

Happiness: How much is enough?



November 13, 2002



Sponsored by the Science,
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The Happiness Staff

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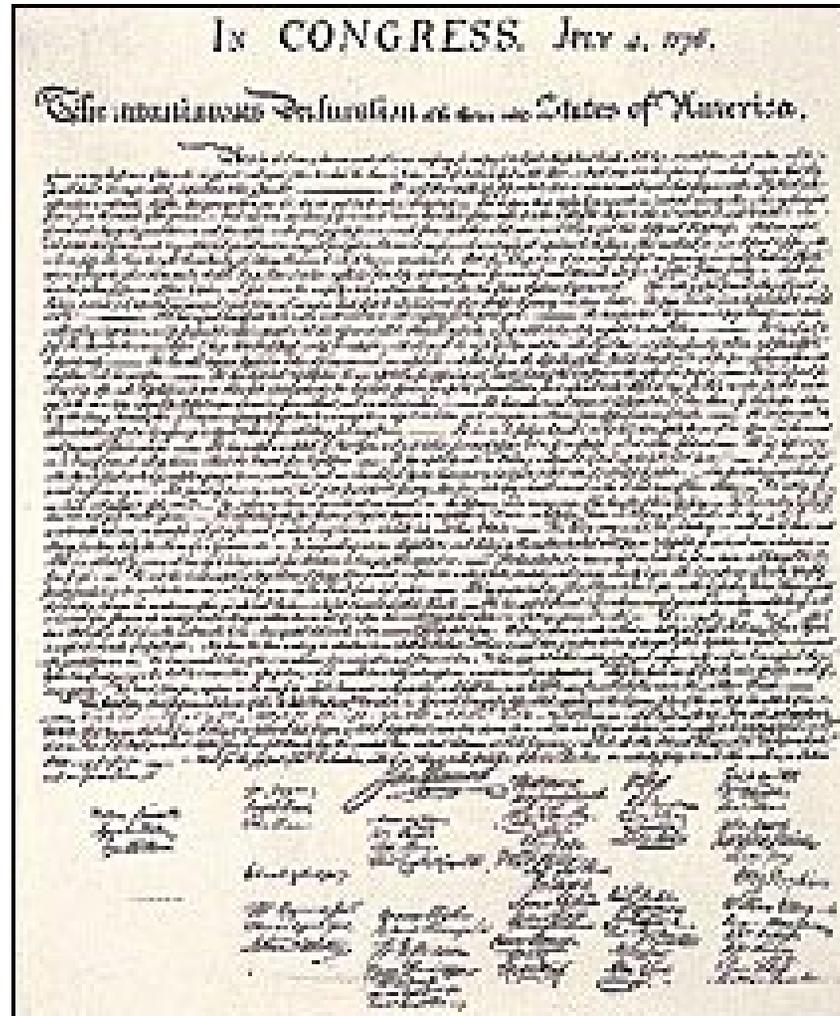


The Happiness Panelists



- Virginia Stewart, History
- Don Habibi, Philosophy and Religion
- Ken Diehl, Engineering
- Chris Dumas, Economics
- Gregory Bechtel, Nursing
- Sue Combs, Health
- Carrie Clements, Psychology
- Tim Ballard, Biology

Virginia Stewart





We hold these truths to be self-evident: That all men are created equal; that they are endowed by their Creator with certain unalienable rights; that among these are life, liberty, and the pursuit of happiness; ...

Declaration of Independence in Congress, July 4, 1776

Men are constant in pursuit of happiness.

John Locke, *Essay on Understanding*

The great pursuit of man is after happiness; it is the first and strongest desire of his nature. there can be no real happiness without religion and virtue, and the assistance of God's grace and Holy Spirit to direct our lives in the true pursuit of it.

Lawrence Sterne, *Sermons of Mr. Yorick*

... the happiness of the society is the *first* law of every government.

