

Happiness and Its Relation to Personality, Character Strengths, Emotional Intelligence and Mindfulness: A Review

Yogita Shrivastava^{1*}, Pro. (Dr.) Anviti Gupta²

ABSTRACT

Our purpose in this literature review was to identify, evaluate, and summarize studies that examine the relationship between happiness and other variables like personality, character strength, emotional intelligence, and mindfulness. We consider 30 research studies published between 2015 to 2022, and all articles were evaluated and summarized for this purpose. The results of the study concerning the big five factors of personality and happiness showed that although there is a correlation between personality features and notions of happiness, it is not so strong. Studies that tried to examine the relationship between the positive side of the Dark Triad traits and happiness showed a stronger positive correlation between narcissism and the notion of happiness. Studies focusing on happiness and its relation to mindfulness, emotional intelligence, and character strengths also reveal a positive correlation between these variables.

Keywords: *Subjective Well-Being, Spiritual Well-Being, Big Five Factor of Personality, Dark Triad Traits, Gratitude, Character Strength, Emotional Intelligence*

Happiness is one of the extensively researched areas of Positive Psychology. Psychology defines happiness as a condition of emotional wellness that an individual experiences either if explained as a constructed sense- when at moment good things happen to them. In a broader sense, it is an overall optimistic appraisal of one's life and achievements which many researchers also call as a 'subjective well-being' (<https://www.britannica.com/topic/happiness>). Though we still debate on the scope of happiness, we can say that, happiness's is a state and it characterized by equanimity and general contentment with one's current situation.

Some important terms related to happiness:

Lay conceptions of happiness:

This denotes the general belief concerning the character, importance, causes, and results of happiness, perceive how people perceive happiness as. People can have the following conception.

¹Research Scholar, School of Humanities and Social Sciences, Sharda University, Greater Noida, UP, India.

²School of Humanities and Social Sciences, Sharda University, Greater Noida. Uttar Pradesh, India.

*Corresponding Author

Received: April 13, 2024; Revision Received: June 15, 2024; Accepted: June 20, 2024

Happiness and Its Relation to Personality, Character Strengths, Emotional Intelligence and Mindfulness: A Review

Well-being, subjective well-being and happiness.

Well-being is a multidimensional construct. It includes subjective well-being (enjoyable experience-hedonism), life satisfaction as well as psychological well-being or how potentially the individual is doing well, known as (eudaimonism). Measuring happiness should accumulate all the crucial elements of well-being. It would be unfair to simplify both hedonic and eudaimonic aspects, on the basis of unitary item like income, satisfaction with life or happiness.

Personality and Happiness

The traits of personality had been proven to be strongly correlated with happiness (De Neve & Cooper, 1998). Costa and Mcrae (1995) argued that the Big Five personality model is the most thorough empirical model available for investigating personality. For our research purpose we examine research studies that are based on two types of personality tests these are 'The Big Five personality traits' and 'The Dark triad traits'

Character strength and happiness

Character strengths are values that are good morally and ethically. Martin Seligman and his colleagues studied various people from different cultural backgrounds and after analyzing all major religions and philosophical, cultural systems and the work of renowned historian, 24 strengths and around six underlying virtues were chosen from the extensive list of potential candidates.

The character strengths that are strongly correspond to happiness is the interested area of research, since positive psychology first emerged.

Emotional intelligence and Happiness

The skills that are required to lead a good, happy and productive life beyond intelligence, are collectively called emotional intelligent (Daniel Goleman 1995,1998). EQ is a cognitive ability that is essential for interpersonal relationships. It is an individual's capacity to understand and manage one's own emotions, ability to self-motivate, control one's impulses, understanding and managing other's emotions as well as having good interpersonal relationships to live in an effective manner.

Mindfulness and happiness

As opposite to the misconception that mindfulness is some kind of unique activity, it is a way of living life. Practically every daily task can be completed with focused awareness. The term "mindfulness" is connected to Buddhist philosophy and derived from the Sanskrit word "Smriti," which literally means "that which is remembered," Therefore, one way to define mindfulness is "to remember to concentrate on the experience we are having at the moment" (Shapiro & Carlson, 2009; Black, 2011). Some studies have shown that those with higher levels of habitual mindfulness experience greater levels of inspiration, joy, gratitude, hope, contentment, vitality, and satisfaction with life.

METHOD

It is a review paper. For this purpose, a total of 30 researches were reviewed from different publications like SAGE, PUBMED, Google scholar etc. It is secondary database study. The review was carried out to find out the relation between happiness and the factors like personality, character strengths, emotional intelligence and mindfulness. The aim of the review was to understand all empirical evidence that studied these relationships.

RESULTS AND DISCUSSION

In all 30 papers, the following observations were found,

Personality and Happiness

In their study, Aisha Muhammad (2020) and Mohsen Joshanloo (2019) found higher levels of happiness as a contributor to SWB in people with high openness, conscientiousness, extraversion, and agreeableness than in people with high neuroticism. Happiness and conscientiousness had the strongest link. Joshanloo also observed that, though not shown strongly, the conceptions of happiness and different personality traits were interdependent. The results of the study (Ziapour, 2015) showed the lowest correlation between openness to experience with happiness. Extraversion and happiness were highly and positively correlated and happiness was very much predicted by extraversion. Researchers concluded that extraverts have emotional stability, share their inner feelings with others and focus attention on different things in life. They were happier than introverts.

In research by Dilwar Husain (2017) neuroticism emerged as a major moderator between the association of income and life satisfaction. People with higher levels of neuroticism are likely to be express greater contentment when they are poorer but less fulfilment when they are affluent than people with lower levels of neuroticism. Consequently, those that exhibit a stronger neuroticism trait were more sensitive to losses and disappointment. In another study with Nigerian adolescents, [Friday E Okwaraji 2017] significant relationships between all Big Five personality traits, age groups, and gender with happiness were found.

