



Peer Reviewed Referred
and UGC Listed Journal
(Journal No. 40776)



ISSN 2277 - 5730
AN INTERNATIONAL MULTIDISCIPLINARY
QUARTERLY RESEARCH JOURNAL

AJANTA



Volume-VIII, Issue-I
January - March - 2019
Part - III

IMPACT FACTOR /
INDEXING 2018 - 5.5
www.sjifactor.com

Ajanta Prakashan

❧ CONTENTS OF PART - III ❧

S.No.	Title & Author	Page No.
12	Tripartite Imperilment of Indian Woman: Class, Caste, and Gender in Baburao Bagul's Short Story 'Mother' Yuvraj Nimbaji Herode	79-83
13	Tattoo Culture amongst Youth in India Azhar Iftekhar Aazmi	84-90
14	The Psychology of Happiness Dr. Kiran Save	91-96
15	Socio-Economic Status Bhandi Bazar - A Case Study (Mumbai Maharashtra) Kaneeze Ibrahim K.A.R. Sayed	97-106
16	Strawberry Tourism in Mahabaleshwar- A way forward for Agro-Tourism in India S. H. Chitre	107-111
17	Reflection of Buddhism in the Indian Democracy and View of Dr. Ambedkar Prof. Dr. Suryakant Laxmanrao Shelke	112-118
18	Issues and Challenges of Female Domestic Workers in India Prof. Mrs. Siddiqui Arjumand Shahid	119-122
19	An Analytical Study of Goods and Service Tax (GST) in Indian Economy Dr. Subhash Taterao Pandit	123-130
20	A Study on use of ICT skills among B.Ed Teacher Trainees Dr. Swati S. Dhoke	131-135
21	Labour Mobility in India Mrs. Farzana N. Y. Chawre	136-140
22	Sri Lankan Tamil Refugees in Tamil Nadu a Critical Assessment of Political Parties of Tamil Nadu Dr. Mohd Shahzad	141-148
23	The Impact of GST on the Indian Economy Shamama Patel	149-154

14. The Psychology of Happiness

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Keywords: Mental Health, Physical Health, Psychological Disorder, Irrational Self Talk, Intellectual Emotional Behaviour Theory.

The World Health Organization has defined health, mental and social well-being as health. According to this definition, not only have physical health been considered important, physical health, mental health and strong social interaction are also considered very important. In fact, both components affect physical health and mental health; it has been proven by modern psychology. Physical health results in mental health and mental health results in physical health.

Considering today's stressful life, it can be said that most people are mentally uncomfortable due to some or all of these reasons, or can not live a happy and satisfying life or suffer from major mental illnesses.

A person who can adopt to the changing situation around the environment, establishes a mature and healthy social relationship with others, and whoever tries to look at the objective perspective without seeing a personal or a personal perspective, can be said to be mentally healthy.

It is seen that from school level to college level, career from early to matrimonial life, from youth to middle age and from old age to end of life, all the steps of life are becoming stress-prone, stressful and uncomfortable. Therefore, it is becoming an important issue in every person's context to keep away from stress and discomfort.

All the above steps in life are very important in different contexts. In the present situation, if they are seen from most people's perspective, they may feel that these different phases of life are very tough and unfavorable. Due to various troublesome and frustrating events and experiences, the person becomes uncomfortable and stressful.

But Albert Elyse is of the view that in the context of this, the person becomes uncomfortable and frustrated, not because of certain incidents, but because of the perspective of the person being viewed by those events, the Greek thinker first proposed the above opinion, Epithetus says the event or condition is neutral.

There is no power to create feelings in the event. If there was such power in the event, in the same situation all the people would have created a single feeling in the mind. But that does

not happen. Because each person has a particular meaning in the surroundings of his surroundings, the evaluation of the meaning of that means that the person's feelings are happening. Every person has a different perspective in the mind.

According to any person, the person is talking about the surroundings and events of the surroundings. If the perspective itself is self-destructive, then the person is mentally uncomfortable.

That is why Albert Ellis and Greek thinker Epititus are very important in maintaining mental health in many matters in our daily lives, so that if the attitude of the person or the person has changed the way that means they make positive, they can solve a lot of mental problems.

You think that the situation before me is tough, but not too horrible or not too big a sky has caught me. The situation that I am facing, the more horrific situation is divided into many people. In total catastrophes such as accidents, earthquakes, the entire family or property is also shattered.

In such a situation, we can say horrific situations. But before me the situation is not so horrible, it sure. Considering all this, you should change the way you look at the things happening around your life and the surroundings. We must be aware that our approach makes us mentally healthy or uncomfortable.

