

The image of happiness among children with different levels of creativity

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Abstract:

Effective factors on happiness & freshness as one of the most important mental needs of human being, happiness has major effects on human personality and its total life. The most important points in this field are finding happiness and its enrichment and effective factors on this critical need. Personality, self-confidence, religious beliefs, social capital, leisure activities are different factors with considerable effects on it (Social activities: One of the ways for finding happiness is to be a social person. Human being is naturally a social creature. Therefore more and successful and social activities of persons may cause more happiness in their life. Like positive effects of social activities on happiness, it is also one of the real factors of further success in social activities.

Key Words:-Happiness education, Social Activity

Objectives:-

1. To know the Factors of the positive effects of social activities on happiness.
2. To understand the positive the image of happiness among children with different levels of creativity.

Introduction:-

One of the problems in educational system is the presence of happy schools. Although it is really an old problem but it has not been studied seriously up to now. There are many low-excited students who are not interested in school and sometimes



they have hidden escape feeling. It means that they do not escape from school nor they are absent but take part in classes with indifferent feeling and therefore no more progress as a result. Although there is no difference among schools from the perspective of superficial forms and official duties there are still a lot of differences by deep investigations. While in some schools you may observe students' great interests to take part in classes, in some others you may witness students going to classes by force. Such varieties in school environments are the signs of different functions of schools. Serious revitalizing should be given to school administration. While current problems in schools may prevent from finding social requests and viewpoints, our society needs to have schools for betterment of social life of children. Happiness is characterized by positive affective states such as optimism, positive thinking, and the perception of personal well-being. Therefore, any consideration to mental health of students and any attempt to bring about happy environment.

Effective factors on happiness & freshness as one of the most important mental needs of human being, happiness has major effects on human personality and its total life. The most important points in this field are finding happiness and its enrichment and effective factors on this critical need. Personality, self confidence, religious beliefs, social capital, leisure activities are different factors with considerable effects on it (Social activities: One of the ways for finding happiness is to be a social person. Human being is naturally a social creature. Therefore more and successful and social activities of persons may cause more happiness in their life. Like positive effects of social activities on happiness, it is also one of the real factors of further success in social activities. Some of the social activities as follows:-

1. Sport exercises: Sport exercise is the easiest and most powerful way for creation of positive behavior somehow an anti-depression factor. There are social aspects for the sport because it is in group form and will enrich social relations.

2. Social position & approval: One of the factors of unhappiness of people in our decade is lack of self-confidence especially with adolescence. Perhaps one of the reasons is that most societies are success-base and consider to more success. Therefore, they start to compare children from the first years of life with each other and recommend their priorities. In addition all members of society compare their real



self with ideal one for finding their ideals. There is a difference between those who may consider themselves as powerful and useful creatures and those who think they have been rejected by society and are so much weak. Social confirmation may enable people to reduce their anxiety from fail at different situations and keep their happiness.

3. Benefiting from skills: Skills in job performance may increase the positive mode of persons and has a direct relation with self-confidence as one of the happiness factors. Most of people are happier when occupying and applying their skills with better situation of bodily/mentally health. Any applying of learned items is really effective in their freshness and will remove their bad feelings.

4. Amusement: Satisfaction of amusement has a great relation with total satisfaction. According to the experimental studies of people are encouraging to participate in bodily experiences. These studies show bodily exercises may reduce any stress and depression and increase their self confidence and bodily health.

5. Training: Training is another variable which has been considered recently with a good relation with satisfaction. Training and experience are valuable factors for self-confidence and internal satisfaction which may cause the learners to work with their maximum abilities.

6. Happy Schools With a careful glance to all presented descriptions and aspects about happiness and freshness, it seems that providing a suitable space for it in schools as one of the most important educational society. Paying attention to various elements may change the school space into a happy condition. If fact it is an important step towards a health school. Wolk (2008) points out to this item in his paper and states that happily learning is possible in schools if we provide its situation. Also according to the findings of Sadeghi (2006), there are seventeen factors in creation of freshness in schools as follows:

- 1- Reducing courses
- 2- Training life skills
- 3- Performing happily activities
- 4- Suitable transfer of information



- 5- Making a beauty environment
- 6- Nurturing talents and curiosity of students
- 7- Providing welfare facilities and school equipment
- 8- Employing teachers with competency
- 9- Prevention from any Discrimination and Persuasion
- 10- Proper educational planning for better understanding of principles
- 11- Providing laboratory & workshop facilities
- 12- Participation of students in performance of works
- 13- Making a health environment
- 14- Promoting creativity and innovation in students
- 15- Performing group work.
- 16- Compliance of exam with course content.
- 17-

Conclusion:-

Positive Education embraces the relationship between the students and Teachers in education process. The purpose of education is to prepare students- to lead a joyful and purposeful life. Education can do a great deal to enrich students' lives and help create a more happy society. So, the key is not to add more course requirements on students that might impose an unnecessarily heavy burden on students to take more and more required courses but rather the key should be to make learning more authentic, more experiential, and more personally meaningful to students. To these ends, if designed properly and administered properly, education can play a vital role and serve as a valuable means to increase student happiness and academic motivation.



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