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## **HAPPINESS HORMONES AND THEI IMPACTS ON MENTAL HEALTH**

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Hormones are biochemical substances that regulate and control physiological functions in the body; it effects on emotions, feelings, and mental health. Mental health is defined as a state of health in which a person realizes his or her abilities, can cope with the normal pressures of life, can

act effectively, and participate in the affairs of his or her community as a healthy person. Happiness means having positive feelings, Life satisfaction, Social interaction, and goals in life. Happiness also means health or mental wellbeing. The main purpose of this research is to study the hormones of happiness and its role in mood, emotions, and mental health. The method used in this research is a descriptive study that has been used to collect information from the library method using new and valid scientific books, articles, dissertations, and useful scientific websites. The findings of this study show that serotonin, oxytocin, dopamine, melatonin, endorphins, estrogen, progesterone, and testosterone are the important hormones of happiness that play a constructive and important role in happiness and sadness, mood and humor, health and lack of mental health

**Happiness hormones:** Hormones are important chemicals substances in the body that are secreted by the endocrine glands and transported through the blood to various organs. These substances are responsible for transmitting messages from the brain and control the health and function of various organs. Klein and Rosmanit [2016] write in the book *Hormones and the Endocrine System* that: Hormones are involved in various functions of the body such as eating, sleeping, sexual desire, birth, as well as emotions and feelings. Emotions such as happiness, sadness, irritability, anger, etc. are often associated with hormones. Therefore, the disorder in the secretion of these substances not only affects physical health but also affects the human spirit and emotions. Feeling happy is just one of the things that hormones are responsible for, and many of the things you do in your daily life affect the condition of your hormones. Metabolism, reaction to injury, stress levels, and reproduction are some of the things that regulates by endocrine system. Hormones are the messengers that control many of the body's functions. They are involved in regulating our physical and mental health. Mansouri [2019] wrote that different organ of the body work together to provide the desired function. However, some things can be done to help with this process. Serotonin, dopamine, and endorphins are three hormones that play a role in human happiness and well-being. Humans react differently when faced with different situations. The different emotions we experience are the result of chemical reactions that take place inside our bodies. The hormones that are released in our body may make us feel good or feel bad. Stimulating hormones that inject good emotions into you is a good way to deal with pain and feel good. The human body is usually in two states: war or flight (sympathetic) and rest and digestion (parasympathetic). Due to the various daily stresses, the human body is usually in a state of spasm, and we must stimulate hormones that lead the body to parasympathetic states to relax

**Happiness:** Machado & Tavares[2015] stated that, Happiness can be defined as a basic feeling that is defined as a steady-state with a lack of negative emotions. It means the existence of positive emotions: Life satisfaction; Social interaction and goals in life. Another concept that has been widely used to define happiness in the literature is mental health. Rahman, 2016 wrote that happiness is an important factor in improving a person's well-being and mental health. When a person is mentally healthy, he can cope better with a difficult situation. Because research shows that mental health is the biggest factor and the most effective factor for happiness and happiness. Therefore, happiness can increase a person's mental health and a person can enjoy a satisfying and successful life. Shafiq. Naz, and Ansar [2015] also found that there is a positive and significant relationship between happiness and mental health. The findings also show that there is a significant gender difference in terms of happiness and mental health among young people.

**Mental health:** Aggarwal & Sriram [2018] explained in their article that; mental health is defined as a state of health in which a person realizes their abilities, can cope with the normal pressures of life, can act productively and effectively, and participate as a healthy person in the affairs of their community. Mental health means emotional and psychological health, in a way that a person can use his thinking and abilities, function in society, and meet the normal needs of daily life. Preventing the emergence of mental illness and improving the mental environment of Basic mental health needs are considered. A person who can overcome the usual pressures of daily life and have an independent life can be introduced as a person with mental health, Health, temperament, and appearance that we often do not think about unless we have a physical or mental



illness. Hormones affect emotions and factors related to the human lifestyle, and paying attention to them can help to have a healthy lifestyle in humans.

Happiness hormones Kleine & Rossmanith have written in the book of Hormones and Endocrine: Hormones are biochemical substances that regulate the body's metabolism. Everything depends on them: health, mood, and appearance, Hormones affect emotions and factors related to the human lifestyle, and paying attention to them can significantly contribute to a healthy lifestyle in humans [2]. Hormones are transferred from the secretory organ to the target organ using blood. Some hormones require a special vehicle for this transport. However, most hormones travel through the bloodstream without a vehicle. During transport, hormones are prone to enzymatic analysis [1]. To achieve the inappropriate concentration of the target organ, many hormones are released by the coordinated action of many cells.

