

## **Happy as Larry: A Transgenerational Qualitative Analysis of Happiness**



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**ABSTRACT:** This academic study aims to know what the sources of happiness from the perspective of different generations are. This research is founded on the Hedonism Theory & Emotional State View, Life Satisfaction Theory & Hybrid Theories, Positive Psychology Theory, Strauss-Howe Generational Theory, and Mannheim's Theory of Generation. The study was a qualitative research design, a phenomenological approach, a semi-structured interview was used, and purposive sampling. The significant statements were thoroughly examined and organized into themes. It was found that (1) For Generation Alpha, liberty is equated with happiness. It was an emotional touch for Generation Z, and knowing that their family is happy makes both Xennials and Generation X happy. Generation Jones values close relationships with loved ones, while Baby Boomers have the softest hearts and are always concerned about their loved ones. (2) Family relationships, trends, and accustom are three timely external factors influencing each generation's perspective on happiness. (3) As a result of being a happy person, different core values emerge, which at the very least inspired or motivated them.

**KEYWORDS:** generation, happiness, sources, perspective, generational differences

### **I. INTRODUCTION**

For many people, defining "happiness" is even more challenging than solving for x and y in algebra. It is even more complicated than stabilizing chemical reactions and carrying out an experiment. Perhaps the reason why happiness is hard to define is that it varies according to one's choices and varies over time and from each person's experience. Hence, finding true happiness is thus a journey that will take time to achieve [1].

In this academic study, researchers aim to gain a deeper and more in-depth knowledge of what truly are the sources of happiness, but from a different perspective and angle. This is regardless of how philosophers defined and how they assigned value to 'happiness.' Just like Plato mentioned, "That is to say, happiness or well-being (eudaimonia) is the highest aim of moral thought and conduct, and the virtues (aretê: 'excellence') are the requisite skills and disposition needed to attain it." [2].

The goal of the proponents of the study was to figure out how to be happy in the face of age diversity hence, allowing them to distinguish and define the variables of their study first. "Generational Differences," or the variation that each generation brought as the cause or root problem, was their independent variable. It is most commonly referred to as the "generational gap." These generational differences include the settings or environment of an individual when a person was conceived, which has an implication on several things such as viewpoints, perceptions, ideologies, principles, and particularly on how happiness is obtained. Even an individual's current status in society is important, as evidenced by the fact that underprivileged people, in contrast to those who are privileged, tend to find happiness in the most trivial of matters. [3] Proven by the Ipsos poll in 2012 that measures the degree of happiness in twenty-four (24) countries that happiness is indeed higher in poor and average earners than those rich people. Having said that, researchers are adamant that it has an adverse effect on their dependent variable, the "Public's Viewpoint Concerning Happiness." Whereas people's perspectives on what should be the source of happiness and how it should be achieved have shifted dramatically since they were born in different generations.

Looking at the current state of affairs it is very important to take note of many factors affecting someone to fully achieve happiness. May it be emotional, material, or physical and among others. It is something that does not guarantee anybody that may be a simple toy would make a toddler happy, however, it does not apply to older ones. It goes the same way when older ones prefer something even more complicated, then that is what makes them happy, which is a total contradiction of what a toddler prefers. The bottom line will be, happiness differs in accordance with the genesis that somebody belongs to as each time, issues, problems, trends, and such arise from time to time, and it varies.

# Happy as Larry: A Transgenerational Qualitative Analysis of Happiness

## A. Review of Related Literature

### Generation Z's Perception and Vision of Happiness

A study conducted in 2019 entitled, "Generation Z's Perception and Vision of "Happiness": An Innovative Practice of Mental Health Well-Being", discussed the perspective that generation Z (who were born between the mid-1990s and mid-2000s) has concerning happiness. Thus, to achieve this goal, participants were asked about (1) their perceptions and visions of "happiness," as well as (2) the motivating factors that make them "happy." Based on the findings of the study, relationships, independence, appreciation, simplicity, and a sense of security emerged as the top five themes.

In a nutshell, the following are the conclusions made by this certain study. "Relationship" is a crucial and vital component of a person's support system, as well as a major component of happiness. Generation Z grew up in a digitalized world where social media was their primary connection to the outside world. According to the findings, Generation Z appears to care about and want to seek meaningful psychological well-being. Despite growing up with social media, which may appear isolated or self-centered, their desire for a close relationship with a higher power, family, friends, and pets suggests that human contact is a major element in meaningful happiness. Other themes, such as independence, appreciation, simplicity, and a feeling of security, were discovered to be important traits of this generation's psychological health, well-being, and happiness [4].

### Happiness Increases with Age, Across Generations

Moreover, in a separate study conducted in 2013 titled, Happiness Increases with Age, Across Generations. This research was conducted by psychologist Angelina R. Sutin of Florida State University College of Medicine while she was a guest researcher at the National Institute on Aging (NIA) at the National Institutes of Health (NIH). She and her collaborators at the NIA anticipated that people in the same "birth cohort" — those born around the same time — may have had diverse experiences that shaped how they assess happiness and optimism. They speculated that a person's level of well-being would vary according to his or her birth year.

Sutin and her colleagues noted that the level of well-being of cohorts born in the early twentieth century, particularly those who lived through the Great Depression, was significantly lower than that of cohorts born during more times of prosperity. Economic success increased access to education, and the growth in social and community initiatives in the latter half of the twentieth century may have contributed to the higher well-being of more recent cohorts [5].

