

Fear of Happiness: Description, Causes and Prevention

Mutluluk Korkusu: Tanımı, Nedenleri ve Önlenmesi

İmran Elmas¹, Özlem Çevik²

¹Sakarya University, Sakarya

²Van Yüzüncü Yıl University, Van

ABSTRACT

Studies in mental health is to increase the positive emotions of the person and to reduce the negative emotions, beliefs and thoughts. Especially after positive psychology, many studies have been carried out to ensure that individuals have positive emotions. However, in recent studies, it has been determined that individuals avoid not only negative emotions but also positive emotions. Thus, you suppress your positive emotions because of fear of happiness. The individual's beliefs and cultural values also affect mental health. The person is afraid of being happy because of these beliefs and cultural values. Fear of happiness is the avoidance of happiness. When people believe that unhappiness will come immediately after happiness or that the environment will be harmed after being happy, fear of happiness occurs. Fear of happiness harms both the mental health and social relations. Moreover, fear of happiness is associated with alexithymia, anxiety, stress, fear of compassion, antisocial, cognitive distortions related to relationships, panic disorder and especially depression. It is extremely important to know and define the fear of happiness for an effective treatment interventions. Fear of happiness rests in maladaptive schemas in early life, not meeting their needs warmly and sincerely in childhood, punishing them when they experience positive emotions, and growing up in a family with unhealthy family patterns. In this study, it is aimed to define fear of happiness, to determine the protective and risk factors, to determine the causative factors, to explain the related concepts, and so to raise awareness about fear of happiness.

Keywords: Fear of happiness, fear of compassion, positive psychology

ÖZ

Ruh sağlığı alanında yapılan çalışmaların temeli kişinin olumlu duygularını artırmaya ve olumsuz duygularını, inançlarını ve düşüncelerini azaltmaya dayanır. Özellikle pozitif psikolojiye olan ilginin artmasıyla bireylerin pozitif duygulara sahip olmasını sağlamak için birçok çalışma yapılmıştır. Fakat son zamanlarda yapılan araştırmalarda bireylerin sadece negatif duygulardan değil, pozitif duygulardan da kaçındığı tespit edilmiştir. Bu nedenle birey mutlu olmaktan çekindiği için pozitif duygularını bastırabilmektedir. Kişinin, bireysel ve toplumsal anlamda sahip olduğu inanç ve kültürel değerler de ruh sağlığını etkilemektedir. Kişi sahip olduğu inanç ve kültürel değerlerden dolayı mutlu olmaktan korkmaktadır. Mutluluk korkusu, genel olarak bireyin mutluluktan hemen sonra mutsuzluğun geleceğine veya mutlu olduktan sonra kendisine veya çevresine zarar geleceğine inandığı için mutluluktan kaçınmasıdır. Mutluluk korkusu, kişinin hem ruh sağlığına hem de toplumsal ilişkilerine zarar vermektedir. Bunun yanında mutluluk korkusu alekstim, kaygı, stres, merhamet korkusu, antisosyal, ilişkilerle ilgili bilişsel çarpıtmalar, panik bozukluğu ve özellikle depresyon gibi sorunlarla ilişkilidir. Bu alanda yapılacak tedavi müdahalelerinin etkili ve verimli olabilmesi için mutluluk korkusunu bilmek ve tanımlamak son derece önemlidir. Mutluluk korkusunun temelinde erken yaşam dönemlerinde uyumsuz şemaların geliştirilmesi, çocukluk döneminde sıcak ve samimi bir şekilde gereksinimlerinin karşılanmaması, pozitif duyguları yaşadığında cezalandırılması ve sağlıklı olmayan aile örüntülerine sahip bir ailede büyümesi gibi nedenler yatmaktadır. Bu çalışmada mutluluk korkusunun tanımının yapılması, koruyucu ve risk faktörlerinin belirlenmesi, mutluluk korkusuna neden olan faktörlerin tespit edilmesi, ilişkili kavramlarının açıklanması ve bu şekilde mutluluk korkusunun ruh sağlığı alanında öneminin vurgulanması amaçlanmıştır.

Anahtar sözcükler: Mutluluk korkusu, merhamet korkusu, pozitif psikoloji

Introduction

Although happiness is thought of as an emotional state that everyone desires, it is very difficult to talk about a universal desire for happiness. Culture and religion in particular affect how happiness is understood. This makes it difficult to define and study happiness (Lambert et al. 2019). Although philosophers debated the nature of happiness thousands of years ago, scientists have recently found that happiness means different things (Allen 2020) Because different ideas are put forward among different disciplines on how to make people happy.

