

Human Right As a Tool to Bring Social Happiness

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Abstract

Born out of the atrocities and enormous loss of life during World War II, the United Nations Universal Declaration of Human Rights was signed in 1948 to provide a common understanding of what everyone's rights are. It formed the basis for a world built on freedom, justice and peace. These rights are known as Human Rights. Human rights principles hold up the vision of a free, just, and peaceful world and set minimum standards for how individuals and institutions everywhere should treat people. Human Rights is thus a dynamic concept. It aims at eliminating unjust discrimination against any human being. These rights are based on the principle of human solidarity, cooperation, and development. Happiness is a state of mind that cannot be defined in words. It is a belief, an idea, a theory. Happiness is desirable in itself and never for the sake of something else. Happiness then is something final and self-sufficient. Without social justice or human rights, there can be no happiness. It is the duty of every nation to create such laws and conditions that protect the basic Human rights of its citizens. India being a democratic country provides such Human Rights to its citizens to bring about satisfaction and happiness.

This paper intends to study the awareness of human rights and the impact of the human rights on human happiness. It also intends to analyse the impact of Government initiatives to bring human happiness through human rights.

Keywords

Human Right, Happiness.

1. Introduction

"I do not want to think in terms of the whole world. My patriotism includes the good of mankind in general. Therefore my service to India includes the services of humanity."

Mahatma Gandhi

The rights of man have been the concern of all civilizations from time immemorial. The concept of the rights of man and other fundamental rights was not unknown to the people of earlier periods. The Babylonian Laws and the Assyrian laws in the Middle East, the "Dharma" of the Vedic period in India and the jurisprudence of Lao-Tze and Confucius in China, have championed human rights throughout the history of human civilization.

Since the days of the Indus Valley Civilization, Indian culture has been the product of a synthesis of diverse cultures and religions that came into contact with the enormous Indian sub-continent over a very long stretch of time. As Jawaharlal Nehru said, there is "an unbroken continuity between the most modern and the most ancient phases of Hindu thought extending over three thousand years." The Indian concept perceives the individual, the society and the universe as an organic whole. Everyone is a child of God and all fellow beings are related to one another and belong to a universal family.

2. Human Rights

All human beings are born free. In order to live with dignity certain basic rights and freedoms are necessary which all human beings are entitled to. These basic rights are called Human Rights.

In India Section 2 (1)(d) of "the Protection of Human Rights Act, 1993, defines the Human Rights in the following way:

"Human rights" means the rights relating to life, liberty, equality and dignity of the individual guaranteed by the constitution or embodied in the International Covenants and enforceable by courts in India."

The term 'Human Rights' is thus a dynamic concept. It demands recognition and respect for inherent dignity to ensure that everyone is protected against abuses which undermine their dignity and give the opportunities they need to realize their full potential free from discrimination. It aims at eliminating unjust discrimination against any human being. These rights are based on the principle of human solidarity, cooperation, and development and access of all to the common heritage of humankind.

3. Happiness

“Happiness is the meaning and the purpose of life, the whole aim and end of human existence.” **Aristotle**

One essential standard for living is being able to be happy. More than anybody else, Aristotle enshrines happiness as a central purpose of human life and a goal in itself. A question arises as to what is Happiness? Happiness is but a belief, an idea, a theory. According to Plato, happiness is an end, an end result of all the things a person does. Everything everyone does is for a reason, to achieve something else. And Plato believes that the “something else is happiness” A happy man, Aristotle would say, is the man who has everything he really needs. He has those things which he needs to realize his potentials. In realizing his potentials he achieves happiness. That is why Aristotle says that the happy man wants nothing.

Happiness is a state of mind that cannot be defined in words. People perceive happiness in entirely different way. In her 2007 book *The How of Happiness*, positive psychology researcher Sonja Lyubomirsky describes happiness as “the experience of joy, contentment, or positive well-being, combined with a sense that one’s life is good, meaningful, and worthwhile.”

