

Do you agree or disagree?

Young people enjoy life more than older people.

Some people attribute joy to age. In fact, they believe the more you age, the less you enjoy. However, I do not completely agree with this opinion. I guess, each stage of life has a particular privilege to experience joy. In the following paragraphs, I will elaborate on my arguments.

To begin with, the young generations consider life an adventure in which there are many challenges waiting for them. They are full of energy and have stronger creativity which can help them to make the world an enjoyable place to live. Moreover, some people argue that since they have not faced the reality of life, they are hopeful and strive in hope of a desirable world and also they bias less toward events and reality than old generations. Furthermore, I guess, because they have experienced less trauma than their parents, their mental health state might be better and cope with problems more hopefully. They might take more bold actions in order to feel more joy in their lives, since their life expectancy is more than their older counterparts and they are riskier.

On the other hand, we cannot state firmly that the life of elder people is less enjoyable. I guess in view of their experiences, they can take life easier than their offspring. They might be less concerned about money and financial issues. Moreover, I think because they have more time to spend on their interests, their life can be even more desired than when they were young. For instance, I have an uncle who has started out painting after his retirement.

To conclude, I strongly believe that your happiness relies heavily on your attitudes and beliefs. All of us know of many young people who are not only are they hopeless, but also they have thought for suicide. On the contrary, there are many old people who start out their favorite activity in-at an old age and feel the joy of life which they did not in their youth. In general, an enjoyable life is not peculiar to a particular stage, its key is solely believing in “live in the moment”.