Address for Correspondence: İmran Elmas, Sakarya University, Institute of Educational Sciences, Sakarya, Türkiye

E-mail: imranelmas30@gmail.com

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According to economists, high income and consumption make people happy, while according to sociologists, people can be happy depending on their social capital, and according to psychologists, individuals can be happy depending on the state of their personality and mental health (Arslan 2018). Factors related to a person's perceptions of happiness, how happy they are, and what their expectations from life affect that person's state of happiness.

The concept of happiness consists of positive affect (highly pleasant experiences) and low levels of negative affect (less unpleasant experiences), satisfaction with a particular life, and satisfaction with life as a whole (Deci and Ryan 2006, Bhardwaj 2020). Happiness, in general, is the totality of positive emotions that make a person feel good and give him /her pleasure. According to another definition, happiness is the highest good and ultimate motivation for human action (Diener 2009).

While the importance of happiness seems obvious, people's beliefs and assumptions about happiness can be quite complex. Because happiness is thought of in many different dimensions and the way it is interpreted varies greatly among individuals (Wong and Yuen 2023). While some people may regard happiness as very important to them, others may avoid being cheerful because they think it may cause undesirable consequences. However, some reasons for believing that some happiness-related relationships should be disliked or avoided appear to be more universal and influence most cultures to some degree (Joshanloo and Weijers 2013). Therefore, the individual may avoid the happiness he /she experiences, and this happiness the individual experiences may be accompanied by fear.

It is not easy to assess whether fear of happiness is a pathology; Because the cultural aspect of the fear of happiness is quite dominant, and in Eastern cultures, the fear of happiness can also be considered as a result of being virtuous. For example, in our culture, where beliefs constitute an important area, the belief that laughing too much is not considered reasonable and that undesirable and negative situations may occur is widely prevalent (Elmas 2021). The underlying reasons for this fear may be the negative experiences that children have had in the family, especially since childhood, and due to some cultural and beliefs the suppression of the expressing emotions of children having fun by adults. Therefore, individuals may not be able to experience the pleasure of happiness and may not be able to express it. For this reason, it is thought that research on defining the fear of happiness, which is a relatively new concept in the literature, knowing its causes, and understanding the underlying reasons for fear of expressing positive emotions, will be useful in protecting mental health. In this review, it is aimed to define the concept of fear of happiness, determine the protective and risk factors, identify the causative factors, explain the related concepts and thus raise awareness about the fear of happiness. The study was carried out by synthesizing the information obtained from studies in the field of fear of happiness by scanning national and international databases.

Definition

Fear of happiness, also known as Cherophobia, is a type of phobia that means consciously avoiding different positive emotions or experiences lead to happiness (Sheldon et al. 2010). The fear of happiness basically refers to the belief that happiness is a harbinger of bad things to come (Gilbert et al. 2012, Sarı and Çakır 2016, Togo and Caz 2019, Joshanloo 2023). In other words, it represents the belief that a bad event will happen right after happiness. Therefore, the happiness experienced by the person is accompanied by fear, and the person's state of pleasure can be replaced by fear (Elmas 2022). An individual who experiences fear of happiness cannot enjoy positive emotions such as joy and happiness. The reason for this is that he /she associated these emotions with the negative consequences of his /her previous experiences (Gilbert et al. 2012). As a result, beliefs such as "When I am happy, I think bad things to happen to me" or "We laughed so much, something will happen to me" come out. Therefore, people may react differently to being happy because they believe that happiness is followed by unhappiness. These reactions appear as interventions to suppress or extinguish positive emotions (Demirci et al. 2016). Furthermore, in addition to fear of happiness, there is also a hesitation about experiencing and expressing happiness (Gilbert et al. 2014, Türk et al. 2017). Just because a person avoids happiness does not mean that he /she is unhappy. The person is simply afraid of being cheerful and expressing this because of the worry that he / she will experience a negative situation after being happy. For example, it can manifest itself in cultural learning in daily conversations such as "we laughed so much, something will happen to us." Therefore, before considering the fear of happiness as a pathology, it is important and necessary to know the cultural elements. In collective cultures, where the well-being of the group comes before the well-being of the individual and is important (Markus and Kitayama 1991), hiding one's individual happiness and fear of showing it is a cultural reflection rather than a pathology.