Psychologist Ed Diener, author of *Happiness: Unlocking the Mysteries of Psychological Wealth*, describes happiness as “subjective well-being” as a combination of life satisfaction and having more positive emotions than negative emotions.

Martin Seligman, one of the leading researchers in positive psychology and author of *Authentic Happiness*, describes happiness as having three parts: pleasure, engagement, and meaning. Pleasure is the “feel good” part of happiness. Engagement refers to living a “good life” of work, family, friends, and hobbies. Meaning refers to using our strengths to contribute to a larger purpose.

Thus happiness is that state of mind which allows you to be optimistic, to see the good in people, and to be productive. Happiness is desirable in itself and never for the sake of something else. Happiness then is something final and self-sufficient. This leads Aristotle to his definition of the happy life as a life made perfect by the possession of all good things such as wealth, friendship, knowledge, virtue. All these are constituent parts of happiness. And Happiness is the whole good of which they are component parts. That is how happiness is related to all other goods.

4. Government and Happiness

The care of human life and happiness is the first and only legitimate object of good government.

An essential role of all democratic government is to support and encourage activities that contribute to the social good, for example in maintaining law and order or providing healthcare. Government policies directly affect people's lives in many areas and so by taking people's wellbeing into account, policy makers should be better able to identify factors that contribute to, or adversely affect, wellbeing - and make decisions that aim to deliver measurable improvements in people's quality of life. Without social justice or human rights, there can be no happiness. It is the duty of every nation to create such laws and conditions that protect the basic Human rights of its citizens. India being a democratic country provides such Human Rights to its citizens to bring about satisfaction and happiness.

5. Human Rights in India

The analysis of the human rights in India should be made from two perspectives:

1. The legal dimension of Human Rights
2. The Socio-Economic dimension of Human Rights

5.1 The Legal Dimension of Human Rights in India

5.1.1 Fundamental Rights

After independence, the constitution of India was formulated with a guarantee of fundamental rights and freedom. In conformity with the United Nations Declaration of Human Rights, Part III of the Indian Constitution provides six types of Fundamental Rights. They are:

1. Right to Equality
2. Right to freedom
3. Right against Exploitation
4. Right to Freedom of Religion
5. Cultural and Educational Rights
6. Right to Constitutional Remedies.

These Rights are Fundamental in Three Different Ways

1. These are basic human rights. As human beings we have the right to enjoy these rights.
2. Our Constitution gives us these fundamental rights and guarantees. These rights are necessary for the citizens of our country to act properly and live in a democratic manner.
3. The procedure for the effective enforcement of these guaranteed Fundamental Rights has been mentioned in the constitution itself. Every citizen of India has the right to move to a court of law if he/she is denied these rights.

5.1.2 Human Rights Act and Other Enactments

- India has also enacted the protection of Human Rights Act in 1993 and
- Constituted the National Human Rights Commission,
- The State Human Rights Commission in different States and Human Right Courts.
- Right to Information act was passed in 2005.

5.2 The Socio-Economic Dimension of Human Rights

In India, all citizens are entitled to enjoy the privilege of human rights. Several initiatives have been undertaken in India for the greater protection of the women, children and certain other groups of the society such as:

1. Sati Practice has been prohibited in India.
2. The minimum age for marriage has been fixed by law. A boy below the age of 21 and a girl below the age of 18 cannot marry.
3. Child Labor (below the age of 14) is prohibited in factories, and mines.
4. Right to education has been accepted as a fundamental right in India. The Right of Children to Free and Compulsory Education Act was passed in 2009.
5. Dowry System has been prohibited by law. The Dowry Prohibition Act was passed in 1961.
6. The Protection of Women from Domestic Violence Act was passed in 2005 to protect women from domestic atrocities.

6. Research Methodology

Research is a systematic investigation into and study of materials and sources in order to establish facts and reach conclusions. A welfare state means a society that has created a system of protecting people against the insecurities of everyday life. The purpose of this research paper is to explore the possibilities of happiness under the legal framework.

