

1. Record Nr.	UNINA9911039321803321
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Titolo	Beyond the Smile : The Happiness Equation in Context, Work, and Practice // edited by Tanusree Dutta, Allen Joshua George
Pubbl/distr/stampa	Singapore : , : Springer Nature Singapore : , : Imprint : Springer, , 2025
ISBN	981-9667-59-3
Edizione	[1st ed. 2025.]
Descrizione fisica	1 online resource (382 pages)
Collana	Behavioral Science and Psychology Series
Disciplina	152.42
Soggetti	Positive psychology Quality of life Positive Psychology Quality of Life Research Psicologia positiva Psicologia del treball Benestar Meditació Llibres electrònics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Contextualising Happiness: Beyond the smile -- Philosophy of Happiness Through the Lens of Bhagavad-Gita and Srimad-Bhagavatam -- Study on the Causal Relationship Between Values and Happiness -- An Exposition of Happiness in the Context of Positive Psychology and Indian Psychology -- Understanding the Determinants of Happiness Among Young Adults -- Science of Individual Peace: A System Dynamics Model -- Decoding Spiritual Happiness in Poetry: An Analytical Study of the Selected Poems of John Keats -- Exploring Resilience and Psychological Well-being among the Transgender Community in India -- Bhutan's GNH: Exploring Bliss Beyond Materialism in the Land of Dragons -- Impact of Music on Happiness -- Do Musicians Perceive Happiness Differently? An EEG-based Neuro-psychological Exploration -- Do Exams and Fests Affect College Students' Emotions? A Case Study Using Sentiment Analysis Approach on Social Media Data -- Happiness in Learning Space (Schools) --

Exploring Sleep and Happiness Among Indian Undergraduate Students:
A Cross-Sectional Study -- Happiness Equation for Employees &
Consumers: Beyond the smile -- Factors Influencing Flow at Workplace:
A Study on University Faculties in Bangalore -- Beyond the Smiles:
Investigating the Emotional Intelligence Factors Shaping Employee
Happiness -- Evolving Trends of Happiness at the Workplace Owing to
the COVID-19 Crisis -- The Impact of Virtuous Organizational Practices
on Flow at Work Among Kitchen Employees in Bengaluru -- The Impact
of Virtuous Organizational Practices on Flow at Work Among Kitchen
Employees in Bengaluru -- Unveiling Happiness at Work: A Conceptual
Paper -- An Empirical Study to Identify Experiential Marketing Facets
for Customer Delight -- An Empirical Study to Identify Experiential
Marketing Facets for Customer Delight -- High Performance Work
System and Turnover Intentions in Hospitality and Tourism: Examining
the Mediating Role of Employee Happiness -- Fast Food Restaurants:
Shift from Catchlines to Consumer Happiness -- Nurturing Happiness:
Beyond the smile -- The Science of Sensory Engagement: Emergence,
Recurrence, and Reformation -- Mindful Pottering and Time Affluence
Among Students: A Qualitative Investigation -- Elevating Happiness
Through Mindfulness: An In-depth Systematic Literature Review.

Sommario/riassunto

The volume provides a comprehensive understanding of the conceptual and practical implications of happiness. It is a synthesis of cutting-edge research and real-world strategies by authors from diverse disciplines, including psychology, sociology, philosophy, neuroscience, spirituality, education, literature, arts, and music. It offers a glimpse into the science and practice of happiness by exploring positive psychological variables such as mindfulness, emotional intelligence, physical rest, flow, bliss, psychological well-being, spiritual happiness, and workplace happiness. This volume is a valuable resource for anyone interested in the pursuit of happiness, combining rigorous scientific inquiry with practical wisdom to guide readers on their journey toward a joyful and meaningful existence.
