



## Instability of Happiness: Perspectives from Positive Psychology, Neurobiology, and Stoicism

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**Abstract.** This study explores emotional instability and its impact on happiness, focusing on Positive Psychology, Neurobiology, and Stoicism. It aims to identify factors influencing instability of happiness, including stress, social support, and neurobiological dynamics. The research seeks to develop effective strategies to enhance emotional stability and long-term well-being, contributing to theories and practices for fostering enduring happiness in individuals and society. This study employs a qualitative approach, combining in-depth interviews and document analysis to explore emotional instability and strategies for lasting happiness. Nine participants from psychology, neurobiology, and Stoicism fields share personal experiences through narrative analysis, identifying patterns in happiness fluctuations. A comprehensive literature review enhances findings, ensuring validity, credibility, and a holistic understanding of factors influencing emotional well-being. Research reveals happiness is multifaceted, influenced by psychology, neurobiology, and philosophy. Factors like stress, personality, and social support impact emotional stability. Positive psychology emphasizes gratitude, mindfulness, and cognitive restructuring. Stoicism focuses on self-control, acceptance, and living virtuously. Neurobiology highlights the role of brain chemistry and lifestyle factors like diet and exercise. By integrating these perspectives, individuals can cultivate resilience, manage emotions, and enhance overall well-being. This research examines emotional instability and its impact on happiness, combining insights from Positive Psychology, Neurobiology, and Stoicism. Key factors include stress, neurochemical imbalances, and social support. Strategies such as emotional regulation, mindfulness, and resilience-building enhance stability. The study highlights the integration of ancient wisdom and modern science to foster enduring happiness and improve overall well-being.

**Keywords:** Emotional Regulation; Instability of Happiness; Neurobiology; Positive Psychology; Stoicism.

### 1. INTRODUCTION

Instability of happiness is the idea that happiness can change over time, and that people may not be able to maintain a constant level of happiness, it also refers to the ability to maintain emotional balance under various life circumstances (Sheldon, 2014). It is crucial for mental health, relationships, productivity, and overall well-being. Emotional instability can lead to mood swings, anxiety, depression, and relationship issues. Stable emotions help individuals make better decisions, manage stress effectively, and enjoy more fulfilling lives. In the midst of modern life's complexity, emotional instability has become a more common phenomenon. According to the latest survey regarding Mood Fluctuations, the study found that the questionnaire achieved an accuracy of 77%, while EEG (neuroimaging technique that measures the electrical activity of the brain through electrodes placed on the scalp) alone reached 72%. However, when EEG biomarkers were combined with self-report questionnaire data, the predictive accuracy surged to 81%, with a peak of 86% when both methods were integrated in 2022 (Waller 2022). Many individuals experience unstable and short-lived happiness, even with relatively good lives. This phenomenon not only impacts individuals personally but also affects overall community well-being. One crucial factor in Stoic

philosophy is the concept of happiness. Vinicius de Moraes, a Brazilian poet, stated that happiness is like a feather that flies quickly but does not last long. In the effort to understand and address unstable happiness, several scientific perspectives have been developed. Positive Psychology, Neurobiology, and Stoicism are the three most relevant perspectives in explaining and addressing this phenomenon.

The current state of affective computing and machine learning has seen considerable breakthroughs in recent years, which have substantially improved the ability to forecast and analyze mood swings. The combination of electroencephalogram (EEG) biomarkers and data from self-report questionnaires has been improved by the use of wearable sensors and mobile applications. This has made it possible to perform continuous monitoring of physiological and behavioral metrics in real time. These metrics include the variability of heart rate, sleep patterns, and activity levels. When applied to this data, sophisticated algorithms provide highly individualized insights into emotional states that are superior to those obtained via more conventional approaches in terms of accuracy and utility (Watts et al., 2022).

It has been shown via research that combining electroencephalogram (EEG) data with machine learning algorithms may improve the prediction power of mental health monitoring. This can provide realtime insights into emotional states that are not reachable by traditional approaches (Kim et al., 2022). In addition, longitudinal studies have investigated the predictive power of combining subjective data, such as mood diaries, with objective indications, such as electroencephalograms and hormone evaluations.

Identifying early warning signals of mental instability is the goal of these measures, which will enable preventive treatments to be taken. According to research, the combination of subjective self-reports with objective EEG measurements has the potential to dramatically improve knowledge of emotional dynamics and allow early treatments before disorders develop into chronic illnesses such as anxiety or depression.

Considering that machine learning is able to do analysis on these interconnected data sets, its relevance in the process of finding effective treatments for mental health is highlighted (Höller, Jónsdóttir, et al., 2022).

By incorporating these technical breakthroughs into the paradigms of Positive Psychology, Neurobiology, and Stoicism, it is possible that a more comprehensive approach to treating fluctuating happiness may be developed. By allowing users to recontextualize their viewpoints and foster emotional resilience, wearable technology may be built to deliver mindfulness prompts or Stoic reflections generated from real-time emotional data. This would be a significant advancement in the field of technology. The continuous conversations about

the role that digital technologies play in building psychological resilience have shown that the combination of ancient knowledge with contemporary technology provides a viable path for the enhancement of long-term emotional well-being (Höller, Urbschat, et al., 2022).

It was noted by Diener et al. (2021) that the practice of gratitude reflection greatly improves the stability of long-term enjoyment, especially in those who actively engage in activities that include mindfulness. Kringelback and Berridge (2021) found that fluctuations in happiness are associated with dysregulations in the reward circuitry of the brain. These areas include the ventral striatum and the prefrontal cortex, among others. It was stressed by Robertson (2020) that the use of Stoic principles, in especially the dichotomy of control, assists individuals in achieving more consistency in pleasure by reducing the amount of anxiety they have over the effect of external factors.

