

HAPPINESS AND EMOTIONAL EXPERIENCES: AN EVALUATION OF THE NIGERIAN SITUATION FROM A RELIGIOUS PERSPECTIVE

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Abstract: *This article investigates the relationship between happiness and emotional experiences among Nigerians, with a particular emphasis on religious practices and beliefs. The research employs qualitative method to investigate the ways in which different emotional experiences are associated with degrees of happiness. Happiness, gratitude, and spiritual fulfilment are among the important emotional elements that influence life satisfaction. The research provides a detailed view of how religious beliefs impact emotional experiences and perceptions of pleasure, incorporating perspectives from both Christianity and Islam. The results serve to highlight the significance of religious participation in the process of fostering pleasant emotional states and overall well-being.*

Keywords: *Happiness, Emotional Experiences, Nigeria, Religion.*

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INTRODUCTION

Over the course of many centuries, theologians, philosophers, psychologists, and academics from a wide range of fields have been fascinated by the notion of happiness because of its complexity and diverse nature. Despite its widespread desire as a fundamental objective in life, the definition of happiness and its determinants can vary significantly based on cultural, societal, and individual factors. Emotional experiences, which may range from pleasure, satisfaction, and love to disappointment, rage, and terror, play a significant part in the formation of an individual's impression of happiness (Tanzer & Weyandt, 2020). A state of well-being that is characterized by feelings that vary from mild contentment to profound delight, happiness has been the topic of substantial research across a variety of disciplines, including sociology, psychology, and philosophy, among others. Over the last several years, there has been a growing interest in understanding the connection between pleasure and emotional experiences, particularly in diverse cultural settings. This investigation holds

particular relevance in Nigeria, a country known for its extensive cultural and religious diversity. Nigeria is home to a diverse collection of ethnic groups and religious beliefs, the most notable of which are Christianity, Islam, and traditional African faiths (Ottuh, 2023). Religion plays an important role in the lives of a large number of Nigerians, thus, contributing to the formation of their beliefs, behavioural patterns, and perspectives on life. In this context, people often view personal emotions and their connection to overall happiness through the lens of religion. This is because faith and spirituality have a huge effect on how people react to the obstacles and accomplishments that they encounter in their lives.

Despite its wealth of natural and human resources, Nigeria faces a multitude of socio-economic issues such as insecurity, joblessness, political instability, and corruption (Kanu, 2017). These difficulties significantly impact the mental happiness and general health of its residents, carrying important implications. The scenario in Nigeria provides a one-of-a-kind opportunity to investigate how people navigate psychological turmoil in the face of hardship. In many cases, individuals depend on their religious convictions and practices in order to discover significance, hope, and happiness among their experiences. In particular, the purpose of this article is to investigate the connection between happiness and mental states in Nigeria, with a particular emphasis on the role that religious viewpoints play in this relationship. This research aims to comprehend on how Nigerians manage to find pleasure and satisfaction despite facing numerous challenges, by examining the role of religion in shaping emotional responses and enhancing overall happiness. In addition, the research emphasizes the larger significance of these results in comprehending happiness in other communities that are culturally and religiously diverse.

CONCEPTUAL AND CONTEXTUAL REVIEW OF HAPPINESS IN LIFE

According to Singh, Kshtriya and Valk (2023), it is the view of Aristotle, that the reason and purpose of life are to find happiness. It is a universal good

that each and every human being work for and aspire for throughout their whole lives. In recent years, there has been a shift away from evaluating economic productivity to assessing happiness as an indicator of societal progress and individual wellbeing (Durand, 2018). This shift has increased the popularity of the notion of happiness across cultures. Since the introduction of constructive psychology in the late 1990s, several scientific studies have identified happiness as a necessary psychological component for healthy human functioning (Waldinger & Schulz, 2023). For Singh, Kshtriya and Valk (2023), happiness can be defined in a variety of ways, including general contentment with life, happiness that is the result of pleasant experiences and events, an emotional state of mind, mental health, and a positive health factor. Furthermore, it bears a connection to both health and interpersonal relationships. Happiness, a fleeting emotional state characterized by excitement and delight, reflects an individual's influence on their current condition.