6.1 Need and Objective of Present Study

1. To study the awareness of Human Rights.
2. To study the impact of the Human Rights on Human Happiness.
3. To analyse the impact of Government initiatives to bring human happiness through human rights.

6.2 Research Type

This research paper is exploratory research. Limited knowledge about area in the field of research implies exploratory research to gain a better understanding of the subject of research area.

For the exploratory purpose survey of concerning literature method has been undertaken.

To complete the micro study the following elements were utilized:

1. Selection of sample
2. Preparing questionnaire
3. Data collection and tabulation
4. Data Analysis

6.2.1 Selection of Sample

The population for this study was the entire gamut of people residing in Allahabad.

The method of sampling undertaken was Mixed or Stratified Random Sampling.

The sample consists of:

1. Working Women
2. Illiterates
3. House Wives
4. Students
5. Working Males

A sample of 25 respondents was analysed using descriptive statistics. Analysis parameters were derived from the questionnaire.

Types of Data Used

1. **Primary Data:** From Questionnaire
2. **Secondary Data:** From various sources

6.2.2 Preparing Questionnaire

Keeping the research objectives in view a questionnaire was framed. The questionnaire framed was a closed form questionnaire of fact. Total 16 parameters were included.

1. Main source of happiness in one's life.
2. Can Government contribute to one's happiness?
3. Awareness of Human Rights.
4. Liberty to speak brings happiness.
5. Social security brings happiness.
6. Power to take action against child labour brings social security.
7. Right to take action against sexual harassment brings social security.
8. Power to take action against domestic violence brings social security.
9. Dowry Deaths create insecurity among women.
10. Honor killing create insecurity in the society.
11. Human Rights lead to human satisfaction.
12. Environmental Policies of the government brings satisfaction.
13. Right to take action against organ transplant brings social security.
14. Right to take action against human trafficking brings social security.
15. Right to information gives satisfaction.
16. Satisfaction leads to happiness.

6.2.3 Data Collection

Data has been collected on five point Likert Scale, ranging from Strongly Agree to Strongly Disagree.

While interpreting the result, Strongly Agree and Agree was assigned score Zero and Strongly Disagree and Disagree was assigned score one.

Then aggregate percentage of one and zero was calculated to find out the direction of the response i.e. whether majority inclined toward agree (zero) or disagree (one).

Again on the question relating to awareness Totally Aware was assigned one, Partially Aware was assigned two and Unaware was assigned three.

6.2.4 Data Tabulation and Analysis

Data collected was tabulated and analysed in two parts.

1. To study the awareness of human rights and to analyse the impact of Government initiatives to bring human happiness through human rights.
2. To study the impact of the Human Rights on Human Happiness.

6.2.4.1 To Study the Awareness of Human Rights and to Analyse the Impact of Government Initiatives to Bring Human Happiness Through Human Rights.

Group 1 Working Women (Age Group: 26-43)

Parameters		Respondents				
		1	2	3	4	5
1	Awareness about Human Rights	2	2	2	1	1
2	Government as a source of Happiness	0	0	0	0	0
3	Government can bring Happiness	0	0	1	0	1
4	Social Security brings Happiness	0	0	0	0	0
5	Human Rights leads to Satisfaction	0	0	0	X	0
6	Satisfaction brings Happiness	0	0	0	0	0

Data Interpretation:

1. a. 40% are fully aware of Human Rights.
1. b. 60% are partially aware of Human Rights.
2. 100% believe government is NOT a source of Happiness.
3. 40% believe government can bring Happiness.

4. 100% believe social security brings Happiness.
5. 100% believe HR leads to satisfaction.
6. 100% believe satisfaction leads to Happiness.

Group 2
Illiterates (Age Group: 26-43)

Parameters		Respondents				
		1	2	3	4	5
1	Awareness about Human Rights	3	3	3	3	3
2	Government as a source of Happiness	0	0	0	0	0
3	Government can bring Happiness	1	1	0	1	1
4	Social Security brings Happiness	1	0	0	X	X
5	Human Rights leads to Satisfaction	X	1	1	X	X
6	Satisfaction brings Happiness	1	0	0	0	0

Data Interpretation

1. 100% are unaware of Human Rights.
2. 100% believe government is NOT a source of Happiness.
3. 10% believe government can bring Happiness.
4. 20% believe social security brings Happiness.
5. 0% believe Human Rights leads to Satisfaction.
6. 90% believe Satisfaction leads to Happiness.

