

New Concept of Measuring Happiness

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Abstract

Measuring happiness has long been based on self reported question or set of questions. Answer based on one own opinion is regarded as the least reliable information. Better information is based on knowledge and the best is about fact or behaviour. This study will measure happiness according to Buddhism concept, which is based on actual behaviour.

Buddhism has many concepts to measure happiness which depends on ones level of wisdom. The most suitable one is the happiness of layman, GIHISUKHA: house-life happiness. This layman's happiness is broken down into ATTHISUKHA: bliss of ownership, BHOGASUKHA: bliss of enjoyment of wealth, ANANASUKHA: bliss of debt-free, and ANAVAJJASUKHA: bliss of blamelessness. Data from the Kanchanaburi Demographic Surveillance System is used to prove that ATTHISUKHA and ANANASUKHA can measure happiness.

It is found that both ATTHISUKHA and ANANASUKHA have positive relationship with sleepiness and negative relationship with sickness.

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