In a study, taking life satisfaction and pleasant emotions into consideration, Pierapolo Limone (2022) zero-order and partial correlations revealed no significant relationships between Machiavellianism and psychopathy and measures of subjective well-being, but narcissism had favourable relationships with the three approaches to happiness and the two subjective well-being dimensions. Through adopting engaging hobbies, indirect consequences suggested that the positive side of narcissism attempted to pursue the emotional component of SWB. In another study, Joshanloo (2021) observed that narcissism was positively, Machiavellianism and psychopathy were negatively correlated with happiness. Psychopathy and Machiavellianism were related to prioritizing one's own happiness while simultaneously believing that it is beyond one's control and followed by a negative outcome.

Character strength and Happiness

Among the students of a healthcare setting in Iran, (Shaho Feizi a, et al.) it was found that happiness was at a moderate and subjective well-being level was high and moderate among the students. The test result also showed significant and direct correlation between spiritual well-being and happiness. It was also observed that Existential Well-Being (having life purpose, being related to others, having life satisfaction) was found to be a potential co-founder in the relationship of Religious Well-Being and happiness. Andrea Ferenczil, Zsuzsanna Tanyi et.al) also found a significant link between well-being and gratitude. Students with higher dispositional gratitude—that is, those who are more likely to see gratitude as a positive emotion and to approach life and the objects of the world with optimism—will experience fewer personal issues and somatic symptoms than others. All of this indicates that being religious is associated with greater appreciation, and that feeling grateful may improve one's subjective well-being. They also examined the results of a 4-

Happiness and Its Relation to Personality, Character Strengths, Emotional Intelligence and Mindfulness: A Review

week thankfulness journal and ANOVA findings showed that keeping a gratitude journal did raise levels of both thankfulness and happiness.

James B. Wade, Rashelle B. Hayes, James H. Wade, Jonathan W. Bekenstein, Kristin D. Williams and Jasmohan S. Baja found that despite facing dangerous neurological diseases, those having a strong system of existential spiritual belief were experiencing more happiness than those who had not spiritual belief. Even after accounting for a number of potentially confounding factors, there was still an adverse connection between psychological adjustment and religiosity. It's significant that the severity of neurological conditions was not taken into account while examining the connection between spiritual beliefs and happiness.

A study during the Covid Pandemic in Greece (Vasileiou D. et al, 2019) noticed an association between persistence, zest, love, curiosity and hope with happiness. In this study, spirituality was found to be negatively correlated with the components of wellbeing. Appreciation of beauty, love, curiosity, creativity, tenacity, zest, and love of learning all were positively correlated states, as determined by the PANAS. Spirituality, enthusiasm, kindness, and love all predicted it favourably, while hope predicted it adversely. All character traits in literature are typically connected with other aspects of wellbeing (eudaimonic aspect), either favourably or at zero, and either negatively or at zero with bad effects.

The results of the study that established a connection between pre-treatment character traits and post-treatment depression recovery, Ata Tehranchi, Hamid T. Neshat Doost, Shole Amiri and Michael J. Power found a beneficial link between character strengths and happy feelings. Character traits, such as critical thinking, may aid a person in identifying and reducing any unhealthy attitudes they may harbour. According to researchers, some character strengths may encourage the formation of a positive and flexible self-view. The capacity for self-agency can be increased through virtues including emotional intelligence, zest, hope, gratitude, forgiveness, and spirituality.

Among the sample of medical students, Hausler et.al. (2017) found a strong association of character strengths with psychological well-being than with subjective well-being, moderate correlation between SWB and PWB and hope, zest and curiosity, whereas a strong correlation of PWB with a broader range of character strengths. Autonomy was lowest and hope recognized as the most important character strength for most of the PWB aspects. No strong relation was found between spirituality and well-being outcomes (SWB and PWB both). On the basis of that, researchers concluded that achieving spirituality is something long running that might only have significance over a period of time. Appreciation of beauty and excellence, open-mindedness, modesty, perspective, love of learning, creativity, bravery, and prudence were the character strengths with the smallest effects on most of the well-being aspects.

Emotional Intelligence and happiness

A study that used findings from the bifactor model to understand the structure of EQ and to know whether it is related with Life Satisfaction and Happiness or not Blasco-Belled et.al, (2023) found that life satisfaction and happiness were frequently predicted in a good way. By employing the bifactor EI model for the analysis of EI and SWB indicators, researchers made a significant advance. When the common variance shared by the particular emotional

Happiness and Its Relation to Personality, Character Strengths, Emotional Intelligence and Mindfulness: A Review

facets was taken into account, the specific ability of mood attention was found to be a poor predictor of life satisfaction and happiness, whereas mood repair was found to be a strong and emotional clarity to be weaker predictor. Additionally, even after controlling the e-factor, life, happiness, and satisfaction remained positively correlated. Thus, it may be assumed that mood repair and attention affect our cognitive and emotional assessments of life. In fact, thus making sense, being unable to pay attention to and manage emotional information would make it challenging to appropriately address emotional demands. It discovered no differences in the e-factor or the three distinct facets between college students and employees, indicating that neither experience nor age is inherently an advantage for EI in respect to SWB indicators. Whatever the case, the results of this study had consistent ramifications for work on EI measurement.

A study performed on Spanish teachers investigating, above the perceived stress, which EI component were the most predictive in explaining subjective happiness (Sergio Mérida-López et. al.2022) and it found that even after taking into account the effects of sociodemographic characteristics and perceived stress, teaching professionals who believed they were better at understanding, using, and managing their own emotions reported higher happiness scores. Knowing one's own emotions enables people to use more flexible emotion-regulating techniques. As a result, it is conceivable that teachers, who are better able to recognize their emotions when confronted with an incident, may rely on a valuable resource for implementing practical emotion control measures and ultimately feeling more well-being. Second, after taking into account perceived stress, the usage of emotion was a predictor of happiness. As a result, educators who are particularly skilled at channelizing their emotions into positive, self-motivating actions may find it simpler to motivate themselves to maintain their wellbeing. As a result, they might be happier than their competitors who have less emotional intelligence. Third, the discovery showed instructors' enjoyment was positively correlated with emotion management. Emotion regulation has been set as a key EI factor that might assist instructors in experiencing more pleasant feelings and using more adaptive coping mechanisms when confronted with challenging situations.