Group 3
Housewife (Age Group: 26-43)

Parameters		Respondents				
		1	2	3	4	5
1	Awareness about Human Rights	2	1	1	1	2
2	Government as a source of Happiness	0	0	0	0	0
3	Government can bring Happiness	0	0	0	1	1
4	Social Security brings Happiness	X	0	0	0	0

5	Human Rights leads to Satisfaction	0	0	0	0	0
6	Satisfaction brings Happiness	X	0	0	0	0

Data Interpretation

1. a. 60% are fully aware of Human Right.
1. b. 40% are partially aware of Human Right.
2. 100% believe government is NOT a source of Happiness.
3. 60% believe government can bring Happiness.
4. 90% believe social security brings Happiness.
5. 100% believe Human Right leads to Satisfaction.
6. 100% believe Satisfaction leads to Happiness.

**Group 4
Students (Age Group: 18-20)**

Parameters		Respondents				
		1	2	3	4	5
1	Awareness about Human Rights	2	2	2	2	1
2	Government as a source of Happiness	0	0	0	0	0
3	Government can bring Happiness	0	0	0	0	0
4	Social Security brings Happiness	0	0	0	0	0
5	Human Rights leads to Satisfaction	0	0	0	0	0
6	Satisfaction brings Happiness	0	0	0	0	0

Data Interpretation

1. a. 20% are fully aware of Human Rights.
1. b. 80% are partially aware of Human Rights.
2. 100% believe government is NOT a source of Happiness.
3. 100% believe government can bring Happiness.
4. 100% believe social security brings Happiness.
5. 100% believe Human Rights leads to Satisfaction.
6. 100% believe Satisfaction leads to Happiness.

**Group 5
Working Male (Age Group: 30-50)**

Parameters		Respondents				
		1	2	3	4	5
1	Awareness about Human Rights	2	2	2	2	1
2	Government as a source of Happiness	0	0	0	0	0
3	Government can bring Happiness	0	0	0	0	0
4	Social Security brings Happiness	0	0	0	0	0
5	Human Rights leads to Satisfaction	0	0	0	0	0
6	Satisfaction brings Happiness	0	0	0	0	0

Data Interpretation

1. a. 20% are fully aware of Human Rights.
1. b. 80% are partially aware of Human Rights.
2. 100% believe government is NOT a source of Happiness.
3. 100% believe government can bring Happiness
4. 100% believe social security brings Happiness.
5. 100% believe Human Rights leads to Satisfaction.
6. 100% believe Satisfaction leads to Happiness.

Final Conclusion

Parameters		Respondents Group					Avg.
		1	2	3	4	5	
1a	Fully aware of Human Rights	40%	0%	60%	20%	20%	28%
1b	Partially aware of Human Rights	60%	0%	40%	80%	80%	52%
1c	Unaware of Human Rights	0%	100%	0%	0%	0%	20%
2	Government is not a source of Happiness	100%	100%	100%	100%	100%	100%

