

Wallin Paul, Vollmer M. Howard, "*MARITAL HAPPINESS OF PARENTS AND THEIR CHILDREN'S ATTITUDES TO THEM*" United States Army (Sociology)

Rosenberg, Amy, "*RELATIVE HAPPINESS*" Jul/Aug 2010 Volume 43 Issue 4 (Psychology)

Anna Pascucci

English 102

3-3-11

Professor Messier

"Of course, the current era demands a different kind of family life. You and your partner may both be working long hours while staying electronically tethered to the office afterward. Your kids, too, are probably deep into their devices. On the weekends, homework—your kids' or your own—takes over, and errands swallow up whatever time is left. Then, when you finally manage to corral the whole clan for some quality time together, someone is too exhausted to enjoy it, someone else resents the forced fun, and no one really knows how to talk to anyone else." (pg. 3 *RELATIVE HAPPINESS*)

"As Patrick O'Keefe explains, "When you're young, it's hard to tell your friends that you're going out of town for the weekend with your parents and sisters. We went often, and I always felt like I was missing out on things. Most of the time though, it ended up being really fun. On our boat we had no TV, no friends, and no video games, so we would entertain each

other and get rest. Each weekend made us closer, and I think the seclusion from the rest of our confusing adolescent worlds was crucial to the growth of all of us individually and as a unit." Doing things as a family also gives parents a chance to impart values to kids and to model appropriate behaviors through their own behavior. As Richard Weissbourd, a child and family psychologist at Harvard University, argues, parents today tend to *overemphasize* their children's happiness. "What would really be helpful to kids is seeing their parents caring for others; that should be a priority. That's how kids themselves learn to care for others." Choosing activities you can do together that will benefit others—volunteering at a soup kitchen, for example, or helping in a community cleanup—allows kids to see parents caring about the world around them, and also gives them a sense of their own place in that world" (pg. 7 RELATIVE HAPPINESS)

1. My source is an essay dedicated to the belief that families who create specific times and events that their family will meet and hang out with each other while also having a flexible schedule for anything that might come up with a family member generates happiness. Whether its making sure a family eats dinner every night together or at bedtime a specific song is sung to a child consistently, the idea that each family member knows they will have time with each other allows them to be able to open up more to each other about concerns and their personal lives or creates an undeniable feeling of comfort. On the other hand, the balance between structure and flexibility is key. This text argues that trying new things, no matter what age each family member is, helps everyone to bond and learn how to compromise for each other and earn respect.
2. In order to strengthen the idea of my essay I will use the source "Relative Happiness" as a counter argument. I highly disagree with the two main quotes above along with the entire text for many reasons. The word happiness can't conform to one single emotion and I understand happiness as a feeling that you shouldn't compare with others around you. An individual's happiness isn't measurable. The smallest thing could make all of the difference in the world to one person, while some bigger event could create the same heaviness in emotions. The difference is that the specific individuals cannot compare their happiness because they haven't experienced each other's lives themselves therefore they have but the slightest idea of each other's mindset. By using one of these two quotes in my happiness essay I can further pursue my idea of happiness in life and in a family by pointing out what I feel is disagreeable with the text.

Michaela Volpe
Source List



Easterlin, Richard. "Explaining Happiness." *Proceedings of the National Academy of Sciences*. PNAS, May 23, 2003. Web. 1 Mar. 2011.

Parker-Pope, Tara. "Is Marriage Good for Your Health?" *New York Times*. 14 Apr. 2010. Web. 1 Mar. 2011.

Yodanis, Carrie and Sean Lauer. "The case for considering marriage culture in the relationship between marital status and happiness." *Conference Papers*. (2007): 1-16. *American Sociological Association*. Web. 1 Feb. 2011.

Seligman, Martin, Acacia Parks and Tracy Steen. "A Balanced Psychology and a Full Life." *The Royal Society*. 18 Aug. 2004. Web. 1 Mar. 2011.

