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THE DYNAMICS OF THE HAPPINESS INDICATOR DEPENDING ON A PERSON'S AGE AND SELF-DEVELOPMENT

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Abstract. The expediency of conducting research on the indicator of people's happiness is obvious, because the scientific substantiation of this issue allows you to significantly influence the quality of life. The placebo effect has been scientifically proven to heal patients without medication, and people's awareness and acceptance of the prerequisites that increase the happiness index will certainly lead to positive changes in this direction. In the article, we try to determine the possibilities of maintaining a sense of happiness at every stage of a person's life, provided that he develops himself, self-learns in order to increase emotional intelligence and spiritual growth.

Key words: happiness, emotional intelligence, age changes, self-development, self-learning, awareness, harmony.

Introduction. A person's life is determined by his level of awareness and a harmonious combination of personal, social and public duties and goals. Actually, when we talk about the indicator of happiness, we mean subjective well-being (a more scientific term for happiness) – a combined value formed by feelings of satisfaction, protection, interest and trust in the surrounding world.

In turn, each of these states is determined by a competent assessment of one's potential and one's role in the social groups with which the individual is in contact. Happiness should be the natural state of a person, because he constantly strives for it, however, he is far from always in it, it is even possible to state that the state of happiness is rather short-lived.

If a person compares his expectations with the real situation, and, at the same time, objectively evaluates the situation, it means that he produces his own effective state and increases the happiness index in the future. If a person with age does not devote time and attention to internal development, is prone to depressive states, does not have his own moral and spiritual core – therefore, the dynamics of the happiness indicator is negative, falling.

So, the subjective nature of happiness, the dependence on the personal development of a person, makes the state of happiness difficult to define, and also makes it difficult to measure. However, in the psychological and sociological sciences there is a whole direction that studies the state of happiness and forms the basis for further research.

Main part. The ancient Greek philosopher Aristippus claimed that happiness is hedonically determined (Lysechko, 2020). Hedonic pleasure from the point of view of psychology is a state in which

a person feels relaxed, able to distance himself from his problems. In turn, neuroscientists studied the hedonic patterns of the human brain and concluded that pleasure is an important component of happiness.

In everyday life, this manifests itself, for example, in the ability of an individual to give up the so-called "prestigious" and profitable types of activities and professions for the sake of his beloved ones, "for the soul." Such a human choice is the result of the work of the brain, and also the result of the work of the brain, as neuroscientists have discovered, is pleasure, and therefore the feeling of happiness.

A logical question immediately arises: if a person does not have the opportunity to refuse a profitable job, can he be happy? Yes, but for this you need to adjust to the feeling of gratitude for everything else that this person has, neuroscientists recommend. Feeling grateful stimulates the production of the neurotransmitter dopamine, just like the antidepressant bupropion.

"One of the main effects of gratitude is an increase in serotonin levels. When you think about what you are grateful for, you focus on the positive aspects of life. This simple action increases the production of serotonin in the anterior cingulate cortex of the brain" (Kosynska, 2017). Thus, a logical chain arises – if we study our own feelings, analyze our internal states, and strive to influence the prevalence of positive emotions, then we get the opportunity to feel happy more often. That is, the repetition and duration of the state of happiness is the result of efforts and internal psychological work.

Let's turn to the results of the survey conducted by the Kyiv International Institute of Sociology. In December 2016, 54% of Ukrainian residents felt happy or rather happy, 25% felt partly happy, partly not, and 19% – unhappy or rather not happy. For our research, it will be appropriate to analyze the above figures and get answers about changes in the happiness index depending on age and other external and internal factors

The statistics of the study conducted by the Kyiv International Institute of Sociology show the dependence of the feeling of happiness on the socio-demographic aspects of life, including the social environment. The Institute conducted an all-Ukrainian public opinion survey using the personal interview method of 2,040 respondents living in 110 settlements in all regions of Ukraine (except the Autonomous Republic of Crimea). according to a 4-stage stochastic sample with quota selection at the last stage, which is representative of the population of Ukraine aged 18 and over. The statistical sampling error (with a probability of 0.95 and a design effect of 1.5) does not exceed: 3.3% – for indicators close to 50%, 2.8% – for indicators close to 25%, 2.0% – for indicators close to 10%, 1.4% – for indicators close to 5%. From the results of this study, we can see that, firstly, young people are much happier than older people. So, in December 2016, 74% of young people aged 18–29 felt happy, 59% of people aged 30–39, 51% of those aged 40–49, 48% of 50–59-year-olds, 60–69 years old – 44%, over 70 years old – 38% (Novikova, 2016).

Unfortunately, as we can see, as people age, the likelihood that they will feel less happy increases in direct proportion. The connection with age is largely determined by the state of health – older people often begin to get chronically ill, and, as research confirms, the state of health has a significant impact on the subjective feeling of well-being – that is, on the state of happiness.