Based on the observations in everyday life, it is found out that the symptoms are that no human experiences continuous happiness in their lives. Based on stories shared by friends, many have experienced sadness despite recently feeling happy. From personal experience, researchers often provide emotional and physical support to friends who are grieving, aiming to help them feel better.

Based on the symptoms, the problem found is emotional instability or Unstable Happiness, Emotional Variability or Rapid Mood Changes, and the Need for Social and Emotional Support. Based on the symptoms and problem, there is 3 root of problem that is found, which is External and internal factors; changes in the environment; life situation and psychological conditions (e.g., job loss, relationship breakups, financial problems, health issues). The inability to manage daily stress and pressure can lead to rapid mood changes and feelings of sadness following moments of happiness (e.g., work-related stress, academic pressure, social pressure, inability to cope with negative emotions). Limited access to emotional support from family, friends, or mental health professionals can make individuals feel overwhelmed (e.g., lack of close relationships, self-isolation, unsupportive friends or family, difficulty in obtaining professional help).

In order to understand and address the instability of happiness, several scientific perspectives have been developed. Positive Psychology, which was developed by Abraham Maslow in 1954, Neurobiology, which studies the unique characteristics, structure, and functions of the nervous system, and Stoicism, an ancient Greek philosophy founded by Zeno of Citium in the early 3rd century BC, are the three most relevant perspectives in explaining this phenomenon.

Positive Psychology has developed several strategies to enhance happiness, such as training the brain to create a neutral path towards well-being. Neuroscience also indicates that a positive perspective on a matter can improve human well-being, and Stoicism has taught principles like gratitude to face life's challenges more stably. To strengthen this thesis, the thinker used is Jean-Jacques Rousseau, a philosopher from Geneva.

The results of previous research indicate that using strategies from Positive Psychology, Neurobiology, and Stoicism can help individuals enhance their emotional stability and happiness. These strategies also aid in managing daily stress and pressure, as well as strengthening a strong emotional support network. However, despite the positive outcomes from these strategies, there are several limitations to consider. These approaches may not be effective for all individuals, particularly those with more serious psychiatric disorders. Additionally, implementing these strategies requires sufficient time and patience.

Hanna et al. (2020) discovered that happiness is affected by a confluence of genetic predispositions, life circumstances, and deliberate actions. Approximately 50% of happiness variability is attributed to genetic factors, around 10% is influenced by external circumstances, and a substantial 40% may be modified by intentional behaviors and cognitive adjustments. This research highlights individuals' capacity to engage in acts that promote well-being, including cultivating gratitude, sustaining social relationships, and participating in purposeful activities.

Progress in neuroscience has enhanced our understanding of the fluid nature of happiness. Dopamine, a neurotransmitter linked to pleasure and reward, has been examined and shown to fluctuate in reaction to environmental stimuli, influencing the transient quality of joy (Starr et al., 2020). Chronic stress diminishes the brain's ability to maintain emotional stability, particularly in the hippocampus and prefrontal cortex, which are essential for emotional regulation and resilience (Bennett, 2023). The connection between neurobiology and emotional well-being underscores the importance of understanding the physiological foundations of happiness and the harmful impact of stress on emotional health.

Stoicism, an ancient philosophical tradition, offers enduring ideas on attaining pleasure through rational thought and acceptance. Stoicism is based on the principles of focusing on what one can control and fostering gratitude, which are closely aligned with contemporary positive psychology approaches aimed at enhancing well-being (Bueno, 2024). Stoicism posits that external circumstances do not dictate pleasure; instead, an individual's emotional state is contingent upon their responses to these conditions. This philosophical perspective fosters resilience and emotional stability, enabling individuals to attain happiness

despite life's adversities.

Despite extensive research on happiness, significant gaps remain in our understanding of how cultural, societal, and economic factors interact to influence human well-being. The prevailing literature mostly examines Western perspectives on happiness, highlighting an urgent need for more cross-cultural investigations into how other cultures conceptualize and pursue pleasure (Hong et al., 2021). Moreover, the impact of contemporary concerns on happiness, particularly digitalization and social media, need further investigation, especially about how these factors may exacerbate feelings of isolation and discontent (Cavanna et al., 2023).

Social support also boosts happiness. Research demonstrates that strong social relationships increase well-being by offering emotional support and belonging (Smith, 2023). On the other hand, social isolation promotes anxiety and depression, underlining the importance of society and relationships in happiness (Ktizanova & Guardiola, 2023). This shows social connection interventions may boost well-being. Genetic, social, and environmental factors complicate happiness. Ancient philosophies like Stoicism illuminate emotional resilience and happiness, while contemporary science reveals the many aspects that determine well-being. As we study happiness, we must include cultural contexts and current issues. The purpose of this research is to identify the factors influencing emotional instability and to develop effective strategies for enhancing stable and long-lasting happiness. Thus, this thesis aims to contribute to the development of theories and practices that can help individuals and society achieve more stable and enduring happiness.

## **2. LITERATURE REVIEW**

Jean-Jacques Rousseau was born on June 28, 1712 in Geneva, Switzerland. His youth was unstable and quite lonely, which plays a big role in the formation of his philosophy. Rousseau was subjected to exclusion and witnessed prejudices as well as the standards of his society, forming his theories of human nature and societal influence on human happiness. Jean-Jacques Rousseau is an 18th-century philosopher that hypothesized how human beings are born good but are influenced by the time they become civilized.. His conceptions of happiness are tied to his philosophical beliefs about people and how the environment affects them (Melzer, 2016). Exploring the theme of the question “are individuals naturally good?”. This question is then answered by Rousseau in the origin of inequality, claiming that man is born with a natural drive towards happiness and self-preservation (Rousseau, 1999).