### Happiness and Well-Being among Generation X, Generation Y, and Generation Z in Indian Context: A Survey Study

In the Indian context, a study was conducted by Khan, Aleem, & Walia in 2021 that polled and contrasted the general well-being of three generations: generation X, generation Y, and generation Z. Overall samples were gathered from 224 respondents, of which 81 are from generation Z, 99 are from generation Y, and 44 are from generation X. The study's goal was to see if there was a distinction in happiness and well-being measures between the three generations, namely generation X, generation Y, and generation Z. The data was gathered using the survey method, which included the distribution of a questionnaire via both online and offline media [6].

They have used the PERMA Profiler of Butler and Kern (2016) as the basic indicator established for adults that aims to measure a person's overall well-being in terms of the five domains: positive emotion, engagement, relationships, meaning, and achievement. The data were analyzed using one-way ANOVA in IBM SPSS version 25 in which they found no significant difference between the three generations in terms of happiness and well-being. As a result, it is reasonable to conclude that all three generations studied have similar levels of happiness and well-being. Furthermore, according to the 'labels' discussed by Butler and Kern (2016), the mean score for all three generations falls under the category of 'Normal Functioning' [7].

### Hedonism Theory and Emotional State View

Hedonists as written by Frederick & Loewenstein in 1999, like welfare egoists, recognize happiness as the person's stability of pleasure over an unpleasant experience. The difference is that the hedonist about happiness does not need to accept the stronger doctrine of welfare hedonism; this emerges clearly in arguments against the classical Utilitarian focus on happiness as the goal of social choice. Such arguments tend to bestow the identification of happiness with pleasure, but they contest the notion that this should be our predominant or sole concern, as well as the concept that happiness is all that counts for well-being [8].

According to Haybron in 2020, the emotional state view differs from hedonism in that it recognizes happiness with an agent's emotional condition as a whole, which is often referred to as "emotional well-being." This includes non-experiential aspects of emotions and moods (or perhaps just moods) and excludes pleasures that do not directly involve the individual's emotional state. It could include a person's proclivity to experience various moods, which can change over time, though several authors have tried to argue against this idea [9].

### Life Satisfaction Theory and Hybrid Theories

Happiness, according to the life satisfaction theories of Courtney Ackerman in 2018, is associated with having a positive attitude toward one's life as a whole. This basic schema can be filled out in a variety of ways, but it usually involves some kind of global judgment: an endorsement or validation of one's life in general. This judgment may be explicit or implicit, and it may involve or be accompanied by some form of effect. It may also include or be accompanied by a collection of judgments about specific items or

## Happy as Larry: A Transgenerational Qualitative Analysis of Happiness

domains in one's life. The main appeal of hybrid theories is their inclusiveness: all elements of subjective well-being appear important, and there is presumably no aspect of subjective well-being that does not at times include those in "happiness" in popular usage. Given the limitations of more narrow theories of happiness, a hybrid account, such as a subjective well-being theory, may appear to be an appealing solution [10].

### Positive Psychology Theory

Martin Seligman is a trailblazer of Positive Psychology (the actual term was instituted by Abraham Maslow), not just in light of the fact that he has a methodical hypothesis about why blissful individuals are cheerful, but since he utilizes the logical technique to investigate it. In his published book, 'Authentic Happiness' in 2002 [11], Using comprehensive polls, Seligman observed that the most fulfilled, cheerful individuals were the people who had found and taken advantage of their novel blend of "signature strength," like mankind, moderation, and steadiness. Positive psychology takes you through the countryside of pleasure and gratification, up into the high country of strength and virtue, and finally to the peaks of lasting fulfillment: meaning and purpose [12].

### Strauss-Howe Generational Theory

It distinguishes past and present generations through cyclical changes known as "turnings," which Howe later discusses as each generation starts to improve and experiences picking up the pieces of their mistakes when they come of age [13]. According to the Strauss-Howe Generational Theory in 1991, previous generations have the most influence over subsequent generations. The generational archetypes, or "turnings," occur in a predictable pattern and are classified as heroes, artists, prophets, and nomads. Following the "nomad" generation, the turning then returns to "hero," resulting in a cycle of archetypes.

### B. Statement of the Problem

The main objective of the study was to find out how Bulakeños interpret the word, "happiness" differently depending on their generation and how that affects their viewpoint in life.

As an outcome, the following questions are used to make it a reality:

1. What are the sources of happiness according to:
  - a. Baby Boomers (from 1946 to 1964) (57 yrs. Old to 75 yrs. Old);
  - b. Generation Jones (from 1955 to 1965) (56 yrs. Old to 66 yrs. Old);
  - c. Generation X (from 1965 to 1980) (41 yrs. Old to 56);
  - d. Xennials (from 1977 to 1983) (38 to 44 yrs. Old);
  - e. Millennials (from 1981 to 1986) (35 to 40 yrs. Old);
  - f. Generation Z (From 1997 to 2009) (12 yrs. Old to 24 yrs. Old);
  - g. Generation Alpha (2010) (11 yrs. Old)?
3. Why do people differ on the source of their happiness considering the generation they belong to?
4. How are young generations being affected by older ones regarding happiness?
5. How did happiness become a requisite for people to be inspired or, at the very least, motivated in life?

## II. METHODS

### A. Research Design

The qualitative research design was utilized by the researchers to come up with the topic analysis. The qualitative process relies on the text and picture data, follows different methods of interpreting the data acquired by the researcher, and data gathering can be done through observations or interviews [14]. The researchers presented the methods and techniques, and the components in data gathering including the research design which the researchers chose to have a clearer interpretation of the problem and discuss it profoundly.