1.) **Quoidbach, Jordi et al. "Money giveth, money taketh away: The dual effect of wealth on happiness." *Psychological Science* 21.6 (2010). 759-763. Print.**

2.) This comes from a psychological journal

3.) "In particular, priming individuals with the concept of money or wealth appears to increase their feelings of self-sufficiency. In other words, merely thinking about money may lead people to believe that any experiences they desire are potentially obtainable. Unfortunately, such perceptions of abundance may run counter to the appreciation of pleasurable experiences. In one of the few studies on this topic, found that college seniors derived greater happiness from the final weeks of college when they were led to feel that graduation was impending than when they thought of graduation as being very far off, which suggests that scarcity may increase savoring. Theorists describe savoring as a form of emotion regulation used to prolong and enhance positive emotions."

4.) This article is written in reflection of Gilbert's *experiencing stretching hypothesis*, stating that when the best things in life are experienced, everything else seems dull. Therefore, the more money you have and the more you get to experience, the more like you are to lose the ability to "savor" everyday's moments of happiness. Thus, becoming less happy.

5.) I'm pretty stuck on the framework of the paper. I am not sure if this is possible. But, I would like to use this source, as well as other sources to create a framework of what our society deems as happiness: marriage and wealth. By incorporating these together, I would like to convey that excess wealth may deteriorate overall happiness in marriages. But, again, I am not sure if I am actually fulfilling the purpose of this paper.

Sources:

1. Brickman, P., Coates, D., & Janoff-Bulman, R. (1978). Lottery winners and accident victims: Is happiness relative? *Journal of Personality and Social Psychology*, 36, 917-927.
2. Weir, Bill, and Sylvia Johnson. "Denmark: The Happiest Place on Earth - ABC News." *ABC News.com: Breaking News, Politics, World News, Good Morning America, Exclusive Interviews - ABC News*. Web. 03 Mar. 2011.
[Source: *http://www.abcnews.com/thiswithbill/page_1>*](#)

Questions:

3. "Indeed, garbage man Jan Dion says he's an eight out of 10 in terms of happiness. He said he doesn't mind collecting garbage for a living, because he works just five hours in the morning and then can spend the rest of the day at home with family or coaching his daughter's handball team. Dion says no one judges his choice of career, and he actually loves what he does because he has many friends along his route. It makes him happy when he sees the children who wave to him and the old ladies who bring him cups of coffee."
4. This source talks about Denmark and how it was rated the happiest country in the world. It describes how a nation of only 5.5 million people, with 50-70 percent taxation is able to achieve this. Namely this is done by the setting up of a social welfare system that takes care of everyone and the ability to work a job with a good wage – whether it be an artist or garbage man.
5. I'll use this source in my paper by showing that happiness isn't all about material possessions or wealth. The case of Denmark is radically different from what would be typical in America; low taxes, not lot's of social welfare, etc. Denmark is highly taxed yet their citizens are taken care of. In my paper I'll use this to show that this is a more ideal type of environment (for me at least) for happiness to prosper. Despite high taxes the welfare system is amazing and people still have lots of freedoms.

Zain Abidin

3.4.11

English 102

Source explanation

“The most impressive finding of our study was the strength of the association between mental health and happiness: the odds ratio of happiness approached 40 for the comparison of extreme quartiles of mental health.”

The quote is taken from an encyclopedia called the Quality of Life Research Vol. 13.

The name of the article in the essay is called “Health and Happiness in Young Swiss Adults”.

The source conducted a survey on 200 students who went to the University of Geneva in Switzerland. That survey attempted to find out what type of people, or what makes people happier.

The way I intend to tackle my essay on happiness is to show that stress and happiness are closely linked. That is why people who make a million dollars a year versus people who make a \$100,000 are happier because the million dollar makers have more stress to deal with because of all the things they have to run to make that much money. People who are living a life of carefreeness are generally happy because nothing in their life bothers them. If nothing bothers you, you will be happier. The quote comes in to play when I say that good mental health or being stress free leads to happiness.

Zeeshan Wahab
English 102
Dan Messier
03/04/2011

Happiness from Children

“The sublime moment when our 3-year-old looks up from the mess she is making with her mashed potatoes and says, “I wub you, Daddy,” can erase eight hours of no, not yet, not now and stop asking. Children may not make us happy very often, but when they do, that happiness is both transcendent and amnesic” (Gilbert).