James Wilson, 1774





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Don Habibi





Happiness and Hedonism

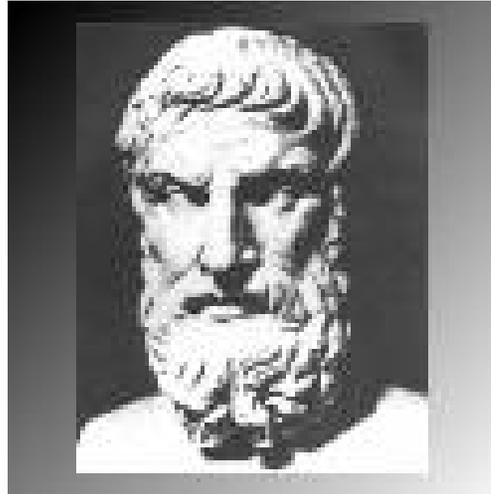


The basic doctrine of hedonism holds that **happiness** (i.e., pleasure and the absence of pain) is the sole intrinsic good in life. Therefore, everything else that we value, desire, or pursue is 'good' insofar as it leads to happiness. The most useful way to understand the concept of hedonism is to distinguish between its psychological and ethical applications.

Psychological Hedonism is descriptive and makes a very strong claim about human nature. It holds that humans are constituted by nature such that they always pursue pleasure and avoid pain. All of our actions can be explained by this claim.

Ethical Hedonism is normative and holds that we should pursue pleasure and avoid pain. Happiness is the sole and proper aim of human action, as it is the 'good.' For most of the philosophers who advocate it, the emphasis is not on physical pleasure but on moderation and the cultivation of intellectual pleasures.

Epicurus (341-270 B.C.E.)



The most important version of ethical hedonism among the Ancient Greeks is **Epicureanism**, which regards 'happiness' as a mind free from disturbance and a body free from pain. The good life is secured by moderation of appetite and desire, and the pleasures of reason, peace, friendship, and aesthetic contemplation.

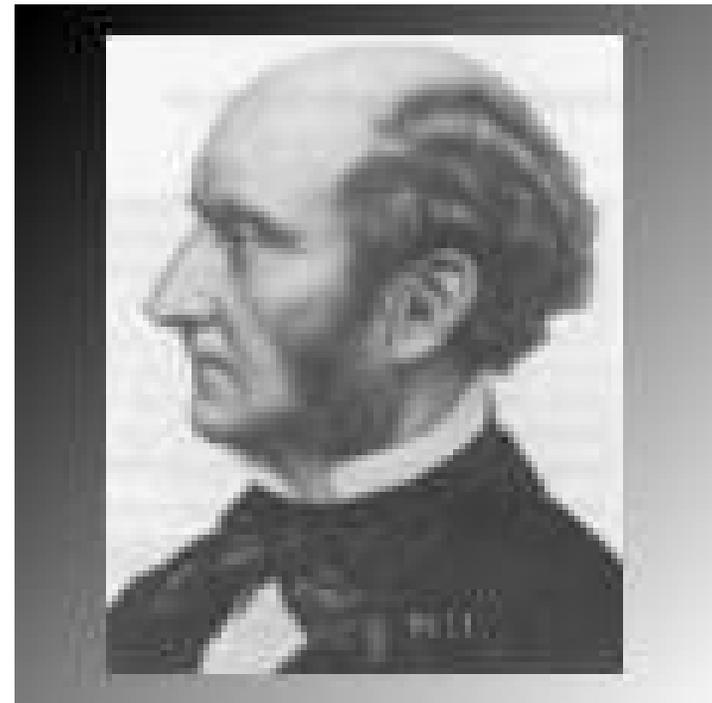
Jeremy Bentham (1748-1832)



- The most important version of ethical hedonism is **utilitarianism**, which holds that one should always choose the course of action that will lead to the greatest happiness for the greatest number of people. The utilitarians defined 'happiness' as pleasure and the absence of pain. Happiness is the ultimate object of desire as well as the standard of morality. In Bentham's utilitarianism, pleasure and pain can be measured and quantified. He is rightly regarded as the father of social science and the vast enterprise of decision theories such as cost/benefit analysis.

