

# Happiness and Society

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# 1

- Happiness is a matter of presentation of the self in social life.
- People say they are happy. 82 % in Finland.
- Why would they do so?
- Some reasons are: convention, conformism, convenience.
- Every person is expected to be happy.

# 2

- Some Theories of Happiness
- Desire –theory
  - Small desires vs. grand desires
  - The paradox of desire
- Self-realization (eudaimoinia)
  - projects
- Virtue theory
- Hedonism
  - Positive
  - Negative

# 3

- The external conditions of happiness:
- Aristotle: a happy person is virtuous, beautiful, rich, noble man.
- Virtue is only a necessary, not sufficient condition of happiness.

# 4

- Happy society leads to happy social life.
- This is a necessary condition of happiness.
- Example: happiness in shanty towns.
- Unhappy society leads to unhappy social life.
- One cannot be happy in unhappy society.

# 5

- What makes a society a happy one?
- My conjecture is this:
- Happy society is a society which does not experience a threat.
- Example: Aztek society of Tenochtitlan and Huitsilopotzi. What is the threat.
- We are not happy, or are we?
- Our threats: climate change and terrorism, immigration, hunger, poverty.

# 6

- Some people say that friends are important (“small social circle”).
- This is not a philosophical issue, why?
- It is important to have good friends.
- It is all ambiguous and contingent:
  - If you have friends, they are good friends, and they stay with you, you are happy.
  - In your ‘friends’ are nasty, you are not happy.