



KHUSHGAWAAR AUR SEHATMAND ZINDAGI KA RAAZ

MODULE 5

**KHUSHI KI TAREEF AUR
MUKHTALIF NAZRIYE**

USTAZ MUHAMMAD ALI



MODULE 5 KI OUTLINE

- Khushi ki tareekh aur nazriyaat
- Khushi ke baray main Arastu (Aristotle) ka nazriya
- Hedonism ka mutabiq Khushi ki tareef
- Khushi ke baray main jaded maahir-e-nafsiyaat ke nazriyaat
- Positive psychology ke mutabiq khushi ki tareef



TULBAA KE LIYE ZAROORI HIDAYAAT

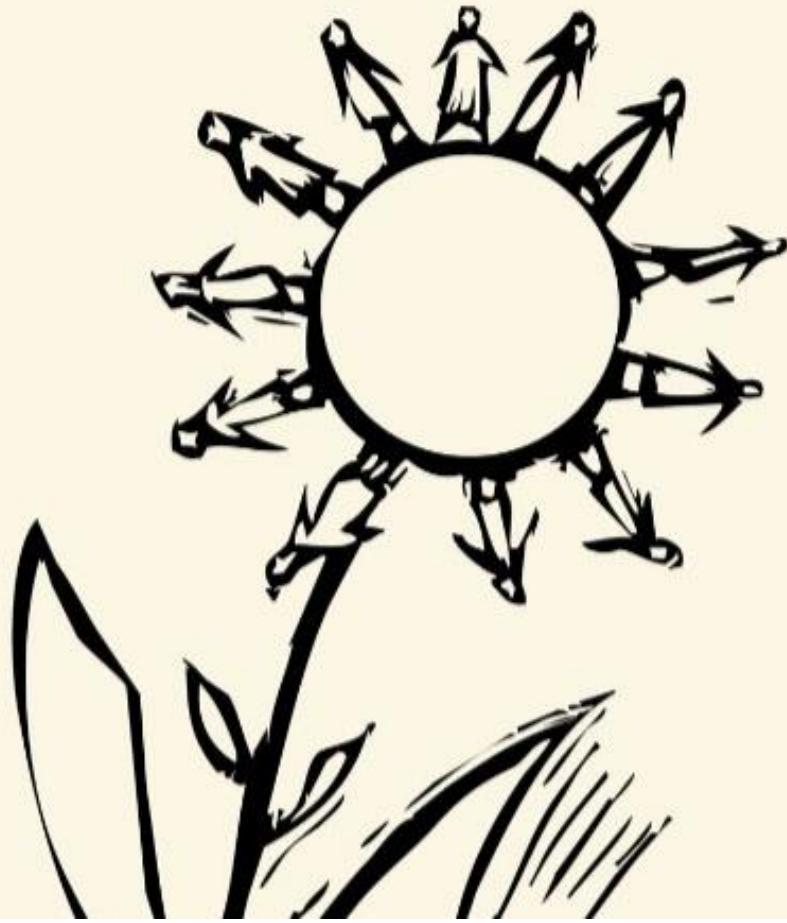
Baraa-e-meherbaani modules ki mukammal videos dekhain. Slides main module ka sirf aik (1) khulasah bayaan kia gaya hai. Nazriyaat/ tasuwwuraat ki tafseeli wazaahat video lectures main ki gai hai.



Eudaimonia ke baray main Arastu (Aristotle) ka nazariya

Arastu (Aristotle) ka khayal tha ke Eudaimonia (insaani nashw-o-numa jis ka talluq nek zindagi guzaraarnay se hai), ya bamaqsad, nafabakhsh ehdaaf (ya'ani "wo kaam jo karnay ke laayeq hon, faidamand hon") ke tahayaat husool par mabni Khushi, achi zindagi ki kaleed hai.





Aristotle's

Eudaimonia

translated as 'flourishing' or 'success'

‘Think of a flower. If you water it, give it enough light, maybe feed it a little, then it will grow and bloom ... Human beings can flourish like plants too.’



TAKE
RESPONSIBILITY

EUDAIMONIA

LIVE WITH
ARETE VIRTUE
(live each day, each
moment to the fullest!)