Specifically, the researchers made use of the phenomenological research design, a technique in qualitative research that focuses on understanding and describing a phenomenon's universal significance. The method investigates people's daily experiences while halting the researcher's preconceived notions about the phenomenon. In other words, phenomenological research investigates lived experiences in order to gain a better insight into how people interpret those experiences. [15].

### B. Research Locale

The investigation as decided upon by the researchers was in the province of Bulacan. This province is known to be one of the nine provinces and believes that within the vicinity of this province generations from Baby Boomers and Generation Alpha are easily filled out. Bulakeños are known to be industrious individuals which can be a sign of how they enjoy doing things and how they find their comfortability and happiness in the things that they do. In fact, for the past five years, Bulacan has had the highest rate of employment in the North Luzon region, according to the provincial website.

Furthermore, the mentioned province comprises of twenty-one (21) municipalities namely, Angat, Balagtas, Baliuag, Bocaue, Bulacan Bulacan, Bustos, Calumpit, Doña Remedios Trinidad, Guiguinto, Hagonoy, Marilao, Norzagaray, Obando, Pandi, Paombong, Plaridel, Pulilan, San Idefonso, San Miguel, San Rafael, and Santa Maria. And three cities such as City of Malolos,

## Happy as Larry: A Transgenerational Qualitative Analysis of Happiness

City of Meycauyan, and City of San Jose del Monte. Thus, informants may come from any mentioned municipalities and cities of Bulacan.

### C. Research Participants and Sampling Procedure

The participants of the study were 21 individuals from different generations specifically 3 for each generation, they all have their own perspectives respectively. The different generations of informants were:

As Generation Alpha (11 yrs. Old), the youngest of the informants, their perspective of happiness may differ from the other generations. [16].

Generation Z (12 yrs. Old to 24 yrs. Old), Generation Z still has a lot of maturing to do. [17]. Researchers believe that this generation's information on their perspective on happiness may also be of use to the study.

Millennials (35 to 40 yrs. Old), When the first social media networks became available, most millennials were teenagers or young adults, and they transformed the way society communicates with one another and interacted with the world around them [18].

Xennials (38 to 44 yrs. Old), this group of people grew up with analog technology and grasped digital media as adults [19].

Generation X (41 yrs. Old to 56) [20] are those who first used technology to entertain themselves, which serves as a possible purpose of their happiness.

Generation Jones (56 yrs. Old to 66 yrs. Old), people from Generation Jones are said to be cynical and quite pessimistic, so their strong opinion about their perspective on happiness is to be much useful for the study [21].

Baby Boomers (57 yrs. Old to 75 yrs. Old), the researchers know that Baby Boomers are wise and have tons of experience with being happy during their generation until now. People born in the years following World War II are referred to as the "Baby Boomer Generation." This boom was caused by an increase in birth rates following World War II [22].

No gender preferences were considered in selecting the informants. Additionally, the purposive sampling technique has been used by the researchers, which is the deliberate selection of participants with particular qualities depending on the needs of the integrating analysis and arising theory [23].

### D. Research Instrument

Before the interview proper, the informants were asked about their profiles in order to confirm their eligibility as an informant of the study based on the criteria set by the researchers for research participants.

During the data collection, the interviewees were asked a prepared set of questions including some follow-up questions in order for the researchers to explore more of the informant's account. Hence, the researchers made use of the semi-structured interview in gathering the data. The researchers' intent was to know and understand how a specific generation of people perceive "happiness" and how it influences their outlook on life. It was a conversational casual type of interview for the informants throughout the process to elicit more natural responses from them. Furthermore, for the very same justification, the queries were transcribed into Filipino.

1. What does happiness mean to you?
2. What makes you happy?
3. In light of our current situation, what has been your greatest source of happiness?
4. Why do you believe your generation's perspective on happiness influences yours?
5. Buddha said that true happiness can only be found when you are free of worry. What are your thoughts on this concept?
6. Why do you believe the adage "money can't buy happiness" is relevant even up to this day?
7. Why do people say that you can only find true happiness if you're already happy with what you have?
8. In what ways do you believe the older generation affects the younger generation, and vice versa?
9. How can the source of your happiness motivate you to keep going in life?
10. Why is it absolutely essential for you to be happy?

### E. Data Gathering Procedure

Following the design of the research instrument, the trustworthiness of the prepared set of questions was also checked. Subsequently, the letters of permission were submitted to the concerned offices of the institution in order for the researchers to perform the interviews. The conversation took place after the authorization. Using an audio recorder, the researchers recorded the informant's responses during the interview. The recordings acted as the study's data, which were then transcribed verbatim for the researcher's analysis and evaluation. The responses were organized into respective generations to reflect the required response to the intention of the research.

### F. Data Analysis

There are four phases in achieving a phenomenological approach: (1) reading the transcriptions several times, (2) discriminating meaning units, (3) grouping meaning units into meaning structures, and (4) synthesis. Furthermore, the researcher's goal is to describe the phenomenon precisely as possible while avoiding any pre-determined framework and staying true to the facts.

