Preface

In present day being happy is a main goal of people in every society. Individually, people try to shape their lives in such ways that they can enjoy their life and experience satisfaction with their loving ones and everyday events. It was widely believed that socialization uniquely shapes the causes of well-being for each person and in each culture. Furthermore, it was often assumed that people adapt to circumstances so that in the long run only temperament influences subjective well-being (SWB).

Subjective well-being (SWB) can be defined as evaluations that people make about their lives. Such evaluations may represent judgments of one’s life or may reflect one’s relative dominance of positive versus negative affect. Diener (1984) suggested that SWB is a superordinate construct consisting of cognitive and affective components with a comparative description Veenhoven, (1991b) stated that in general “satisfaction” and, especially, “happiness” is also used to denote SWB.

Like a flow of river, from the source of its origin, through mountains and plains meets gracefully with ultimate goal “sea”. Human life is like river through all thick and thin events, with different traits and temperaments, age, sex, nation, income, wealth, anyway, every human being wants to experience SWB (happiness). Every individual judges his/her life as overall on basis of experiences or comparison. A life can be considered as a good one if one reports more pleasant experiences in comparison to unpleasant ones over an extended period of time. Thus, reflective judgments and affective experiences provide two distinct ways in which a person’s life could be evaluated. Though world is going through lot of technical progress, human being is surrounded by various dangers such as diseases, epidemics, corruption, social inequality, economic inequality, war, violence, naxalism, terrorism, deprivation of rights, and pollution. Even in developed and prosperous countries, people face constant threats of failure, illness, accidents, interpersonal conflicts, breakups of relationships, crime, disasters, aging, and death. But the coping styles, fitting the body and mind with the facts make every individual different.

Personality is a term which is little difficult to be defined due to lack of unanimous view among psychologist and scientists on how the term should be used. Personality is the particular combination of emotional, attitudinal, and behavioral response patterns of an individual. However "Personality" can be defined as a dynamic and organized set of characteristics possessed by an individual that uniquely influences his/her cognitions, emotions, motivations, and behaviours in various situations. In a simplified way personality refers to individual differences in characteristic patterns of thinking, feeling and behaving. The study of personality focuses on two broad areas firstly in understanding individual differences in particular personality characteristics, such as sociability...
or irritability and secondly understanding how the various parts of a person come together as a whole. Personality research on SWB suggests that “happiness is related with different traits” and how people react differently to same circumstances, moreover how people evaluate the events and situations on the basis of their previous experiences, values, and unique expectations. The SWB and personality both are subjective and personal.

We are going through a transitional period, where there is already advance researches in the field of positive psychology, subjective well-being and hedonic psychology have been done. We are trying to understand the results obtained from the western researches with Indian perspective. The factors such as optimism, adaptation and personality traits, which can influence the pleasant and unpleasant feelings, have to be focused in order to minimize human sufferings. Thus despite of speedy progress in the path of SWB, a long distance yet to be travelled and explored. I hope, as I enjoyed doing my research work, readers will experience a degree of pleasure and satisfaction.

In this study an attempt is made to reveal different aspects of SWB in respect to its determiners and predictors with first two chapters, Introduction and Review of literature. Later with other chapters the method to study, the problem and discussion will be made and the conclusion in the chapter is an attempt to summarize the results with the suggestion for future studies, finally the whole work is summarized.

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