

Happy People Live Longer

Chai Meng Liew

Happiness has long been connected with long life, or being regarded as the promoter of longer life and health. This is because happy people enable themselves consistently in the stable state of physical well-being as well as harmony in psychological well-being. Empirical studies have determined that happiness is associated with a longer life. Deeg and Zoneveld (1989) concluded that a happy person can count on more years of life than an unhappy person. This empirical study is based on data from the Dutch

Longitudinal Study among a national probability sample of 3149 Elderly citizens. Social psychologists Diener and Chan (2011) have also concluded by means of different approaches and many forms of researches that happy people could live longer and healthier.

A new empirical study finds happiest folks have 35 percent lower risk of death. Happy people may not only enjoy life more, but new research suggests they also have more life to enjoy. Steptoe and Wardle (2011) have conducted their latest survey on almost 4,000 people, enrolled in a long-term aging study in Britain, were asked to score how they were feeling on a particular day. Over the next five years, the researchers noted deaths among study participants. This empirical research found the happy people were at reduced risk of dying over the five years period. More encouraging of all, the happiest people, in fact, had a 35 percent lower risk of death than the least happy.