In an online article “Does Fatherhood Make You Happy” Gilbert talks about how people achieve happiness by having children. He says that parents do a lot of work taking care of their children, they are nurses, housekeepers, servants at the same time for their children, and they do all this that in future it will pay off. They think they will achieve happiness from their children and it is right according to him, because when children express their feelings for their parents, which is the best moment in the parents’ life.

I think Gilbert shows the best scene about how parents get happiness from their children. I think there isn’t any other thing or experience that can make a person happy than their children. Those small moments are with you forever. Those moments are joy for you at the present time and also when your children grow up and you remember those sweet moments you get happiness. In my paper I will use Gilbert’s quote to talk about how parent get happiness from their children, and why people do all that hard work of raising children. Some parents do all that hard work so that when they get old, their children are there to help them, to be with them and make them happy by taking care of them.

Gilbert, Daniel. "Does Fatherhood Make You Happy?" *Academic Search Premier*. Time, 19 June 2006.

Web. 3 Mar. 2011.

Happiness and Economics

Luscombe, Belinda. "The Cost Of Happiness." *Academic Search Premier*. Time, 27 Sept. 2007. Web. 3 Mar. 2011.

Carenyssa Pimentel

English 102

Prof. Messier

March 04, 2011

Works Cited

Miron, Anca M., Sarah K. Parkinson, and Jack W. Brehm. "Does Happiness Function Like a Motivational State?." *Cognition & Emotion* 21.2 (2007): 248-267. Academic Search Premier. EBSCO. Web. 2 Mar. 2011.

This source examines happiness from a psychological discipline.

Uchida, Yukiko, Vinai Norasakkunkit, and Shinobu Kitayama. "Cultural Constructions of Happiness: Theory and Empirical Evidence." *Journal of Happiness Studies* 5.3 (2004): 223-239. Academic Search Premier. EBSCO. Web. 2 Mar. 2011.

This source examines happiness from a sociological discipline.

“Cultural Construction of Happiness: Theory and Empirical Evidence” (Uchida, Norasakkunkit, Kitayama) Source 2

“Given the independent model, the most central aspect of the self is a set of internal attributes. Individuals are therefore highly motivated to find and affirm the positivity of these attributes. This implies that happiness in European-American cultures is likely to hinge critically on the affirmation of positive attributes of the self. Moreover, happiness itself is often construed as one of those internal attributes that are to be pursued and attained via personal striving. In other words, happiness is likely to be constructed as personal achievement.” (pg. 225)

The various authors of this source have studied various cultures which include North American cultures and East Asian cultures. In this article their main focus is to try to find the various meanings happiness has in each culture. Happiness is an emotional state people reach after they have achieved a certain goal is the case in North American cultures. Opposed to East Asian cultures who rather receive support, sympathy, and compassion from others, after this state they can reach their level of happiness. The difference between these cultures is that often people in North American cultures need to fulfill or reach a goal through their own hard work and dedication to be able to feel proud or happy; to reach the level of happiness. In other cultures the idea of accomplish something on your own is a negative act because this may arise jealousy and hatred in others thus not really allowing the person to move on with negative energy. Happiness possesses different meanings in different cultures.

It's true that in many cultures happiness may have a different meaning just as in different cultures people are accustomed to doing different things and follow unlike traditions. But the idea that a person has to be supported and sympathized to reach the state of happiness just

Kenneth Bailey
English 102
3/3/11

Sources for Assignment #2

Borysenko, Joan. "Find Your Own Happiness." *Prevention* 58.10 (2006): 97-100. *Academic Search Premier*. EBSCO. Web. 3 Mar. 2011.
Economical and physiological

Foote, Donna. "sleep your way to a raise." *Health (Time Inc. Health)* 18.9 (2004): 107. *Academic Search Premier*. EBSCO. Web. 3 Mar. 2011.
Economical and physiological

"Warwick University in Coventry, England, examined the answers 15,000 Americans gave when asked how happy they were. Based on those responses, the researchers calculated that going from abstinence to once-a-week sexual liaisons increased happiness to the same degree a \$30,000 raise would" (Foote).