Positive psychology aligns with the principles of positive affect, positive personality traits and optimism with the aim of enhancing well-being. Martin Seligman (2002) and Mihaly Csikszentmihalyi (1990), showed a lot of focus into what makes positive experience and human flourishing factors. Yet positive psychology does not ignore such instability and states that the levels of happiness can be shifted by the events and interactions in our daily lives. Neurobiology reveals the existence of the biological background of instability in happiness is possible (McKay, 2018). The reward system of the brain that includes dopamine and serotonin which helps to regulate feelings, has been proven that the reaction of the brain to the positive stimuli may cause variation in feelings, therefore making human beings have natural ups and downs in the level of happiness (Kringelbach, 2009). Stress and anxiety are neurobiological factors which also show the stability of happiness in the lives of individuals. It is also necessary to look at the ideas of the ancient Greek, Stoicism and apply it to the concept of happiness. The teachings of Stoics enable humans to suggest that the principal sources of happiness are derived from behaviors and acceptance of occurrences that are beyond anyone's control (Wilderberg, 2014).

The ideas developed by Rousseau regarding happiness were based on his perceptions on human beings. He based his philosophies on his experiences and his observation of the culture and society during his time (Douglass, 2015). He saw how a small republic operates and noticed behaviors that influenced his thoughts to people and how they are influenced by society might concern their well-being. Rousseau's exclusion from society and his perceptions on the conditions of society helped shape his reflections on human nature and how it affects social institutions on the wellbeing of people. These aspects of his life influenced his philosophical perspectives specifically, social isolation and observation of corruption by structures. When proposing the idea of positive psychiatry and advising governments on mental health policies, Seligman established the idea of 'Positive Mental Health' which aims to enhance well-being as opposed to merely treating illnesses. Scientists like Kringelbach continue the research based on the works of neuroscientists such as Daniel Kahneman, who focused on the processes connected with emotions (Kringelbach, 2009). Moreover, he grew up in Geneva, which had an active participation of the people in the governance of the country. Positive psychology was born out of the frustration with the traditional paradigm of psychological science that concentrated on pathologies. Seligman pursued the notion of focusing on the concepts of positive mental health or positive psychology in research. This change was due to the realization that happiness and well-being are key elements of a healthy and fulfilling life (Seligman, 2002).

Rousseau's ideas have been subject to various criticisms. Some argue that his views on human nature are pessimistic and that he underestimates human potential (Berlin, 2013). Others have criticized his emphasis on the role of society in corrupting human nature, arguing that this perspective overlooks individual agency and responsibility (MacIntyre, 1981). Positive psychology has faced criticisms regarding its focus on individual happiness and well-being. Some argue that this approach neglects systemic issues such as poverty and inequality, which can significantly impact an individual's ability to achieve happiness (Cohen, 2011). Others have criticized it for its lack of evidence supporting his claims (Lyubomirsky et al., 2005). The neurobiological perspective on happiness has been criticized for its approach in understanding complex emotional experiences. Some argue that this perspective overlooks the role of psychological and social factors in shaping emotional states (Damasio, 2004). Others have criticized the field for its reliance on animal models, which may not accurately reflect human emotional experiences (Kringelbach, 2009). Stoicism has faced criticisms regarding its emphasis on internal control and acceptance of external events. Some argue that this perspective can lead to a form of fatalism, where individuals become overly passive in the face of adversity (Nussbaum, 1994). Others have criticized the field for its lack of practical application in modern life, arguing that its principles are too abstract and detached from real-world problems (Long, 2002).

Alternative perspectives on happiness including existentialism, which emphasizes individual freedom and choice in creating one's own meaning in life (Sartre, 1943). Humanistic psychology, which focuses on the inherent value and dignity of individuals, also offers a unique perspective on happiness (Maslow, 1954). Additionally, Buddhist philosophy, which emphasizes mindfulness and acceptance of the present moment, provides another framework for understanding the nature of happiness (Nagarjuna, 2nd century CE). Another opposing viewpoint is the idea that happiness is not the ultimate goal of human life but rather a result of living a virtuous and meaningful life (Gellera, 2017).

Rousseau's ideas on happiness evolved significantly over time. His early work with the title of "Discourse on the Origin of Inequality" was more pessimistic about human nature, while his later work "Emile" emphasized the importance of education in shaping human character (Rousseau, 1762). This evolution reflects Rousseau's growing recognition of individual agency and the potential for human improvement through education. Positive psychology has also evolved over time. Initially focused on the enhancement of mental well-being, the field has expanded to a broader range of topics (Seligman et al., 2005). This evolution reflects the growing recognition of the importance of social and institutional factors

in shaping individual happiness. The neurobiological perspective on happiness has also undergone significant evolution. Advances in neuroimaging techniques have provided new insights into the neural mechanisms underlying emotional experiences (Kringelbach, 2009). Stoicism has also evolved over time. While the core principles of Stoicism remain unchanged, modern interpretations of Stoicism have adapted to contemporary contexts. For example, modern interpretations of Stoicism emphasize the importance of the practical application of its principles in everyday life (Hadot, 1995).

Understanding the factors influencing emotional instability and developing strategies for stable and long-lasting happiness requires insights from multiple disciplines, including philosophy, psychology, and neuroscience. Thinkers such as Jean-Jacques Rousseau, positive psychologists like Martin Seligman and Mihaly Csikszentmihalyi, neurobiologists like Morten Kringelbach, and ancient Stoic philosophers provide valuable perspectives that contribute to this discussion.

Rousseau's philosophy highlights the impact of societal structures on human emotions. He argued that human beings are naturally good but are corrupted by civilization, leading to emotional instability. His concept of the "noble savage" suggests that the pressures of social norms, competition, and inequality create dissatisfaction and stress, pulling individuals away from their natural state of happiness. His later work, *Emile*, emphasized the importance of education in shaping human resilience, suggesting that fostering a nurturing environment can contribute to emotional stability.