Symptoms

Fear of happiness is defined as the state of resisting one's demand for pleasure, which is one of the basic motivators of the person, and feeling afraid of achieving pleasure, and is called Chrophobia (Sheldon et al. 2010). It is possible to say that the fear of happiness, defined as a type of phobia, is usually caused by previous traumatic experiences, like other types of phobia. Its main symptom is an attempt to avoid being happy and cheerful. Its symptoms can mostly be observed as irregular heartbeats, anxiety, restlessness, and shortness of breath (Lambrou 2014). As a matter of fact, fear of happiness is considered an anxiety disorder by some psychiatrists (Nall and Legg 2017). Individuals who experience fear of happiness are more submissive in their social relationships and tend to suppress their emotions more (Gilbert et al. 2014, Ekşi et al. 2020). They also show a more antisocial and maladaptive nature (Özkan 2020). Likewise, when they are happy, they cannot experience happiness and deny their feelings. On the other hand, when an individual is cheerful, he / she believes that harm will come to himself /herself and his /her environment. Because of this belief, he /she isolates himself/herself from society and tries to stay away from human relations (Joshanloo 2023). The individual who experiences fear of happiness believes that unhappiness will come right after happiness, and that being cheerful or laughing is a characteristic of irresponsible people. As a result, the individual experiences more problems in social relationships (Yıldırım and Belen 2018), feels more negative emotions (Amiri et al. 2019), resorts to more cognitive distortions in his relationships, and may experience more psychological fragility (Elmas 2022). Knowing the protective factors that prevent the emergence of fear of happiness and the risk factors that facilitate it are as important for mental health as knowing the symptoms caused by the fear of happiness.

Protective Factors and Risk Factors

People who have a high tendency to take risks and explore new ideas and are individually goal-oriented have higher life satisfaction levels and are less likely to avoid happiness (Muhtar 2016, Agbo and Ngwu 2017). Therefore, goal-oriented studies that enable individuals to discover new ideas and the powerful resources are protective factors. It has also been found that individuals in healthy relationships resort to less fear of happiness (Esin Gulel and Çağlar 2019, Elmas 2021). Therefore, it is possible to say that an individual's having healthy relationships and communicating effectively with those around him /her are the important protective factors. On the other hand, as the education level of the parents increases, the fears of individuals regarding happiness decrease (Özen 2019, Elmas 2021). In light of these findings, the education level of the parent is another important protective factor. Those who have a fear of happiness are less satisfied with their lives (Gulel and Çağlar 2019, Tekke and Özer 2019). In addition, the fear of happiness negatively affects subjective and psychological well-being (Demirci et al. 2016, Tekke and Özer 2019) and the level of hope (Tekke and Özer 2019). In addition, problems such as alexithymia, anxiety, stress and especially depression are more common in individuals who have a fear of happiness (Gilbert et al. 2012, Lyvers et al. 2023). So, all these situations are risk factors that develop the fear of happiness.

Factors Leading to Fear of Happiness

Fear of happiness can be thought of as a dysfunctional belief system reduces positive emotions and causes negative emotions (Joshanloo 2023). Ellis claimed that this belief system is people's irrational beliefs or attitudes as the main factor affects meaningful emotional reactions and causes emotional disturbances (Ellis 1957). That's why, the basis of these fears lies in some non-rational, negative thoughts. We acquire these irrational beliefs, which are the product of our experiences, from the people around us since our childhood, and we develop unrealistic, irrational beliefs about them. Because of these irrational beliefs, we begin to develop fears regarding happiness. There are various reasons supporting the belief in fear of happiness (Joshanloo et al. 2014). These beliefs are based on two basic factors. These; It is the fear of being happy and the fear of the consequences of happiness (Amiri et al. 2019).