Considering the statements taken from different people with different ages, the analysis of data depends on the informants' own perspective affected by the changing generation and innovating environment. The participants of the study conceive deeply, and

## Happy as Larry: A Transgenerational Qualitative Analysis of Happiness

they guarantee that they have knowledge about the questions asked to the informants before investigating. The analysts made sure the topic is on point and the answers are connected to the subject of the research. The hidden messages of the answers that are given by the informants formulate meanings that are analyzed by the researchers. There are sentences to direct them to the main point. After the underlying composition, they evaluate the study if the answers of the informants may link to their personal experiences and might be credible to share an enthusiastic study [24].

### III. RESULTS AND DISCUSSION

#### A. Liberty (Generation Alpha)

Generation Alpha was the youngest of the seven generations asked to take part in this study. Based on the findings of the researchers, they believe that happiness is having the freedom to do things that make them feel good. The researchers can see how blameless these children are simply by acknowledging the statements they have made. Perhaps the greatest innovation of the modern era was that most children were given a lot of free time to do things. In contrast to what older folk assert, things are difficult to pursue or obtain in their times, and they are carefully regulated by their parents. Furthermore, most people cannot deny that this generation's children are technologically savvy. It was the world they lived in, and it will most likely continue to manifest as time passes.

Informants, particularly Generation Alpha, who are 11 years old, told the researcher what happiness means to them and where they are getting it. First, is by playing outdoor activities.

*"Masaya lang ako pag nakalabas tapos nakakalaro ng nakakapaglaro ng habul- habulan ng kalaro ko."*

(I'm just happy when I get out and then I can play tag games with my teammate.)

(GA 1, Line 2-3)

*"Yung kaligayan po kung ano yung gusto kong gawin."*

(When I get to do things that I enjoy, I am happy.)

(GA 3, Line 41)

As demonstrated above, Generation Alpha is still enthusiastic about playing games outside. However, it was a different story when these children were not outside and were instead watching entertainment on their phones. To attest:

*"Nanonood lang ng cellphone."*

(Just watching through the phone.)

(GA 1, Line 4)

Evidence that children today still prefer a fusion of having played outside and having advanced technologies, which is very prevalent in their era. Many have emerged as an educational platform for many children, assisting parents in enlightening their sons/daughters, particularly considering the current pandemic.

#### B. Emotional Touch (Generation Z)

Generation Z composes of individuals whose ages ranging is from twelve (12) years to twenty-four (24) years old. According to this generation, what makes them happy is receiving tenderness from those they care about, such as peers, family, and others. Furthermore, having a positive outlook, despite numerous breakdowns, mistakes, and challenges they face, is what brings them happiness. Happiness for them is having a grateful heart that appreciates whatever they receive. Lastly, tranquility mirrors an individual's innate personality and that nostalgic feeling towards something is their source of happiness.

Many people would agree that someone can only and truly find happiness when they have very high hopes for their situation, regardless of what reality tells them. To certify:

*"For me, happiness is basically a state of mind. It can only be achieved when being positive and avoiding any negative thoughts in mind."*

(GZ 1, Line 58-60)

*"Ahm para sa kin may point pero yung happiness kasi hindi lang yan makikita sa positive sides pero pwede mo rin makita yung happiness sa mga negative sides kumbaga ah tingnan mo ng tingnan 'yung isang bagay na nakakatuwa o mapapasaya ka kahit kahit super nagworry kana"*

(Happiness, in my opinion, can be seen in both positive and negative aspects. Look for things that can make you happy, even if you already worry a lot.)

(GZ 2, Line 122-127)

Indeed, when people have a positive state of mind, it reflects in their actions. It gives someone indisputable energy that no matter how miserable the environment is, they can turn it around if they choose to be happy. Furthermore, a grateful heart that appreciates even the most insignificant present as long as the giver is genuine. To cite:

*"It also comes when you are grateful for what you have in life."*

(GZ 1, Line 60-61)

*"Because happiness enters when we stop complaining about our troubles and be thankful for the things we already have. It is the key to true peace."*

(GZ 1, Line 76-78)

## Happy as Larry: A Transgenerational Qualitative Analysis of Happiness

According to the informants, complaining does not bring anything good, but when people learn to appreciate and be thankful for what they have, that is when they will understand what it means to be happy. In relation to this, according to reference [25], a person who is thankful for what they have transforms them for the better. Besides that, this generation has discovered happiness in a peaceful area, which leads to a calm state of feeling. To testify:

*“Ahm dun muna tayo sa mababaw part, siguro yung skies specially yung sunset. Wala parang iba lang yung feels ko kapag nakikita ko kasi yung sunsets parang nabuboot yung mood ko and I think that really makes me happy.”*

(Ahm, let's go to the shallow part first, maybe the skies, especially the sunset. I don't know, it just feels different when I see the sunset as it boosts my mood and I think it really makes me happy.)

(GZ 2, Line 93-96)

Even something as simple as the sky and sunset can make people smile. It relaxes and soothes people. Finally, this age group values many things in life and appears to have been a part of their life. To affirm:

*“Kapag nag-gogrow yung mga halaman ko as a plantita haha ayon parang yun ang saya ko na sa mga ganun hindi ko naman dati nararamdaman nung hindi pa ganito yung situation.”*

(When my plants grow, it makes me happy as a plantita which I haven't felt until our current situation.)

(GZ 2, Line 102-105)

Lastly, being sentimental about things may be weird for others and difficult to understand. Only those who have placed a value on it can fully comprehend its significance. True happiness can only be seen when someone realizes to value something that others find difficult to merit.

