

Is money responsible for happiness in life?

There is a common myth among people in their early stages of their life which restricts happiness to money and fame. In other words, a vast majority of the populace believe that the richer you get, the happier you will be, but according to the longest conducted research on 724 men's life for 75 years, reaching fame and wealth are-is not all we need as we go through life to achieve happiness. The study's results have shown that a healthy relationship brings satisfaction to one's life to a large extent.

Generally speaking, people are constantly told that leaning in-on work and achieving more are the factors we need to go after in order to have a happy life. However, much to our surprise the study came up with shocking results. Being in a healthy relationship is considered widely responsible for life satisfaction. By connecting to family and friends, not only do we guarantee our mental health but our physical health. Individuals in a proper relationship have reported less physical pain during their illness as opposed to those who were stuck in a poisonous one. In other words, a pleasant interaction with loved ones, irrespective of their relationship status, makes the physical pain more bearable.

Secondly, the ones who isolate themselves from others find themselves less happy and their health declines earlier in midlife and so does their brain's functioning than those who are not lonely. This research also has shown us that the number of friends and committed relationships does not matter, but the closeness of your relationships does matter. As the saying goes "quality over quantity". Thus, good close relationships seem to buffer us from some of the slings and arrows of getting old. Plus, living in the midst of conflict like marriages s without much affection, people put their health in great danger even more than getting a divorce.

Last but not least, the third lesson we learned from the research is that relationships which a party can count on the other one are a great protection for the brain from its decline. That is to say, community involvement namely relationships have a positive impact on our brain without a doubt.

To cut a long story short, the aforementioned points and examples have made it clear that wealth and fame have nothing to do with life satisfaction and it is better to invest our time and energy in building bonds-bonds and relationships instead of making more and more money.