This source is basically reviews a research done by a University. The results of the research was that people that have monogamous sex are happier than people with multiple sex partners and a lot of money. This shows that sexual relations and money are the equal in the sense that they make people happy. The research also found that having a lot of money doesn't mean you're having a lot of sex.

Once I figure out my main topic of my happiness essay, I plan on using this source to support my claim. This is a great example of something that people strive to achieve to become happy in life. It can also be used to explain what is happiness. People who do what Foote describes seem to be more happy in life and that can be used to help prove my thesis once I come up with it.

Fabienne Milhomme

English 102

Prof. Messier

March 4, 2011

Works Cited

Larrimore, Mark. "Religion and the Promise of Happiness." *Social Research* 77.2 (2010): 569-94. Print. ((Religious and Philosophical disciplines of Happiness.))

Stark, Rodney, and Jared Maier. "Faith and Happiness." *Review of Religious Research* 50.1 (2008): 120-25. Print. ((Religious discipline of Happiness.))

“Pooling all [General Social Survey] surveys that included the happiness item produces the results shown in Table 1. A third are very happy, more than half are pretty happy, and only about one in ten admits to not being too happy.”

In the Stark and Maier text, “twenty-four years of the General Social Surveys are analyzed to test eight hypotheses derived from the scattered literature on religion and happiness. The hypothesis that religiousness is positively related to happiness is supported, as is the hypothesis that the religious effect is primarily ‘social.’ Five other hypotheses are rejected and a sixth one partly so.”

I’ll be using the studies in this text as evidence that faith (in religion or something else) leads to personal happiness and well-being.

Brian Foran

Freshman English 2

3/2/11

Prof. Messier

Assignment # 2 Sources

1. Sources:

Zhang, Guoqing, and Ruut Veenhoven. "Ancient Chinese philosophical advice: Can it help us find happiness today?." *Journal of Happiness Studies* 9.3 (2008): 425-443. *PsycINFO*. EBSCO. Web. 2 Mar. 2011.

Mogilner, Cassie. "The pursuit of happiness: Time, money, and social connection" *Psychological Science* 21.9 (2010): 1348-1354. *PsycINFO*. EBSCO. Web. 2 Mar. 2011.

2. The work of Cassie Mogilner falls under the discipline of Psychology.
3. Mogilner argues that, "Work is necessary to pay the bills and contributes to an individual's sense of productivity and self-esteem but the number of hours Americans spend working frequently exceeds that required to provide these benefits. Moreover, Americans' increasingly long workdays cut into time spent connecting with others—fostering relationships with romantic partners, friends, and family. And it is these relationships that are essential for personal happiness."
4. Cassie Mogilner, assistant professor of marketing at The Wharton School of the University of Pennsylvania, studies the relationship between happiness and time. In "The pursuit of happiness: Time, money, and social connection," Mogilner examines the impact that the concept time has on one's happiness. She argues that when thinking about

time rather than money, you focus more on personal relationships and family than on work and economic interests. In turn, you learn to put personal values before money and, therefore, live a happier life.

5. I really like this study that Mogilner conducted; it's simple and straightforward, but also very meaningful. I think that it is extremely important to put family and friends before economic interests and to remember that you will not always have time to spend with your loved ones. In my essay, I will be focusing on personal relationships as the source of happiness (rather than money and material goods) and I will use this study to further my argument and persuade my readers.

Yanli Zhu
ENGL 102
Professor Messier
March 2, 2011

The Scientist's Pursuit of Happiness by Johan Norberg

Norberg, Johan. "THE SCIENTIST'S PURSUIT OF HAPPINESS." *Policy* 21.3 (2005): 9-13.
Academic Search Premier. EBSCO. Web. 2 Mar. 2011.