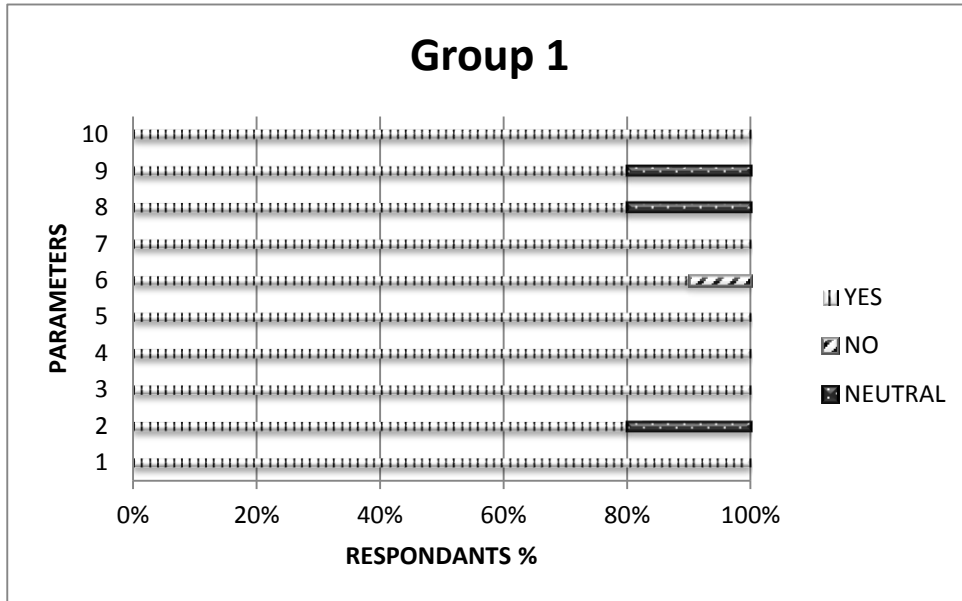
3	Government can bring Happiness	40%	10%	60%	100%	100%	62%
4	Social security can bring happiness	100%	20%	90%	100%	100%	82%
5	Human Right leads to satisfaction	100%	0%	100%	100%	100%	80%
6	Satisfaction leads to happiness	100%	90%	100%	100%	100%	98%

6.2.4.2 Data Tabulation and Analysis to Study the Impact of the Human Rights on Human Happiness

Group 1

Working Women (Age Group: 26-43)

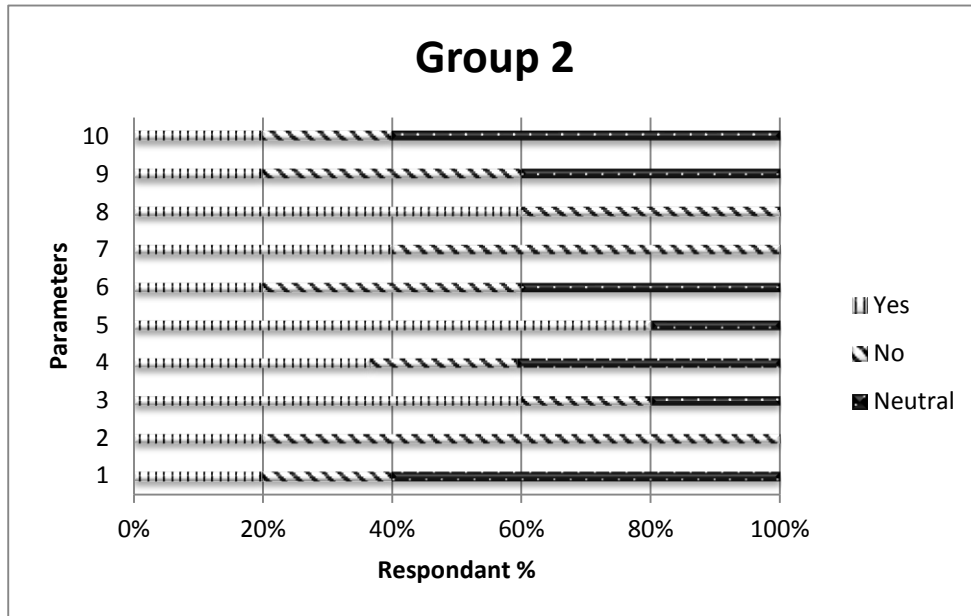
Parameters		Respondents				
		1	2	3	4	5
1	Liberty to speak brings Happiness	0	0	0	0	0
2	Power to take action against child labour brings social security	0	0	X	0	0
3	Right to take action against sexual harassment brings social security	0	0	0	0	0
4	Power to take action against domestic violence brings social security	0	0	0	0	0
5	Dowry deaths create insecurity in the society	0	0	0	0	0
6	Honour killing creates insecurity in the society	0	0	0	1	0
7	Environmental policies of the government brings satisfaction	0	0	0	0	0
8	Right to take action against human trafficking brings social security	0	0	0	X	0
9	Right to take action against organ transplant brings social security	0	0	0	X	0
10	Right to Information gives satisfaction	0	0	0	0	0