You can not control every event or situation in life. But without realizing this fact, we try to control every situation or situation by the adversity. Often, this obstacle creates many emotional difficulties in solving the problems.

Just as we cultivate the soil and get a good crop, we should be able to cultivate our mind for mental health. Hate in your mind, anger, asuya, matsar, revenge etc. You should try to destroy the negative emotions consciously. You should be able to recognize the good part of the person's life and circumstances, as well as be recognized.

If we can cultivate our mind in such a way, then we can definitely lead a happy life by attaining good mental health. To get good mental health through cultivation of mind, you must try to apply some principles in a conscious manner.

According to Albert Ellis, I was disturbed by my thoughts and calm, because of my thoughts! I can decide what to choose. The freedom of thoughts is mine, so I will choose that which will help me to go through the difficulties and show a solution!

Humans are unhappy, because without knowing the knowledge, they do their own desires in the compulsory necessities. It may be a cause of disagreements, but it may not be the reason for severe mental distress. Feeling that this need is necessary, it can be a cause of mental distress.

If the compulsory need is not met, it will be very terrible, as if the man himself is subjected internally.

Then adversity unfolds unexpectedly, we are so awkward from the point of view of the situation, that the persistence of the other person, which is left to bear the situation, was destroyed by the absurdity. And then, with the unrealistic conclusion that I can not bear the situation, I sometimes think that the situation will soon disappear for me.

But when the reality turns out to be a reality, when it breaks down the hallowed illusion of delusion, it is inevitable. That is, the situation is more worrying than the situation. If we adopt a habit of thinking about a little different from the same situation, then we can rest ourselves from collapsing.

The happiness or misery of your life depends on the perspective you look at in life. We must learn to look at life with a more contented look. We must try to live a life more homogeneous. Get more happiness and satisfaction. But if we want to achieve this, then we must first recognize ourselves and learn to see the world more balanced and comprehensive.

We should always be grateful for the people around us and the situation. Thanksgiving should have been a part of our behavior. Only bad incidents are not occurring in the world. Surely, something good happens to our surroundings everyday. We should enjoy that good thing and express gratitude for it. A solution is achieved through the mentality of expressing gratitude.

We have assisted with other people, organizations, and situations in our education, career, success and many other things. Therefore, we should have gratitude in our mind about all these. If gratitude is expressed through our behavior then we get pleasure from that. In the Indian tradition, the concept of Runa is to express gratitude towards different groups of society.

If you want to live happily, we must first recognize ourself. Before you know others, you must recognize yourself. Often it was such that we do not recognize ourselves and then lose our happiness in life. I should accept my acceptance as I am. I must accept it with all my attributes. There should not be an inferiority complex in us because there is a quality or a fault in us.

Every person has fewer qualities. But when a person has a certain quality, I am measuring the wholeness of the fact that it is negligible in every case, then there is an inferiority complex. Because the insignificant remarks make him obstinate to accept his unconditional acceptance. Therefore, we should constantly try to increase our utility value by recognizing our own merits and not knowing ourselves as insignificant. Attempts to increase the utility value create confidence in the person and thereby create a sense of satisfaction.

Let's say there are many fruits in a fruit curtain. Some of them are ripe, some are juicy, some are raw and some are pests. So, what can we decide through the study of exactly what kind of fruits are there? It's completely impossible. Because the fruits are so diverse that the one adjective can not be applied to all those fruits. Man's personality is like the fruit of that curtain. It is difficult to give only one adjective of good, bad, high-negative, to the person's personality filled with diverse nature.

Another important part is that, we all are the people who postpone happiness. The potential happiness given to us today is more important than our enjoyment of happiness. You or your children do not feel important about the 90% of the class given today. Tomorrow, when the expected college gets admission, it is important to us. If the required college gets admission, then it is not important in your eyes.

The potential qualities of the common entrance test for the 12th and the 12th are important for us. Suppose we have got good grades in the 12th and Vocational course entrance exams and we are not satisfied. Worrying about how to get a better education, how good a placement will be. So, we will realize that we do not take the joy of the success that we have achieved at any given moment. Such is the longest chain that we've ever created. And so, in the meantime, you were persuaded by the blissful pleasures of life.

Having ambitious is definitely necessary to achieve success. But if the failure or the expected success was not achieved while working hard to make ambitious, the person was asleep and frustrated. Some people feel that there is no remaining left to live in life. Success or failure is instantaneous and in addition to our diligence, many situations are involved in it.

Without taking into account all these processes, we are looking at that phenomena only from our perspective and hence we can not find happiness and satisfaction in our life. It seems as if you had a bike running on footsteps of a poor worker. He feels comfortable that his friend is sitting on a couch. After saving some money, the worker bought a bicycle.