A study conducted by Desiree Llamas-Diaz et.al (2023) to investigate the relationship between performance-based ability EI and subjective happiness, also the mediating role of positive affect (PA) and negative affect (NA) in this relationship. In the research, females scored higher on EI across all its dimensions but not in subjective happiness than males. Researchers discovered a substantial positive correlation between Subjective Happiness and total Ability EI, and on the basis of that finding, they came to the conclusion that teenagers with greater EI rate their own happiness as being higher. They discovered a direct association between total Ability EI and Subjective Happiness, which was only shown in females, when they examined this relationship in the route model that took PA and NA into account. Researchers came to the conclusion that methodologically, females performed better than males in terms of total Ability EI, which may have strengthened the association with Subjective Happiness.

Ghahramani et. al. (2019) in the study conducted on medical students of Shiraz Medical School, Iran, found that, there was statistically significant positive correlation between these two and on the basis of study researchers concluded that emotional intelligence predicts happiness. It was also showed that extroverted were happier than introverted. It may be because extroverted are outgoing and they have more social skills than introvert. It was also

Happiness and Its Relation to Personality, Character Strengths, Emotional Intelligence and Mindfulness: A Review

found that students with higher EQ were better level of perceived health. From study it was obvious Students who had stronger emotional intelligence reported feeling better.

Study by Joan Guerra-Bustamante and his colleagues (2019) on adolescents of age 12 to 17 yrs. girls and boys in Spain to analyze relation between happiness and various dimension of EQ like attention, clarity, and repair. After analyzing the results, it demonstrated a definite link between emotional intelligence and joy. In nutshell the results showed that people perceived themselves happier when there is enhancement of emotional clarity and repair, and when it decreased they were less happy. The findings highlight the stronger correlation between emotional restoration and happiness. Higher emotional healing levels in adolescents are associated with a propensity for engaging in enjoyable distractions, which may enhance feelings of enjoyment. Researchers also came to the conclusion that giving so much attention to emotions is typically connected with maladaptive characteristics that are inharmonious with enjoyment. These elements can develop anxiety, depression, hypervigilance, rumination, and catastrophizing. In contrast, emotional awareness entails being conscious of the sensations that lead to enjoyment or suffering (unhappiness). Happiness therefore depends not on the presence but instead, focus on striking a balance between the number and intensity of positive and negative events. In this way, individuals who over emphasize their feelings and moods and lack enough emotional repair and clarity would not be able to comprehend and control the range of emotional states.

In a study by Abdollahi A. et al. (2018), the findings indicated the positive correlation between happiness and EQ. It might be because EQ promotes adaptable intrapersonal and interpersonal functioning, which may ultimately result in better satisfaction. One of the most remarkable conclusions of the study was that emotional intelligence moderates the association between students' perfectionism and happiness. The findings also demonstrated that children having high levels of emotional intelligence are better at regulating and directing their good emotions in order to inform their behavior and mental processes, as well as transform their negative emotions into useful actions.

An empirical study done by Naseem K, (2017) on employees working in the telecommunication sector in Pakistan ages 23-30yrs to investigate the moderating role of Emotional Intelligence on happiness and life satisfaction. The result indicated that emotional intelligence had a moderating role for employee happiness and life satisfaction. It also proved that the ability to manage own as well as other employee's emotions appropriately can improve their capabilities to cope well with job stress in executing work. In nutshell, it may indicate higher level of happiness and life satisfaction.

Mindfulness and Happiness Relation

A study by Bajaj B. et al. (2022), showed the positive correlation of mindfulness with resilience and happiness whereas negative correlation of mindfulness with stress. Resilience found mediator between mindfulness and happiness so playing powerful role in enhancing happiness. Overall result suggested that people having high level of mindfulness are most possibly show good and enhances resilience, higher level of resilience contribute in happiness also higher mindfulness levels contribute in low level stress, which in turn contributes again to higher levels of happiness.

In the study data collected by 1267 women (Antonio Crego et al. 2021) was discovered that people who expressed higher level of mindfulness also displayed greater level of enjoyment

Happiness and Its Relation to Personality, Character Strengths, Emotional Intelligence and Mindfulness: A Review

and lessened signs of anxiety and sadness. They concluded that, mindfulness can help people identify the principles that will guide how they organize their lives and become more conscious of the things that really matter, allowing them to determine their goals and discover the meaning of life. Further research revealed that people who reported higher degrees of mindfulness also reported higher levels of life purpose.

In a quasi-experimental study on high school female the city of Sanandaj, Zandi H. (2021) found that problem related coping skill was positively influences by mindfulness training. People could efficiently deal with unpleasant thoughts and emotions through mindfulness training. Deep breathing and thought prompt the depiction and appraisal of current events in the mind when practicing mindfulness. The findings of the study also demonstrated that mindfulness training has a significant and reversible impact on coping mechanisms that are centered around emotions. Finally, the results of this study showed how mindfulness training makes people happier and has positive effects. Due to their control over time and lack of fear of change, people with high levels of awareness may build a constantly dynamic and adaptable environment in their life. The individual will gradually feel more content because of the dynamic and adaptable environment, which eliminates unfavorable feelings and psychological isolation from peers. The key is that highly aware individuals pay close attention to their own and other people's points of view, which keeps them engaged and helps them avoid negative emotions when dealing with challenging situations in school. This improves the student's quality of life and, as a result, heightens their sense of happiness.