Fears about happiness may emerge differently depending on the perspectives of societies. These; that happiness is not always valid, that society's cultural values and beliefs attempt to prevent and restrict happiness, that being happy causes bad situations to occur, that being cheerful is reserved for bad people, and that happiness is a situation to be feared (Joshanloo and Weijers 2013). It has been found that fear of happiness is caused by some possible causes that occur in early childhood. Fear of happiness can be caused by a child being warned or punished when he or she has a positive emotion at an early age, growing up in a family that does not have healthy family patterns, feeling guilty for having fun in the presence of a sick family member, or developing early maladaptive schemas (Gilbert et al. 2014, Ekşi et al. 2020). Likewise, their positive emotions cause negative emotions in individuals whose needs cannot be met in a warm and sincere manner (Amiri et al. 2019). Especially

in Eastern cultures, the glorification of sadness and the viewing of a suffering person as more valuable and burdensome has caused people to control and suppress happiness. In addition, some people think that seeking or expressing happiness is a bad behavior because they see cheerfulness as a characteristic of undesirable and bad people (Çevik 2020). In contrast, for some societies, sadness is associated with personal depth. A serious and deep person is often described as a sad person, while a happy person is someone who cannot feel the tragedy in his life, is unnecessary, stupid, talkative, rude, etc. He can be seen as someone with personality traits. Western culture and psychology treat happiness as a personal concept. Therefore, it recognizes that an individual's joy does not directly occur (but may be affected) by the success, health, or psychological well-being of others (Joshanloo and Weijers 2013).

In Western cultural contexts, happiness is interpreted as being maintained through individual efforts and achieved through internal dynamics (Ekşi et al. 2020). In this interpretation, happiness in western culture is experienced more individually and can be seen as a personal success. On the other hand, the concept of happiness in Eastern culture is interpreted as a situation that includes collective values rather than individual values. Because in the Eastern cultures, the concept of happiness cannot be considered independently of the traditions, family dynamics and customs of the society (Elmas 2021). Some studies indicate that happiness is valued less in Eastern cultures than in Western cultures. This is explained by reference to opposing cultural views on the value of certain emotions, including happiness (Eid and Diener 2001). For example, in a study conducted on Taiwanese and American students' views on what happiness is, most American participants accepted happiness as the highest value and highest goal of their lives, while Taiwanese participants did not make such a statement (Lu and Gilmour 2004). Another study conducted in the United States found that Asian Americans had a greater fear of happiness than European Americans (Muhtar 2016). In these findings, it can be said that non-Western cultures have less positive views about happiness. Therefore, it is possible that being raised in a culture that does not value happiness leads to the development of negative attitudes towards cheerfulness. In Turkey, people believe that smiling or laughing loudly can make others jealous. Thus, they are trying to block happiness in order to protect themselves from evil eyes (Türk et al. 2017). Religious beliefs embedded in such cultural beliefs also appear to directly affect happiness (Lambert et al. 2019). It is thought that cultural values such as the evil eye, existing beliefs in society regarding this issue and some religious values may be the underlying reasons for the fear of happiness.

Prevention and Treatment Methods

Dysfunctional beliefs underlie fears about happiness. Therefore, helping individuals re-evaluate and change their maladaptive beliefs about happiness may be an important component of treatment, including positive psychological interventions and therapeutic techniques aimed at improving overall mental well-being (Joshanloo 2018). Likewise, studies have found a negative relationship between positive emotions and fear of happiness (Togo and Caz 2019). Therefore, carrying out studies to improve people's positive emotions play important roles in treating people's fear of happiness. Taking the cultural factor into consideration by researchers and developers is an important factor that increases the likelihood of success of the study (Lu and Gilmour 2004). However, it is important to keep in mind that there are cultural differences in people's perceptions of avoiding or seeking happiness, and these cultural differences need to be taken into account when evaluating a belief as rational or irrational (Joshanloo 2023). A treatment method based on recent research on decreased positivity has been developed by Craske et al. (2016). These treatments, called Positive Affect Treatment, consist of modules that include both planning to engage in pleasurable activities and activity planning to enjoy these activities. In addition, after a 14-week positive psychology intervention (PPI) program conducted by Lambert et al. (2019) for university students from 39 different countries, there were significant decreases in the fear of happiness and belief in the fragility of happiness in the intervention group, which was maintained at 3-month follow-up. There has been a significant increase in the level of life satisfaction. Reductions in beliefs were not seen in the control group (Lambert et al. 2019). Therefore, it can be partially attributed to participating in a positive psychology intervention program and learning positive psychology concepts in general. Therefore, it is thought that studies on positive psychology are effective in reducing the fear of happiness. Another treatment method for fear of happiness is the exposure technique and Socratic questioning technique, commonly used with the Cognitive Behavioral Therapy approach. Thanks to these practices, which are common in most phobias, the individual can learn to control his/her fears, eliminate the negative thoughts he/she associates with happiness, and change the dysfunctional schemas he/she formed in early life. By taking step by step through exposure and Socratic questioning techniques, one can see being happy does not actually cause any harm.