This source uses the economy and politic to exam happiness. The article, The scientist's Pursuit of Happiness, talks about happiness. The author uses many different example to exam what is happiness. He mentioned about hope, wealth, freedom, activity, as well as the society. All these were being compared to ~~with~~ ^{connected} happiness. Many things occur in our lives help us define what is our definition of happiness. ~~and to help us work for our own happiness~~

"It's not just the money that makes high earners happier than low earners--more important is their way of life--being active, being creative, and experiencing control of your life."

This quote was catching my eyes as I was reading through because money could only bring so much happiness to our lives. It has it own limits. Our own happiness relays more on what we make our lives to be, how we live everyday to the fullest, and always have a positive mind. To really poor family who are suffering from financial issues, extra money would bring them joy because it could solve many of their issues. However, for wealthy family who has everything they need in life, money does not bring out real happiness. Some might not even know what is real happiness because their lives are so perfect. I will be using that small piece of text to support why money can not bring full happiness.

Jose Reyes

Prof. Messier

03.04.11

Sources

1. Citations:

- Ali, Lorraine. "Having Kids Makes You Happy." *Newsweek* 152.1/2 (2008): 62-63. Academic Search Premier. EBSCO. Web. 3 Mar. 2011.
- Wolfe, Matthew. "Reaching My Goal of Having No Life Plan." *Newsweek* 150.1 (2007): 18-19. *Academic Search Premier*. EBSCO. Web. 3 Mar. 2011.

2. Source one: Psychological

Source two: psychological/sociological

3. Source one Section: The most recent comprehensive study on the emotional state of those with kids shows us that the term "bundle of joy" may not be the most accurate way to describe our offspring. "Parents experience lower levels of emotional well-being, less frequent positive emotions and more frequent negative emotions than their childless peers," says Florida State University's Robin Simon, a sociology professor who's conducted several recent **parenting** studies, the most thorough of which came out in 2005 and looked at data gathered from 13,000 Americans by the National Survey of Families and Households. "In fact, no group of parents--married, single, step or even empty nest--reported significantly greater emotional well-being than people who never had children. It's such a counterintuitive finding because we have these cultural beliefs that children are the key to **happiness** and a healthy life, and they're not."

4. This passage focuses on how happiness isn't what it's said to be. In this case having kids is said to be a very big ocean of happiness which in the end it's not what it is said to be. Many different studies have been conducted that a person's happiness is better if they do not encounter children.
5. I want to say how when people hear about happiness and the things that bring happiness from other people, they believe it until it is actually experienced. Once experienced, the truth about something bringing happiness turns out not to be true. Setting a goal in your life to have kids and a good job is one thing and actually it happening is another. Setting goals and having expectations takes happiness away from someone when they are not accomplished.

Caryse Center

3/3/11

Prof. Messier

- Matheny, G. L. "Money Not Key to Happiness, Survey Finds | Physician Executive | Find Articles at BNET." Find Articles at BNET | News Articles, Magazine Back Issues & Reference Articles on All Topics. Nov.-Dec. 2008. Web. 03 Mar. 2011. <http://findarticles.com/p/articles/mi_m0843/is_6_34/ai_n31162752/?tag=rel.res1>.
- This source deals with economic discipline.
- "An informal survey of physician leaders finds that most of their job satisfaction comes from relationships with others, personal growth and life/work balance. Although cash bonuses can improve physician executive job performance, money isn't too helpful when it comes to improving job satisfaction, a recent survey found."
- This passage challenges the common belief that money causes happiness. It looks into the overall happiness of physician employees. When they were surveyed, it was shown that their relationships with co-workers and patients provided more overall happiness than their paycheck. My parents always say that if I find a job I love, then it will never feel like a day of work. This meant that I should find a job that makes me happy, rather than finding a job solely based on salary. I could make lots of money as a plastic surgeon and be miserable every day or do something I love while making half of that salary.
- The article stresses the importance of job satisfaction to working people. It also reviews how many jobs are surveying their employees on a regular basis to ensure happiness with their company.
- "Money Isn't Everything, Happiness Is | Helping Psychology." Psychology Degrees | Helping Psychology. Aug.-Sept. 2009. Web. 03 Mar. 2011. <<http://helpingpsychology.com/money-isnt-everythng-happiness-is>>.