### C. God-Oriented (Millennials)

People conceived from the year 1981 to 1986 falls in this age group sector. One thing that has come on top with regards to this generation is the vocality in serving God and how it brings them fulfillment and happiness deep within themselves. People must allow the Lord to handle their lives rather than letting their lives and the things in them manage and distract them from their Savior. They must recognize that true eternal happiness – not the fleeting and ephemeral kind found in things – can only be found through a relationship with Jesus Christ [26].

There are people who are at a young age has been introduced to the church. Something that they may have brought as they grow older. Service to God can illuminate the deep and lasting happiness that underpins all true beings. It has the potential to make the road ahead brighter and clearer [27]. To claim:

*“I first started as a choir member and then eventually as time passed by and exposure to different works in the church, being lector was introduced to me. Doing it every morning even if tired from doing many stuffs. But I'm still happy! It's fulfilling at the end of the day.”*

(M 3, Line 280-286)

Serving God, without a doubt, takes time and effort. It takes someone who can endure things while still feeling fulfilled in the end. Similarly, informants have a strong faith in God, as evidenced by how much they value bible verses and apply them in their daily lives. To prove:

*“I agree, of course, pero hindi dahil sabi ni buddha, kung di god said in Philippians 4:67; don't worry about anything, instead, bring all your needs to God through prayer, thanksgiving. As you do this, God will give you the peace that will guard your hearts and minds because you are in the Christ of Jesus”*

(I agree of course, but not because buddha says, if not God said in Philippians 4:67; don't worry about anything, instead, bring all your needs to God through prayer, and thanksgiving. As you do this, God will give you peace that will guard your hearts and minds because you are in Christ Jesus.)

(M 2, Line 254-259)

Making God the center of life truly makes the world lighter than it is. Having an intangible faith in the Lord allows someone to fully discover their happiness, which for this individual is found by serving and dedicating their lives to him.

### D. Family-Oriented (Xennials)

These are people aged 38 to 44 who have got to share what makes them happy and where they get their happiness. They also emphasized the importance of discovering the true meaning of happiness in the present predicament that the world is in.

Seeing loved ones has always been a rewarding aspect of being a family member. When their loved ones are happy, it continues to spread to them. As stated:

*“But make sure that you are using the money for important things. Prioritize what is needed the most. I'm happy if I have money, I can buy things for my papa and mama. What makes me happy is seeing them happy.”*

(X 2, Line 358-360)

They would always think about their loved ones even at the expense of overlooking their own. They can be happy simply by ensuring that their loved ones are happy. Furthermore, this generation knows what the best for their loved ones is and what makes them happy. As revealed:

## Happy as Larry: A Transgenerational Qualitative Analysis of Happiness

*“Ang nagpapasaya sa akin? Yung nakikita ko yung mga anak ko hindi nagaaway naglalambingan lang. Ay happy na happy nako don.”*

(What makes me happy? By seeing my kids taking care each other instead of fighting. I'm very much happy for that.)

(X 3, Line 377-379)

As this generation is mostly parents already nothing that makes them happy seeing their children behaving and have been showing manner whether to other people or to their family. As many say that nothing is better than knowing that your own family doing great and performing well. As evidence:

*“Masaya ako sa gitna ng ating crisis o panahon ngayon, ang pag-aaral ng aking mga anak ay hindi nagbabago, tulad padin ng dati kahit pa may crisis o problema.”*

(I am happy during our crisis or time now, my children's education does not change, as before even if there is a crisis or problem.)

(X 3, Line 380-382)

Every parent feels alive and happy when they see and know that their children are doing well in school. It is something that most parents, like one of the informants, are doing right now, being observant of their children as the ultimate source of their happiness and making sure that they are at their peak. In relevance, seeing their children's achievements, safety, and healthy is what makes them happy [28].

### E. Desire (Generation X)

For this cohort, whose ages range from 41 to 56, they have disclosed what makes them happy and brings them comfort. They have also leaked the importance of happiness to them.

It makes them happy to know that their loved ones, particularly their children, are safe from harm or illness that leads to complacency. One of the informants mentioned the danger that the pandemic or health crisis brought to the world, which many people are still dealing with. As declared:

*“Unang una, ang... naging bunga ng crisis na ito eh, pagstay sa bahay, so bonding time ng pamilya though alam natin na may pandemya, we might take advantage don sa sitwasyon na magkakasama kayo kahit na limitado ang financial capacity ninyo, pagnakikita niyo ang kalusugan ng inyong family. So iyon ang mga source ng happiness... uhm, mas naenjoy mo ngayon kasi hindi ka na takot sa unang araw ng pandemya dahil kasama mo na ang pamilya mo at safe na ang mga tao.”*

(First of all, the result of this crisis is, staying at home, so family bonding time even though we know there is a pandemic, we might take advantage of the situation that you are together even though your financial capacity is limited when you see the health of your family. So those are the sources of happiness uhm, you enjoy it more now because you are no longer afraid of the first day of the pandemic because you are with your family and people are safe.)

(GX 2, Line 435- 443)

“Knowing that no one got sick especially family to be always safe and healthy.”

(GX 3, Line 502-503)

As previously stated, it is critical for everyone to ensure that all family members are safe. Given the current situation, nothing is more important to this generation than the protection of their loved ones. Moreover, according to an informant, exploring and trying out different world horizons fuels happiness. As evidence:

“Traveling and bonding with family and friends”

(GX 3, Line 501)

Precisely as simple as traveling and making time to try out different and new things with peers and friends fuels their happiness. Reference [29] mentioned that people who travel frequently are more likely to be satisfied with their lives, as travel frequently includes unforgettable experiences. It really emphasizes the importance of being able to break out of the regimen and try new things.

