

The Influence of Optimism on the Happiness and Life Satisfaction of Young Adults

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Abstract: *In the recent times with the growing human realm there is lot of disturbances in the peace and fulfilled working. In order to restore it is suggested that more happiness should be ensured for a human being. Happiness is alive as long as the human civilization is and in the changing time people tend to be more easily stress out thereby increasing the rates of sadness, anger and depressed individuals. The people who have more of a positive outlook to their lives are more prone to be happy as the studies suggested. These individuals are termed as Optimistic people and hence they also score high on the scales of the satisfaction they have in their lives*

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