Kosugi T. et.al. (2021) conducted study to see how effective mindfulness based cognitive therapy in enhancing happiness among community residents was found that, in healthy people, mindfulness-based cognitive therapy of eight weeks accompanied by a two-month follow-up, increases the cognitive and affective components of subjective and eudaimonic well-being. It showed improvement first in cognitive, second in positive affective, and third in eudaimonic wellbeing in orderly manner

A quasi-experimental research was conducted on 136 diabetic patient in Iran to see if there was any effect of mindfulness training on the happiness and blood sugar level (Zarifsanaiey N. et.al.2020). During the intervention session, the subjects gained awareness of their inner dialogue and thoughts. It was discovered that many people blame themselves and are angry with themselves when they don't complete a task correctly. They also discovered that because varied life circumstances frequently excite our minds, we have the ability to talk to ourselves internally. This discussion can be a satisfying experience for us, give us courage, and motivate us to try new things, which will eventually lower our blood sugar levels and make us happier, and the result showed that control group scored low on the level of happiness than intervention group. Mindful training was also played important role in improving physical condition (lowering blood sugar, easing anxiety and therefore improved bodily function) result was positive psychological effects (increased happiness).

In another study (Ortet G. et al. 2020) 372 college students and 217 community members were evaluated using the 'Big Five Personality Trait' short questionnaire and the 'NEO-Five Factor Inventory', respectively. Together, 589 people answered the Subjective Happiness Scale and the Five Facets of Mindfulness Questionnaire. 55 common people also participated in a six-weeks training programme in mindfulness development and meditation. The study also noted that personality characteristics were mostly responsible for the impact of trait mindfulness on predicting happiness. Even though each participant group completed

Happiness and Its Relation to Personality, Character Strengths, Emotional Intelligence and Mindfulness: A Review

a distinct personality questionnaire, these results were repeated in the two different independent groups. However, when personality was taken into account, only the non-judging component, which is an awareness of thoughts and feelings without judgement, in these two samples continued to be a significant forecaster of subjective well-being. When multiple testing was corrected for in sample, this link, however, lost its significance. This study found no correlation between mindfulness training and subjective well-being, which is consistent with the findings of the systematic review and meta-analysis. Further investigation is necessary given the current research's lack of evidence for the positive impact of mindfulness training on subjective wellbeing. The training method utilized in this study, which focused solely on improving observation and description skills but no other dispositional mindfulness or happiness skill, may be one of the causes.

Basim Aldahadha's (2023) study which aimed to examine self-disclosure or mindfulness which relates with happiness and well-being, finding statistically significant relationships. Data from a public sample of 486 was collected via email and social media. The findings suggest that self-disclosure and mindfulness can lead to happiness and wellness.

CONCLUSION

Though some study revealed that ideas of happiness are less influenced by personality but most of the research found significant correlation between the 'Big five personality' traits and the various aspects of subjective well-being. The findings indicate that extraversion is only marginally related to psychological wellbeing in persons. Openness displayed a minor positive correlation low neuroticism strongly correlates with emotional and psychological well-being, while high conscientiousness shows a weak positive association. However, no significant link was found between with emotional and psychological well-being and showed no significant correlation with life-satisfaction. When consider good side of dark triad trait narcissism was positively correlated with happiness than other two types.

SWB can be one of the measures for happiness as in many studies a significant direct correlation was found between happiness and subjective well-being. Character strengths like love, curiosity, zest, hope, persistence spirituality etc. can predict subjective wellbeing and the majority of the 24 individual qualities are capable to sustain or elevate SWB under challenging circumstances.

Emotional intelligence and happiness are significantly positively correlated. Students who scored higher on emotional intelligence reported feeling better overall. Due to the significance of students' physical and mental health, emotional intelligence plays a predictive role. It has been also demonstrated that teenagers' subjective happiness increases as their emotional control and understanding skills develop. Since emotional regulation is another factor linked to happiness, its significance should be emphasized. Happiness, satisfaction with life, well-being are positively correlated with EQ and it can be inculcate by training. It is also important to understand the concept of EQ and it will help in inculcating it in the students from beginning so that there will be happy individual, happy employee and happy citizen.

Researches also suggests that higher levels of mindfulness and life purpose are associated with increased engagement in life and positive psychological outcomes. Engagement in meaningful activities is linked to a greater sense of life purpose, with mediating factors such as meaningfulness and behavioral activation playing a role in these connections. These

Happiness and Its Relation to Personality, Character Strengths, Emotional Intelligence and Mindfulness: A Review

findings offer pathways to reduce mental health issues and enhance happiness. Mindfulness interventions have shown promise in treating diabetes by improving happiness, regulating blood sugar, and reducing anxiety. Furthermore, mindfulness training has been found to positively impact students' coping strategies, recommending its incorporation into school programs and mental health facilities to support teenagers' well-being. Overall, mindfulness appears to have widespread benefits across various aspects of life, suggesting its potential for universal application in enhancing happiness and well-being.

Scope for further work

The work done and studied were mostly from European countries, very few study in India and Asian countries were carried out. There is need to carry out research in Indian setting too as happiness Index of our country is very low. There is need to work on such topics so that happiness level could enhance.

