



Conceptualization of Happiness across Cultures and Role of Religion: A Thematic Analysis on Young Adults

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ABSTRACT

All of us experience happiness, but the ways we pursue and perceive it are different. Happiness is a significant component of our lives; we are all striving for it. This study examined how culture and religion affect our perception of happiness among university students of Pakistan. Cultural perspectives play an important role in shaping our perception of happiness and in achieving it. We used qualitative research approach, and 15 participants from various cultural backgrounds (Punjabi, Pashtoon, Saraiki, Gilgiti and Baloch) were participated in semi-structured interviews. These 15 participants were selected through purposive sampling technique. Interviews were conducted on the basis of predefined themes, by which we get an insight into cultural norms and religious practices which influence the happiness. In this we retained trustworthiness through rigorous thematic analysis and by keeping participant's data confidential. Through thematic analysis, following themes were emerged; the conception of happiness across different cultures of Pakistan, how culture brings happiness among its people, dual role of religion as a source of comfort and constraint, the negative effects of culture on happiness, the impact of modernization and globalization, the impact of socioeconomic status, and ways to promote happiness. The findings of this research on cultural perspectives of happiness among university students have various implications for policymakers, education, and professionals of mental health. This study helps in understanding the complex relationship of culture, religion, and happiness. It can also be useful in enhancing well-being in diverse cultural context.



Introduction

Happiness is universally experienced state, it wildly connected with culture norms, religious practices and social values. Every culture or religion have certain unique social values and practices which affect the happiness in different ways. Pakistan is a diverse country with various ethnic groups, in this research major five groups were included (Punjabi, Pashtoon, Saraiki, Gilgiti and Baloch). This diversity gives rich context to explore the cultural and religious aspects of happiness.

Pakistan's demographics, its diversity in culture and religion, make it critical to explore how religion and culture connected with happiness. Understanding of this connection is important to address such problems: how do cultural values and cultural norms affect happiness? What is the role of religion in pursuing of happiness in a collectivist country like Pakistan? Existing studies on happiness overlook vital

aspect of it which are culture and religion, therefore there is significant research gap. This research was done to fulfill this gap by exploring cultural norms and religious practices. These insights (how happiness is perceived and pursued in various cultures) help policymakers, educators and health professionals. These stakeholders can induce well being and exclusivity by understanding above mentioned problems.

The conception of happiness refers to the way individuals understand and define happiness. This study defined happiness in two ways: happiness as subjective emotional state and objective circumstances affected by culture. By connecting the study purpose with these ideas, it provides a blueprint for understanding how religion and culture shape the perception of happiness.

There is not any universal definition of happiness. Because happiness is a subjective experience therefore, its definition varies from country to country, culture to culture and even it varies from person to person. As the subjective well-being international surveys (SWB) suggested that, the permanent emotions vary from culture to culture, these variations cause difference in happiness across different countries. Synch described two theories of subjective well-being and culture. First theory is “comparison theory” and second theory is “Maslow’s hierarchy of need theory.” First theory describes the affect of comparison between individual’s quality of life and his/her living conditions on individual’s happiness. In second theory Maslow gave the hierarchy of needs. He described that; person’s happiness is related with his/her fulfillment of needs. As he fulfilled his/her more needs, he will be happier. Culture plays an important role in shaping our perception of happiness and the ways by which we express happiness. For example, in few cultures, contentment or satisfaction is related with family, social connections and community. On the other hand, in some cultures satisfaction is related to individual’s success, materialistic possessions and personal achievements. Happiness in collectivist culture is associated with social harmony, and happiness in individualistic culture it is associated with personal achievements and freedom (Lian, 2017).

The happiness of people in different countries is affected by differences in cultures. Happiness is not merely subjective experience, but it is the reflection of our culture. Happiness includes the both aspects objective and subjective. Objectively it means living in good conditions, having good income and having peace and freedom. Subjectively it means that happiness is a mental state. It refers to the temporary feelings as well as stable life appreciation. Happiness defined as the “*extent at which someone appraise positively the overall quality of his or her present life as a whole*” (Veenhoven, 2002). In other words, happiness means that someone evaluates his/her life and quality of life. Happiness is not about feeling good moments, but it means that how you perceive the quality of your life. According to Lyubomirsky, happiness refers to, the experience of joy, contentment, satisfaction or positive well-being, combined with a sense that one’s life is good, meaningful and worth living (Lyubomirsky, 2001). The ultimate goal of all human activity can broadly be described as thriving for greater happiness. To be happy is the very core of all human motivation. In almost all societies, people rank the quest for happiness as one of their most cherished goals in life (Diener, 2000).