John Stuart Mill (1806-1873)

- In J.S. Mill's version of utilitarianism, the emphasis is not on quantity, but rather on the qualitatively 'higher' pleasures that draw upon our distinctly human capacities for cultivation and refinement.





Additional Notes on Hedonism

[http://cte.uncwil.edu/test_sites/
happiness/habibi_notes.doc](http://cte.uncwil.edu/test_sites/happiness/habibi_notes.doc)



For an experience of the qualitatively superior, higher pleasures, you are invited to come tonight to the Hawk's Nest for a



Music Listening Extravaganza!!!

Chris Dumas

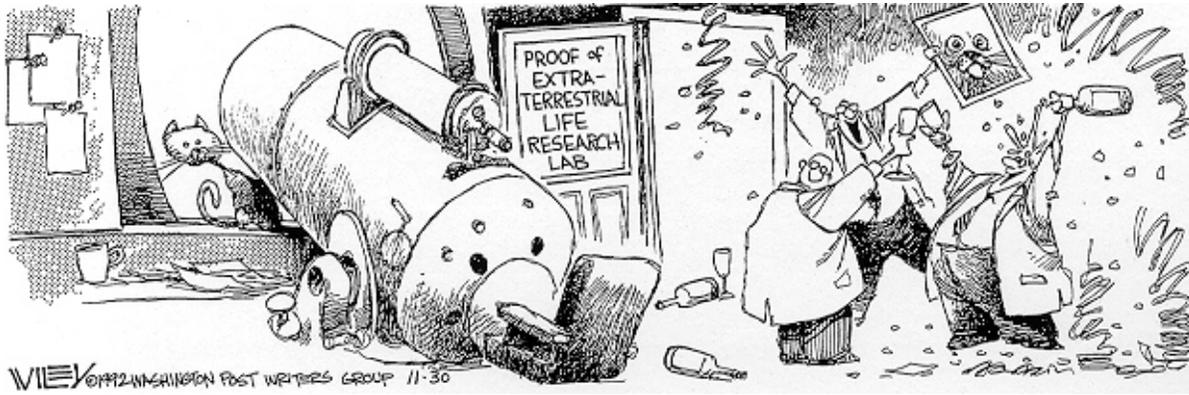


Ken Diehl

POPCORN

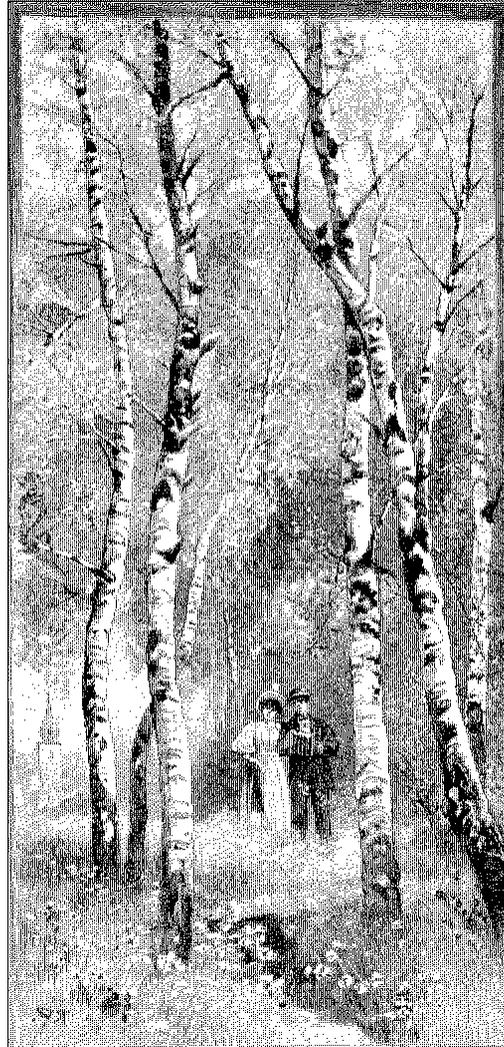








Gregory Bechtel



The Epidemiology of Happiness

- Happiness is a transcultural phenomena although interpretation of the concept varies significantly
 - West: Self-actualization
 - East: Krenngjai

