



A Simple and Magical Equation of Happiness

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Abstract

Several literary and scientific works have been done to give a meaning to happiness. Through this work, we will try to give a mathematical approach of happiness using a simple equation. We will elaborate a very simple mathematical model which gives to every person who seeks happiness the recipe and the method to follow. The variables of this equation are sets composed of elements that differ from one individual to another, in other words we will consider each set as a portfolio whose constituents are the elements that make the individual happy. Thanks to our equation, we could know the content of each portfolio to have a maximum of happiness.

Keywords: *Happiness; Mathematical Equation of Happiness*

Introduction

The variables of this equation are sets composed of elements that differ from one individual to another. We will consider each set as a portfolio whose constituents are the elements that make the individual happy and then, through our equation, know the content of each portfolio to have a maximum happiness. It is often said that happiness is ephemeral and when we bring it closer, it takes us away.

It is also said that happiness always takes the face of what we don't have, once we have what we imagine our happiness to be, it is no longer a happiness, then we realize that it was neither the right form of happiness nor the right place in which to look for it and this process starts again and it is difficult to define its limit.

Several writers and philosophers have tried to give a definition or a form of happiness and then to elaborate a method to follow and to multiply the moments of happiness but those definitions always remain abstract and general. Adding to this, each thinker defines the happiness according to his conception. Epicurus in his letter "Letter to Menoeceus". [1] states that when happiness is present, we have everything and when it is absent, we do everything to have it. According to Confucius, "All men think that happiness lies at the top of the mountain, whereas it lies in the way of climbing it". Arthur Schopenhauer said, "Positive and perfect happiness is impossible; one should only expect a comparatively

less painful state." All these thoughts and definitions remain abstract and the question is still does there exist a concrete and practical method to touch happiness?

Some works have been done to approach the notion of happiness in a scientific way, more precisely in a mathematical way: Mo Gawdat in his book "Solve For Happy" [2] considers happiness as being a mathematical balance between expectations and perceptions. Robb B. Routledge, Nikolina Skandali, Peter Dayan, and Raymond J. Dolan assert through their equation that the final evaluation of happiness should depend only on the events of the final task and not on the previous events. [3]

In this paper, we try to define the meaning of happiness through a simple mathematical equation, this equation whose parameters are cardinals of sets.

Mathematical Formulation of Happiness

Each individual who seeks to maximize his or her happiness must first take stock of all the things that make him or her happy and then classify them according to the following equation:

$$W = \frac{\text{card}(U) \times \text{card}(I)}{\text{card}(P)}$$

W: Coefficient of happiness (quantity of happiness).

I: The portfolio of all the things that make the individual happy (Activity, event, climate, dish, object, people, spirituality...)

U: The portfolio of emergencies: All things essential for the happiness of the individual. ($U \subset I$)

P: Priorities: anything that needs to be done first so that U and I will make sense. ($P \subset U$)

U, I and P vary from one person to another and depend on temperament, genes, environment and place of living or working, security, freedom of expression, isolation or with family, contact with nature, etc.)

Discussion

According to this equation, to maximize his happiness the individual must have a diversified portfolio with a large number of things that make him happy and among these elements the individual must first know and then concentrate the effort on all the things of this portfolio that seem urgent to him, as for the priorities, there must be at any moment only one priority on which the individual works to touch his happiness (P must always be equal to 1).

This simple but magical equation allows any individual who seeks to maximize his happiness to know the actions to be taken, indeed the first step of this search for happiness begins with a spontaneous discovery of oneself, the individual must know through experience all the things that give him a feeling of happiness (specific activity, event, jobs, surroundings, object, ...) and this self-discovery must extend over a wide range of experiences and must sweep the several activities, events, etc. To this spontaneous discovery of oneself, we add elements whose presence does not depend on the individual but they give him a feeling of happiness (Climate, seasons...). An individual with a full and diversified portfolio can easily reach his happiness if we compare him with another whose portfolio contains few things.

The second step is to know one's urgencies among the constituents of the portfolio, that is to say, which are the things that are indispensable to ensure a minimum of happiness and whose absence makes the individual unhappy. It is clear that if we consider two individuals with the same number of urgencies, the one who manages to satisfy the greatest number will be able to find himself in a stronger state of happiness. And this degree of happiness increases if the number of satisfied emergencies increases. The third step is to consider at any given time only one priority to work on and then move on to the next priority.

Conclusions

In the present work, we have distinguished three sets linked by a simple mathematical equation, these sets are considered as portfolios whose contents are elements that make the individual happy, maximize his satisfaction and improve his appeasement. The role of this equation is to classify and organize these elements, which differ from one individual to another, in each set to have an optimal happiness.

References

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