FOCUS ON WHAT
YOU CAN CONTROL



HEDONIA

- Qadeem yunaaniyon (Greek) ke tajweez kia ke Khushi haasil karnay ke liye ye zaroori hai ke insaan Khushi ki talaash main rahay aur takleef se bachay
- Hedonism ke mutabiq Khushi musbat asar ki maujoodgi aur manfi asar ki adam maujoodgi hai.
- Hedonism – Khushi ki ziyaadti aur takleef main kami

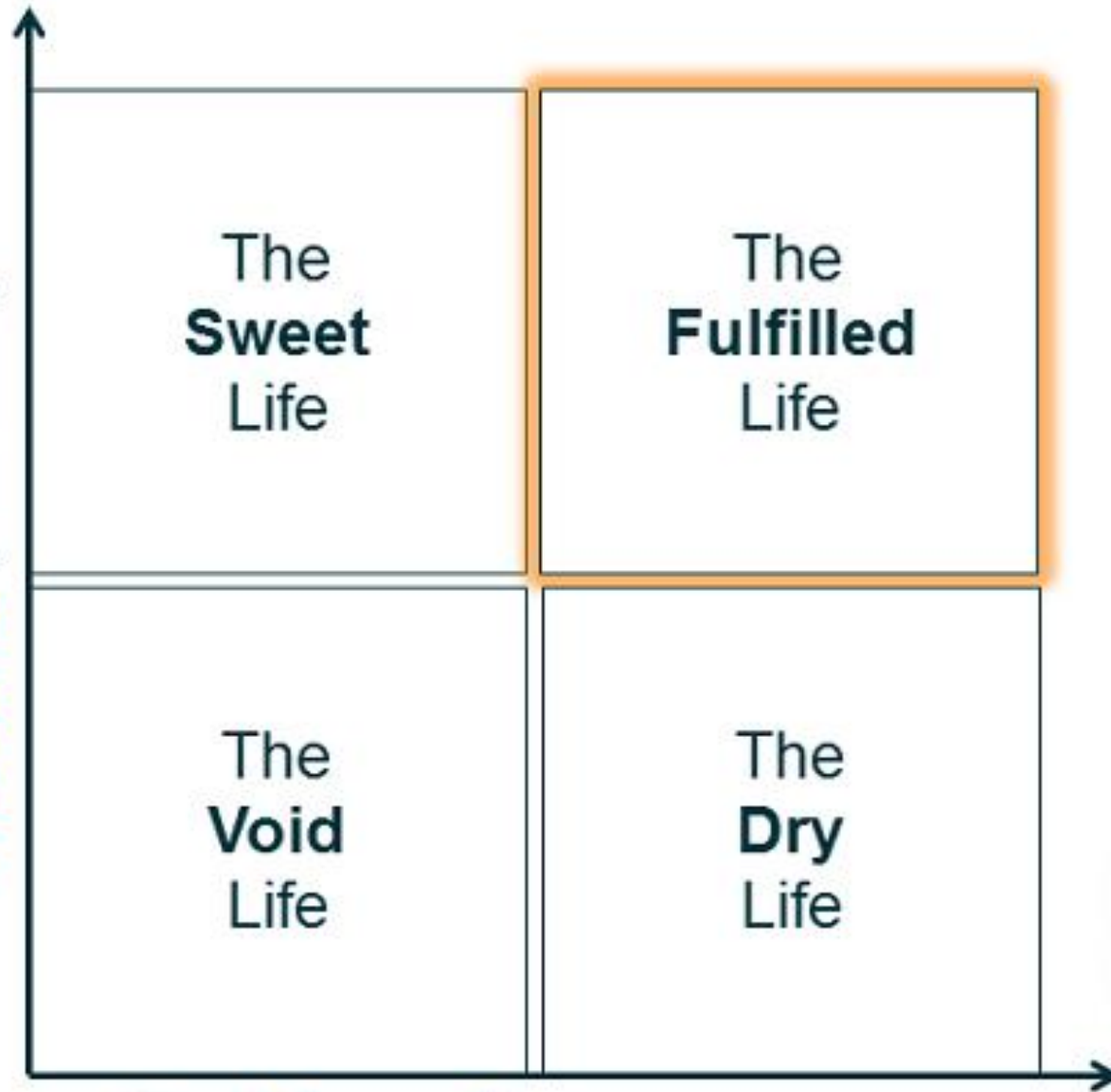


HEDONIA AUR EUDAIMONIA MAIN FARQ

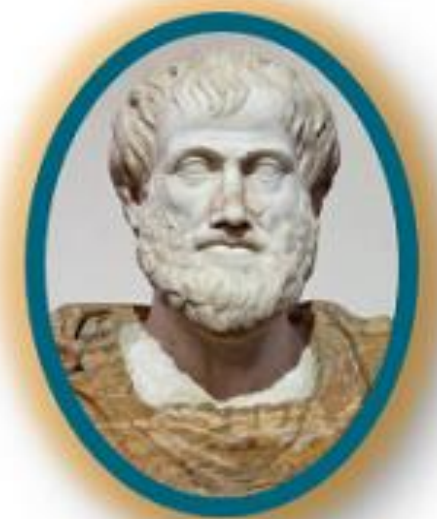
<h2>Hedonia</h2>	<h2>Eudaimonia</h2>
<p>Hedonism ke mutabiq, khushi beruni zaraaye se haasil ki jaati hai</p>	<p>Eudaimonia ke mutabiq khushi andar se paida hoti hai</p>
<p>Hedonia araam, sukoon, Khushi, aur tafreeh par tawajjah deta hai.</p>	<p>Eudaimonia apnay maqsad ki talaash, zaati nashw-o-numa aur makhfi salaahiyaton ko baroye kaar la kar apni shakhsiyat ko haqeeqi jaama pehnanay [self-actualization] par tawajjah deta hai</p>