He now feels like his friend's friend is sitting on a motorcycle. We are living in a life of everyday life from a bicycle. Afterwards, with the efforts of the next, he purchases a motorcycle by saving labor and motorcycles have to go to work. But now he feels that running on a motorcycle is not very respectable.

Some people around us are sitting in the car and enjoying life. You should also be able to move around in the car according to them. The feeling of selflessness and dissonance in the mind of that worker is by taking away the joy of life in those moments. You should realize that in the

effort to get something more, the joy of present access should not be lost. This dissonance cycle is never ending, and most people think of it. But you never think of its widespread.

The most important hindrance in maintaining your mental health is that the irrational self talk created in our minds consistently. In our day-to-day life, many people are inviting adverse emotions by creating many ideas that are logically incompatible in the context of many people and circumstances.

Without a doubt, the person who does not pay attention to or does not pay attention to the person who is in front of him, makes an adverse opinion in our mind about that person. And on the basis of that unfavorable opinion, he relates his relationship with that person.

So, in order to verify the information about that person in our place, we are creating irrational self talk in our mind; we must avoid such an irrational self talk. In fact, we do not think clearly about the incidents or behavior of a person. You are disturbing your mental health by thinking of a person's non-irrational thinking.

Using Triple Filter Tests of Socrates can help reduce many misconceptions, prejudice or adverse feelings before disrupting their own mental health by considering irrational thinking. The test of Socrates is as follows.

Have you heard what you are saying? No. I have heard from others.

Are you sure about what you have heard? No. I can not be sure about that.

Is that what you hear is of my use or interest? No. It is not in your interest.

If there are negative answers to the above three questions, then there is no need to think about it in such a way. In such various situations, we are spoiling our own mental health by making an incompatible or inaccurate opinion about a person or a person with the help of irrational discrepancy. That is what we have not listened to ourselves, which is not sure about the truth and which is not of our own interest, behind our useless and unnecessary things we spend our lives free of charge.

The above mentioned Socrates triple filter test and the concept of irrational self talk described by Albert Ellis are quite similar in relation to the preservation of mental health.

Albert Ellis is called, "Nothing is good or bad, our thinking makes it good or bad". There is no such thing as good or bad in the world if we see it objectively. As we think and look at the phenomenon, it looks like that. And that's why we must learn to think objectively. Ellis opinion is very important in maintaining good mental health.

According to the theory of intellectual emotional behavior of Robert Ellis, we must accept the fact that we can not change or can not be changed. You must easily accept the

accepted situation. If you need to make changes in the situation and make changes that may be possible to help yourself or others, then you must make an effort to change it. But if such a change is simply impossible, then you must adopt it to the situation or accept it before accepting the situation.

According to famous Psychologist, Virginia Satiyar, "We have to live for world as it is, and not as its bread bee", you want to live in a world that is not entirely idealistic. Therefore, there is no alternative to the ideal world. That's what surrounds it, around you. If it is inappropriate and undesirable, we should try to change it. But we can not change the situation by showing a grudge or dislike about the situation. Therefore, you must accept the situation, accept it. This is essential for mental health. Accepting it without accepting any conditions around the world and other people is a prerequisite for a satisfying life.

No one should complain about the choices we have taken in life, it is an attitude of realistic philosophy of life. But our tone is always complaining. In fact, we are blaming the situation or the other person. The breakdown of your failure is spreading on others. From this we lose our mental health. You must learn to identify what your points are and what your faults are. You do not realize your faults all the time, and you are blaming others.

In fact, the fault or problem is not in the external situation. The problems are in your own hands. If you take into account the problems faced in this self, you may be able to help solve the problems encountered in the surroundings.

Frustration and failure are an integral part of every person's life. The cycle of success and failure, hope and disappointment, happiness and sadness, satisfaction and dissatisfaction in each person's life continues uninterrupted. But the person who tries to move forward by accepting the reality that failure is a part of life is also an integral part of life, mental health of the person remains good.

Although there is no reason or failure, there is a long way to go in with insights from it. You must remember that no one can permanently humiliate that opportunity. There are disasters in life that you want to survive. The challenges are that you only have to pay, there are questions. But you have to find the answer only. Such a realistic approach makes you mentally capable.

If you try to fulfill your duty honestly after accepting the challenge of the situation, then the joy of the work is fantastic. If you want to do your job honestly, you can enjoy work. Have fun working to stay in good health. If you have a job or a business, a student or a housewife, you should be interested in the work you do in any field, only then you can enjoy work. There is no joy in the work done by pressures or unwanted ones.