

The Relationship of Fragility of Happiness Beliefs and Happiness Experienced: The Moderating Role of Optimism

Leila Shameli*

Shekoofeh Mottaghi Dastenaei**

Malihe Hoseinjani***

Introduction

Happiness as one of the most important psychological needs of mankind, has always occupied the human mind because of its major effects on personality formation. Therefore, since happiness is one of the essential emotions of mankind, everyone experiences it at their own expense. Recent studies show that belief that happiness is not a permanent issue, but a fragile variable, is negatively correlated with experienced happiness. This means that maintaining the fragility of happiness beliefs will lead to a weakening of happiness that is accompanied by uncertainty about the likelihood of happiness. In other words, the link between the fragility of the happiness and happiness beliefs experienced depends on one's optimistic and pessimistic expectations of the future. Thus, when there is skepticism, the fragility of happiness beliefs can create a negative outlook that in turn can make it difficult to engage in targeted behaviors and even lead to a failure to understand happy emotions, and vice versa. However, the fragility of happiness beliefs can create a positive outlook that can facilitate the perception of the excitement of happiness. Therefore, the purpose of this study was to determine the relationship between the fragility of happiness beliefs and happiness experienced with the moderating role of optimism.

Method

The research method is descriptive-correlational, the type of path analysis, in which the relationships between variables are studied in the form of a model.

* Assistant Professor, Salman Farsi University of Kazerun, Kazerun, Iran. *Corresponding Author:* Lshameli29@yahoo.com

** Assistant Professor, Ardakan University, Ardakan, Iran.

*** M.A. in General Psychology, Ardakan University, Ardakan, Iran.

For this study, 225 students from Shahid Bahonar University of Kerman were selected by multistage cluster sampling. To collect data, optimism-pessimism (LOT), happiness fragility (FHS) and inner happiness (SHS) questionnaires were used. Data were analyzed by Pearson correlation coefficient and multiple hierarchical regression analysis using SPSS-22 software.

Results

The results showed that there is a significant negative relationship between the fragility of happiness beliefs and optimism ($p \leq 0.05$). However, there is a positive and meaningful relationship between experienced happiness and optimism ($p \leq 0.01$). The results of regression analysis for examining the moderating effect of optimism on the relationship between the fragility of happiness and experienced happiness showed that optimism was able to moderate the relationship between the fragility of happiness and experienced happiness. In other words, optimism reduces the relationship between the fragility of happiness beliefs and the happiness experienced.

Conclusion

In general, it can be concluded that the relationship between the fragility of happiness beliefs and the happiness experienced can be reduced in students by improving their optimism. In fact, optimism, by facilitating positive emotions, enables people to better cope with the challenges of their lives, thereby reducing the fragility of happiness beliefs on experienced happiness and increasing their inner happiness. In other words, given that optimism predicts subjective well-being, optimists consider life to be controllable, fun, stress-free, more self-satisfied, relationships with friends than pessimists. Ultimately, optimists will have a deeper quality of life than pessimists, all of which reduces unpleasant emotions and expectations and, as the result, gives them a greater sense of happiness through enjoyable relationships with friends.

Keywords: Fragility of Happiness Beliefs, Experienced Happiness, Optimism

Authors Contributions: Conceptualization, validation and project administration by all authors; investigation, data analysis, editing and review by Leila Shameli, methodology, resources and initial draft preparation by Shekoofeh Mottaghi Dastenaiei.

Acknowledgments: We would like to thank all participants who participated in this study.

Conflicts of Interest: The authors declared no conflicts of interest.

Funding: This article received no specific grant from funding agencies in the public, commercial, or not-for-profit sectors.