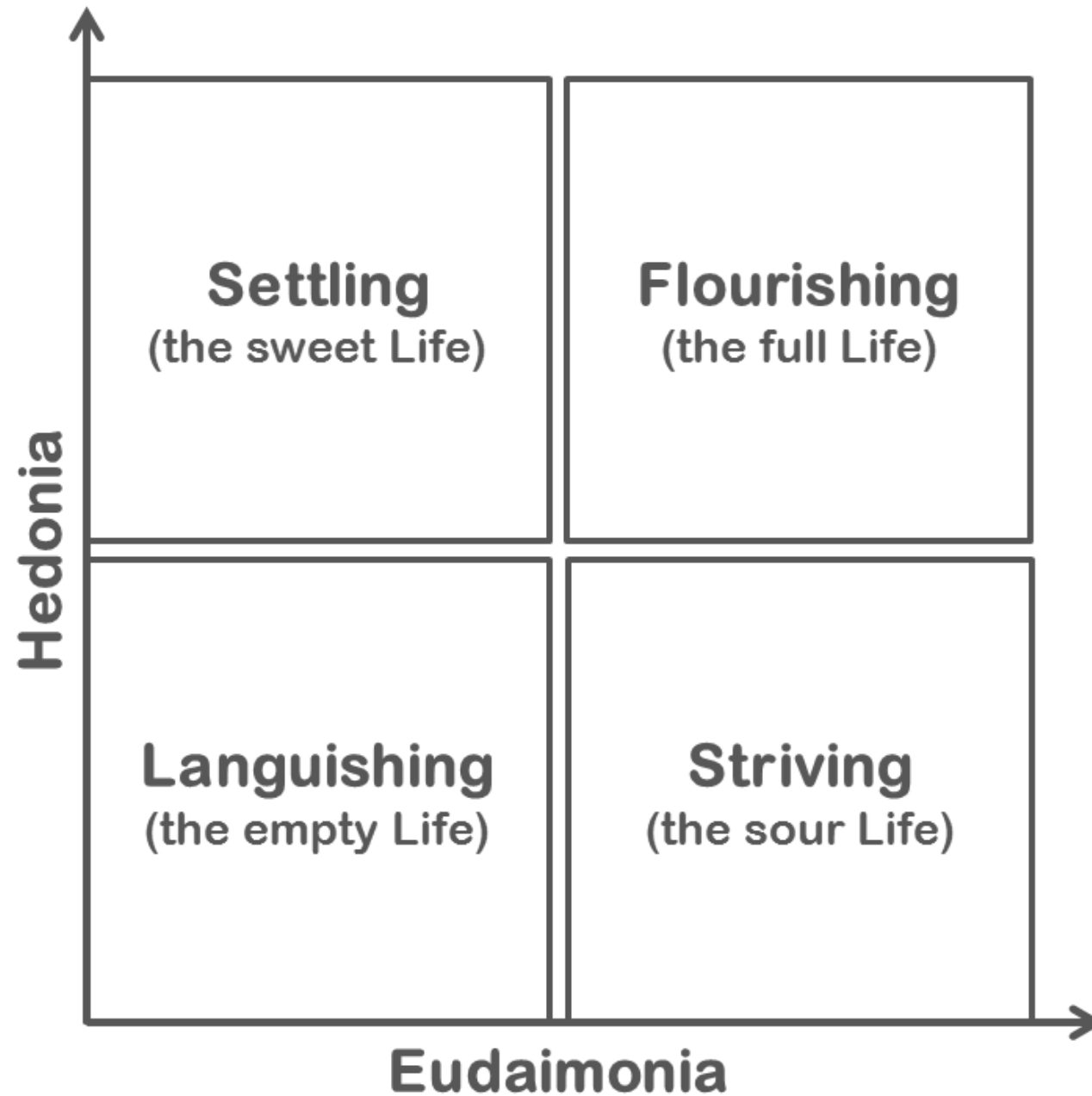


Hedonia (Feel Good)



Eudaimonia (Feel Purpose)



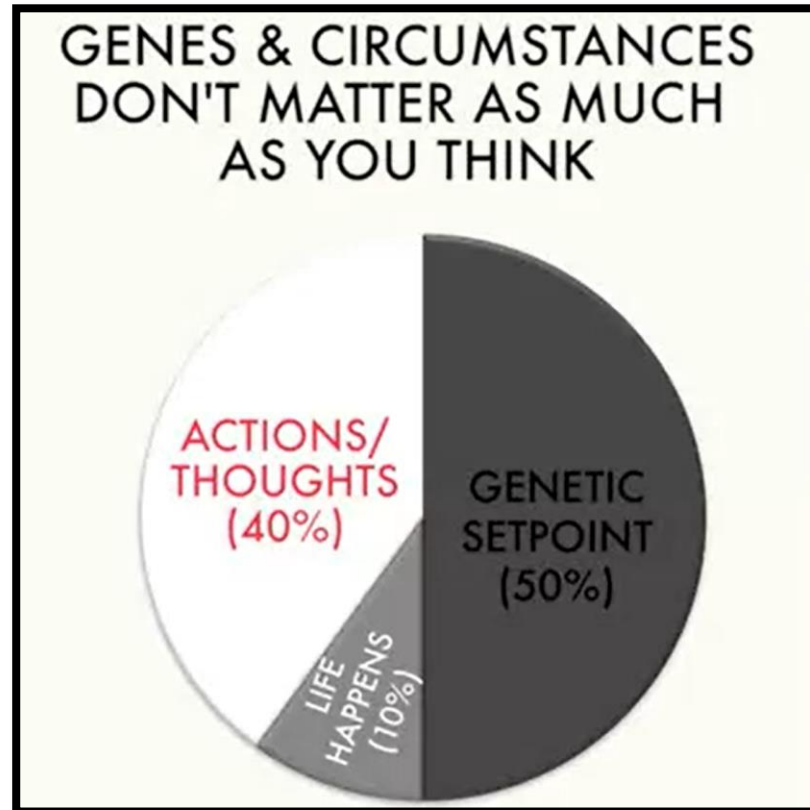


KHUSHI SE MUTALLIQ MAAHIR-E- NAFSIYAAT KE NAZRIYAAT



1. Zaroorat/ maqsad ki taskeen ka nazriya [Need/ goal satisfaction theory]: dabao main kami ya zarooriyat ki taskeen Khushi ka baa'is banti hai.
1. Amal/ sargarmi ke nazriyaat [Process/ activity theories]: zindagi ki makhsos sargarmiyan khush paida karti hain.
1. Jeeniyati (genetic)/ shakhsiyat ki raghbat ke nazriyaat [genetic/ personality predisposition theories]: humara jeeniyati makeup khushi ka ta'yyun karta hai.

KHUSHI KE BARAY MAIN SONJA LYUBOMIRSKY KA NAZRIYA



Khushi teen (3) ehem awaamil par munahsir hai:

1. Khushi ke liye jeeniyati (genetic) taur par taye shuda setpoint
2. Khushi ke mutalliqa halaat ke awaamil
3. Khushi se mutalliqa sargarmiyan aur aadatain



THE HOW OF HAPPINESS

A New Approach to
Getting the Life You Want



.....
*This much
happiness
—up to 40%—
is within
your power
to change*
.....