For studying the cultural aspects that affect happiness, first we should know that, what is cultural? There are many definitions of culture across various disciplines. The first systematic definition is given by Edward Burnet Taylor, he defined culture as “*a complex whole which includes knowledge, belief, art, morals, law, customs, and any other capabilities and acquired by an individual as a member of society*” (Taylor, 1958). Emotions felt by human beings are supposed to be universal. Universal emotions include basic seven emotions anger, disgust, happiness, fear, sadness, surprise and contentment. Recent psychologists which are culture oriented, emphasized that the cultural folks, cultural common sense, and cultural practices play a significant role in shaping our emotions (Benson, 2000; Burner, 1990; Kitayama, 2002). These meanings and practices form the “local ways of life” which define a culture (Burner, 1990). At the time of our birth we can only differentiate between two emotions pleasurable and unpleasurable. We learn other emotions by the social interactions, and learn how to categories different emotions and experiences in cultural ways (Pogosyan, 2018). From the starting of study on emotions, researchers find that culture plays an important role in shaping our emotions. Neuro-cultural model of emotions by Paul Ekman emphasized on the relation between emotion and its facial expression is intermingled, expect facial expressions, all other emotional responses are shaped by culture, including how we express our emotions socially (Sogon & Masutani, 1989). Cultural oriented psychologists argued that emotions are not only the result of neurological and physiological mechanisms, rather emotions are situated and embedded in a specific cultural context. For example, when you ask from people of different cultures about happiness, their meaning and perception of happiness might be changed. People of different cultures might associate different positive experiences and events with happiness. Emotional intelligence may strengthen self-concept or make aggressive (Javaid et al., 2024 a, b). Further, language communication has emotional influences (Javaid et al., 2023).

Religion affected happiness in various ways, like benefits in material and spiritual areas, and it also has negative effects on happiness. Being religious has many social, emotional, tangible, and material supports in the time of need. Religion applies many restrictions on individuals, but later these restrictions can lead to spirituality, and it causes greater happiness. Individuals with higher association with religion make them more because religious people have social support, high self-esteem, and sense of meaningful life. Religious coping leads to meaningful life of university students (Javaid et al., 2024 c, d).

Being religious is also can be costly, because it comes up with many complex guidelines such as basic beliefs of behaviors of individuals. In religions, there are many restrictions, like what individuals can eat, what and how individuals can dress, when and how men and women can meet, religions also have invasive and painful actions such as flagellation and mutilation. Nevertheless, in individuals' life, religion plays a positive role and it helps in the achievement of happiness and life satisfaction, particularly where religious practices are very highly prevalent (Eichhorn & Welzel, 2021).

Research Objective

- To find the cultural and religious factors which determines the happiness.

Research Questions

- How happiness perceived across different cultures of Pakistan?
- How happiness pursued across different cultures?
- What is the role of religion in shaping happiness?

Methodology

In this study qualitative research approach was used, and in this, semi-structured interviews were used to explore the cultural and religious factors connecting with happiness among university students. Research design of this research was thematic analysis, which is used for exploring qualitative data by finding patterns in it fifteen participants selected through purposive sampling technique. Three participants from each ethnic group were interviewed. We ensured the equal representation of each ethnic group. Sample size of this research determine on the basis of thematic saturation, where no new themes were emerging from additional data. Data was collected through one-to-one semi-structured interviews, we maintained confidentiality and comfort. Interviews were conducted in a separate room where only participant and interviewer were present. Time duration of each interview was 15 to 20 minutes. The interview were conducted in Urdu language. Research included 20 questions, from which 10 questions explore cultural factors, and other 10 questions explore religious factors. Example include:

How would you define happiness in your cultural context?

How your religion affects your perception of happiness?

Above questions were translated from Urdu to English for mentioning here. Trustworthiness achieved through several strategies, interviewer established a good rapport with participants to encourage them to gave honest and detailed answers for research's credibility. The research findings were reviewed and discussed by team of researchers to enhance its trustworthiness.

First, we debriefed our topic of research and its purpose to the participants. We encouraged our participants to share their cultural customs, rituals and beliefs which are related to happiness. Then we used thematic analysis research method for analyzing the qualitative data to find themes from it. We kept their data and identity confidential. Furthermore, we used fake names to quote participant's words in findings.