Related Concepts

Fragility of Happiness

Fragility of happiness in general; It is defined as feelings of happiness being short-lived and easily turn into less favorable situations and feelings (Joshanloo et al. 2014). Likewise, it expresses ambivalence regarding the positive value of happiness and the pursuit of happiness (Joshanloo 2018). Individuals experiencing fragile happiness believe that happiness is a temporary situation, cannot be controlled, depends on external causes, and cannot be achieved as a result.

Fragility of happiness arises from the fact that individuals come from a collective cultural structure and the personality characteristics of individuals (Wong and Yuen 2023). In a study conducted with women in India; It has been determined that happiness is temporary and therefore happiness is underestimated by women. Because they believe that only children are unaware of life's troubles and can experience happiness (Menon 2012).

Fragility of happiness is seen as dysfunctional, irrational and unhelpful thoughts about happiness. In this respect, it is similar to beliefs about the fear of happiness. Although fragile happiness is similar to fear of happiness, it differs empirically. For example, while fragile happiness is associated with the nature of happiness, fear of happiness is often associated with the value and deceptions of happiness (Joshanloo 2019). Fragile happiness includes the belief that happiness is temporary, unnecessary and cannot be controlled; The fear of happiness is the belief that sadness is experienced along with joy or that negative situations are experienced after happiness.

Externality of Happiness

From ancient times to the present, people around the world have believed that all developments in the world, including the happiness of humankind, are largely governed by fate, luck and gods. This happiness is believed to be both mysterious and beyond human control by the rulers. Because of this belief, some people may feel that they have no control over their happiness (Wong and Yuen 2023). The concept of externality of happiness, which has recently entered the literature on happiness, is based on the belief that happiness cannot be controlled because it depends on external causes. Externality of happiness can be defined as the degree to which people perceive their level of happiness as beyond their control and often dependent on external factors (Joshanloo 2017). Luck, fate and life situation are considered the most common external factors that determine happiness. Since this belief includes the belief that happiness cannot be achieved as a result of individual efforts and initiatives, and that one can only be happy or unhappy due to external reasons, the person does not make any effort to be happy or cannot enjoy it when happy. However, attribution of happiness to external factors can vary considerably from person to person and from culture to culture. Therefore, it may be necessary to focus on people's cognitive beliefs about the sources of happiness (Joshanloo 2017). Externalities of happiness are cognitive tendencies related to the extent to which individuals perceive their behavior to affect their life outcomes. As a matter of fact, Joshanloo (2017) argues that having a belief in external happiness stems from people's perceived lack of control over their happiness. Accordingly, individuals who are not aware of their happiness-related cognitions and do not control them may view life more negatively and enjoy life less. In fact, studies have found that external happiness is negatively related to life satisfaction and self-esteem, and positively related to fear of happiness (Yildirim et al. 2018). In addition, in Arslan's (2021) study on the mediating role of psychological disorders and well-being in the relationship between the externality of happiness and fear of happiness; As the fragility and fear of happiness increases, the individual's psychological disorders also increase, and as a result, the individual's level of well-being decreases.

Fear of Compassion

Fear of compassion was first put forward by Rockliff et al. (2008) and is similar to the fear of happiness in a way. Fear of compassion, just like fear of happiness, avoids positive emotions due to certain beliefs. In general, a person hesitates to show mercy to himself and those around him. Because the person sees this as a weakness or a threat. Fear of compassion, in general, is the individual's fear of negative emotions and situations that he/she may experience due to being compassionate towards others or himself/herself (Çevik and Tanhan 2020). According to another definition, fear of compassion is the individual's avoidance of being compassionate towards others and himself/herself because he/she sees it as an inability to be compassionate or receive compassion (Whetsel 2017). Like the fear of happiness, the fear of compassion is also considered a disorder, and are two interrelated concepts that negatively affect the well-being levels of individuals. Individuals who have

fears about compassion often criticize themselves, are cruel to themselves, are restless, see themselves as weak in many areas, and often experience psychological problems (Çevik and Tanhan 2020). In addition, these individuals experience more coldness towards themselves, self-criticism, insecure attachment, depression and anxiety (Gilbert et al. 2011). Individuals who have a fear of compassion may see compassion as a weakness or a threat to themselves, especially due to the negative experiences they had during childhood. Likewise, because they view compassion as a pitiful situation towards themselves, they believe it to be a weakness that makes them more vulnerable to pain.