Both Jeremy Bentham as well as Thomas Jefferson argued for public policy that would maximise happiness, and the Declaration of Independence included happiness as a primary concern in its list of priorities. Like Bhutan (cited in United Nations, 2017) observed in his surveys, today, a number of nations massively scale to gauge the level of happiness among their populations. According to him, the correlation between wealth and well-being is not a linear one, and countries with greater levels of money tend to have greater degrees of happiness than those with lower levels of wealth. Other political scientists claim that happiness is substantially connected with economic freedom, especially in a western hybrid economy with free press as well as democracy (Waldinger & Schulz, 2023). Some political scientists believe that the social democratic model is favourably related to life satisfaction, while others contend that happiness is closely linked to economic freedom.

For Ngamaba and Soni (2017), cultural influences have an effect on an individual's level of happiness, with hedonism having a stronger connection to happiness in societies that adhere to the individualistic philosophy.

Compounding the problem is the fact that unhappy married couples have a three-to twenty-five-fold increased risk of developing clinical depression. For instance, forcing marriage and being married might have negative implications. It is possible that the higher levels of social well-being in more prosperous countries are associated with their more individualistic cultures (Ahuvia, 2002; Haybron, 2020; Summa, 2020). This is because satisfying one's intrinsic goals may result in higher levels of pleasure. Throughout history, the concept of happiness has undergone a transformation, with Westerners only beginning to express worry about the fact that childhood is a period of bliss in the 19th century. Certain societies have a negative attitude towards happiness (Veenhoven, 2010). Western societies place a higher value on the individual's happiness, whereas Eastern Asian societies place a greater emphasis on the need for happiness within relationships and consider personal pleasure to be detrimental to the fulfillment of harmonious social connections (Lee & Kawachi, 2019).

Minkov and Bond (2017) opine that countries with high cultural religiosity tend to place a greater emphasis on life happiness than nations that are more secular. For instance, the Buddhist teachings strongly emphasize the pursuit of Nirvana, a state of eternal peace, and the Noble Eightfold Path, which aims to achieve ultimate liberation from suffering. Happiness is at the heart of this instruction. By transcending the dichotomy between Atman and Brahman, pleasure is the ultimate purpose of existence, according to Advaita Vedanta (cited in Villani, Sorgente, Iannello & Antonietti, 2019). This is because happiness allows one to realize that they are themselves in everything. Mencius (cited in Cox, 2023), a prominent theorist in Confucianism, had the belief that the mind acts as a mediator between the “lesser self” (the physiological self) as well as the “greater self” (the moral self), ultimately leading to the attainment of immortality. He further asserts that a person's own power will diminish if they do not experience any sense of fulfillment or joy while nurturing their “essential force” through “just deeds.”

According to Cox (2023), Judaism sees pleasure as an essential component of serving God. The biblical passage “the worship of the Lord with gladness; come before him with joyful songs” (Psalm 100:2) emphasizes the importance of joy in God’s service. Rabbi Nachman of Breslov’s “Mitzvah Gedolah L’hiyot Besimcha Tamid” instruction emphasizes the importance of maintaining a state of contentment at all times. Conversely, Christianity prioritizes morality and defines the ultimate goal of human existence as felicity, a term that translates to “blessed happiness.” Thomas Aquinas, a philosopher and theologian, asserts that contemplating divine things leads to the realization of pleasure (Cox, 2023). It is not possible to achieve happiness only by thinking about the consequences of actions; rather, it is necessary to have good motives for actions, such as habits that are in accordance with virtue. There are human complexes, such as reason and intellect that have the potential to cause pleasure or well-being; nevertheless, this sort of happiness is limited and fleeting. The concept of God represents the ultimate form of pleasure that one's will can experience during this fleeting existence (Ottuh, 2023). This means, humans can achieve *beatitudo* (entire bliss), not in this lifetime, but in the next life to come. Within the framework of Islam, the Sufi philosopher Al-Ghazali penned “The Alchemy of Happiness,” a guidebook of religious instruction that is used all across the Muslim world and is still extensively practiced today.

Helliwell and colleagues compiled the World Happiness Report 2015, emphasizing the significance of using the word “happiness” as a generic phrase capable of encompassing subjective well-being in a wider sense (Helliwell, 2017). Happiness is a prototypically positive feeling, and it is also a component of a cognitive life assessment inquiry, according to the paper, which claims that happiness serves two significant functions within the field of well-being research. In some instances, this dual use suggests that the reactions linked to pleasure lack a cohesive structure. According to the World Happiness Reports (2015), however, this twofold use helps justify employing happiness in a generic function, provided that the different meanings are well understood and authentically connected to one another. Data from large-scale surveys demonstrates that

responses to questions about happy emotion differ from judgmental inquiries about a person's pleasure with life as a whole in precisely the ways that the theory would imply they would (Di Tella, MacCulloch & Oswald, 2001; Cherry, 2024). In this sense, pleasant emotions encourage evaluative responses to inquiries about life as a whole, but a variety of living conditions, such as money, health, and social trust also influence them more strongly.