REFERENCES

- Abdolkarimi, M. et al. (2022). The relationship between spiritual health and happiness in medical students during the COVID-19 outbreak: A survey in southeastern Iran. *Front Psychol.*, 13:974697. doi: 10.3389/fpsyg.2022.974697. PMID: 36033099; PMCID: PMC9404234.
- Abdollahi, A. et al. (2019). Emotional intelligence as a moderator between perfectionism and happiness. *School Psychology International*, 40(1):88-103. doi:10.1177/0143034318807959
- Abdullahi, AM, et al. (2020). Personality and Subjective Well-Being: Towards Personalized Persuasive Interventions for Health and Well-Being. 12(1):1
- Aldahadha, B. (2023). Self-disclosure, mindfulness, and their relationships with happiness and well-being. *Middle East Curr Psychiatry*. <https://doi.org/10.1186/s43045-023-00278-5>
- Aldahadha, B. (2023). Self-disclosure, mindfulness, and their relationships with happiness and well-being. *Middle East Curr Psychiatry* 30, <https://doi.org/10.1186/s43045-023-00278-5>
- Andrea, F. et al. (2021). Gratitude, Religiousness and Well-Being. *Psychiatric Danub. Spring-Summer*, 33(Suppl 4):827-832. PMID: 35026809.
- Anglim, J. et al. (2020) Predicting psychological and subjective well-being from personality: A meta-analysis. *Psychological Bulletin* [Internet], American Psychological Association; 146(4):279–323. Available from: <https://doi.org/10.1037/bul0000226>
- Ata, T. et al. (2018). The role of character strength in depression: A structural equation model. *Front.Psychol*, <http://doi.org/10.3389/fpsyg.2018.01609>
- Bagheri, F. & Gharehbaghi, F. (2019). The Relationship between Mindfulness, Happiness and Healthy Lifestyle. *Caspian Journal of Health Research*, 25; 4:44–48
- Bajaj, B. et al. (2022). Resilience and Stress as Mediators in the Relationship of Mindfulness and Happiness. *Front. Psychol.*, 13:771263. doi: 10.3389/fpsyg.2022.771263
- Barker, RK. et al. (2021). Mindfulness and Well-Being in Higher Education. *Int. Journal of Com.*, WB 4, 625–646. <https://doi.org/10.1007/s42413-021-00118-6>
- Baumgardner, S. & Crothers M. (2015). Positive Psychology. *Dorlking Kindersley (India) pvt.ltd*;
- Berkland, BE. et al. (2017). A Worksite Wellness Intervention: Improving Happiness, Life Satisfaction, and Gratitude in Health Care Workers. *Mayo Clin Proc Innov Qual Outcomes*, 1(3):203-210. doi: 10.1016/j.mayocpiqo.2017.09.002. PMID: 30225418; PMCID: PMC6132199.

Happiness and Its Relation to Personality, Character Strengths, Emotional Intelligence and Mindfulness: A Review

- Blasco-Belled A. et al. (2020). Emotional Intelligence Structure and Its Relationship with Life Satisfaction and Happiness: New Findings from the Bifactor Model. *J Happiness Stud*, 21, 2031–2049 <https://doi.org/10.1007/s10902-019-00167->
- Brown, KW. & Ryan, RM. (2003). The benefits of being present: mindfulness and its role in psychological well-being. *J. Pers. Soc. Psychol*, 84, 822–848. doi: 10.1037/0022-3514.84.4.822
- Chambers, R. et al. (2009). Mindful emotion regulation: an integrative review. *Clin. Psychol. Rev.*, 29, 560–572. doi: 10.1016/j.cpr.2009.06.005 Cohen, R., *Front. Hum. Neurosci.*, 10 July 2019Sec.Brain Health and Clinical Neuroscience <https://doi.org/10.3389/fnhum.2019.0023>
- Crego, A. et al. (2021). Relationships between Mindfulness, Purpose in Life, Happiness, Anxiety, and Depression: Testing a Mediation Model in a Sample of Women. *Int J Environ Res Public Health*, 18(3):925. doi: 10.3390/ijerph18030925. PMID: 33494471; PMCID: PMC7908241
- Díaz, DL. et al. (2023). Ability Emotional Intelligence and Subjective Happiness in Adolescents: The Role of Positive and Negative Affect. *Journal of Intelligence*, 11, 166. 10.3390/jintelligence11080166.
- Diener ED, et al., (1985). The satisfaction with life scale, *Journal of personality assessment*, 49(1): 71-75.
- Diener, E. et al. (1997). Recent findings on subjective well-being. *Indian Journal of Clinical Psychology [Internet]*, 24, 25-41.
- Diener, E. et al. (1985). The Satisfaction with Life Scale. *Journal of Personality Assessment*, 49, 71–75 Google Scholar PubMed
- Ferenczi, A. et al. (2021). Gratitude, Religiousness and Well-Being. *PsychiatrDanub. Spring-Summer*, 33(Suppl 4):827-832. PMID: 35026809.
- Ghahramani, S. (2019). The relationship between emotional intelligence and happiness in medical students. *Korean J Med Educ.*, 31(1):29-38. doi: 10.3946/kjme.2019.116. Epub 2019 Mar 1. PMID: 30852859; PMCID: PMC6589629.
- Goleman, D. (2020). Emotional intelligence. Bantam Dell A Division of Random House. Inc. New York, New York, eISBN: 978-0-553-90320-1
- Hatami, S. & Shekarchizadeh, H. (2022). Relationship between spiritual health, resilience, and happiness among a group of dental students: a cross-sectional study with structural equation modeling method. *BMC Medical Education*, 22:18 <https://doi.org/10.1186/s12909-022-03243-8>
- Huang, CC. et al. (2021). Adverse childhood experiences, mindfulness and happiness in Chinese college students during the COVID-19 pandemic. *Child Fam Soc Work*, 10 .1111/cfs.12848. doi: 10.1111/cfs.12848. Epub ahead of print. PMID: 34220280; PMCID: PMC8239579.
- Hussain, D. (2017). Conceptual Referents, Personality Traits and Income-Happiness Relationship: An Empirical Investigation. *Eur. J Psycho*, 1.13(4):733-748. doi: 0.5964/ejop.v13i4.1394. PMID: 29358985; PMCID: PMC5763460.
- James, WB, et al. (2018). Associations between Religiosity, Spirituality, and Happiness among Adults Living with Neurological Illness. *Geriatrics (Basel)*. 3(3):35. doi:10.3390/geriatrics3030035. PMID: 31011073; PMCID: PMC6319216.
- Khalida, N. (2018) Job Stress, Happiness and Life Satisfaction: The Moderating Role of Emotional Intelligence Empirical Study in Telecommunication Sector Pakistan. *Journal of Social Sciences and Humanity Studies*, 2018 4 (1), 7-14

