

QUESTION NO. 01

PRECIS WRITING

The Psychological Causes of Unhappiness

Unhappiness stems from various psychological causes, but a common factor is deprivation of normal satisfaction of youth. It leads individuals to overvalue a single source of satisfaction. Modern individual feels entirely unsatisfied, seeking temporary relief rather than genuine happiness. They mistakenly pursue happiness through misguided means. Many unhappy individuals take pride in their misery believing it reflects wisdom and enlightenment. This mindset has persisted throughout in world history where people disillusioned by past enthusiasms assume life holds no deeper meaning.

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The Psychological causes of unhappiness, it is clear, are many and various. The typical unhappy man is one who having been deprived in youth of some normal satisfaction, has come to value this one kind of satisfaction more than any other, and has, therefore, given to his life a one-sided direction, together with a quite undue emphasis upon the achievement as opposed to the activities connected with it. A man may feel so completely thwarted and remains unhappy as he seeks no form of satisfaction due to some social reasons. They always find some temporary solution to seek happiness and believe that happiness is possible, though they may adopt mistaken means of achieving. Very few men, I believe, will deliberately choose unhappiness if they see a way of being happy. I do not deny that such men exist, but they are not sufficiently numerous to be important. It is common in our day, as it has been in many other periods of the world's history, to suppose that those among us who are wise have seen through all the enthusiasms of earlier times and have become aware that there is nothing left to live for. The man who holds this view are genuinely unhappy, but they are proud of their unhappiness, which they attribute to the nature of the universe and consider to be the only rational attitude for an enlightened man.