Group 2
Illiterates (Age Group: 26-43)

Parameters		Respondents				
		1	2	3	4	5
1	Liberty to speak brings Happiness	1	X	X	0	X
2	Power to take action against child labour brings social security	1	0	1	1	1
3	Right to take action against sexual harassment brings social security	1	X	0	0	0
4	Power to take action against domestic violence brings social security	0	X	0	1	0
5	Dowry deaths create insecurity in the society	0	0	0	1	0
6	Honour killing creates insecurity in the society	X	X	1	1	0
7	Environmental policies of the government brings satisfaction	X	X	1	1	X
8	Right to take action against human trafficking brings social security	0	0	1	1	0

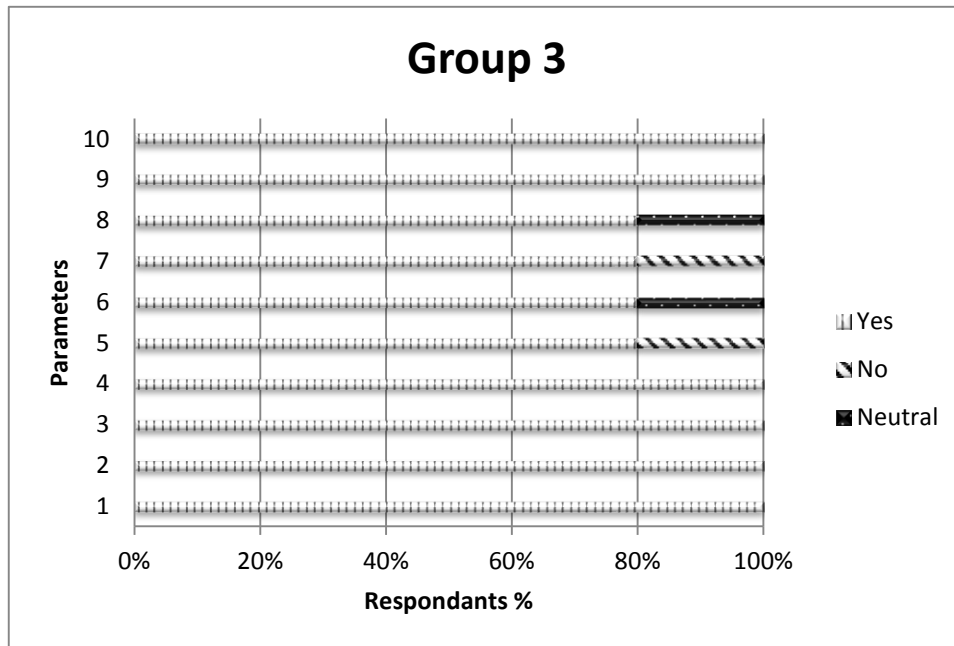
9	Right to take action against organ transplant brings social security	0	X	1	1	X
10	Right to Information gives satisfaction	X	X	0	1	X



Group 3
Housewife (Age Group: 26-43)

Parameters		Respondents				
		1	2	3	4	5
1	Liberty to speak brings Happiness	0	0	0	0	0
2	Power to take action against child labour brings social security	0	0	0	0	0
3	Right to take action against sexual harassment brings social security	0	0	0	0	0
4	Power to take action against domestic violence brings social security	0	0	0	0	0
5	Dowry deaths create insecurity in the society	0	0	1	0	0