Elliot, Cullen and Calitz (2018), asserts that, various psychological, emotional, physical, goal-attainment, personal, economic, social, familial, cultural, religious, and environmental factors all have a role in determining happiness. Several factors can alter happiness, making it a changeable experience. Each of these factors has the potential to either positively or negatively influences one's level of happiness, causing it to shift at various points in one's life journey. Positive factors, such as creativity, humor, achievement, and financial freedom, have the potential to improve the likelihood of experiencing happiness at a specific moment in time when the variable is present (Cunha, Pellanda & Reppold, 2019). A variety of lenses, including psychological, philosophical, and cultural ones, can help people understand the intricate and multi-dimensional notion of happiness in human existence. Among the many psychological viewpoints are hedonic well-being, which places an emphasis on happiness and the avoidance of suffering, and eudaimonic well-being, which places an emphasis on meaning, purpose, and discovering one's own identity (Kashdan, Biswas-Diener & King, 2008). Two philosophical schools, the Aristotelian view and utilitarianism, propose happiness as the ultimate good, evaluating it based on the amount of pleasure experienced and the absence of suffering.

Cultural perspectives include Western and Eastern viewpoints, collectivism versus individualism, social and economic variables, spiritual and religious components, subjective versus objective measurements, and temporal versus long-term happiness differences. Studies suggest that individuals' self-evaluation of their level of happiness is what constitutes subjective well-being

(Llamas-Díaz, Cabello, Gomez-Leal, Gutierrez-Cobo, Megías-Robles, & Fernández-Berrocal, 2023). Surveys and self-reports often quantify this. The “objective indicators” refers to a set of characteristics that contribute to an individual's overall well-being. These factors include physical health, money, education, and social relationships. Temporal views divide happiness into two categories: short-term and long-term. While rapid pleasure can lead to only momentary happiness, long-term goals and accomplishments can often lead to more profound and long-lasting happiness (Llamas-Díaz et al., 2023; Summa, 2020). Despite substantial good or terrible occurrences, individuals have a tendency to revert to a baseline level of pleasure. The phrase “edonic treadmill” refers to this phenomenon, suggesting that people tend to adjust to shifts in their circumstances (Finley, Axner, Vrooman & Tse, 2020). Because of the intrinsic subjectivity of pleasure and the cultural significance of the concept, defining happiness is a difficult task. This is because the things that make one person happy may not have a comparable impact on another, and the conceptions of pleasure can be profoundly influenced by the norms and values of a particular culture (Ryan & Deci, 2017). At the end of the day, gaining knowledge of happiness necessitates taking an integrated approach that takes into account not just one’s own personal experiences but also the larger social, economic, and cultural variables that contribute to a life that is meaningful.

HAPPINESS AND EMOTIONAL EXPERIENCES IN RELATION TO RELIGION

The question of whether or not religion can make individuals happy has been in the minds of scientists. On the other hand, participation in a religious organisation is accompanied with some constraints, such as bans on behaviour, dietary restrictions, and the use of contemporary technologies. As Agbo, Nzeadibe and Ajaero (2012) opine, religious practice is a source of comfort for Nigerians because it gives them a feeling of purpose and gives them control over their life. In order to make meaning of tragedy, challenges, and loss, religious individuals have a mindset that assists them in doing so, and they need a cause to

concentrate on something other than themselves. It has been shown by research that being a part of a buddy group that is secular and has meaningful activities as well as a social identity might increase one's level of life happiness (The Editorial, 2024). Being religious in Nigeria for instance often entails participating in religious events and being a member of a social network, both of which may lead to a sense of contentment. A number of substantial advantages are provided by religions after death, including admission into paradise, salvation, and favourable rebirth conditions.