Lehrer [2007] writes in the book Principles of Stress Management: Mental health experts believe that happiness and the feeling of enjoyment are associated with changes in the chemical structure of the body, but can we say that whether hormones are responsible for creating happiness in the body? The regulation of the happiness hormone largely depends on people's lifestyle and outlook. In people with depression, the secretion of this hormone is reduced to a minimum [3]. Many antidepressants also affect these hormones, but taking these medications will not have much effect without changing thinking. It has also been shown that during exercise, stress decreases, and relaxation increases, which is directly related to hormonal changes in the body.

Dfarhud, Malmir & Khan Ahmadi [2014] found that: Research in neuroscience and psychiatry shows that happiness is associated with changes in the human brain and nervous system. of neurotransmitter they release. Neurotransmitters that can affect happiness are serotonin, norepinephrine, and dopamine [6]. For this reason, most medications prescribed for depression alter the serotonin production system and try to break the cycle of sadness and grief by increasing this substance. Neuroscience studies have shown that certain parts of the brain (such as the amygdala, hippocampus, and limbic system) and neurotransmitters, dopamine, serotonin, norepinephrine, and endorphins) play a role in controlling happiness. Several other studies have suggested the role of cortisol and adrenaline (adrenal glands) and oxytocin (pituitary gland) in controlling happiness [5].

Hormones affect emotions and factors related to the human lifestyle so that if a person has a low level of happiness, that person will still be able to choose and achieve happiness by stimulating happiness hormones. Happiness hormones help to enjoy life [8].

In this discussion, we will study and assess a number of important and effective hormones that help the human body and soul to cope with difficult situations and give us happiness, vitality, and peace. Happiness hormones help people Contrary to public belief, however, these changes are not related to hormones, but to neurons and the type enjoy life. To have a good life, we must always have them in our selves.[13] Generally we can name a list of hormone that have key role on happiness in human body. They are: serotonin, dopamine, oxytocin, melatonin, endorphin, estrogen, progesterone, testosterone, norepinephrine.

The main purpose of the current research is to study and scientific assessment of the role of happiness hormones in mental health.

Sub-objectives.

1. Introducing the types of important hormones that play an effective and significant role in human mood, happiness, and vitality.

2. A scientific study of the physiological mechanism of happiness hormones and its effect on mood, emotions, feelings, and mental health.

3. Study of the role and effect of happiness hormone in lifestyle and social relationships.

4. Finding important ways and methods to increase and stimulate the production of happiness hormones in the body.

5. The effects of reducing happiness hormones on the mental health, mood, feelings, and emotions of individuals

The research method used in this study is descriptive research that has been used to collect the necessary data and information using the library method and written sources, books, articles, and scientific treatises. The researcher has also tried to use reputable scientific websites and doctrinal theories, experts, professionals, and theories of former experts on the physiological function of hormones, the role of happiness hormones in mental and emotional health, to further clarify the issue.

Happiness hormones play a constructive and graceful role in regulating and controlling our mood and mental health. Hormones affect emotions and factors related to the human lifestyle, and paying attention to them can significantly contribute to a healthy lifestyle in humans. Serotonin, also known as the happiness hormone, is responsible for transmitting information to the brain, improving sleep quality, and having a calming effect. Serotonin regulates mood, prevents depression. Dopamine is a hormone that is related to the reward and pleasure centers of the brain and is related to motivation, memory, attention, and concentration and is released when a person moves towards a goal. Oxytocin is one of the most important happiness hormones, also known as the love hormone, which reduces stress and increases social interactions. This hormone brings family members closer together, increases love between couples and parents and children. Melatonin is an anti-aging hormone and is known as the body clock. This hormone regulates sleep at night and disturbs the day and night, severely affecting melatonin secretion. Endorphins are known as analgesic hormones, which reduce pain and prevent anxiety and have a calming effect. Estrogen is a female sex hormone that is secreted by the gonads and prevents stress and keeps a person's mood constant. Progesterone improves sleep quality and prevents anxiety, irritability and mood swings. The main methods that can stimulate the production of happiness hormones in the body are:

1. The use of psychiatric drugs such as fluoxetine and sertraline that doctors consider increasing happiness related neurotransmitters.

2. Consumption of nuts, salmon, blueberries, dark chocolate, avocado, vanilla, and lemon tea are some of the fruits that are significantly effective in stimulating the production of happiness hormones.

3. Repetition of natural daily activities such as: Spending time outdoors, exercise, meditation, gratitude, trying to achieve a goal, doing new things, remembering happy memories laughter, using pleasant scent, massage, sleep, sharing interests, hugging, listening music and learning are the most important methods that play a significant role in stimulating the production of happiness hormones and mental health improvement.

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