Positive psychology provides another perspective on happiness by shifting focus from mental illness to well-being. Seligman and Csikszentmihalyi argue that happiness is not solely determined by external factors but is also influenced by internal traits such as optimism, resilience, and personal strengths. However, positive psychology acknowledges that emotions fluctuate due to daily life experiences, relationships, and personal goals. It suggests that happiness can be cultivated through intentional activities such as practicing gratitude, fostering strong relationships, and engaging in meaningful work, thereby creating a stable foundation for long-term well-being.

Neurobiology offers a scientific explanation for emotional instability by examining how the brain regulates emotions. Research by Kringelbach and others has shown that neurotransmitters like dopamine and serotonin play crucial roles in mood regulation. Fluctuations in these chemicals, triggered by stress, trauma, or external events, explain why happiness is not a constant state. Understanding these mechanisms allows for practical interventions, such as mindfulness, exercise, and healthy lifestyle choices, which help regulate

emotions and promote long-term stability.

Stoicism provides a philosophical approach to emotional resilience by emphasizing internal control. Stoic philosophers argue that happiness should not depend on external circumstances but rather on one's ability to control reactions and perceptions. By practicing acceptance, cognitive reframing, and self-discipline, individuals can maintain emotional stability even in difficult situations. This aligns with modern cognitive-behavioral therapy (CBT), which helps individuals challenge negative thoughts and build psychological resilience.

By integrating these perspectives, we gain a comprehensive understanding of emotional instability and strategies for achieving stable and long-lasting happiness. Rousseau's ideas highlight the role of societal influences, positive psychology emphasizes internal strengths and well-being, neurobiology explains the physiological basis of emotions, and Stoicism offers practical methods for maintaining emotional balance. Together, these insights provide a holistic approach to enhancing mental well-being, ensuring that individuals can develop resilience and sustain happiness despite life's challenges.

### **3. METHODOLOGY**

This research aims to investigate the factors influencing emotional instability and to develop effective strategies for enhancing stable and long-lasting happiness. Drawing upon the perspectives of positive psychology, neurobiology, and Stoicism, the study will use a qualitative approach to gain an understanding of an individual's experiences with happiness. This qualitative approach, combines in-depth interviews and document analysis which aims to capture the complexity of human experience related to happiness. By examining the perspectives of these fields - positive psychology, neurobiology, and Stoicism - the research seeks to develop a comprehensive understanding of the factors influencing happiness instability and to identify effective strategies to foster long lasting happiness.

Interviews will be conducted to a selected group of participants which will explore participants' personal experiences with happiness fluctuations, delving into their perceptions of the causes and consequences of emotional instability. A comprehensive review of relevant research literature from the fields of positive psychology, neurobiology, and Stoicism will be taken. Narrative analysis will be used to examine the answers shared by participants. This method allows the identification of recurring themes and patterns within these narratives, revealing deeper insights into the lived experience of happiness instability. To ensure the credibility of the findings, detailed documentation of the research process will prove

transparency and facilitate replication of the study to other researchers.

To ensure that the data is valid and reliable, nine participants were recruited, representing three distinct groups; mental health professionals, neuroscience researchers or medical professionals, and philosophers or students of philosophy with a focus on Stoicism. This diverse sample provided insights from psychological, neurobiological, and philosophical perspectives. Data collection continued until conclusion was achieved, ensuring that the core aspects of the experience had been captured. Narrative analysis is used to examine the interview transcripts, facilitating the identification of patterns related to happiness instability. This approach allows a rich and detailed exploration of the factors influencing emotional well-being and the strategies that individuals can use to cultivate lasting happiness.

#### **4. RESULT AND DISCUSSION**

To gather information about this research, researchers interviewed each of the coordinators of the psychology, neurobiology and stoicism programme regarding instability of happiness. The research type used is qualitative using an interview as the data collection method. The data collection was carried out starting on December 5 2024 until January 3 2025.

Data that is gathered by the interview is then analyzed and forms a narrative analysis data. The result of this study includes: (a) identification of critical factors influencing emotional instability; (b) discovering practical approaches to enhance happiness and manage emotional instability; (c) neurobiological strategies for enhancing happiness and regulating emotions; and (d) emphasizes the role of personal beliefs, values, and resilience in influencing the effective application of Stoic principles. To explore the variables that contribute to emotional stability and happiness, a series of interviews was conducted with individuals from diverse backgrounds. These interviews provide valuable insights into how people navigate the challenges of maintaining happiness, managing stress, and seeking social support in their daily lives. By comparing these personal experiences with established theories in Positive Psychology, Neuroscience, and Stoicism, common patterns and specific strategies for addressing emotional instability can be identified. The subsequent sections delineate the key themes that emerged from the interviews, as well as the lived experiences that informed the concepts and strategies discussed in this study.

##### **Identification of critical factors influencing emotional instability**

The interviews revealed numerous crucial aspects that have a substantial impact on individuals' emotional instability, offering light on the internal and external reasons that are associated with this phenomena. Common external factors including environmental stressors

such as job loss, relationship difficulties, and health-related issues, all of which can precipitate rapid mood changes and feelings of sadness (Brandão et al., 2020). Social patterns influence health behavior and its outcome, in the form of interactions or as social forces in the communities where people work, live, and play (Johnson & Acabchuk, 2018). Negative reactions from one's social environment or experience from grief can interfere with the integration of the loss into the current concept of self (Van Fersel et al., 2022). Low stress resistance, as shown by sudden physiological metamorphoses, as well as identity revision under the influence of a reference group against a backdrop of yearning for self-expression, are distinct characteristics of this age. The social situation of development elicits ambivalent emotions: the desire to communicate with peers, the search for new authorities and patterns of behavior as a manifestation of adulthood on the one hand, and infantilism and an internal unwillingness to sever emotional ties and emancipate oneself from adults on the other. This becomes a determining element in intrapersonal and interpersonal conflicts, resulting in an unregulated flow of emotions and sensations (Halyna & Lyubov, 2021).