Happiness and Its Relation to Personality, Character Strengths, Emotional Intelligence and Mindfulness: A Review

- Kosugi T. et al. (2021). Effectiveness of Mindfulness-Based Cognitive Therapy for Improving Subjective and Eudaimonic Well-Being in Healthy Individuals: A Randomized Controlled Trial. *Front. Psychol.*, 12:700916; doi: 10.3389/fpsyg
- Lee, J. et al. (2022) Strengths of character, orientations to happiness, life satisfaction and purpose in Singapore. *Journal of Tropical Psychology*, Volume 5, e2, pp. 1–21,2015, doi:10.1017/jtp.2015.2
- Limone, P. et al. (2020). Orientations to Happiness between the Dark Triad Traits and Subjective Well-Being. *Behav Sci (Basel)*., 10(5):90. doi: 10.3390/bs10050090. PMID: 32408701; PMCID: PMC7287636.
- Mérida-López S.et al. (2022). Teachers' Subjective Happiness: Testing the Importance of Emotional Intelligence Facets Beyond Perceived Stress. *Psychol Res Behav Manag.*, 15:317-326. doi: 10.2147/PRBM.S350191. PMID:35210880; PMCID: PMC8859289 doi: 10.3390/ijerph182211736. PMID: 34831492; PMCID: PMC8620960.
- Mohsen J. (2019). ‘Lay Conceptions of Happiness: Associations with Reported Well-Being, Personality Traits, and Materialism’, *Front Psychol.*, 10:2377. doi: 10.3389/fpsyg.2019.02377. PMID: 31681129; PMCID: PMC6813919.
- Mohsen, J. (2021). Conceptions of Happiness: Mediate the Relationship Between the Dark Triad and Well-Being. *Front Psychol.*, 12:643351. doi: 10.3389/fpsyg.2021.643351. PMID: 34045993; PMCID: PMC8144451.
- Okwaraji, FE. et al. (2017). Personality traits, happiness and life satisfaction, in a sample of Nigerian adolescents. *The Journal of medical research JMR.*, 3(6): 284-289, ISSN: 2395-7565. <http://dx.doi.org/10.31254/jmr.2017.3609>
- Ortet, G. et al. (2020). Personality and nonjudging make you happier: Contribution of the Five-Factor Model, mindfulness facets and a mindfulness intervention to subjective well-being. *PLoS ONE*, 15(2): e0228655. <https://doi.org/10.1371/journal.pone.0228655>
- Sharma, S. & Sharma O. (2016) Spirituality leads to happiness: a correlative study. *Int J Indian Psychol*, 2016;3:50–4.
- Singh & Akhilendra. (2018). Mindfulness and Happiness among Students: Mediating Role of Perceived Stress. *Journal of the Indian Academy of Applied Psychology*, 44. 198-207
- Skolzkov, A. & Efremova, E. (2023). Impact of a Brief Mindfulness Training on Anxiety, Depression, and Subjective Happiness of the First-Year Psychology Students in Russia: Pilot Case Study of Ural Federal University. *SAGE Open*, 13(2). <https://doi.org/10.1177/21582440231166601>
- Tang, Y. et al. (2019). Psychological Well-Being Through an Evidence-Based Mindfulness Training Program. *Front. Hum. Neurosci.*, 13:237. doi: 10.3389/fnhum.2019.00237
- Vasileiou, D. (2021). The Relationships between Character Strengths and Subjective Wellbeing: Evidence from Greece under Lockdown during COVID-19 Pandemic. *Int J Environ Res Public Health*, 18(20):10868. doi: 10.3390/ijerph182010868. PMID: 34682609; PMCID: PMC8535913.
- Wang, K. et al. (2022). The Relationship among College Students' Physical Exercise, Self-Efficacy, Emotional Intelligence, and Subjective Well-Being. *Int J Environ Res Public Health*, 19(18):11596. doi: 10.3390/ijerph191811596. PMID: 36141869; PMCID: PMC9517190.
- Weziak-Bialowolska, D. (2021). Character Strengths Involving an Orientation to Promote Good Can Help Your Health and Well-Being. Evidence From two Longitudinal Studies. *Am J Health Promot.*, 35(3):388-398. doi: 10.1177/0890117120964083. *Epub* 2020 Oct 13. PMID: 33047616; PMCID: PMC8010894.

Happiness and Its Relation to Personality, Character Strengths, Emotional Intelligence and Mindfulness: A Review

- Zandi, H. et al. (2021). The effectiveness of mindfulness training on coping with stress, exam anxiety, and happiness to promote health. *J Educ Health Promot.*, 10(1):177. doi: 10.4103/jehp.jehp_616_20. PMID: 34250111; PMCID: PMC8249950.
- Zarifanaiey, N. et al. (2020). The effects of mindfulness training on the level of happiness and blood sugar in diabetes patients, *Journal of Diabetes & Metabolic Disorders*, 19:311–317 <https://doi.org/10.1007/s40200-020-00510>
- Ziapour, A. et al. (2018). Correlation of Personality Traits with Happiness among University Students. *Journal of clinical and diagnostic research*, 12. 10.7860/JCDR/2018/31260.11450.

Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Shrivastava, Y. & Gupta, A. (2024). Happiness and Its Relation to Personality, Character Strengths, Emotional Intelligence and Mindfulness: A Review. *International Journal of Indian Psychology*, 12(2), 3472-3487. DIP:18.01.306.20241202, DOI:10.25215/1202.306

Table 1- Studies carried out

Sr. No.	Author	Subject	Method of Study	Main Findings
Personality and happiness				
1	Dilwar Hussain (2017)	Total 500 participant (367 males and 133 females, 200 from rural areas and 300 randomly age ranged from 19-56.	Subjects randomly selected. Survey with help of written questionnaire used, correlational study used for inferences	Higher level of neuroticism tended to get a lower level of satisfaction with income rise, compared to individuals with a lower level of neuroticism.
2	Friday E Okwaraji, Callista U Nduanya, Augustine Okorie, Hope Eke Okechukwu (2017)	Total 40 (20 male, 20 females, aged 12-19) from schools in Owerre metropolis Imo state, south east Nigeria	Cross-sectional descriptive study	Significant association ($S^2=214.1$; $P\leq 0.00$) between personality trait and happiness. Extraversion highly associated and Neuroticism negatively associated with happiness.
3	Arash Ziapour, Alireza Khatony, Faranak Jafari, Neda Kianipour (2018)	Students Kermanshah University of Medical Science Iran (217 male, 133 Female)	Descriptive and Correlational Study	extraversion had the strongest ($r=0.594$, $p<0.001$), openness to experience had the lowest correlation with happiness ($r= 0.151$, $p<0.001$)
4	Mohsen Joshanloo (2019)	Sample of 1177 Korean (average age = 40.955, females = 51.1%). A total sample of 660	Regression Analysis	the contribution of the personality traits ranged between 1.4% (predicting transformative suffering in Korea) and 19.9% (predicting fear of happiness

Happiness and Its Relation to Personality, Character Strengths, Emotional Intelligence and Mindfulness: A Review

		Canadian participants (average age = 51.733, females = 62.9%).		in Canada). Personality traits were generally better predictors in Canada than in Korea.
5	Aisha Muhammad, Rita Orji, Abbas Muhammad Rabia, Abdullahi Kawu (2020)	A total 732 Participants drawn from several walks of life in Nigeria [As regards age, 21% (16-24), 19% (25-34), 17% (35-44), 13% (45-54), 13% (55-64), 11% (65-74), and 6% (above75). 52% Males]	Co-relational study.	Openness ($\beta= 0.32$, $p<0.01$), Conscientiousness ($\beta= 0.54$, $p<0.001$), Extraversion ($\beta=$ Except neuroticism happiness was significantly positively associated with all the personality types.
6	Pierpaolo Limone, Maria Sintra, Lucia Monacis (2020)	460 undergraduate Italian young adults (Men = 273, Women = 187)	Co-relational study	Positive associations between narcissism and the three orientations to happiness. Machiavellianism and psychopathy- no associations with life satisfaction, positive associations with negative affect, life of pleasure and engagement. Holding constant the other two traits, the positive linkage between engagement and Machiavellianism became insignificant
7	Mohsen Joshanloo 2021	1,177 Korean participants (average age = 40.955, females = 51.1%).	Co-relational study	Machiavellianism and psychopathy predicted well-being negatively, whereas narcissism predicted well-being positively.
Character Strengths and Happiness				
1	Janice Niann Tsy Lee, Koong Hean Foo, Austin Adams, Robert Morgan, and Amie Frewen (2015)	304 participants, (229 from Chinese descent, 24 of Malay descent, 30 of Indian descent and 21 of Eurasian, mixed and other ethnic group descent, such as Arabs, Filipinos and Caucasians).	online questionnaire-based, cross-sectional, within group research design	Most character strengths (at least 13 of 24) were significantly correlated with all three happiness orientations (Life of Meaning, Life of Engagement and Life of Pleasure) for the sample as a whole, among the Chinese and Indians, and females.
2	Ata Tehranchi, Hamid T. Neshat Doost, Shole Amiri, Michael J. Power (2018)	61 men and 139 females (Diagnosed MDD on base of DSM 5 criteria from Mashhad, Iran).	Correlational study	Significant positive relationships between all character strengths and happiness
3	James Wade, Rashelle Hayes, James wade,	patients at a southeastern	Multiple regression	Even suffering from life-threatening illness Subjects

Happiness and Its Relation to Personality, Character Strengths, Emotional Intelligence and Mindfulness: A Review

	Jonathan Bekenstein, Kristin Williams, Jasmohan Bajaj (2018)	United States university medical center 134 male 220 female	(correlation)	with a strong existential spiritual belief system enjoyed greater happiness
4	Mahdi Abdolkarimi, Mahdieh Masoomi, Seyedeh Shirin Lotfipour, Mohammad Ali Zakeri (2020)	409 (female 293) medical students from Southeastern Iran.	Descriptive Analytical study	Statistically significant and positive relationship between spiritual health score and happiness. Happiness score increased with increased in spiritual health.
5	Ferenczi A, Tanyi Z, Mirmics Z, Kovács D, Mészáros V, Hübner A, Kövi Z. (2021)	54 males and 169 females (mean age = 39.13) from Hungari	Co-relational, experimental	Religiousness had stronger link with gratitude ($\rho = 0.463, p < 0.001$), gratitude and the subjective well-being both increased ($p < 0.001$) due to writing down gratitude diary daily.
6	Dimitra Vasileiou, Despona moraitou, Vasileios Papaliagkas, Christo Pezirkianidis, Maria Sofologi (2021)	Total 354 participants aged 18-72-years. 263 women (74.3%), 91 men (25.7%), and 94.6% of them highly educated	Co-relational study	Love, curiosity, persistence, hope, and zest were strongly associated with subjective wellbeing, even in conditions such as quarantine.
7	Dorota Weziac-Bialowolska, Piotr Bialowski, Tyler VanderWeele, Eileen Mc Neely. (2020)	1,209 U.S. employees and 495 Mexican apparel workers	Survey and Correlational study.	Character strength of 'to promote good' had positive effect on happiness and mental health additionally positive association with social connectedness and purpose in life
Emotional Intelligence and happiness				
1	Abbas Abdollahi, Simih Hosseinian, Hannaneh Panahipour, Mahmoud Najafi, Fariba Soheili (2018)	412 students from Selangor state in Malaysia (199 males, 213 females, ages 14- to 19-years)	Correlational Study	Emotional intelligence ($\beta = 0.65, p < 0.001$) positively and significantly predicted happiness
2	Khalida Naseem (2018)	350 (63% male, Age ranges from 23 to 37 and employees of telecommunication industry, Pakistan	Correlational study	interaction of job stress and emotional intelligence positively and significantly connected with happiness ($\beta = .324, p < 0.01$)
3	Sulmaz Ghahramani, AliReza Johromi, Danial Khoshroor, Reza Seifooripour (2019)	300 students (150 male & 150 females) from Shiraz University of Medical sciences	Analytical Cross sectional	Pearson correlation showed positive and significant relationship between happiness and emotional intelligence ($p < 0.00, r = 0.464$).
4	Ana Blasco-Belled, Radosław Rogoza, CristinaTorrelles-Nadal, Carles Alsinet (2019)	Study 1- 749 participants (77% females, mean age 24.5); Study 2- 400 participants, 200 undergraduate university students	Correlational Study	in both studies generally EI positively predicted life satisfaction and happiness.

