things, you cannot buy the joy with money since you don't need money to enjoy these things. Some examples that come to my mind are a leisurely walk alone or with a loved one, enjoying the elements of nature like sun, rain or a cool breeze, doing a bit of selfless service to someone completely unknown etc.

CONTENTMENT

Contentment is an example which you can’t buy with your money. The more money and associated things you have, the more you crave for them and the contentment is far away. Since contentment is the source of ultimate joy, peace, and happiness, money cannot help you attain any of these. Having said all above, my earnest submission will be that you still need money to survive in this world and to support you in go-getting for many of the above things I mentioned. We just have to stop assuming that if we are able to garner heaps of cash then the happiness will follow.

So, what does make people happy in the long run? And my answer is A MEANINGFUL LIFE

People who have a meaningful life are happier than those who chase for happiness out of small things. I am not saying that the concept of happiness except which comes out of stealing someone’s things is wrong but it’s not permanent.

Take motherhood as an example. It makes a woman happy irrespective of the pain she is going to bear while delivering the child. But over time there will be moments of absolute happiness, like when the child arrives.

So, pursuing happiness by seeking immediate rewards is instantly gratifying, but can make you unhappy in the long run.

REFERENCES

1. The Seven Spiritual Laws of Success -- A Practical Guide to the Fulfillment of Your Dreams is a 1994 self-help, pocket-sized book from author and physician Deepak Chopra, published originally by New World Library, freely inspired in Hinduist and spiritualistic concepts, which preaches the idea that personal success is not the outcome of hard work, precise plans or a driving ambition, but rather of understanding our basic nature as human beings and how to follow the laws of nature.
2. International Day of Happiness. This campaign is a global celebration to mark the United Nations International Day of Happiness. It is coordinated by Action for Happiness, a non-profit movement of people from 160 countries, supported by a partnership of like-minded organisations.