Internal factors, which are mostly about personality traits and psychological conditions, also played a significant role. For example, individuals with higher levels of anxiety or those prone to negative thinking reported greater emotional fluctuations. Individuals high in neuroticism tend to experience negative emotions more intensely and frequently, leading to greater emotional instability (Sauer-Zavala & Barlow, 2021). Conversely, those high in extraversion typically experience positive emotions more vividly, although they may also face emotional ups and downs based on their social interactions; a lack of engagement can lead to feelings of loneliness and decreased mood (Watson & Clark, 1997). Finally, the ability to regulate emotions is crucial; individuals with effective emotional regulation strategies manage their emotions better, while those lacking such skills tend to experience more frequent and intense emotional changes (Gross, 2002).

The ability to manage emotions is crucial in defining how people perceive and react to emotional changes. Effective emotional regulation allows people to control their emotions more adaptively, whereas poor regulation abilities generally result in more severe and frequent emotional changes (Gross, 2002). These daily emotions, including their intensity and unpredictability, play an important influence in overall well-being (Liu, Bangerter, et al., 2018). Together, these aspects of daily emotional experience can have a major impact on long-term health and well-being, emphasizing the relevance of emotional regulation skills in preserving psychological resilience and life pleasure.

Furthermore, cognitive tendencies, such as negative thinking or pessimism, were

found as important internal causes (Kushic 2024). Participants who frequently participated in rumination (repeatedly ruminating on unpleasant thoughts) reported more severe emotional instability (Siedlecka et al., 2015). This tendency to dwell on distressing thoughts not only exacerbates feelings of grief, but it can also interfere with appropriate coping mechanisms (University of Liverpool, 2013).

### **Psychological Perspectives on Happiness and Emotional Stability**

Positive psychology is an effective instrument for building adaptable cognitive methods, not an unattainable ideal (Carver & Scheier, 2014). At its essence, positive psychology pushes people to question their current beliefs and attitudes. This approach entails critically reviewing prior experiences, identifying cognitive patterns, and comprehending how they influence feelings and behaviors (Fredrickson, 2001). Rather than discounting negative thoughts outright, this technique encourages a more nuanced perspective that allows one to understand obstacles while also seeing chances for growth and learning (Seligman & Csikszentmihalyi, 2000).

This approach promotes a more realistic and adaptable understanding of oneself and the world. Individuals can gain resilience by reframing situations, allowing them to better adjust to changing circumstances (Tugade & Fredrickson, 2004). For example, instead of viewing a setback as a failure, one could see it as an opportunity to learn and grow. This adjustment in viewpoint not only improves emotional well-being, but also provides individuals with the cognitive capabilities they need to face life's challenges. In practice, having a positive psychology can lead to increased self-awareness and acceptance. It encourages people to set realistic goals, value their abilities, and recognize their limitations. Finally, this balanced attitude encourages personal growth and empowers people to respond constructively to obstacles, resulting in a more adaptive and cheerful approach to life.

Positive psychology has identified various approaches that lead to long-term well-being, with cognitive and introspective practices being especially useful. For example, journaling has been found to have considerable psychological advantages (Patnaik, 2021). Research by Lepore & Kliever (2020) demonstrates that expressive writing, particularly about happy events, is associated with increased mood and decreased stress, contributing to long-term mental health. From a psychological perspective, happiness can be defined as the expression of emotions and behavior that reflect positive emotions, such as joy, passion, and purpose. Happiness is not just a fleeting emotion. Rather, it is a holistic experience that is expressed through external behavior. People who experience happiness are often motivated. Their high levels of engagement and goal-oriented behavior. The passion and determination

they display make this emotional state evident in their daily lives. In this context, happiness is related to a person's emotional and behavioral style.

However, emotional instability is normal and is human nature. Characterized by sudden and sometimes unexpected mood swings. There are internal and external factors that can cause emotional instability. Physiological factors that can affect emotional stability include: insufficient sleep; eating disorders and other habits. External stress and pressure, such as physical fatigue, marital problems, mental problems, stress caused by work or life stages such as menopause or premenstrual syndrome in women or fluctuating hormone levels. It can cause serious mood swing and emphasize the influence of biological and physical factors on emotional regulation.

Various strategies are needed to achieve lasting happiness. The field of psychology offers various techniques for effective emotional regulation. One of the most popular approaches is Acceptance and Commitment Therapy (ACT). This promotes the idea that individuals objectively evaluate their feelings before taking actions that align with their core values. This therapy increases the emotional and mental flexibility of an individual. Create autotune that supports emotional stability including eating nutritious foods, exercise regularly, get enough rest, take time to socialize and laugh. Official processing is complete. These behaviors help regulate your emotions and protect your physical health. This is a key component of emotional health.

There is also recognition that expressing gratitude is important for maintaining a steady state of well-being. Individuals who intentionally cultivate gratitude increase their awareness of the positive aspects of life. Instead, they focus on what is missing. This cognitive shift has two benefits. These include reducing unpleasant comparisons with others and regulating your emotions. These mental changes often cause anxiety and dissatisfaction. Developing a mindset of gratitude increases your ability to adapt to life's changes. Because we find contentment in our current situation. They instead seek external affirmation or strive for perfection. The social environment in which individuals live has a significant effect on a human's well-being, as family, friends, and coworkers form a social support network that provides a sense of security and connection. It acts as a buffer against emotional distress. Humans are fundamentally social creatures. Therefore, the quality of our interpersonal interactions has a significant impact on our mental health. Individuals can cope with stressful situations and maintain emotional stability by seeking emotional support from supportive relationships and engaging in positive social interactions. Conversely, toxic or unfavorable social environments tend to exacerbate emotional distress and this increases anxiety and

feelings of loneliness.