Alexithymia

The concept of alexithymia originates from Greek and has been translated into our language as "lack of words for emotions" and "loss of words". The individual experiencing alexithymia is not aware of the emotions he/she experiences. The person is not conscious of the emotions he/she is experiencing and has difficulty expressing his/her feelings. An individual experiencing alexithymia may experience problems in social life because he/she cannot establish and express a connection between emotions and thoughts. Thus, it can cause people around them to perceive them as cold, insensitive and dull (Karaismailoğlu et al.). Alexithymia is defined as the difficulty an individual has in recognizing, distinguishing, noticing and expressing his/her emotions (Koçak 2002). Alexithymia generally means not being aware of one's own emotions. The individual does not know what emotions he/she is experiencing. He/she cannot express what he/she is experiencing and how he/she feels. In addition, they cannot distinguish the emotional and the physical discomforts and cannot express them verbally. However, he/she uses monotonous and simple words such as "relief and discomfort" to express his/her feelings. Therefore, the individual cannot express his/her own emotions and may also have difficulties in understanding the emotions of others. Thus, the individual's inability to fully experience his/her emotions and his/her inability to express his/her own emotions can significantly negatively affect his/her communication skills. Alexithymia is also affected by social and cultural factors, such as fear of happiness. Because cultural value also has an important place in expressing emotions. While emotions can be expressed easily in Western culture, emotions are not expressed easily in Eastern culture and can be hidden. In alexithymia, the individual does not express his/her emotions because they are not conscious of them, whereas in fear of happiness, they avoid expressing their emotions out of concern that they will experience negative situations when they express them. Therefore, it is possible to say that these two concepts are similar and related to each other. As a matter of fact, studies have found that there is a significant positive relationship between fear of happiness and alexithymia (Gilbert et al. 2012, Yıldırım and Aziz 2017, Lyvers et al. 2023).

Fear of Positive Emotions

Experiencing positive emotions and recalling associated memories is a powerful strategy for emotion regulation. Because remembering positive emotions increases the positive impact on the individual, repairs the individual's mental state and reduces negative emotions (Isen 1985). Some researchers have suggested that positive emotions generally help people broaden their perspectives, develop their resources, and cope with negativities, which in turn have numerous effects on cognitive and social processes (Fredrickson et al. 2003). However, this does not mean that people can always enjoy these emotions. As a matter of fact, some people avoid experiencing positive emotions because they are afraid of experiencing them. The ability to experience positive emotions or remember these emotions varies among individuals. For example, depressed people generally focus more on negative emotions rather than focusing on positive emotions. For this reason, depressed people experience more negative emotions and are afraid of experiencing positive emotions. (Gilbert et al. 2012). In a study conducted by Vanderlind et al. (2017); It has been found that individuals with high depressive symptoms exhibit less emotion restoration when recalling positive memories and are more afraid of positive emotions. In this study, it is also found that fear of positive emotions is associated with depression and difficulties in regulating emotion when recalling positive memories. The fear of positive emotions is generally based on some taboos and dysfunctional beliefs, just like the fear of happiness. Generally, in both of them; It is based on reasons such as the child's early development of maladaptive schemas, unhappiness experienced in the family, and the child's belief that happiness is not his or her right (Gilbert et al. 2012, Vanderlind et al. 2017).

Conclusion

Happiness is the whole of positive emotions that make an individual feel good and give him/her cheerfulness and pleasure. For this reason, it is expressed as the highest state of well-being for the person. Therefore, the feeling of happiness is important for a person's mental health. Because the feeling of happiness enables the

individual to develop a positive self-identity and healthier relationships with his/her environment. However, many people may be afraid of happiness because they believe that they will experience something negative after being joyful or that happiness is an emotion that should be feared. This condition, which is referred to in the literature as Fear of Happiness, causes serious health problems in individuals if no precautions are taken. For this reason, it is important to know the fear of happiness both in the field of mental health and in educational environments and to take protective measures in this field. Otherwise, society's perspective on happiness is seriously damaged. As a result of this damage, maintaining a happy social order, protecting people's mental health, and the success of education and treatments in this field results in negativity.

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