

Character Strengths Research Paper

Awesome Student

SWU349

Strength 1: Social Intelligence

Social intelligence is one of the best strengths I have that keep me happy. It makes me aware of the feelings and emotions of others, enabling me to get along with those around me. One important peer-reviewed research that supports the importance of social intelligence to my life is by Saini et al. (2005). The research sets out to examine the aspect of social intelligence in home dialogue settings for an Ambient Intelligence home. Findings of the research show that people with social intelligence tend to be more 'social'. According to Saini et al. (2005), people who are socially intelligent tend to laugh and talk more. Such people are also more inclined to talking more and conversing more elaborately. Saini et al. (2005) also adds that social intelligence enables people to be more curious about what other people around them are saying. This research supports the idea that social intelligence helps people in interpreting and comprehending their social environment and establishing meaningful relationships with others. For this reason, social intelligence helps me understand myself better, pay attention to others, improve my communication skills, and be empathetic to others.

Strength 2: Spirituality, sense of purpose, and faith

I consider spirituality, sense of purpose, and faith as some of the best traits I have. Having these qualities is a strength for me because they enable me to have a strong belief in myself and to face all the struggles and problems that come my way. These qualities also enhance my sense of security, belonging, and community. Consequently, I tend to have stronger relationships with those around me, making me happy. In support of this point, a study by Holder et al. (2010) found a strong linkage between children's spirituality and happiness. The study found that children who perceived themselves as being more spiritual were happier compared to those who did not consider themselves as spiritual. Reports for

these children's happiness were gotten from the children's parents and other guardians.

Although this study specifically focused on children, the relationship between spirituality and happiness has been observed among various age groups including the elderly and adolescents (Holder et al., 2010). In instance, a study of older adults, young adults, and adolescents found that people across the various age groups who considered themselves as religious tended to be happier than those who did not consider themselves as religious.

Strength 3: Capacity to love and be loved

I always value my relationships with others, as I expect from them to value mine. In this manner, I create the capacity to love and be loved. I believe that the capacity to love myself and others significantly contributes to making me happy. Whenever I express love, I tend to create a feeling of happiness within me and in others. When I am filled with love, I leave no room for emotional pains and fear that are often associated with self-judgement. Therefore, love improves the quality of my life. A study by Grossbard and Mukhopadhyay (2013) examined how the presence of children in a family affects happiness and relationships in the family. The study centres on concepts of love and happiness in the family. According to the study, wherever there is reduced love, the level of happiness drops. As such, love is a major determinant of happiness in relationships. Therefore, having the capacity to love and be loved improves the quality of my life.

References

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- Saini, P., De Ruyter, B., Markopoulos, P., & Van Breemen, A. (2005, September). Benefits of social intelligence in home dialogue systems. In *IFIP Conference on Human-Computer Interaction* (pp. 510-521). Springer, Berlin, Heidelberg.