In terms of personality traits, introverts often find solace in interactions with others. We build relationships by managing our emotions. Introverts may need solitude to recharge their batteries. But developing emotional intelligence can help. This refers to your ability to recognize, understand, and manage your emotions. It is important for maintaining lasting happiness. Regardless of personality, individuals with high emotional intelligence are better able to overcome the emotional challenges they face in everyday life situations. They synchronize their reactions to different conditions. In a method that promotes emotional well-being. It's critical to develop resilience. It is the capacity to overcome misfortune in order to stay cheerful in the face of life's natural ups and downs. There are many strategies for increasing endurance. This includes your hobbies. Spend time with family and friends and participate in activities that promote fun and success. These activities also help restore emotional energy. This helps people maintain emotional balance. Resilient people also see challenges as opportunities for growth.

However, this is especially true when it comes to the pressures on your well-being. They can effectively manage stress, reducing its negative impact on emotional well-being by changing their thoughts. Despite these efforts, the problem of long-term gratification and emotional instability, which is one of the main problems of human behavior, remains unsolved. The solution is somewhere in the middle. Life's demands and experiences make a difference in happiness. However, training skills are required to properly manage these oscillations. We can attain long-lasting enjoyment. Individuals who learn about self-awareness and emotional management skills can attain emotional balance and overcome emotional instability. When someone goes through a setback or a time of emotional distress. Identifying appropriate coping techniques is critical for restoring emotional equilibrium.

In this way, social support remains important. For people experiencing emotional trauma, support from others can be a useful tool for emotional recovery. Family, friends and colleagues not only provide emotional support, but also useful advice and encouragement to help people regain confidence and optimism. Social support increases resilience, which is essential for dealing with life's inevitable stressors and can greatly contribute to emotional recovery. Psychotherapy provides individuals with the tools necessary to cope with emotional dysregulation by focusing on the regulation, awareness, and acceptance of emotions. One of the most important aspects of emotional stability is self-awareness. The ability to recognize when your emotions are out of control.

Mindfulness and meditation can help people recognize the signs of emotional distress. It takes steps to manage your emotions before they get out of control. This self-awareness, coupled with techniques such as mindfulness, cognitive restructuring and stress management, can help people maintain emotional stability even in difficult situations. Emotional instability is an inevitable part of life, but self-awareness, emotional regulation and a strong support network are essential for long-term happiness. By building resilient, healthy lifestyle choices and building positive relationships, individuals can be empowered to effectively manage life's emotional stressors and thus achieve sustainable levels of life satisfaction.

Happiness is psychologically defined as the presence of positive emotions and behaviors, both of which are crucial for maintaining an individual's mental well-being. Emotions such as pleasure, enthusiasm, and a sense of purpose are significant factors influencing happiness. These characteristics extend beyond abstract emotions; they are also evident in the pragmatic aspects of everyday existence. Individuals that exhibit such emotions often possess a distinct sense of purpose and have more efficacy in achieving their objectives (Algari & Alemeri, 2023; Zhang, 2023). Research indicates that employee participation significantly contributes to workplace happiness, suggesting that a supportive work environment may enhance general mental health (Algami & Alemeri, 2023).

However, the quest for and preservation of pleasure pose considerable difficulties. Emotional instability may result from several internal and external conditions, such as insufficient sleep, inadequate nutrition, and heightened stress (Moussa & Ali, 2021; CHOI, 2023). Additionally, biological factors, such as hormonal fluctuations linked to premenstrual syndrome (PMS), may substantially affect mood regulation and emotional stability (CHOI, 2023). These interconnected factors highlight the intricacies of sustaining enduring happiness. Psychological treatments are effective methods for addressing these challenges. Acceptance and Commitment Therapy (ACT) is a prominent approach that emphasizes mindfulness and self-awareness. This method enables individuals to accept their emotions non-judgmentally and adhere to actions aligned with their fundamental values (Chen, 2023). Embracing this paradigm enables individuals to more effectively regulate their emotional experiences, cultivating resilience amidst life's unpredictability.

In addition to therapeutic interventions, pragmatic lifestyle modifications significantly contribute to enhancing emotional stability and overall satisfaction. Regular physical activity, enough sleep, a balanced diet, appreciation practices, and social connections exemplify evidence-based remedies. Social support is crucial since the emotional resources provided by family, friends, and colleagues may alleviate stress, enhance resilience, and provide a

conducive environment for mental health (Takai et al., 2023). Psychological research acknowledges the inherent unpredictability of pleasure due to the dynamic nature of human experiences, while simultaneously emphasizing the potential for resilience. Individuals may navigate life's challenges more effectively by participating in activities that restore emotional energy and adhering to consistent positive behaviors. Gradually, these strategies help individuals in regaining a state of well-being, illustrating the resilience and strength of the human spirit (Lagsum, 2023; Lee, 2021).

### **Emphasizes the role of personal beliefs, values, and resilience in influencing the effective application of Stoic principles**

Stoic principles are based on personal values and beliefs. Fundamentally, stoicism promotes leading a life that embodies values like self-control, knowledge, courage, and justice. Stoic practices must align with a person's preexisting moral framework and ideals in order for them to be truly beneficial. This congruence ensures that the Stoic approach to dealing with life's issues is not simply theoretical but also actively practiced in a way that seems true to the individual (Jerodiakara 2001). For example, someone who values integrity will discover that Stoicism's emphasis on fairness and honesty improves their commitment to acting ethically, boosting their emotional resilience in challenging situations.