### F. Strong Bond (Generation Jones)

Generation Jones consists of individuals ranging their age from 56 to 66 years old. They have shared what put smiles in their faces and their source of it.

Considering how strong most generations' opinions are on things, they believe that the younger generation's happiness for their future. They moved on from all the occurrences that happened in the past, but they trust that the current generations can make changes for the future generation's happiness and for themselves. To quote:

“Because it is the present time. We have to be living in the present, moved on from the past and prepare for the future. And this generation was one of most influenced me because even though they are young at heart, they are old enough to stand for what is right.”

(GJ 2, Line 553-557)

Assurance also comes from support from loved ones, the informant has stated that they want to provide for their loved ones in order for them to achieve their happiness. With fulfillment comes great happiness. To cite:

“My happiness is knowing that my *“pamangkins”* are growing up partly on their own. I love seeing them how they've grown up as a man, as a lady, and eventually a so-called real adult.”

## Happy as Larry: A Transgenerational Qualitative Analysis of Happiness

(GJ 2, Line 548-550)

*“Ang aking kaligayahan ay ang kumita para sa kinabukasan ng aking mga anak.”*

(My happiness is to successfully earn for my children’s future.)

(GJ 1, Line 522-523)

The happiness of their younger loved ones had always given them enough reason to fulfill their duties as role models and providers for them. The bond they share together has given them a joy to further overcome any roadblocks or obstacles that can or will get in their way. In relation, according to reference [30] having a strong familial bond means a benefit to family members, for children in terms of academic performance, and for adults, fulfillment, and happiness.

### G. Soft-Hearted (Baby Boomers)

This generation ages from 57 to 75 years old. They have spilled what has been their source of happiness and how they give importance to it.

The informant’s relationship with their peers is what drives them to be happy. Being afraid of whatever’s ahead in life can make one unsure of whether or not the future is worth working for their happiness, but with reassurance from themselves and others, they don’t have to worry about what will be waiting for them in the future for their own satisfaction or happiness. To cite:

*“Hinihikayat ako nila sa mga problema ko sa buhay dahil matanda na ko marami na kong apo, napagdaanan nagpapatuloy pa din ako kase kailangan nila ako bilang lola dahil may gampanin din naman ako sa buhay kaya piliin palagi maging masaya.”*

(I’m encouraged by the problems in my life because when I’m old, I’m gonna have many grandkids, I’m still moving forward because they need me as their grandmother because I have a role in life hence why I’m choosing to be happy.)

(BB 2, Line 636-640)

Their relationship with their loved ones has strived them to be fearless of what’s in the future, they cooperate with each other to achieve happiness. They find happiness in talking or working with each other, to prove:

*“Ang nagpapasaya sa akin ay ‘yong nagkakaisa ang aking pamilya sa pagdarasal at paggawa ng mabuti sa kapwa.”*

(What makes me happy is being one with my family in praying and doing good deeds.)

(BB 3, Line 648-649)

The statement above has proven that working with loved ones can make one happy, even with simple things such as praying and doing good deeds. They develop happiness and good relationships with each other, they lift each other’s spirits to become the best version of themselves for each other’s happiness.

### H. Timely

People from various generations discussed why people have different interpretations of happiness and why past generations’ perspectives on happiness differ from the newer cohort. Putting them all together, they are relevant and timely external factors that influence someone’s standpoint and behavior towards the subject of the matter.

According to informants, their relationship with their relatives impacts their happiness perception. Because family members live in the same house, their views on a particular matter are plainly noticeable.

Undoubtedly, everyone’s home is the most fundamental source of everything. However, this is also when most of their disagreements about a variety of issues arise. What is more, it is not just family relationships that cause the varying perspectives on happiness. Trends are also on the rise, with much emphasis placed on the disparities in people’s attitudes toward various issues, particularly happiness. Trends create a new popular mindset and way of thinking that most people want to follow and take part in. As articulated: “Generational differences can have an impact on family relationships, younger generations are experiencing changing beliefs and attitudes that do not align with their parents or grandparents, general tradition as they grow up in a rapid changing society.”

(M 1, Line 233-237)

*“Dahil ang mga matatanda naglalaro narin sila ng pambata, ang mga bata, naglalaro narin sila ng pang matanda.”*

(Because adults also play with children, children, they also play with adults.)

(GA 1, Line 12-13)

*“Nakakaimpluwensya sa akin ang aking kaligayahan noon, kahit na maliit na bagay binigay sa amin masaya na kami. Ngayon, sa kasalukuyan ngayong panahong ito, masaya sila as materyal na bagay pero kulang pa din.”*

(My happiness back then influenced me, even if little things were given to us, we were happy. Now, in this day and age, they are happy materially, but they are still lacking.)

(X 3, Line 383-386)

*“Hindi ko masyadong naiintindihan ang kasalukuyang henerasyon, katulad ng kaligayahan nila na pag-selpon.”*

(I don’t understand much about today’s generation, particularly their happiness when using cellphones.)