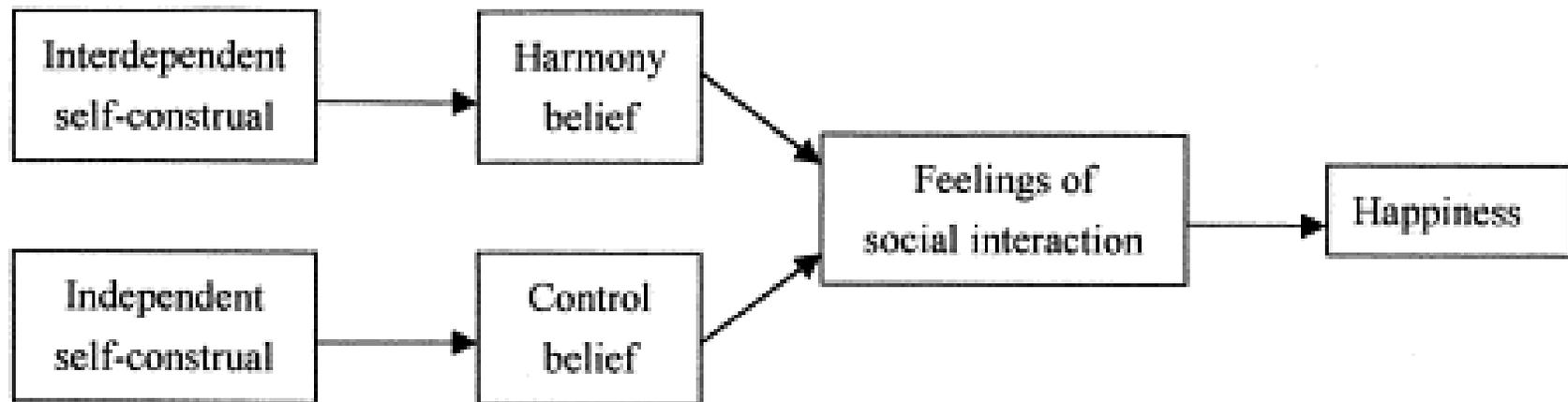




Happy People: What we Know

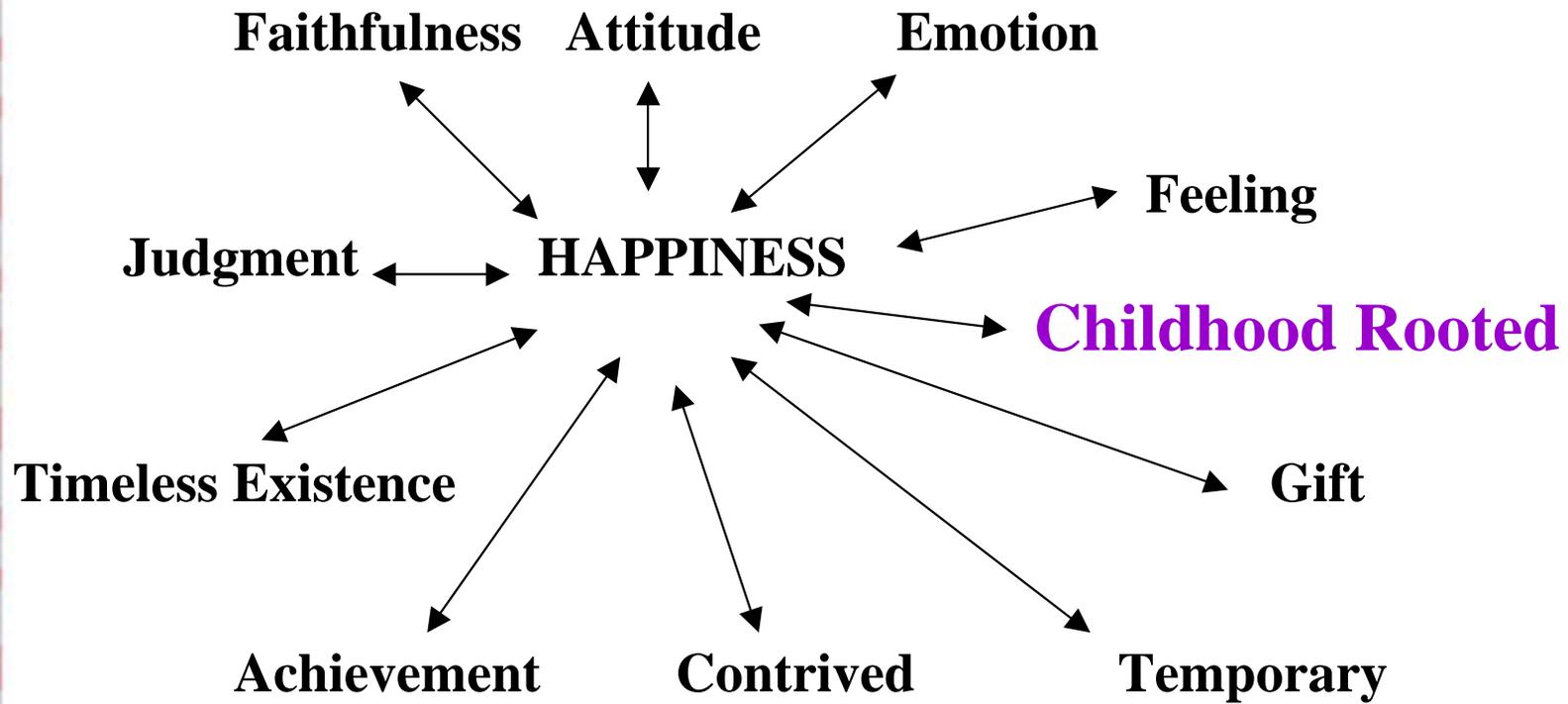
- Generally, people who perceive themselves to be “happy” live longer and have a more fulfilled life
 - People are happier in feminine nations that are also economically affluent
- 

Achieving Happiness



Sue Combs





GIFT OF CHILDHOOD HAPPINESS (Hallowell, 2002)



Play – The Functions of Play – Medium for:

- Expressing Feelings
- Exploring Relationships
- Describing Experiences
- Disclosing Wishes
- Achieving Self-fulfillment

