

The Study of Effective Factors and Strategies for Improve Happiness in Illam

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Introduction

Existing facts denote that happiness is not in an appropriate state in Iran and Illam province, while nowadays happiness is one of the most important elements of development and welfare and crucial factor in social order too. Current research tried to study and identify effective factors on happiness in Illam province and make some recommendations to increase it. After review of literature and identify the most effective variables on happiness in previous researches, the theoretical debates have been studied and categorized in philosophical, religious and scientific (sociology and psychology) fields. There are three general approaches in social sciences and psychology including cognitive, social and critical that address happiness. Current research was based on social approach. It has three subcategories that theoretical framework has been formulated based on them: collective behaviors (Durkheim's approach), cultural and historical characteristics (Inglehart's theory) and institutional processes (Giddens's approach).

Materials and Methods

Methodologically, current research was a mixed design that has been conducted in exploratory design. In first step, qualitative method has been implemented. The data gathered by semi-structured interviews and analyzed by thematic analysis. Then, the metric has been designed for survey. In qualitative section, the participants are 48 who have been chosen by purposive sampling. They have been consisted of two groups: ordinary people (36) and experts & researchers (12). In quantitative section, the multi-stage cluster sampling has been used and sample size has been 744. The quantitative data have been analyzed by SPSS statistical software and presented at two descriptive and inferential levels. Maxwell's model of validity including descriptive, interpretive and theoretical validity has been used in qualitative section. In quantitative part, validity has been examined by face validity. Reliability has been confirmed using Cronbach's alpha coefficient.

Discussion of Results and Conclusions

The main identified themes that have been drawn are four including: First, happiness as liberty which has two sub-themes: negative liberty (being free from any unpleasant factor that is preventive of peace and good life) and positive liberty (having necessary facilities for pursuit goals and priorities of life). The Second theme

is happiness as adjustment which means harmony and fitness between subjective and objective conditions of life. Third, happiness as life satisfaction or positive evaluation of life, and the forth one is happiness as power that being able to accept and dealing with troubles and unpleasant affairs and their negative consequences. In addition, the results of statistical analysis show that the relationship between such variables as social trust, wealth, ontological security, social integration, religiousness and kinship relations with happiness has been indirect. Anomie has had an inverse effect on happiness. The findings of path analysis show that amongst variables that have been studied, social trust has strongest impact on happiness. It could be said that due to decrease of social trust, social integration and kinship relations have been weaken and anomie has increased. Anomie, in turn, leads to decrease in ontological security. The final result of this cycle is decrease in happiness.

Based on findings, six general strategies have been formulated to improve happiness, including economic and expanding welfare strategy, reconstruction of community, educational strategy, the management of urban spaces, develop of sport facilities and complexes, and political development. In sum, regarding to such criteria as efficiency, effectiveness, popular acceptance, enforceability and fiscal & budget issues, it seems that "reconstruction of community" could be the best and

most important strategy for making policies to improve happiness in Ilam province. This strategy has been operational in three recommendations including strengthen social integration, recover and rejuvenate tradition and rehabilitate social gaps.

Keywords: Happiness, Development, Welfare, Ilam, Social Trust, Social Integration.

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