Findings and Discussion

Conception of Happiness across Pakistani Cultures

In this study, consistently shared that happiness is not an individual experience but something deeply rooted in social harmony, family, and community connections. Across the five ethnic groups, participants described happiness as something that thrives in close-knit relationships.

"Mujhay khush hoti hoi, jub mujhay meri pasand ki cheez mil jaye aur apno ke sath waqt guzar ke" (Punjabi Participant, 03).

This finding aligns with the recent research on the collectivist cultures that in such cultures often viewed as the group well being instead of personal achievements. In collectivist societies like Pakistan, happiness is frequently tied with fulfilling social roles and making social bonds (Kumari et al., 2020).

On this basis we concluded that people in Pakistan across different cultures perceive happiness as inner satisfaction and in social harmony. In Pakistan all cultures are collective, and they tend to seek happiness by building social connections. *"Mujay dosro ki madad kr ke kushi milti hai"* (Pashtoon participant, 11).

Collectivist cultures seek happiness by making social connections and in social harmony, and SWB is predicted by social engaging (Pogossyan, 2016).

Influence of Religion on Conception of Happiness

In Pakistan, the majority of people are Muslim, and Islam significantly shapes their perception of happiness. For many, religion is more important than culture, and it often takes precedence over traditional cultural practices. For instance, some Punjabis feel they are distancing themselves from their cultural heritage because they perceive Punjabi culture as influenced by Sikhism. In their effort to follow Islam more closely, they have gradually moved away from certain cultural practices.

“Hamay khushi Islam ko follow kr ke hi mil sakti hai” (Saraiki participant, 08).

People associate their concept of happiness with Islam. They always try to remain happy and gratified whatever Allah gives them, they say “Alhamdulillah” in every situation for showing gratitude.

“Allah hamaray liye jo bhi choose kray hamay us pr kush rahna chahye” (Pushtoon Participant, 02).

This reflects the Islamic principle of gratitude and acceptance, known as rida (contentment), where happiness is seen as a result of aligning one’s will with the divine will.

The influence of religion on happiness can be understood through two main dimensions: social and personal. On the social level, religious events and communal prayers provide individuals with a sense of belonging and connection, which enhances happiness. For example, religious gatherings and celebrations like Eid bring communities together, strengthening social ties and providing collective joy. On a personal level, inner peace is often derived from personal religious practices such as prayer and reflection.

Perception of happiness can have affected by religious people into two ways, by social connections like religious events, and by inner or personal dimension like prayers. (Sinnewe et al., 2015)

This dual influence of religion—through social participation in religious events and through personal, inner peace—highlights how religion profoundly shapes people’s happiness. Religious teachings offer a clear framework for finding happiness by focusing on faith, gratitude, and acceptance of life as it unfolds. For many individuals in Pakistan, happiness is deeply intertwined with their spiritual practices, creating a sense of purpose and contentment that may not solely depend on material achievements or social status.

How Culture brings Happiness among his People

In most cultures weddings are the biggest event that related to happiness. In different cultures, the events of wedding are different according to respective cultural customs, like in Gilgit, marriage ceremonies last up to seven days. People enjoy weddings according to their culture. It includes cultural dance, cultural songs and cultural customs of wedding like “tappay” in Punjabi culture are sung at weddings.

“I think hum Punjabi shadia bari dhoom dhaam se krtay hain” (Punjabi, Participant, 03). There are other festivals also present which are related to happiness. For example, “mela” and “cultural sports.”

Such celebrations are not only a display of cultural pride but are also rooted in the collective happiness that comes from shared experiences (Li et al., 2020).

“melay pr cultural dance jhoomar wagaira aur neza bazi dekh kr enjoy krtay hain” (Saraiki Participant, 10).

People feel happiness on weddings and other cultural festivals because of gathering of their loved ones. They spend time with each other.

“Shadi pr saray cousins akhethay hotay hain sari sari raat batay krtay hain, ye sub boht acha lagta hai” (Pashtoon Participant, 02). Cultural events like art exhibition, festivals for cultural dances and songs and social gatherings come up with opportunities of healthy social connections. These healthy and meaning full connections bring happiness (Veenhoven, 2014).

Thus, cultural events—whether they are weddings, festivals, or family gatherings—serve as powerful sources of happiness, as they promote social bonding, reinforce cultural identity, and create a sense of community. These experiences reflect the deep connection between culture and happiness, emphasizing that joy in many societies is not simply an individual pursuit, but a shared, communal experience.