Happiness Is

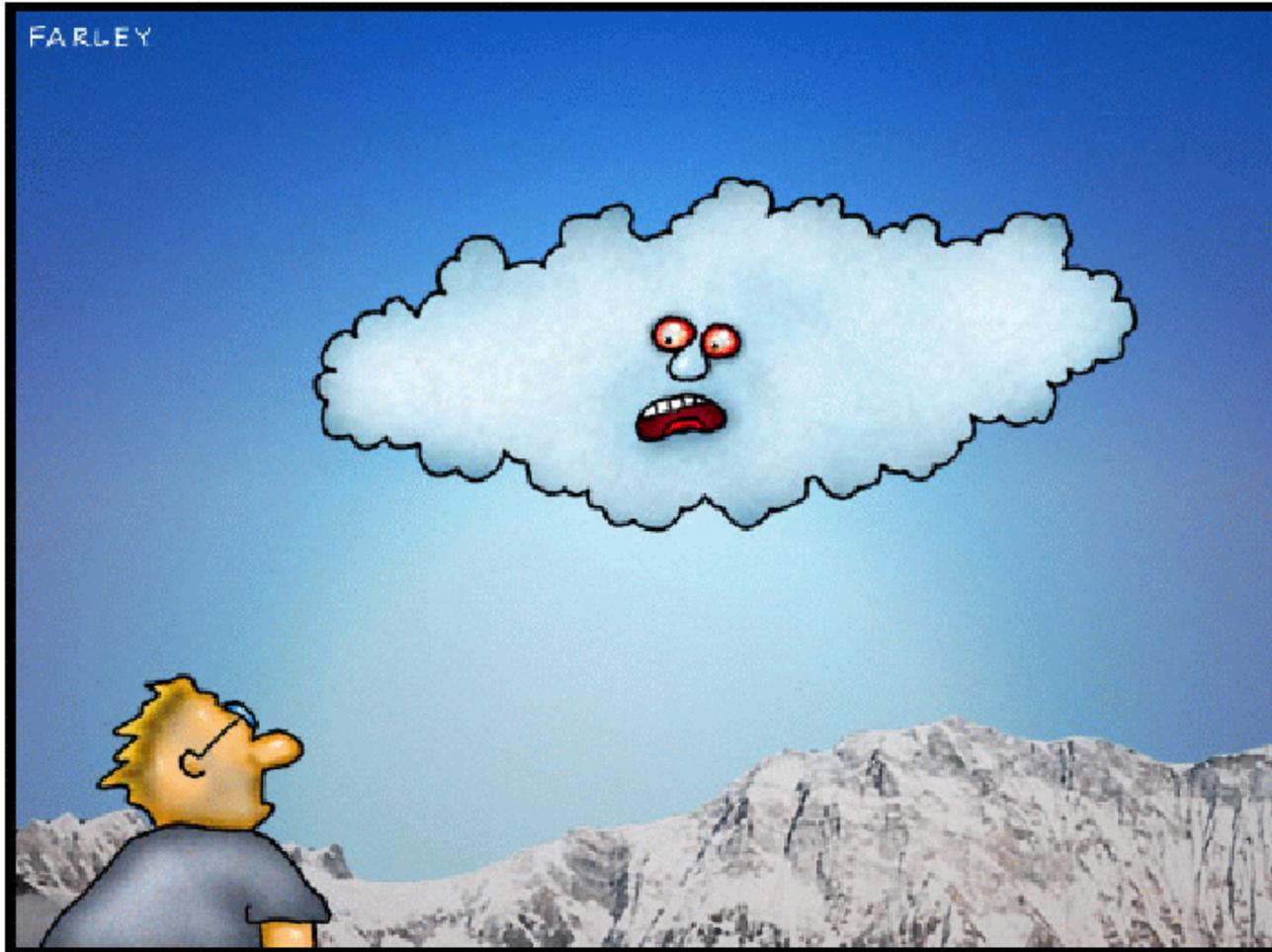
- At age 4 ... not peeing in your pants
- At age 12 ... having friends
- At age 16 ... having a driver's license
- At age 25... having sex when married
- At age 35 ... having money
- At age 50 ... having money
- At age 60 ... having sex when married
- At age 70 ... having a driver's license
- At age 75 ... having friends
- At age 80 ... not peeing in your pants

Carrie Clements



DOCTOR FUN

7 Oct 97



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<http://sunsite.unc.edu/Dave/drfun.html>

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"Please be aware that any silver lining found within me may contain trace amounts of mercury."



Psychologists Ask:

- Why be happy?
 - Affective
 - Motivational
 - Behavioral
- 



Psychologists Ask:

- Where is happiness and how can I get some/more happy??
 - Locus of control
 - Social comparison
 - Problem-focused coping
 - Affect regulation
- 

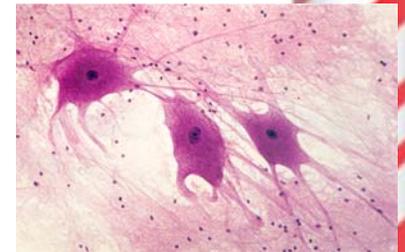
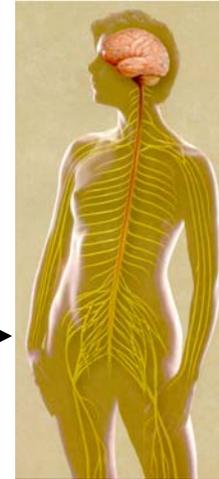
Tim Ballard



What is happiness – biologically?

