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## **HAPPINESS AND EDUCATION SYSTEM**

**Abstract.** This study examines the relationship between education and student well-being, emphasizing how educational practices, assessment methods, and school culture influence life satisfaction. Findings suggest that student-centered learning environments, holistic curricula, and supportive teacher-student relationships significantly enhance emotional and psychological well-being. The paper advocates for integrating well-being as a core educational goal to foster both academic success and long-term happiness.

**Keywords:** Education, Educational frameworks, Happiness, Student Well-Being, Holistic education, Learning environment

A vital component of human existence, happiness and its relationship to education are topics of growing scholarly study. This study looks at how different educational frameworks affect students' general life satisfaction and well-being. An article determines important factors that influence students' emotional and psychological well-being by examining recent research, including instructional tactics, assessment methods, and school corporate culture. The results show that creative curricula, positive teacher-student relationships, and educational systems that prioritize holistic development greatly increase student satisfaction. The study emphasizes how important it is to make well-being a primary educational objective in order to guarantee not only academic achievement but also resilience and long-term fulfillment.

Although education is important for a person's personal and professional growth, its effects go beyond career preparedness and cognitive abilities. A basic human goal is to find happiness, and creating productive learning settings requires an awareness of how education affects well-being. (C., Morris, I., & White, M. et.al., 2024). This article looks at ways to integrate well-being into academic frameworks and investigates how educational practices affect students' satisfaction.

According to research, strict, assessment-based learning approaches may cause students to feel more stressed and less motivated (Seligman et al., 2009). On the other hand, learning settings that are experiential and student-centered, like the Finnish educational system, have been linked to higher levels of intrinsic motivation and student satisfaction (OECD, 2018).

Student involvement and long-term enjoyment are greatly increased when the curriculum fosters independence, creativity, and teamwork (Ryan & Deci, 2000).

**Important Elements Affecting Contentment in Educational Pedagogy:** Inquiry-based and experiential learning are two examples of interactive, student-driven learning approaches that improve engagement and self-motivation, both of which are closely related to happiness (Fredrickson, 2001).

**Evaluation Techniques:** Students' mental health suffers and anxiety is increased when standardized testing is used excessively. A more encouraging learning environment is produced by utilizing a variety of evaluation strategies, such as formative tests and peer review (UNESCO, 2024)

**Study Climate:** Students' general well-being is greatly enhanced by a welcoming and inclusive learning atmosphere where they are treated with respect and feel supported (Durlak et al., 2021).

Policymakers should take into account the following to encourage happiness in education:

- Including wellness initiatives that prioritize stress reduction, emotional intelligence, and mindfulness.
- Implementing alternate evaluation techniques and moving away from overly extensive standardized testing.
- Improving lecturers preparation programs to make student involvement and emotional support a priority.
- Promoting educational settings that encourage individuality, creativity, and social engagement.

In conclusion, a successful educational system should put students' emotional and psychological health first in addition to imparting knowledge. Happiness and contentment throughout life can be greatly increased by implementing student-centered lecturers, a variety of assessment methods, and supportive school environments. Longitudinal studies should be investigated in future research to evaluate the long-term effects of educational reforms that prioritize well-being.

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