Role of Religion in Pursuing Happiness

Religion in every culture plays a significant role in pursuing of happiness. In Pakistan, most of the people are Muslim, and they feel happiness by following their religion. Muslim try to find happiness in Allah’s will. If they ever face any difficulty, they consider it as a trail from Allah Almighty, and it is their belief that Allah will help them in this situation, because of this belief they remain calm and optimistic.

“Obviously hum muslman hain, Islam mukamal zaabta hayat hai aur ye hamay jeenay ka maqsad deta hai” (Punjabi participant, 14).

Religious beliefs provide a framework for understanding life's meaning and purpose, and for many, this understanding brings profound contentment. Studies have consistently shown that religious engagement can enhance subjective well-being and provide individuals with a sense of meaning in life (Ellison & Levin, 2022).

In Pakistan, this connection to religion offers both comfort and resilience, especially in the face of adversity. Religion helps individuals navigate life’s challenges with optimism and a sense of divine support,

reinforcing the idea that true happiness lies in submission to Allah's will.

"Hamay apni kushio ko islami tareeqo se manana chahye, isi me sakoon hai aur isi trah hum apni mushkalat hal kr saktay hain" (Gilgit participant, 13).

Religious notions provide structure to understand the meaning of life and its purpose to individuals, and it gives the greatest happiness and feeling of contentment (Myers & David, 2000).

Findings of this research align with recent research that shows religion's impact on happiness, emphasizing its role in providing emotional support, guiding personal behavior, and fostering a sense of belonging (Kumar & Singh, 2021). For many participants, their faith fosters a calm and optimistic outlook, even in difficult situations, enhancing their overall happiness and sense of well-being.

Thus, religion in Pakistan is not just a source of moral guidance but a central element in how happiness is pursued and understood. It offers not only spiritual solace but also a framework for managing life's challenges, which helps individuals maintain happiness and peace in their everyday lives.

Negative Effects of Culture on Happiness

Culture consists the customs, rituals and beliefs which influence the happiness positively and as well as negatively. There are many customs in all cultures of Pakistan which hinder the happiness. For example, mostly in Punjabi and Saraiki culture, many people marry their children against their will and, they do not marry their children out of their cast. Cultural norms and rituals may promote gender biasness and restrict women freedom, it generates frustration, hopelessness, and unhappiness in women. In these types of cultures well-being of women destroyed (Sen, 2009).

"Mere khayal me aurto ki taleem boht zarori hai un ki flah ke liye" (Saraiki participant, 12).

In Punjab, there is a lot of excessive spending in marriage. People must do this for social conformity. Cultural stress to follow its customs and beliefs to conforming with society can lead to feeling paltriness, dissatisfaction, and anxiety, and it reduced the individual's happiness (Diener & Oishi, 2002). Mainly in Punjabi and Saraiki culture there is very bad custom of dowry has been following by many people. Dowry increase the burden of marriage on daughter's father.

"I think punjab me jahez ki rasm boht buri hai isay khatam hona chahye" (Punjabi participant, 14).

Daughter's father takes loans to fulfil requirements of groom's side. Wedding is an event which is full of enjoyments and happiness, but these unnecessary expenses make this event a trouble and bring a lot of worries. In Gilgit, there is nothing like dowry.

"Idher jahez wala system boht zyada hai, hamari tarf aesa kuch nhi hai" (Giliti Participant, 09).

The cultural pressure to adhere to these social norms can cause anxiety, dissatisfaction, and diminished happiness. Recent studies have shown that societal pressures to conform to cultural expectations can negatively affect an individual's well-being. For example, discuss how financial burdens associated with marriage, such as dowries, can lead to significant emotional distress and dissatisfaction (Shah et al., 2021). Similarly, another study emphasize that the emphasis on material wealth in weddings often undermines the emotional and social aspects that contribute to true happiness. The emphasis on material wealth, such as the dowry system, can detract from the true meaning of life events, shifting the focus from emotional connections to financial success (Liu & Xu, 2020).

Thus, while culture in Pakistan can provide a sense of community and identity, certain cultural practices—particularly those related to marriage and gender roles—can have detrimental effects on happiness. These practices limit personal freedom and contribute to emotional distress, particularly when individuals feel pressured to conform to societal expectations.

Globalization and Modernization

Globalization and modernization have both positive and negative effects on happiness. Its positive effects include, bringing distant people closer by many new inventions like mobiles and internet. By many new such inventions, world has become a global village, we can access information all over the world, we can enjoy different programs from different countries.

