

Some people think that money is one of the most essential factors in promoting happiness.

Do you think people can be happy without much money?

What other factors contribute towards happiness?

Although monetary matter, especially these days, plays a crucial role in meeting people's needs, which partly result in their happiness, there are other items, which can be considered to bring gladness for individuals.

Since lack of financial means can cause various problems for people, especially for those impoverished ones living below the poverty line, usually struggling to put food on the table, thus, rarely do they have a chance to experience the taste of happiness. That means money is a contributing factor in happiness. Having said that, there are the rich, having attained a great deal wealth so that they do not have any problem monetarily, but they are usually reluctant and unhappy, because the more they earn, the greedier they will become. This partially proves that some other activities can help people to be satisfied with their lives than money.

A first step is for people to try to change their lifestyle in order to be less materialistic, so it would be better that they choose a simple way of life, which needs less money to live. Decreasing the purchase of expensive items including cars, luxurious accommodations, and even furniture, which have become trendy especially in developing countries, can be effective. That way they are less likely to have a concern to make more money, so they have more time and energy to live happier.

Besides, pursuing interests can assist people in enjoying their lives. turning to art, music, for example, can leads individuals to develop a sense of liberty, thereby releasing their daily stress, which is really help them to make them happy.

In conclusion, I would argue that if people think more about spiritual matters rather than materialistic ones, and being drawn to simple and easier forms of life, they are more likely to experience joyful life, because we cannot seek the happiness concept just in money.

Arefeh