Happiness and Its Relation to Personality, Character Strengths, Emotional Intelligence and Mindfulness: A Review

		(69% females mean age of 21.04)		
5	Joan Guerra-Bustamante, Benito Leon-Del-Barco, Rocio Yuste-Tosina, Vector M Lopez-Ramos, Santiago Mendo- Lazaro (2019)	646 adolescent students (47.5% female)	Correlational Study	Different EI dimension showed association between happiness and perceived intra-personal emotional intelligence, so happiness increases as clarity and repair increase, and vice versa.
6	Sergio Merida-Lopez, Cirenia Quintana-Orts, Lourdes (2022)	1323 (821 females and 529 secondary school teachers) Spanish teaching professionals (from different educational centers located in Southern Spain)	Correlational Study	Self-emotion appraisal ($B = 0.10, p < 0.01$), use of emotion ($B = 0.26, p < 0.001$) and regulation of emotion ($B = 0.09, p < 0.01$) emerged as significant predictors of subjective happiness.
7	Kun Wang, Yan Li, Tingran Zhang and Jiong Luo. (2022)	Total 826 (381 boys, 445 girls from two comprehensive universities in Chongqing, China)	Correlational Study	Emotional intelligence and subjective well-being were significantly positively correlated ($r = 0.31, p < 0.001$)
8	Desiree Llamas-Diaz, Rosario. Cabello, Raquel Gomez-Leal, Maria Jose Gutierrez-cobo, Alberto-Megias-Robles, Pablo Furnandez- Berrocal (2023)	333 first-year students from five Spanish secondary schools located in Santander and Madrid. 171 (51.4%) males, 162 (48.6%) females. The mean age was 12.11 (SD = 0.64) with a range of 11–14 years.	Correlational Study	Total Ability EI correlated positively with Subjective Happiness and positive affect, negatively with negative affect.
Mindfulness and Happiness				
1	Hajar Zandi, Ali Amirineihad, Akbar Azizifar, Sehat Aibod, Yousef Veisani, Fathola Mohamadian ()	40 students from high school in Sanandaj, Iran	Quasi experimental with Pre and post- test method	variance analysis showed that the observed difference between the mean scores of the studied variables (coping skills, test anxiety, and happiness) was statistically significant in terms of group membership (two experimental and control groups) in the post-test phase ($P < 0.05$).
2	Antonio Crego, Jose RamonYala, Maria Angeles Gomez-Martinez, Pablo Riesco-	1267 women (age range 18 to 70 years. Most of the participants came	Correlational Study	Mindfulness was strongly and positively connected to higher happiness (22.09%) and negatively associated

Happiness and Its Relation to Personality, Character Strengths, Emotional Intelligence and Mindfulness: A Review

	Matias, Cristina Petisco-Rodriquez (2021)	from Venezuela, Nicaragua, Bolivia, Paraguay		with anxiety (23.04%) and depression (19.36%) with shared variances
3	GeneroOrtet- Fabregat, Daniel Pinzo, Diane Walkar, Sigrid Gallego (2020)	Sample 1- 372 university students 81.5% female (18–53 years), from different parts of Spain. Sample 2- 217 participants from general population, 82.9% females (18–77 years), recruited from general population	Mix method (Survey and pre-post experiment)	Dispositional mindfulness was associated with subjective well-being in both samples ($p < .001$)
4	Nahid Zarifsanaiey, Khadijah Jamalain, Leila Bazrafcan, Fatemeh Keshavarzy, Hadi Raeisi Shahraki (2020)	136 diabetic patients (had diabetes more than 1 year)	Quasi experimental	The level of happiness in the Intervention group was significantly higher than the control group (p value < 0.001)
5	Badri Bajaj, Bassam Khoury, Santoshi Sengupta (2022)	523 students were pursuing undergraduate degree in engineering (359 males and 164 females)	Correlational study	Mindfulness was positively related to happiness; and was negatively related to stress.
6	Teppei Kosugi, Akira Ninomiya, Maki Nagaoka, Zenta Hashimoto, Masaru Mimura, Mitsuhiro Sado (2021)	Total 50 Participants were recruited through the Center for Stress Research at Keio University	Randomized, waiting-list controlled, parallel-group study	By the end of the 8-week MBCT intervention cognitive aspect of SWB score significantly improved and further enhanced after 2 months' follow-up. Positive affect and eudaimonic well-being also improved significantly.
7	Anton Skolkov, Evgeniya Efremova (2023)	83 first-year undergraduate students from the Psychology Department of the Ural Federal University, Russia	Non-randomized control trial	The experimental group showed significantly lower levels of depression ($p = .00$) and higher levels of subjective happiness ($p = .02$) compared to the control group.
8	Basim Aldahadha (2023)	486 people ages ranged from 18 to 62 years, with a mean age of 26.9 (364 male, 122 females from Jordan)	Correlational study	In regression analyses mindfulness found to be an important predictor for happiness and well-being at 59% and 48% of the variance after controlled for gender and age.