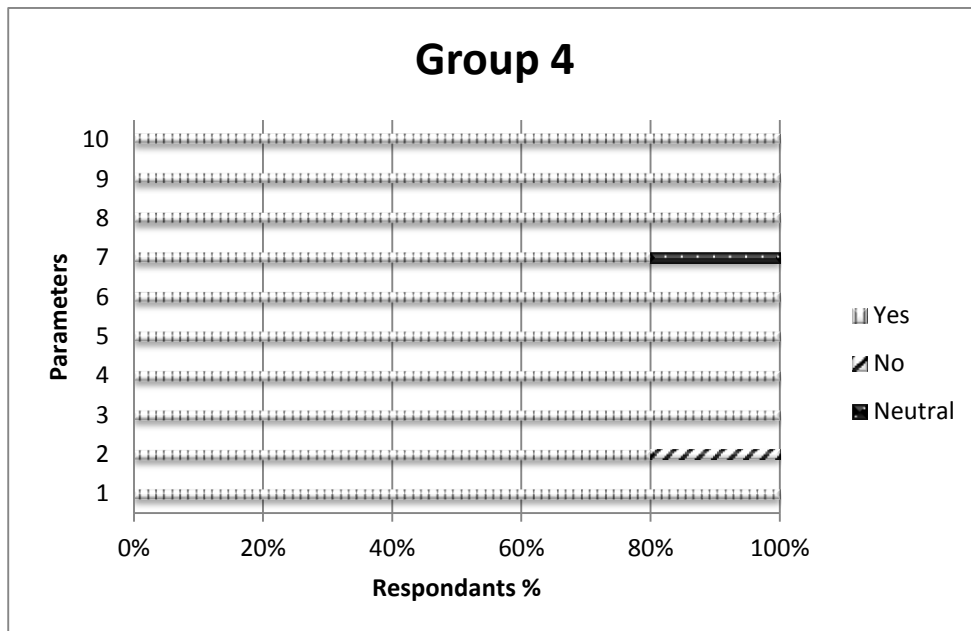
6	Honour killing creates insecurity in the society	0	0	0	0	X
7	Environmental policies of the government brings satisfaction	0	0	0	1	0
8	Right to take action against human trafficking brings social security	0	0	0	X	0
9	Right to take action against organ transplant brings social security	0	0	0	0	0
10	Right to Information gives satisfaction	0	0	0	X	0



Group 4
Students (Age Group – 18-20)

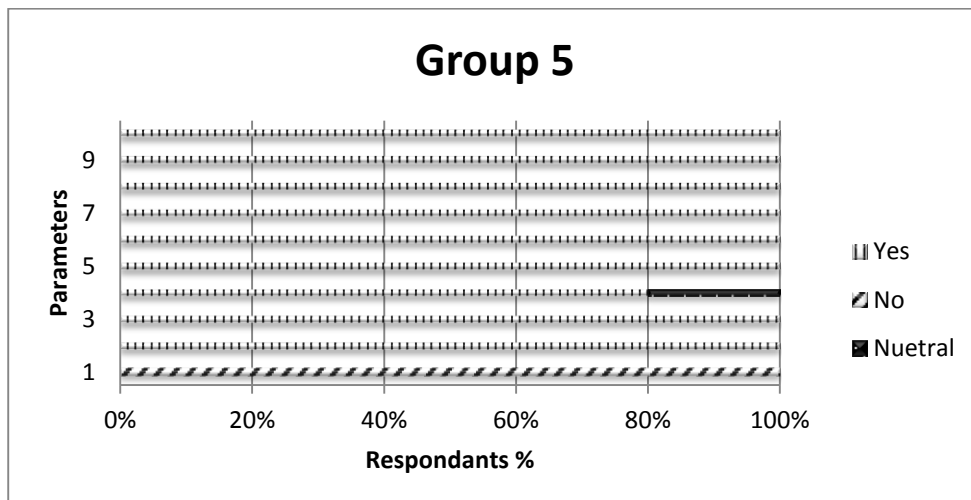
Parameters		Respondents				
		1	2	3	4	5
1	Liberty to speak brings Happiness	0	0	0	0	0
2	Power to take action against child labour brings social security	0	X	0	0	0