"Modernization se loog qareeb rahtay hai aur is hamay boht si nayi facilites mil rahi hain" (Gilgit participant, 13). But, it has many drawbacks also, by use of these gadgets people also moving away from each other.

"Aj kal loog reels me aur social media me khushia dhond rahay hain apnay qareebi loogo se door ho kr" (Saraiki participant, 7).

For example, a man after his job returned to his home, and he engaged in social media, he is unaware of his family and this increases distances between the members of that house. By living in same house, they become unaware from each other and they remain busy in their mobiles.

"Mobiles ne logo ko boht masroof kr dia hai" (Punjabi participant, 01).

People are becoming materialistic; they are in search of more. They forgot that, how to become happy in less

availability of things, like our ancestors remain happy in little things. Therefore, they are happier than our generation. Globalization and modernization have both positive and negative impacts on happiness. Modernization creates opportunities for income and it can also improve wellbeing by the exchanging of cultures, modernization also causes discontentment and stress by enhancing income inequality and cultural identity (Inglehart & Norris, 2016). Social media impacts emotions as well (Ramzan et al., 2023a).

Social Expectations

Pakistanis have collectivistic cultures; because of this Pakistanis are tied in many social relations. In these cultures, people expect a lot from each other. In Pakistani cultures, people often have to do many things that cause them discomfort, but they have to do them in order to maintain their relationships. Parents impose their unfulfilled desires on their children, and they expect a lot from their children. The pressure to fulfill family and societal expectations in Pakistan often shapes how individuals perceive happiness. Rather than finding contentment in personal achievements or emotional well-being, the focus shifts to meeting the desires and expectations of others.

“Jub ghar walay boht zyada umeeday laga ley to dar lagnay lgta hai ke un ki umeeday pori na ki to kya ho ga” (Balochi participant 15).

As research suggests, such comparisons and the imposition of social expectations can significantly affect mental health and overall happiness, as individuals struggle to balance their own desires with the needs and expectations of their social groups (Kumari & Singh, 2021).

These over expectations cause unhappy behavior in children. Children develop fear of failure. If children do not meet their expectations, it has long-lasting impacts on both parent and children's happiness.

“Hum itni door Fata se Faisalabad ghar walo ke liye kuch krnay ke liye hi aye hain” (Pashtoon Participant, 05). In individual's conception of happiness cultural values and comparison play an important role. Prolong comparison with people may foster enviousness, discontentment, and unhappiness (White & Lehman, 2005).

Impact of Socio-economic Status

Socio-economic status has a significant impact on individual's happiness. People with better socio-economic status can access more facilities by which they can pursue happiness effectively. For example, individuals with higher socio-economic status, have fulfilled their basic needs (hunger, sex, shelter), now they can move beyond these basic needs by which they can achieve happiness from making social relations and from self-actualization.

“Bilkul society me muqam aur paisa matter krta hai, agar paisay hon to insan boht si facilities ko avail kr skta hai” (Pashtoon participant, 11).

If cultural norms promote material possessions and prefer money over social connections and individual's satisfaction, then it creates a society where people adopt Darwinian and individualistic mindset, it interferes the greatest happiness and well-being (Chen, et al., 2012). In Pakistan, people of Pashtoon and Gilgiti cultures are happy on their low economic status, it does not have any great impact over there.

“Gilgit me loog jitna un ke paas hai, utnay pr hi kush rahtay hai, chahay facilities ki kami hai” (Gilgit participant, 09).

People are happy at what they get. They are more satisfied as compared to the Punjabis. They are not envious to others. Furthermore, they are very supportive to each other, they help each other in hour of need.

“Punjab me log aik dosray se jaltay hain, dosro se aagay niklna chahtay, bas door rahay hain yaha ke loog” (Saraiki participant, 10).

On the other hand, in Punjab, most of the people are becoming materialistic. In Punjab, rich people want to become richer, they are always in an everlasting race. In Punjab, people compare themselves with those who are having higher socio-economic status, this comparison causes unhappiness among peoples.

Stress (Javaid et al., 2024e) and bitter experiences (Javaid & Mahmood, 2023) affect well-being of students. Social adjustment is crucial (Maqbool et al., 2021). If in a society there is income inequality, it leads towards unhappiness and disturb wellbeing of individuals, and it causes dissatisfaction and disturbance in society (Wilkinson & Kate, 2006).

Ways to Promote Happiness

From interviews we analyzed that people of Pakistan from different cultures pursue happiness by making healthy social connections, a good socio-economic status and mostly by following Islam.