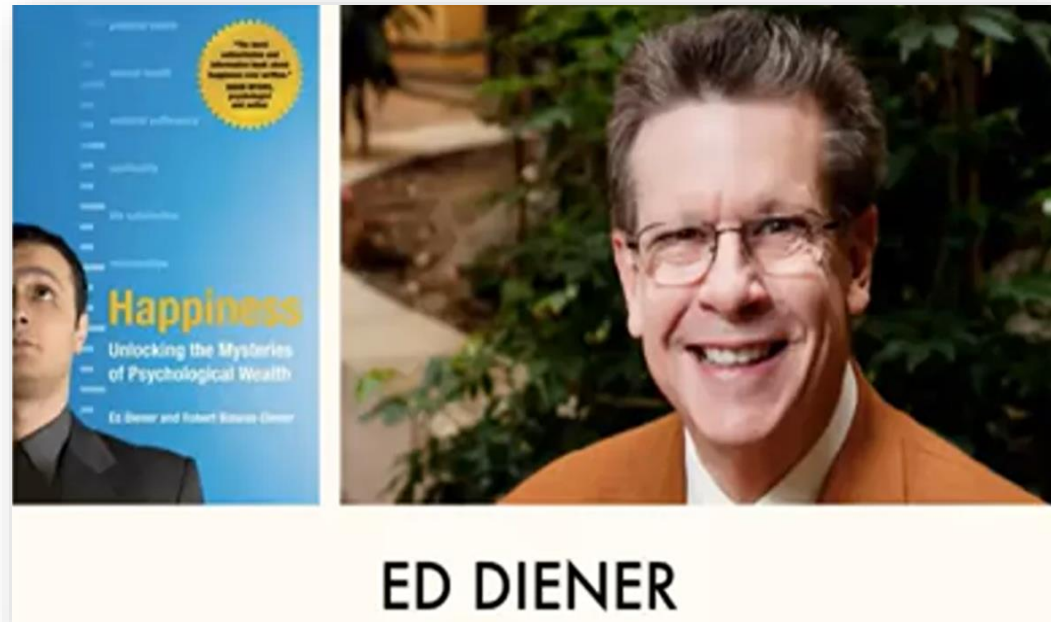
Sonja Lyubomirsky

"A guide to sustaining your newfound contentment." —PSYCHOLOGY TODAY



KHUSHI KE BARAY MAIN ED DIENER KA NAZRIYA

Aik (1) mufeed riwaayat aur hedonic psychology ke usoolon ki bunyaad par (jo Khushi aur zindagi ke taskeem ke mutalli'a par zor deta hai), Diener ke mutabiq tandrusti ye hai ke insaan dunya main apni maujooda haalat ka zaati taur par jaaiza le.





DIENER KI ZINDAGI SE MUTMA'IN HONAY KI TAREEF

1	2	3	4	5	6	7
Strongly disagree	Disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	agree	Strongly agree

1. _____ in most ways, my life is close to my ideal.
2. _____ The conditions of my life are excellent.
3. _____ I am satisfied with my life.
4. _____ So far, I have got the important things I want in my life.
5. _____ if I could live my life over, I would change almost nothing.

Note: Scores for all items are summed to calculate a total score.

Subjective well-being emphasizes people's reports of their life experiences.

KHUSHI KE BARAY MAIN MARTIN SELIGMAN KA NAZRIYA



Khushi – lutf + bahaao +ma'ani/maqsad





Seligman ne Khushi ko teen (3) hisson main taqseem kia hai:

1. Khushgawar zindagi: Khushi aur musbat jazbaat

Seligman ke nazdeem khushgawaar zindagi wo hai jis main zyada se zyada khushiyan haasil hon aur un ko barhaanay ke liye hunar seekha jaye.

2. Achi zindagi: bahaao aur masroofiyat

Seligman ke mutabiq Khushi ki doosri qisam achi zindagi hai jis main Khushi bamuqabla bahaao, apni khaas salaahiyaton ki nishaandahi aur apnay kaam, muhabbat aur khel ki tajdeed shaamil hai.

3. Bamaqsad zindagi: ma'ani aur maqsad

Teesri qisam bamaqsad zindagi hai jis ki tawajjah zindagi ke maqaasid aur apni khaas salaahiyaton ko jaan'na hai aur un ko aisay maqsad ke husool ke liye istimaal karna hai apni zaat tak mehdood na ho.