

Being Happy Lead to Life Domains Success

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Being happy has many benefits such as being more successful, more socially engaged and healthy (Seligman et al, 2005). In organizations, individuals who are happy at work have greater productivity and organizational citizenship behaviour, and less job withdrawal (Lyubomirsky, King, & Diener, 2005).

Numerous studies show that happy individuals are successful across multiple life domains, including marriage, friendship, income, work performance, and health. Lyubomirsky et al (2005) suggest a conceptual model to account for these findings, arguing that the happiness–success link exists not only because success makes people happy, but also because positive affect engenders success. The results reveal that happiness is associated with and precedes numerous successful outcomes, as well as behaviors paralleling success. Furthermore, the evidence suggests that positive affect the hallmark of well-being may be the cause of many of the desirable characteristics, resources, and successes correlated with happiness.

Past research has demonstrated a relationship between happiness and workplace success. Happiness May Lead to Success via Positive Emotions. For example, compared with their less happy peers, happy people earn more money, display superior performance, and perform more helpful acts. Researchers have often assumed that an employee is happy and satisfied because he or she is successful.

Boehm and Lyubomirsky (2008) review evidence in support of an alternative hypothesis, namely, that happiness is a source of why particular employees are more successful than others. To this end, the authors consider evidence from three types of studies, cross-sectional, longitudinal, and experimental that relates happiness to various work outcomes. Taken together, the evidence from a review of 225 studies in the current issue of *Psychological Bulletin*, published by the American Psychological Association (APA), suggests that happiness is not only correlated with workplace success but that happiness often precedes measures of success and that induction of positive affect leads to improved workplace outcomes. found that chronically happy people are in general more successful across many life domains than less happy people and their happiness is in large part a consequence of their positive emotions rather than vice versa.

Happy people are more likely to achieve favorable life circumstances, said Dr. Lyubomirsky, and "this may be because happy people frequently experience positive moods and these positive moods prompt them to be more likely to work actively toward new goals and build new resources. When people feel happy, they tend to feel confident, optimistic, and energetic and others find them likable and sociable. Happy people are thus able to benefit from these perceptions.