Levels of organization

- Organism *Homo sapiens*
- System nervous system
- Organ brain
- Tissue nervous tissue
- Cell neuron
- Chemical neurotransmitters and neuromodulators
 - acetylcholine
 - norepinephrine
 - dopamine
 - serotonin
 - various neuropeptides



What is happiness – biologically?

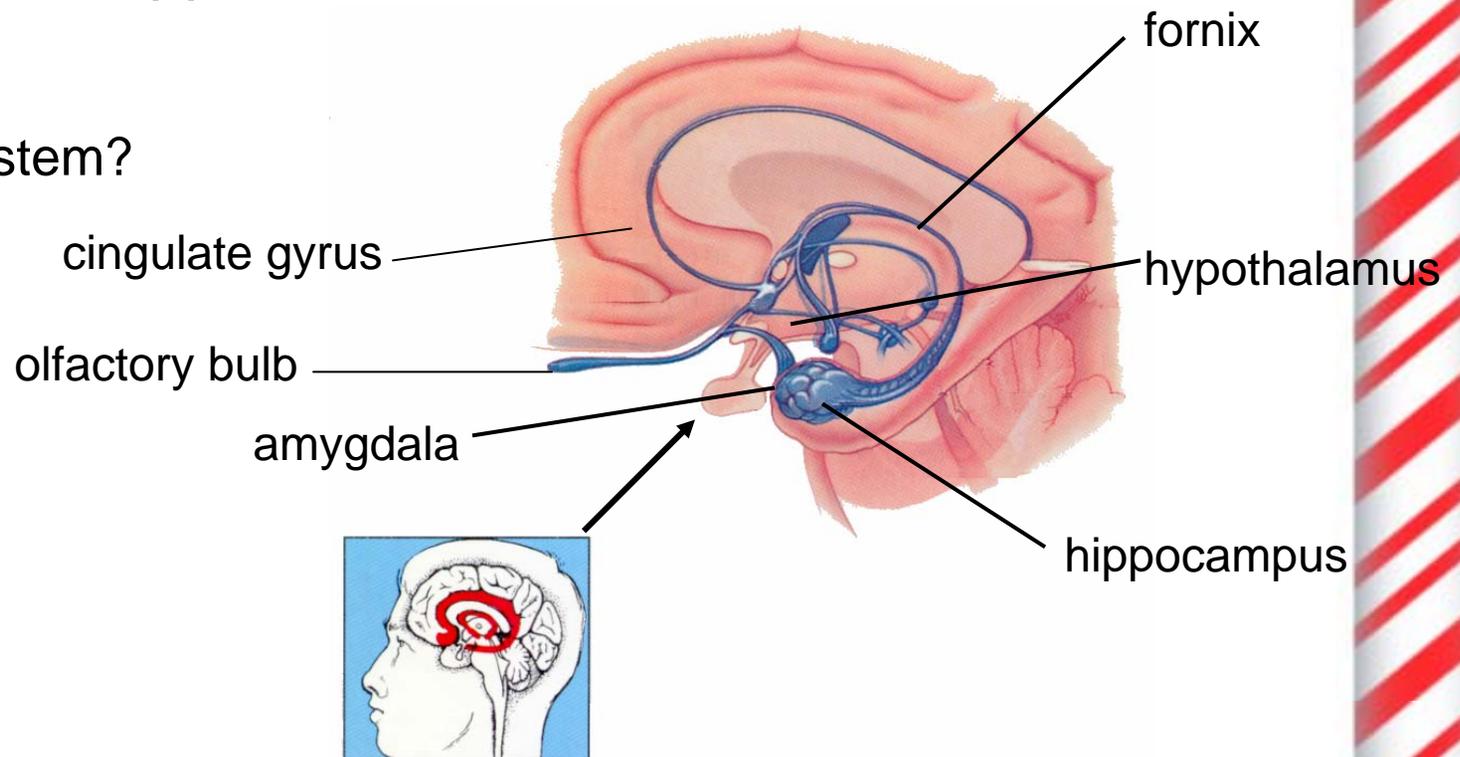
Form follows function

Neuronal circuits

Neuronal communication = neurotransmitters