Participating in ceremonies and rituals related to their faith strengthens an individual's relationship to their religion and the divine because these activities often elicit certain feelings, such as calm, pleasure, respect, or remorse. At the same time, these sentiments have the potential to establish an awareness of community among religious groups, which may result in feelings of love, support, and security. Religions often provide moral frameworks, such as forgiveness, to help people constructively process sorrow and anger (Ottuh & Erhabor, 2022). These frameworks impact how individuals handle emotions such as wrath, fear, and sadness on a daily basis. Awe, transcendence, or the presence of the divine are examples of religious experiences that have the potential to transform one's life and strengthen one's religious views. Religion can also provide emotional comfort during life's challenges, such as illness, bereavement, or personal struggles, by providing solace through a belief in a higher power or a more just cause (Ottuh, Ogar, Obono & Ajimase, 2023). The practice of religious belief can accomplish this. Being able to identify with a particular religious tradition may provide one with a sense of direction and meaning, which can ultimately lead to enhanced emotional stability. The teachings, practices, and values associated with a particular religion may provide a uniform structure that directs behaviour and emotional reactions.

IMPACT OF RELIGIOUS ACTIVITIES ON HUMAN HAPPINESS

When it comes to happiness, however, the influence of religion may vary greatly depending on the individual's views, religious tradition, and cultural setting. Religious activities make a major contribution to individuals' happiness levels throughout their lives by providing a sense of meaning, community, coping strategies, and a moral framework. Participating in these activities provides a feeling of belongingness as well as social support, both of which are essential for maintaining mental and emotional health. Engaging in religious activities such as prayer, meditation, and attending services may be a source of solace and a stress-relieving activity during trying times. Additionally, religion provides an ethical framework that not only directs behaviour but also assists people in making choices that align with their ideals (Joshanloo, 2019). Regular engagement in religious activities may lower the risk of developing depression and anxiety, as spiritual practices like meditation and prayer promote relaxation and emotional stability. Teachings from many religions often place an emphasis on gratitude and thanks, which may result in greater respect for life and an overall sense of contentment. It is possible to obtain long-term satisfaction by participating in religious activities.

Religious activities have the potential to significantly contribute to happiness by providing meaning, community, coping skills, and a moral framework. On the other hand, religious activities may cause some people to experience feelings of shame, anxiety, or societal pressure, all of which may have a detrimental influence on their pleasure or happiness. However, the degree to which they enhance happiness varies significantly based on the individual and the environment in which they take place.

SOCIOECONOMIC AND EMOTIONAL SITUATION IN NIGERIA

There are significant problems in Nigeria, including unemployment and poverty, with more than forty percent of the population living beneath the national poverty level. The public service and infrastructure industries are

confronted with a number of issues, including erratic electrical supply, insufficient healthcare, and inadequate transportation networks. In addition to the widespread occurrence of power outages, the medical system is undervalued and does not possess sufficient facilities, which results in discrepancies in health outcomes. Due to the prevalence of dropouts and the inequities that exist between rural and urban populations, education continues to be a significant issue of concern. Despite being the most populous nation in West Africa, Nigeria is now dealing with substantial financial issues and mental pressures that are having an effect on its people. The oil and gas industry is the primary engine that propels the economy of the nation, since it is responsible for a sizeable amount of the country's gross domestic product as well as income from exports.

The *Business Day* conducted a study in Lagos and Ogun State, indicating a highly precarious state of the Nigerian economy (The Editorial, 2024). It observes that as the prices of essential goods continue to rise, market sellers and customers find themselves in difficult financial positions. An alarmingly high number of businesses are going out of business, and large organisations are looking for more stable conditions overseas. According to Patrick Pouyanne, CEO of TotalEnergies, the scenario is comparable to that of Angola, where stable regulations discourage investments of a similar kind (Ademola, 2024). The National Bureau of Statistics (NBS) provides the most recent statistics, which indicate that the unemployment rate has increased to 5%. Underemployment and challenges in the informal sector are exacerbating the already precarious economic situation by pushing more Nigerians into poverty (Ademola, 2024). On the other hand, the Gini coefficient, which is 55.1, indicates that the socio-economic disparity is becoming even wider, which is cause for concern since the gap in inequality is rising at an alarming pace. There are a number of emotional and psychological conditions that are present in Nigeria, including worries about security, economic hardship, social challenges, stigma, and mental health. There are a number of factors that contribute to economic stress, including job instability, inflation, and growing expenses of living. Security worries include terrorism, insurrection, and violence between communities. There are a number

of social problems that lead to mental strain, including corruption, gender inequity, and young unemployment. Given the restricted availability of mental health treatments and the widespread lack of understanding about mental health concerns, mental health is becoming an increasingly pressing subject.