(BB 3, Line 652-653)

Given that trends change over time, it had a significant impact on how people perceived the source of their happiness. As noted previously, earlier generations were known to work hard for many things if they really wanted to, but with the advancement of technology that is very prevalent right now, which has been one of the main sources of happiness for the current generation, there



## Happy as Larry: A Transgenerational Qualitative Analysis of Happiness

are still those who do not understand its significance. As a result of the environment in which these generations have lived, specifically the trends, they have developed their respective views on happiness. In relation, informants mentioned the standard or presumed action from someone where people just have the courage to take different paths than what was anticipated. As expressed: *“Naniniwala ako sa kaligayahanang naipapakita nila ngayon dahil noong henerasyon namin ay bihira lang ang mga kabataan na maging masaya dahil maraming bawal, kaya ngayon masaya din ako na maraming nagpapasaya sa kanila.”*

(I believe in the happiness they are showing now because in our generation it was rare for young people to be happy because there were many taboos, so now I am also happy that many make them happy.

(BB 2, Line 631-634)

“And the “thinking” that you always have to respect the older ones. But for me, people will respect you if you deserve it. No matter what your age is.”

(GJ 2, Line 567-569)

As time passed, some things remained untouched, while others may have faded and died. As the world progresses, certain beliefs that existed previously are no longer alive due to a drastic shift in perspectives. It is the expected attitude or behavior of someone from the past that is being gradually debunked by the current generation. With that said, the perceptions of the older generation and the younger generation are radically different.

### I. Core Values

Considering all the statements given by respective generations across different ages, the table below contains what happiness can do in pursuit of being inspired or motivated in continuing in life. Many have mentioned happiness keeps them from holding on to pursuing their ultimate goal. Goal progress and goal inspiration compound to establish a cycle of greater goal inspiration and greater goal pursuit. Moreover, happiness reflects a person's cognitive health and development. It helps promote well-being and the way a person should live their life. Finally, happiness brings out the best in people, allowing them to pour their hearts into something that gives them gratification and makes them feel accomplished [29].

The informants said that they feel happier when they don't have to worry about things or problems that can get in their way. As expounded:

“Tama siya (Buddha) dahil pagka masaya ka wala kang inaalala.”

(He is correct (Buddha) because you are happy when you are free of worry.)

(GA 1, Line 7)

“Wag kang mag alala sa mga bagay-bagay na wala ka namang kinalaman.”

(Don't worry about the things that you don't have any business with.)

(GA 3, Line 46-47)

As stated above, having fewer problems or burdens that can get in people's way can lessen the weight on their shoulders which can lead to complete happiness. As a result of not worrying too much, the informants feel that they're immensely happy or enjoyment whatever is currently occurring around them. To cite:

“Lagi akong masaya, pati paligid ko hindi ako nalulungkot.”

(I'm always happy, as well as my surroundings, i never get sad)

(GA 1, Line 1)

As mentioned above, informants can feel happier when they do something they absolutely adore doing or simply due to random circumstances. However, these informants said that they feel more at ease and more relaxed when they experience or find things that make them happy. As stated:

“Masaya na makita na walang sakit ang pamilya, kasama sa bahay, walang nahahawa ng covid.”

(It's relieving to see my family well, included in the house, no one getting infected with covid.)

(BB 1, Line 578-579)

Family and good circumstances contribute to a person's feelings, as the informant said above, seeing their family well and healthy already made them feel relieved since. In continuation, the informants said that they gain happiness when they are motivated to try to change for the better and for their goals. To quote:

“When you are motivated, you have the desire to change your life, motivation pushes you toward your goal because of a desire for change.”

(M 1, Line 238-240)

Motivation after all is also needed in order for people to achieve the great happiness that they need. It encourages them to work for what they want to occur or happen. To follow this, the informant has stated that motivation is a helping hand in finding out what path they want to walk toward for their happiness. As cited:

“Motivation helps you clarify your goals so you know exactly where you're working towards.”

(M 1, Line 240-241)

## Happy as Larry: A Transgenerational Qualitative Analysis of Happiness

Of course, to make your motivation clear, one must always know that being stressed or unhappy can make your goal unclear. As this informant has stated that no matter the hardships, people should always know that there is a light at the end of the tunnel. To quote:

*“Parang always look on the positive side lang pero may point rin naman na oo, makikita rin natin yung happiness when we are free of worry kasi sabi nga diba always think positive and don’t stress yourself too much because stress can cause unhappiness.”*

(Always look on the positive side only, there’s a point in doing so, we will see happiness when we are free of worry because as they said always think positive and don’t stress yourself too much because stress can cause unhappiness)

(GZ 2, Line 128-132)

“To move on, to keep going, despite crisis”

(GZ 3, Line 210)

As stated above, positivity is always needed to destress. When people feel struggling, they try to look on the bright side to lessen the weight on their shoulders which can make them happier. To continue, people’s happiness will also vary depending on where they learn what their happiness is, whether it be their family, friends or so, to cite:

*“Naniniwala ako dahil may mga bagay ako na naituturo sa mga anak ko na nalalaman, at katulad din ng anak ko, may mga bagay din akong nalalaman dahil sa bagong henerasyon nila.”*

(I believe this because I have something to teach my children that I know, and my son knows something that has led me to learn about their generation.)

(X 3, Line 392-394)

Older generations and young generations alike affect each other’s happiness based on what they see or learn from each other. Happiness is not only just a personal experience but is also usually affected by the individuals around a person, which means that your happiness will change or retain depending on your role model or so [30]. Of course, when people learn what their happiness is, they’re more encouraged to do what makes them feel joyful, such as hobbies or activities, to quote:

*“Dahil sumisigla ‘yung katawan ko pag nagtitiktok.”*

(Because my body gets more energetic when I use TikTok)

(X 1, Line 338)

Activities like dancing or drawing can also increase one’s happiness as mentioned above, which can encourage them to find more things that can make them feel more joy. In addition, people gain happiness simply with love. People buy things for the sake of what they love and for who they love, and they gain happiness whenever they know their loved ones also love them. To prove:

“Love. We do things for the sake of Love. For example, We want to have money to make our parents happy, we buy things to make ourselves happy, we care for our friends and that is all because we Love them. The root for everything is love.”