3	Right to take action against sexual harassment brings social security	0	0	0	0	0
4	Power to take action against domestic violence brings social security	0	0	0	0	0
5	Dowry deaths create insecurity in the society	0	0	0	0	0
6	Honour killing creates insecurity in the society	0	0	0	0	0
7	Environmental policies of the government brings satisfaction	0	0	X	0	0
8	Right to take action against human trafficking brings social security	0	0	0	0	0
9	Right to take action against organ transplant brings social security	0	0	0	0	0
10	Right to Information gives satisfaction	0	0	0	0	0



Group 5
Working Male (Age Group: 30-50)

Parameters		Respondents				
		1	2	3	4	5
1	Liberty to speak brings Happiness	0	0	0	0	0
2	Power to take action against child labour brings social security	0	0	0	0	0
3	Right to take action against sexual harassment brings social security	0	0	0	0	0
4	Power to take action against domestic violence brings social security	0	0	1	0	0
5	Dowry deaths create insecurity in the society	0	0	0	0	0
6	Honour killing creates insecurity in the society	0	0	0	0	0
7	Environmental policies of the government brings satisfaction	0	0	0	0	0
8	Right to take action against human trafficking brings social security	0	0	0	0	0
9	Right to take action against organ transplant brings social security	0	0	0	0	0
10	Right to Information gives satisfaction	0	0	0	0	0



Conclusion

Parameters		Respondent Groups		
		Yes	No	Neutral
1	Liberty to speak brings Happiness	84%	4%	12%
2	Power to take action against child labour brings social security	76%	16%	8%
3	Right to take action against sexual harassment brings social security	92%	4%	4%
4	Power to take action against domestic violence brings social security	88%	8%	4%
5	Dowry deaths create insecurity in the society	92%	8%	0%
6	Honour killing creates insecurity in the society	76%	12%	12%
7	Environmental policies of the government brings satisfaction	72%	12%	16%
8	Right to take action against human trafficking brings social security	84%	12%	4%
9	Right to take action against organ transplant brings social security	80%	8%	12%
10	Right to Information gives satisfaction	80%	4%	16%

7. Conclusion and Recommendations

After analyzing the data and making logical interpretation it has been concluded that selected Government initiatives (parameters) have significant impact on human happiness.

It was found that

1. a. 28% Are fully aware of human rights.
1. b. 52% Are Partially aware of human rights.
1. c. 20% Are Unaware of human rights.
2. . 100% Believe government is NOT a source of Happiness.
3. . 62% Believe government can bring Happiness.
4. . 82% Believe social security brings Happiness.
5. . 80% Believe Human Rights leads to Satisfaction.
6. . 98% Believe Satisfaction leads to Happiness.

Again it was found that

1. 84% believe Liberty to speak brings happiness.
2. 76% believe Power to take action against child labour brings social security.
3. 92% believe Right to take action against sexual harassment brings social security.
4. 88% believe Power to take action against domestic violence brings social security.
5. 92% believe Dowry death create insecurity among women.
6. 96% believe Honor killing creates insecurity in society.
7. 72% believe Environmental policies of the Government brings satisfaction.
8. 84% believe Right to take action against human trafficking brings social security.
9. 80% believe Right to take action against illegal organ transplant brings social security.
10. 80% believe Right to information gives satisfaction.

Thus, majority believe that Government can bring happiness through its Human Right initiatives. As it was found in the research that society is not completely aware of human rights recommendations has been derived from the respondents on same issue i.e. they want Government to increase the awareness of Human Rights.

Besides This Following Recommendations Have Been Received

- Measures should be taken for controlling corruption.
- Proper action should be taken against those violating human rights.
- Public opinion should be taken at the time of policy formulation.
- Proper action should be taken against those who are involved in malpractices.
- Government should take initiatives for emotional empowerment.
- Government should take initiatives for empowerment of women.
- Proper law and order to be maintained for implementing human rights.
- Government should provide financial incentive to women.
- Government should execute policies properly.
- Government should ensure security and safety to the human right activist.

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