“Hamay kushi Islam ko follow kr ke hi mil sakti hai” (Saraiki participant, 08). We can promote happiness in all cultures by increasing the literacy rate in rural areas. In backward areas, there are restrictions on women's education.

“Hamay moderenized honay ki zarorat hai ta ke hum zahni toor pr taraqi kr sakay” (Balochi participant, 15).

Due to lack of knowledge, in these areas many superstitious beliefs occur, which decrease the quality

of life and women cannot acknowledge their rights. There is no right for women to choose their life partners, and they spend all their life in homes working as a machine. By promoting education, we can get rid of many wrong beliefs from our societies those believe which have bad effects on happiness.

In Pakistan, greatest happiness of people associated with Islam. People believe that, if they have done something and it is according to Islam, then they must feel happiness and vice versa.

"Fostering social connections and supportive relationships is essential for promoting happiness and buffering against stress and adversity" (Lyumbrisky & Diener, 2005). People can also promote happiness by understanding one another and by understanding their culture, by respecting their customs, rituals, and norms. *"humay aikdosray ko smjna chahye, aik dosray ke zinda rahtay howay hi qadar krni chahye, marny ke baad sirf pachtawa hota hai"* (Gilgit, participant, 06).

According to Mihaly Csikszentmihalyi, "the happiness we get from living, ultimately depends on how our mind filters and interprets daily experiences" (Csikszentmihalyi, 2002). Gratitude practices among university students also promote happiness (Javaid et al., 2024f). Classroom environment, attitude and teacher's influence matters (Ramzan et al., 2023 b,c,d).

Conclusion

This study aimed to understand how culture and religion shape the conception of happiness among university students of Pakistan. Through interviews with participants from different ethnic backgrounds, we found that cultural events, like weddings and festivals, play a huge role in bringing people together and creating joy. However, we also discovered that some cultural practices, such as dowries and pressure on gender roles, can create stress and unhappiness by imposing financial and emotional burdens on individuals, especially women.

Religion, on the other hand, offers a different but equally important path to happiness. Participants consistently mentioned that their faith provides them with a sense of purpose and contentment, regardless of life's challenges. The belief that everything is part of Allah's plan helps many stay positive and find peace in difficult situations.

The data analysis was carefully conducted using thematic analysis, ensuring the findings were grounded in the real experiences of the participants. The study's findings support existing research on how important social connections and religious beliefs are in shaping happiness, particularly in collectivist cultures.

While the study offers valuable insights, it also has limitations, such as the small sample size and the focus on a specific age group. Future research could explore a wider range of participants to get a fuller picture of how culture and religion influence happiness across different ages and backgrounds. It would also be beneficial to include other religious perspectives to broaden our understanding of the role of religion in happiness.

In summary, this study contributes to the understanding of happiness in a collectivist and religious context. It shows that while cultural and religious factors have both positive and negative effects, they are deeply intertwined in shaping how individuals in Pakistan experience happiness. This research opens up new avenues for further exploration of the ways culture and religion impact well-being.

Limitations and Suggestions

In this study, there was limited data collection, and participants were from just one university. In future, more data can be collected by accessing more participants. In this study, only Muslim participants included. In future studies, participants from other religions can be included. In this study, only university students of 20 to 30 age, were included. In future, data can be collected from members of various sectors of society, in addition to university students.

Implications of the Study

The findings of this research on cultural perspectives of happiness among university students have various implications for policymakers, education and professionals of mental health.

Policy Implications

Policymakers should focus on the cultural aspects of happiness while making and implementing the policies related to the happiness and well-being of members of a society. Policymakers should make policies to promote cultural diversity by cultivating the sense of belonging and respect for other cultures. Government can make social bond strong, and can enhance collective happiness by supporting the cultural festivals, cultural events and gatherings.

Educational Implications

Institutions of education should include cultural education in their curriculum to foster the appreciation of cultural differences among students. This also helps students in understanding of different perspectives of happiness from different cultures. Culture promoting and culture exchange programs should

take place in educational institutions. These programs provide opportunities to students to understand and learn from different cultures. Students can also learn to respect cultural diversity.

Mental health Implications

Mental health professionals should adopt and apply the methods or techniques that are made up by cultures to deal with the unique needs and experiences of persons from different cultural backgrounds. This can enhance the effectiveness of mental health treatment. Training of mental health professionals should include cultural perspectives and cultural competence to better understand and address the cultural aspects of happiness and individual's well-being.

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