(X 2, Line 371-374)

Love can deliver happiness to people all around, such as seeing loved ones pursuing their dreams and goals. One can always feel proud whenever a loved one receives achievements or so, to quote:

*“Ang kaligayahan ko ay ang aking mga anak, kaya yun ang magpupursige sa akin na mabuhay pa, ang makita ko at maihatid na makatapos sila makapag aral, at makita ko ang kanilang magandang future.”*

(My happiness is my children, that’s what persuades me to live, to see my children successfully and studying, and for me to see their bright future.)

(X3, Line 395-398)

Loved ones getting achievements or being successful may make one happy, their own success can also make them feel the same way. People’s self-achievements and success no matter how big or small they are, to prove:

*“Pag nakita ko ang work ko ay nagiging maayos at ang estudyante ko ay nagiging masaya at nakakagawa ng kanilang requirements, pasado so.. at ang mga bagay sa paligid ko ay nakangiti. So those are the things that can make me happy or made me happy.”*

(When I see my work being successful and my students being happy as well as doing their requirements, and the things around me smiling. Those are the things that can make me happy or make me happy.)

(GX 2, 430-434)

As they gain happiness, people can feel more energetic which can result in them feeling younger. People who feel younger will be more resilient, resulting in even more happiness, to cite

*“Feeling young pag masaya ka, so bakit mo pipiliin na magworry nalang lagi bakit mo pipiliin na stressful ang buhay mo samantalang may choice ka na man na maging masaya at uhm.. at ika nga eh mabuhay ng maayos dito sa mundo.”*

(Feeling young whenever you’re happy, so why choose to worry and why choose to be stressful with your life even though you have a choice to be happy. Living a good life here in the world.)

(GX 2, Line 494-498)

As mentioned above, people who worry less will feel less old since they’re happy with what they currently have instead of worrying too much about things. The happier one is, the more youthful one is.

# Happy as Larry: A Transgenerational Qualitative Analysis of Happiness

## IV. CONCLUSION

The researchers tracked down that each generation, from Generation Alpha to Baby Boomers, has its own sources of happiness and how they characterize it. Moreover, as time passes, variables emerge as to why different generations place different values on happiness. On top of that, happiness provides them with sufficient motivation to continue in life. Thereby:

**Table I. Generational Differences in Happiness**

Generation	Source of Happiness
Generation Alpha (11 yrs. old)	Liberty
Generation Z (12 to 24 yrs. old)	Emotional Touch
Millennials (35 to 40 yrs. old)	God-Oriented
Xennials (38 to 44 yrs. old)	Family-Oriented
Generation X (41 to 56 yrs. old)	Desire
Generation Jones (56 to 66 yrs. old)	Strong Bond
Baby Boomers (51 to 75 yrs. old)	Soft-Hearted

Generation Alpha believes that the freedom to do whatever they want makes them happy. Generation Z, on the other hand, enjoys receiving emotional touch from their loved ones, which causes them to become complacent. Furthermore, having a connection to the Lord is something that makes Millennials happy. While the majority of Xennials and Generation X are parents, nothing makes them happier than knowing that their family is doing well. Generation Jones is content as long as they have close relationships with their loved ones. Finally, Baby Boomers, who are now the grandmother and grandfather of the current generation, have the softest hearts and are always concerned about their loved ones.

Given that each generation has their own source of happiness, what alters it are timely external factors which could be their family relationships, influential trends, or instilled accustom. Happy people incentivize themselves and others to be inspired or motivated by instilling different core values in them. May it be encouragement, healthy cognitive, a clear mindset, betterment, relief, prosper, epitome, youthfulness, honor, agape, enthusiasm, and carefree. Collectively, it is reasonable to conclude that the public's viewpoint of happiness differs according to respective generations namely: Generation Alpha, Generation Z, Millennials, Xennials, Generation X, Generation Jones, and Baby Boomers.

## A. RECOMMENDATIONS

Based on the findings of this study, the following recommendations have been proposed:

For the past generations. With the help of this research study, the older generations such as Baby Boomers, Generation Jones, Generation X, and Xennials were all able to identify the different perspectives of happiness between the current generation and their generation. They can continue to teach the current generation all they need in order to attain true happiness without any extravagant materials, they can also continue to educate the current generation about finding happiness in God. As shown in the study, most of the older generations all find happiness in seeing their loved ones also happy, continuing to care for and spend time with their younger loved ones for their happiness in the present and future.

For the current generations. The generations with knowledge about technology such as, Generation Alpha, Generation Z, and Millennials. All their happiness comes from family as well, but additionally friends, technology, material things and surroundings. Some of millennials have learned that happiness also comes from God's blessings. They can continue to work harder for their older loved one's happiness since they also find happiness in being grateful for their parent's hard work for their own happiness, as well teach the older generation about technology for them to learn more about the current generation's entertainment for happiness.

For the future generations. The current generations have learned things about the happiness of different generations, they can continue to educate the following generations for their future to be bright. Happiness can further be found in many more ways since just like the older generations, they learned a bit of technology from the current generations as entertainment for their happiness. The future generations will have more ways to be happy since technology will evolve and people can change overtime for them to teach the future generations.

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