

Happiness is considered very important in life. Why is it difficult to define? What factors are important in achieving happiness?

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Happiness is a mental condition, and everybody can experience it in a specific situation. So I believe it has probably an ad-hoc definition.

Each person in a specific age group has different kinds of needs and I reckon that satisfying each of them can result in happiness. It is worthwhile to mention that there are some humanistic needs which might be contradictory, from the happiness point of view, as earning a high income and spending time with your family and friends. Both of them are the source of happiness but can we reach them simultaneously? I believe that of course not. That is the reason why the definition of happiness might be difficult and is completely personal. An individual may prefer spending time with his friends and try not to work extra hours for extra wage and he is happy and the other completely in reverse.

In addition, it should be emphasized that happiness is a holistic subject and cannot be assigned to a specific aspect of a person's life. So there are several factors contributing to the conception of happiness. Although the before-mentioned point can be almost true for different generations, modernization of the world and the way human kind looks at ~~the~~ life, significantly affects the definition of happiness and makes s it pretty complicated as opposed to that of a few decades ago.

The people who were living some decades ago, might not be mindful~~ness~~ about happiness but their way of living was simpler than it is today ~~one~~ and probably that is the key reason why they were more satisfied with their lives.

In conclusion, happiness and achieving that are some ad-hoc matters s which highly depend on a person's goals, attitudes ~~s~~ and way of life, so ~~So~~ there is not a general and universal definition for happiness and it varies as a person gets older and also experienced.