HAPPINESS AND EMOTIONAL EXPERIENCES AMONG NIGERIANS

Despite being the most populous nation in Africa, Nigeria is home to a socioeconomic and emotional terrain that is extraordinarily varied. Despite boasting being Africa's largest economy and a population of over 220 million, the nation still grapples with challenges like poverty, unemployment, and limited access to high-quality education. A number of challenges, including an inadequate budget and a lack of qualified medical personnel, are confronting the healthcare system. In Nigeria, there are obstacles to getting better education, finding work, and social integration due to the country's youthful population, different ethnic groupings, and rich cultural variety. As a result of economic difficulties and concerns about their safety, a substantial number of Nigerians have left the country in search of opportunities elsewhere, resulting in the formation of a diaspora population. People recognize Nigerians for their resilience and sense of community, and they rely on social networks and informal support systems. This is particularly true in spite of the problems that they face. One's level of life satisfaction, happiness, and overall wellness are among the global indices used to rank countries. One of those rankings placed Nigeria in the 23rd position, despite the fact that it has achieved greater levels of economic and social progress (Agbo, Nzeadibe & Ajaero, 2012). Despite the World Values Survey and occasional reports, research on happiness in Nigeria remains limited. The purpose of this study is to examine current conceptualizations of happiness, fundamental determinants of happiness, and a probable factor that affects reported happiness variance. This study scrutinizes the conducted research and the socio-cultural environments where Nigerians live and work. This principle heavily influences public policy formulation.

Happiness is a multifaceted concept that incorporates a wide range of emotional experiences as well as an individual's sense of psychological well-being. Some empirical studies have demonstrated that Nigerian culture significantly influences the formation of emotional experiences (Carstensen, Turan, Scheibe S, et al., 2011). Other studies have shown that socio-economic situations greatly influence happiness levels, with economic stability becoming an important factor but not the only one that determines happiness levels. Emotional resilience, a result of coping strategies, cultural traditions, and religious beliefs, connects positive experiences with emotion and general happiness. In addition, religion and spirituality play a significant part in Nigerian life, exerting an influence on the emotional experiences as well as happiness of individuals via the medium of practices related to religion, spiritual beliefs, and the engagement of communities in religious activities. Researchers also investigate gender disparities in happiness; finding shows that both men and women experience pleasure in unique ways. As an example, women may gain satisfaction from their families and the connections they have with other people, while men may place a greater emphasis on their economic accomplishments and their social position. To gain a comprehensive understanding of happiness in Nigeria, it is necessary to address challenges such as the country's cultural diversity, economic inequality, and mental health complications.

A variety of variables, including cultural, societal, economic, and individual factors, determine the level of happiness and emotional experiences that people in Nigeria have. Because of the large number of distinct cultures, languages, and faiths in this country, there is an extensive variety of emotional manifestations and avenues for enjoyment. Collectivism and cultural influences include collectivism, which emphasizes family, community, social interactions, and faith traditions that provide emotional support and a sense of purpose. The optimism is two traits that are often associated with Nigerians (Agbo, Nzeadibe & Ajaero, 2012). These traits may be helpful in navigating adversity and maintaining emotional stability. A variety of economic issues, such as joblessness, price hikes, and political instability, can cause stress and worry.

However, one typical way to deal with these challenges is to find pleasure in the smallest of things and keep hope alive. Social support, which encompasses extended family and community relationships, provides emotional support through the celebration of milestone goals (Agbo, Nzeadibe & Ajaero, 2012). The youthful population of Nigeria carries with it a propensity towards optimism and inventiveness, as well as a tendency towards energy and vibrancy, all of which have the potential to favourably affect emotional experiences.

Personal success, well-being, and knowledge of mental health are all things that fall under the category of individual variables. The exuberant festivals and festivities that take place in Nigeria are manifestations of the country's communal delight and cultural pride. Music and dance, particularly Afrobeat and traditional dance, provide significant platforms for expressing feelings and finding satisfaction. Humor and laughter frequently serve as coping methods in social relationships. Happiness, including emotional experiences, is, in general, intricately connected to the country's cultural values, social interactions, and the people's ability to persevere in the face of a variety of hardships in Nigeria.

