

If You Want a Happy Life: Give up Facebook.

Happiness is known to be a subjective thing. There is no constant or specified definition of happiness. Everyone has its own domain of happiness connected to some goal or idea, likewise some say, happiness revolves around money. But the thing is, everyone wants to have a happy life which has no worries. Over the years many renowned philosopher and researchers have looked into the idea of happiness and according to most of them happiness is something that can't be weighed. Happiness can be created, just look into yourself and find happiness and if you will be successful, you will surely nurture it to make it grow and share it with the world.

Recently a study in the capital of Denmark, Copenhagen has shown that if you want to live a happier life, then give up Facebook.



This research was executed by Happiness Research institute. This experiment was experienced on 1,095 people in Denmark,

who were divided into two groups, half of them continued using Facebook while other were advised to avoid Facebook for about 10 days.

HRI's chief executive, Meik Wiking told AFP, "We focused on Facebook because it is the social media that most people use across age groups".

So the statistics they extracted from all the research was:

Participants who used Facebook on daily basis:

94% visits Facebook on daily basis

86% browse newsfeed very often

78% use Facebook for about 30 minutes daily

61% prefer to post on Facebook daily

69% prefer to post pictures on Facebook of their great experiences

So after having these statistics research center stated, "Social media is a nonstop great news channel, a constant flow of edited lives which distorts our perception of reality."

HRI stated: In this research we wanted to have a test that how much Facebook effects one's life. So we have two groups one used Facebook as their daily routine while other group did not use Facebook for an entire week.

What We Found about Facebook

After a week we asked both of the groups what you feel and what is your analysis about satisfaction of life. The group which was said not to use Facebook reported significantly high level of satisfaction. People felt happier and feel less sad and lonely without Facebook. They said that they are now social in a physical way rather than having social life just on internet through Facebook which was not so beneficial and

felt that they waste their time less. While other group which was involved in using Facebook feel less satisfaction from their lives.

According to Happiness Research institute people on Facebook are 39% less happy and unsatisfied from their lives as compared to those who are not using Facebook. So if you want to be happy in your life and have a social life in real then **“Give up Facebook”**.

7 Happiest Cities in the US

What is happiness? Happiness can be defined in many ways; Happiness to us is anything that brings smiles to our faces. Happiness brings sense of liveliness in one's attitude towards life. You cannot measure happiness neither it can be traded nor profited, still everyone seeks happiness. It is just a feeling that brings a sense of joy in your life. There are status, symbol and wealth but these things cannot guarantee you happiness. There is a very famous saying “Money can't buy happiness” and nobody can deny this fact. Everyone has different interpretation when it comes to happiness. Here are the few of the happiest cities of U.S which are:

1. North Port-Sarasota.



North Port is the city located in Florida. According to survey of 2010 it has population of 57,357. It is known to be one of the happiest city of U.S.

2. Urban Honolulu



This place is known to be a destination of tourists located in the U.S state of Hawaii and a happiest city of U.S.

3. Raleigh



It is the capital of the State of North Carolina. It is very popular city of North Carolina. It has population of 431,746.

4. Oxnard, Thousand Oaks Ventura



This city is located along the coast of South California. According to population it is 19th most populated city of U.S with the population of 203,007.

El Paso



This city located in far West Texas, United States. It has population of 674,433 according to 2014 census.

6. Provo



Provo is the third largest city of U.S located in the state of

Utah. It has population of 116,286 according to 2013 census. It is the largest city and county seat of Utah County.

7. San Jose



It is 3rd largest city in the state of California according to population and 10th largest city of United State in population. The Silicon valley is a part of this great city and contributes to its economy largely.