Happy exceptions to this rule are those people who keep their consciousness in a state of happiness as they age, making maximum efforts to control and raise their spiritual, energetic and moral level. In this perspective, we consider it appropriate to focus attention on another statement that appeared as a result of a study by the Kyiv International Institute of Sociology: residents of the eastern regions of Ukraine are less happy: in December 2016, 59% felt happy in the western regions, 50% in the central ones, in the southern regions – 60%, while in the East of the country – 44% (Novikova, 2016).

We can assume that this is directly related to people's spirituality. After all, a long-term state of happiness is based on a person's feeling of its positive influence, a positive role in the life of its environment, family, region, and world. The sincere faith of people, their constant communication with

God, the desire for spiritual improvement leads to inner purification, to elevation, and therefore to a feeling of happiness.

Another thinker Pavlo Florenskyi at the beginning of the 20th century. said: "Man did not appear in the biosphere by chance, he has a huge task and huge, extremely complex duties to other people, to himself, and in general to the entire world landscape. It should work in the direction of some deeply positive transformation of this world. In the direction of reducing at least the evil in this world. And in the future, in general, to the necessary eradication of evil from space" (Zilghalov, Isychenko, Skurativskyj, 2005). Probably, here we can talk about the search for the meaning of life, as a component of the conscious and happy existence of a person.

Now we are faced with total mechanization, incessant multiplication of instrumental means, which leads to negative changes in people's consciousness, in fact, it materializes consciousness. Of course, there is nothing wrong with the pursuit of material comfort, but we assume that there is a fair assumption in the words of the researcher of happiness and the author of numerous popular science works Laurent Gunel: "Material comfort does not bring happiness, but the lack of material comfort can affect happiness, overshadow it" (Ghunelj, 2020: 155).

And this is not because a person will feel a lack of something (in fact, we need much less than they convince us by forcing us to pay for the purchase of unnecessary things), but because if he does not work on his emotional intelligence, then he is completely open to pleasure aggressive psychological attacks of advertising posters and the environment in general. And that is why the main cultural problem of today is "the competition of humanistic and technocratic thinking, criteria for evaluating technical inventions, their safety and, especially, their impact on socio-cultural dynamics, the spirituality of the person himself (Surmaj, 2010: 21). Human happiness is not a set of goods and services, as they try to convince and force him to buy. Moreover, research led by Harvard Business School professor Ashley Willance proves that the more money we spend on freeing up our time, the happier we become. It is necessary to calmly and consciously perceive all information scum and noise, which to one degree or another affect our consciousness, while not changing our beliefs and value orientations. For this, it is necessary to take into account that the information society is a society of knowledge. There are extremely many opportunities to learn real information, research results, which can affect well-being, and the state of happiness and life satisfaction.

The first thing to emphasize is the state of awareness. The existence of a person on earth is similar to the existence of a star in the sky – the same infinity of space and time. But we almost never think about how our day goes. It is necessary to try more often to recognize those unique moments when she sees not the steering wheel of her car, not the bar code of a bank card, not a shovel or a pack of washing powder in her hands, but the whole sky that surrounds her. With all the beautiful things that the Lord has revealed to us. Such moments – awareness and peace – give energy for all things.

This is communication with other people, and the desire to do a good deed, and to stand up for the truth, and to be a good person – that is, a person who can respect himself. Social intelligence is the desire to understand one's higher purpose. Life can seem like a never-ending Sisyphean struggle, because one is always trying to control something and achieve something. The result is new castles in the air – new aspirations, and later – a feeling of futility, because each new purchase makes you happy for only a few days.

Let's name five forces – five internal attitudes that should become the beliefs of a person who seeks to increase his happiness indicators. The first strength is trust, when a person welcomes all forms and manifestations of life, and does not fight against it. By forming trust in the heart, a person automatically opens up to joy and positivity, learns to transform aggression and tension into inner freedom, does not give in to helplessness and insecurity. Trust is the first to help on the way to increase happiness, because a person needs to reduce anxiety and tame fears. Moreover, a child is born. But the

constant appeals of the parents: "This dog will bite you..., you will fall...", etc., which the child hears, lead to contraction, or complete replacement of trust with mistrust (Falder, 2021: 42).

How a person perceives a situation determines whether this situation is extremely negative or acceptable. The result of a person's high spirituality is a firm belief that the Creator will never allow him to be hurt – this is a state in which the eyes radiate peace, which will be transmitted to everyone – his environment, relatives, random people. Happy people are people who trust the world. So, let's try to determine how you can consciously increase the level of your own confidence. Psychologists say that for this a person needs to act as if there are no dangers, because trust is formed by acceptance. The content of this rule is an important psychological axiom: you cannot sacrifice real life to expectations.

Socialization with a capital "k" is what European psychologists call the term "karma" – the principle of perceiving cause-and-effect relationships. If we abstract from the deep essence and history of this term, which is studied in the East, it can be succinctly said that this Eastern concept offers an easier perception of life's ups and downs, and therefore trust. In a certain sense, it is about the path to happiness.