Resilience, as a psychological trait, plays a pivotal role in applying Stoic principles effectively. It refers to the ability to rebound from misfortune and sustain mental strength even when faced with difficulty. Stoic ideas on control and acceptance offer a practical framework for developing resilience. Individuals create a mindset that equips them to handle challenges without feeling overwhelmed by identifying what is within their control and accepting what is beyond it (Van Natta, 2019). Resilience is enhanced not just through repeated practice of Stoic exercises such as journaling and cognitive reframing, but also by the individual's dedication to these activities in accordance with their ideas and values. Stoic approaches combined with strong personal beliefs form a solid psychological foundation that promotes immediate and long-term emotional stability (Swain, 2022).

Moreover, personal beliefs serve as a guiding compass for interpreting Stoic teachings. When Stoics recommend reframing unpleasant situations in order to gain a reasonable perspective, the individual's underlying beliefs about themselves and the world determine how they employ this strategy (Brown, 2023). For example, a person who believes in growth and self-improvement will use Stoic principles to view setbacks as opportunities for development rather than failure. This adaptive interpretation not only promotes emotional stability but also cultivates a robust worldview, allowing individuals to tackle uncertainty with confidence.

Resilience also interacts with Stoic practice by facilitating the endurance of emotional obstacles through consistent application. Epictetus, a Stoic philosopher, suggests that the true test of philosophical practice is one's behavior under hardship (Sanchez, 2024). Modern interpretations support this by arguing that Stoic practices strengthen resilience, allowing individuals to stay calm, reasonable, and collected in the face of stressful experiences (Brown, 2023). This consistent method reduces emotional instability and guarantees that acceptance and control concepts are practical tools in the face of real-world challenges.

Integrating personal values into Stoic practice emphasizes the social component of emotional stability. While traditional Stoicism may appear to be largely individualistic, subsequent scholarly studies emphasize the role of relationships and social connections in building resilience (M-Masai, n.d.). Social support networks, such as friends, family, and the community, can reinforce Stoic principles and provide a safety net consistent with the shared humanity principle (Yeager & Dweck, 2012). Individuals can improve their emotional stability and resilience by supporting one another in living virtuously.

In conclusion, the role of personal beliefs, values, and resilience is integral to the successful application of Stoic principles. Personal values offer meaning to Stoic practices, making them relevant and consistent with an individual's worldview (Holiday & Hanselman, 2020). Resilience serves as the driving force behind the effective implementation of these principles, offering stability and fortitude in the face of life's unavoidable adversities (Ekici, 2020). This combination yields a complex and powerful approach to emotional well-being that bridges ancient wisdom with the personal and psychological requirements of today.

Stoicism posits that the pursuit of pleasure, or "eudaimonia," is founded on a life directed by reason and virtue. Stoicism emphasizes the "dichotomy of control," which differentiates between elements within an individual's control (internal variables) and those outside it (external forces). This philosophical perspective considers external occurrences as neutral, asserting that true pleasure arises from the effective regulation of one's internal reactions to these situations (Qi et al., 2022; Hill et al., 2023). Empirical research substantiates this notion, revealing that individuals who engage in Stoic practices such as acceptance and self-discipline have elevated emotional stability and resilience (Hill et al., 2023; Pour et al., 2022).

Core Stoic principles promote rational thinking and self-discipline to achieve emotional equilibrium. Contrary to common perception, Stoicism promotes the constructive management of emotions rather than their suppression. Implementing Stoic strategies may enhance psychological resilience and well-being, particularly under challenging

circumstances (Xilmaz, 2022; Pour et al., 2022). During the COVID-19 pandemic, individuals using Stoic approaches to address emotional challenges showed enhanced flexibility and resilience (Satirepaulou et al., 2023; Wukan & Ulukan, 2021). Stoic concepts remain very pertinent in contemporary applications. In the digital era, tactics like establishing personal boundaries and safeguarding privacy are closely associated with Stoic principles of self-regulation and emotional management. Individuals may cultivate resilience to adversity by concentrating on inner stability and fulfilling ethical and social obligations (Scott, 2023; Pour et al., 2022). Stoicism acknowledges the inevitability of emotional challenges while equipping individuals with pragmatic methods for adaptation, personal growth, and alignment of actions with individual and societal goals (Xunanto 2023; Sclanax 2023).

The amalgamation of Stoicism with disciplines like psychology and neuroscience provides a comprehensive perspective on pleasure. Psychological theories highlight behavioral and emotional regulation methods such as mindfulness and gratitude, aligning with Stoic concepts of acceptance and rational self-governance (Sclanax, 2023; Bajaj et al., 2022). Neuroscience research elucidates the physiological underpinnings of happiness, emphasizing the significance of physical health-sufficient sleep, nutritious diet, and regular exercise in fostering emotional stability (Bajaj et al., 2022; Miró et al., 2022). Stoicism enhances these frameworks with philosophical concepts that emphasize the acceptance of uncertainty and the prioritization of internal control.

In conclusion, Stoic philosophy offers several perspectives on the relationship between happiness and resilience. Stoicism, which prioritizes rationality, emotional moderation, and self-discipline, provides a philosophical foundation for achieving enduring satisfaction. This integrated approach, when combined with psychological and neurobiological perspectives, facilitates the development of resilience necessary for individuals to flourish in a dynamic environment (Liao et al., 2022; Sigley-Taylor et al., 2021).