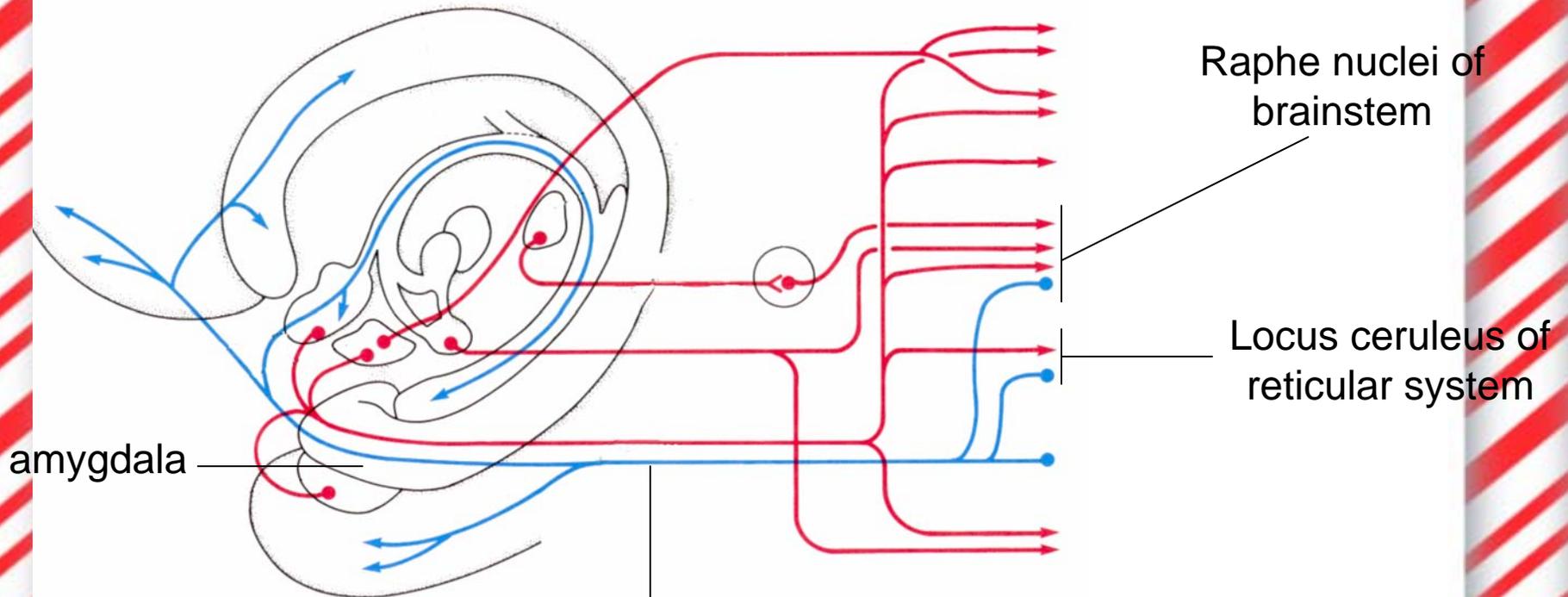
So where is happiness?

The limbic system?



What is happiness – biologically?

Neuronal inputs and outputs



Raphe nuclei of brainstem

Locus ceruleus of reticular system

amygdala

Neurons release norepinephrine and serotonin onto neurons of the amygdala, promoting a sense of well-being ... HAPPINESS!

Thanks for your attention!
Now, let's discuss this.