IMPLICATIONS AND THE WAY FORWARD

A number of elements, including cultural values, economic considerations, interaction with others, traditional beliefs, urban versus rural experiences, and understanding of mental health, all have a role in determining the level of happiness that exists in Nigerian culture. The cultural values of Nigeria place a strong emphasis on the importance of society as a whole family, and social interactions, which may result in more pleasant emotional experiences as well as encouragement for individuals. The stability of the economy is essential for mental wellness, and the imbalances that exist in Nigeria may have an impact on both happiness as well as emotional resilience. In order to maintain one's emotional well-being, it is necessary to have social support, especially from relatives and the community. A person's perspective and experience of happiness may also be influenced by traditional beliefs and activities, such as social customs as well as religious traditions. It is possible that urban locations give greater

opportunity for economic development and social activities, whilst rural places may provide communities that are more closely linked with traditional support networks. It is also possible for happiness experiences and leadership to be affected by raising knowledge about mental health practices. By gaining an understanding of these characteristics, one may get insights into the ways in which happiness impacts emotional experiences and the ways in which many aspects of Nigerian life shape the emotional well-being of individuals on a daily basis.

Predicting positive outcomes in various aspects of life, including mental wellness, physical well-being, and overall lifespan, is a crucial factor that underscores the significance of happiness. Positive emotions are associated with improved health and lifespan, as well as increased satisfaction and stronger coping abilities. Furthermore, they improve resilience, which helps with stress management and the ability to recover more quickly when faced with challenges. Individuals who are happier have a tendency to have lower amounts of cortisol, which is a stress hormone that remains in the body over time. When they participate in healthy behaviours, such as consuming vegetables and fruits and engaging in regular physical activity, they have a greater probability of being successful. Happier emotional states are also associated with improved immunity, which in turn reduces the probability of experiencing illness on a more frequent basis.

In Nigeria, social cohesiveness and collective resilience are both contributed to by the country's rich cultural legacy and strong communal relationships, which are both examples of cultural strength. Nigeria's future is dependent on the country's ability to effectively handle these multifaceted difficulties via the implementation of social reforms, economic diversification, and effective governance. For the purpose of ensuring long-term stability and prosperity, it is essential to make investments in education, infrastructure, and healthcare, in addition to making measures to increase security and minimize corruption. Taking immediate and necessary actions by the government to

confront these problems head-on while maintaining openness and accountability is not forthcoming and this has added to the hardship situation in the country. Stabilizing the economy, bringing inflation under control, and putting in place policies that promote sustainable growth are all very important but these measures are still lacking or too slow in their implementations.

Additionally, it is essential to provide direct assistance to the most vulnerable members of society in order to relieve suffering and restore hope and increase happiness. In the absence of a cohesive economic policy, the administration is just adding gasoline to the fire of dread and uncertainty that is gripping millions of people. For instance, the Nigerian authorities need to confront the realities of unemployment, price inflation, and the rising costs of living head-on. In addition, accountability and openness are of the utmost importance. With the help of a wide range of projects and non-governmental organisations, the government and non-governmental organisations should strive to find solutions to these problems. In contrast to non-governmental organisations (NGOs), which focus on humanitarian help, development initiatives, and advocacy for rights for humans and social justice, social programmes should provide assistance to needy people by means of cash transfers and job programmes. In addition, the resilience of the community is readily apparent, with grassroots movements and local organisations playing an essential part in the provision of assistance and the cultivation of optimism.

CONCLUSION

The findings of this research have revealed that religious and cultural settings produce emotional reactions that significantly influence the level of pleasure and happiness people in Nigeria experience. Religious practices and beliefs play a significant role in determining an individual's emotional well-being as well as their overall level of happiness. Religious activities and the support from their immediate community often mediate people's emotional reactions and their sense of pleasure in Nigeria. Accordingly, by incorporating religious

concepts into techniques to enhance emotional well-being could boost the effectiveness of happiness-enhancing therapies. Government, mental health experts, and community leaders can design ways to encourage happiness that are more culturally appropriate and effective if they acknowledge and include the role that religion plays in emotional experiences. By recognizing and appreciating the religious components of emotional well-being, leaders can develop more complex and effective tactics to increase overall happiness and fulfilment in human life. This analysis demonstrates that happiness, when seen from a religious point of view, is not only about experiencing joyful feelings; rather, it is about living a life that is in accordance with spiritual ideals and principles, which ultimately results in a more profound and long-lasting sense of well-being. However, future studies should continue to investigate these characteristics, taking into account Nigeria's changing socio-cultural context, to better assist people in achieving higher happiness and emotional well-being.

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