



INFLUENCE OF HAPPINESS TO QUALITY OF LIFE

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Happiness is one of the most important aspects of Quality of life. It determinates good life of person. Notions about a good life are linked to one's culture. Notion of good life vary from country. Happiness is associated with non- rational dimensions and it comes to people who live in harmony with his or her nature. The educators Dalkey and Rouke,(1994) define quality of life as a “person's sense of well-being, his or her satisfaction or dissatisfaction with life or happiness or unhappiness”. The World Health Organization (2005) defines QL as ‘the individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals.

In this study explored people's perception of happiness and how it to connect with their quality of life. In relation to that, several indicators have been developed to measure level of happiness among the people. Both qualitative and quantitative data were collected covering fourteen GS Divisions in Colombo, Kurunegala and Gampaha districts. 560 households were randomly selected for the sample.

In this study it was found that reasons for very happy life situations were mainly fulfillment of goals in life and simple way of living in all areas. Happiness in their life determinated strong relationship with relatives, neighbors and family members. It is a good indicator of high quality of life as there is peace and harmony. They were happy with the environment and other relations. Index of happiness relating to life situation was generally high. Indices relating to “living with relatives’ and relationship with family were excellent among them. Happiness within family was high as there was no discrimination. They most admired persons are parents and their teachers. As well as they were happy with life situation in the present living environment. One of the major factors that forced them to live in the same locality was their traditional property.

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