The religions of the world teach an important statement: life responds to a person's choices. Illness is the body's reaction to the harmful effects that we exert. Psychological pain is a consequence of other people's actions and voices penetrating the consciousness. In Tibet, where a large proportion of long-lived people are known, the following proverb sounds completely scientific: "Let a person's vision be as wide as the sky, but let him sift his actions like fine flour".

Mindfulness is a concept in modern psychology that is defined as continuous monitoring of current experiences, that is, a state in which the subject focuses on experiencing the present moment, without delving into thoughts about past or future events. This is the ability of consciousness to introspect one's own activity, that is, to observe one's own thoughts and feelings (Cymbaljuk, Janycjka, 2004: 146).

In the language of practical actions, introspection is a state in which a person thinks and understands that if he leaves the bottle in the forest, no one will see it, but the world will see it – therefore, everyone... If a person comes with peace, he will receive peace, and vice versa. ... In the human heart – in the secret center of our relationships with ourselves and with others lies love. If we lack trust, we will always be looking for a real home, if there is trust, our home will be everywhere.

The second component and, at the same time, a prerequisite for happiness is a person's ability to accumulate and release energy – this is vitality, drive, determination, and spiritual elevation. In order to unlock the fountain of energy, you need to get rid of fatigue, get enough sleep, understand the relationship between everything you touch and what surrounds you with the physical state of your body. It is necessary to explore internal feelings: what annoys a person, what is really desirable. "Energy that flows freely, like a river without a dam, can be dynamic and have animal strength!" (Falder, 2021: 89).

And as one philosopher said: "It doesn't matter what you do, as long as you practice as if your life depends on it. When talking about energy, experts mean not only the energy of a person for his work, career and daily, related problems – because this is often a problem of human ambition. In order to feel happy more and more often, it is necessary to save a significant amount of energy for those things and people that bring joy and pleasure: learning new things, rest, travel, and anything that is potentially exhausting and gratifying.

The third psychological force that helps you feel happy more often is presence in every moment of your life. This is awareness, and as its highest level – awakening. After all, we – in the currents of modern life – constantly fall into ignorance, a state opposite to awareness. Because we constantly devote ourselves to some goals and results. And in the best case, we remember some fragments – we planted two boxes of potatoes in the spring, and collected four in the fall.

Our task is to constantly return to life, to see how the apple tree blooms, what was the blush on the child's cheek that morning, etc. Mindfulness is like an elephant's foot print. It is so large that it can contain the prints of all other animals. Mindfulness includes all other methods and ways of inner development. To date, this truth has been understood in the world of science, business and politics.

Being aware, being able to return to a state of awareness, not losing the ability to be in it is a spiritual practice that is not far from a rational commercialized life, but a specific quality and requirement for personnel, which is highly valued, and without which access to most prestigious positions is impossible. The fourth psychological state and human quality, the possession of which contributes to the feeling of happiness, is peace.

A state of emotional and mental harmony, when a person feels inner balance and lack of stress. When mind and body are in harmony, and a person can calmly react to external stimuli and life situations. Striving to apply calmness, a person is able to feel carefree and courageous in the face of any challenges. As practical actions, psychologists advise: 1) regular meditation practices and conscious perception of every moment of life; 2) regular physical activity, which helps relieve muscle tension and relax, and also promotes the production of endorphins; 3) effective mastery of emotions, knowledge of self-regulation techniques and stress relief strategies; 4) attention to one's physical and psychological health, taking care of sleep, nutrition and relaxation; giving priority to one's well-being (Skrypchenko, Dolynsjka, Oghorodnijchuk, 2021: 153).

The fifth psychological component of being happy is a combination of all aspects of understanding one's own abilities and limitations, combined with valuable thoughts and ideas. When a person goes on the path of self-discovery, he pays attention to his own potential and the abilities of others. Wise – who knows that he knows little, but enough. A wise man who understands that to have everything is to have the most valuable thing. Wise – who waits patiently, but at the same time enjoys everything around, regardless of whether it is sunshine, rain or snow.

So let's summarize: First, a person's happiness depends on his age – with each year of maturity, a person who does not realize the desire to preserve his ability to feel happy risks becoming increasingly disappointed and unhappy. Second, self-development, as a spiritual path to increased confidence, increased energy, peace, awareness and, ultimately, wisdom, is a real opportunity for each person to maintain happiness indicators throughout life.

Thirdly, all spiritual forces and qualities – trust, energy, awareness, calm and wisdom – work together, reinforcing each other. The purity of a person's intentions and actions, combined with sincerity in relations with the world, is an extremely important basis for realizing oneself as happy. Moral education is the basis of personal development. Our touch to the world must be a touch of love, then we are carefree, calm and steadfast in our progress.

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