### **Neurobiology and the Chemistry of Happiness**

Neurobiology offers a definitive basis for comprehending pleasure via the examination of the intricate connections of neurons, neurotransmitters, and hormones. Crucial cerebral regions, including the amygdala, are crucial to emotional regulation, external information interpretation, and the initiation of hormone responses. Neurotransmitters including dopamine, serotonin, and oxytocin play a crucial role in fostering positive emotions and sustaining emotional balance. Research indicates that these chemicals play essential roles: dopamine is associated with reward and pleasure, serotonin with mood regulation, and oxytocin with social bonding and trust. Emotional instability is often induced by external

stressors, such as challenging circumstances, as well as internal factors, including alterations in brain chemistry. Research indicates that lifestyle choices significantly affect brain health, with factors such as nutrition, sleep, and physical activity impacting emotional regulation. A nutrient-dense diet facilitates proper neurotransmitter function, while inadequate nutrition and insufficient sleep result in emotional imbalances (Cito et al., 2022; Wong et al., 2021; Singh et al., 2022). Physical exercise enhances emotional stability by stimulating the creation of endorphins, endogenous compounds that elevate mood and resilience (Primason, et al., 2021).

Neurobiological approaches, including pharmacological interventions and behavioral therapy, aim to restore emotional balance. Pharmacological agents that modulate neurotransmitter pathways may alleviate symptoms of mood disorders, while cognitive-behavioral treatment (CBT) equips patients with strategies for regulating stress and emotional fluctuations (Liu, 2024; Al-Bisher, 2024). These methods underscore the need of understanding the neural foundation of pleasure and emotional well-being. In addition to therapeutic interventions, lifestyle activities are essential for enhancing neurobiological health and emotional stability. Consistent physical activity, adequate sleep, and a balanced diet are associated with enhanced cognitive performance and mood regulation. Meals rich in omega-3 fatty acids, antioxidants, and vitamins have been linked to improved mood and cognitive performance (Matte et al., 2021; Kalra et al., 2021). Conversely, poor dietary practices and inactivity increase the likelihood of anxiety and depression, underscoring the need for holistic mental health interventions (Yang et al., 2022; Kaushik et al., 2023).

The psychological and social components of happiness have equal significance. Supportive relationships and strong social networks are essential for developing emotional resilience. Individuals possessing robust social connections are more likely to report happiness and decreased stress levels (Wu et al., 2022; Ismail et al., 2023). This relationship between neurobiology and social factors underscores the need of an integrated perspective on enjoyment that encompasses both biological and psychological elements. While maintaining long-term happiness requires ongoing effort, neurobiology emphasizes the need of a healthy lifestyle for emotional resilience. Engaging in mindfulness, physical activity, and healthy eating habits may assist individuals in managing life's challenges and maintaining emotional stability (Bose et al., 2021; Koezexc, 2024). As scientific research progresses, it is evident that pleasure is a complex construct shaped by neurological processes, lifestyle factors, and social relationships (Kataria, 2024; Nazarpour & Askari, 2023).

The intricate relationship between neurobiology and emotional well-being offers valuable insights into enhancing happiness and managing emotional instability. Research has

identified key brain regions and neurochemical mechanisms that govern our emotional states, illuminating potential strategies for improvement (Nilawati et al., 2024). Central to this discussion are neurotransmitters like serotonin, dopamine, and norepinephrine, which are critical in regulating mood and emotional responses (Jiang et al., 2022). For instance, serotonin is associated with emotions of well-being, but dopamine is essential to the brain's reward system (Fischer & Ulsperer, 2017). Emotional reactions and memory are influenced by key brain areas such as the prefrontal cortex, amygdala, and hippocampus, which determine how people feel and manage their emotions (Simiá et al., 2021). Emotional instability can be caused by genetic predispositions, environmental stresses, and neurotransmitter imbalances, which are aggravated by trauma and chronic stress (Hostinar et al., 2018).

Emotional regulation in the brain is an intricate collaboration of neurochemicals, brain areas, and external influences. Dopamine and serotonin are the primary neurochemicals that regulate mood and motivation. Dopamine is frequently associated with pleasure and reward, serving as a motivation for completing tasks or indulging in rewarding activities. Meanwhile, serotonin promotes feelings of contentment and well-being, and serotonin imbalances have been linked to mood disorders including depression. Oxytocin, also known as the "love hormone," increases social relationships and trust, increasing feelings of connection and lowering stress (Liu, Zhao, et al., 2018).

In terms of brain regions, the interaction between the amygdala and the prefrontal cortex is a well-established mechanism in emotion regulation, with each area adding specific functions to this process (Uuy. et al., 2006). It primarily serves as a brake for the amygdala, assisting in the regulation of emotional responses. This "teamwork" between the amygdala and prefrontal cortex is critical for maintaining balanced emotions, directing us towards calm or tension depending on the situation (Aldridge, 2013). However, not everyone's neurochemical balance is naturally stable. Genetic predispositions can affect neurotransmitter levels, and hormonal shifts, such as those during puberty, can intensify emotional variability (Waulé et al., 2021). External factors like stress, lack of sleep, or mental health challenges also disrupt this balance, making it more difficult to control mood swings (Schweizer-Schubert et al., 2021).

From a neurobiological standpoint, the goal is not to maintain a permanent state of happiness that would be biologically unachievable given the inherent pressures of life. Rather, neurobiologically stable happiness is about resilience: the ability to experience and process a wide range of emotions while returning to a state of emotional stability following a challenge. This ability to "bounce back" is possible, even if sustained happiness is not, demonstrating the

brain's regulatory systems' versatility in responding to life's ups and downs serotonin (Craft & Perna, 2004). Building solid social ties is also essential because these connections are associated with happier lives and less emotional distress. According to neuroscience, social interactions can increase oxytocin levels, which in turn foster feelings of connection and trust (Holt-Lunstad et al., 2010).

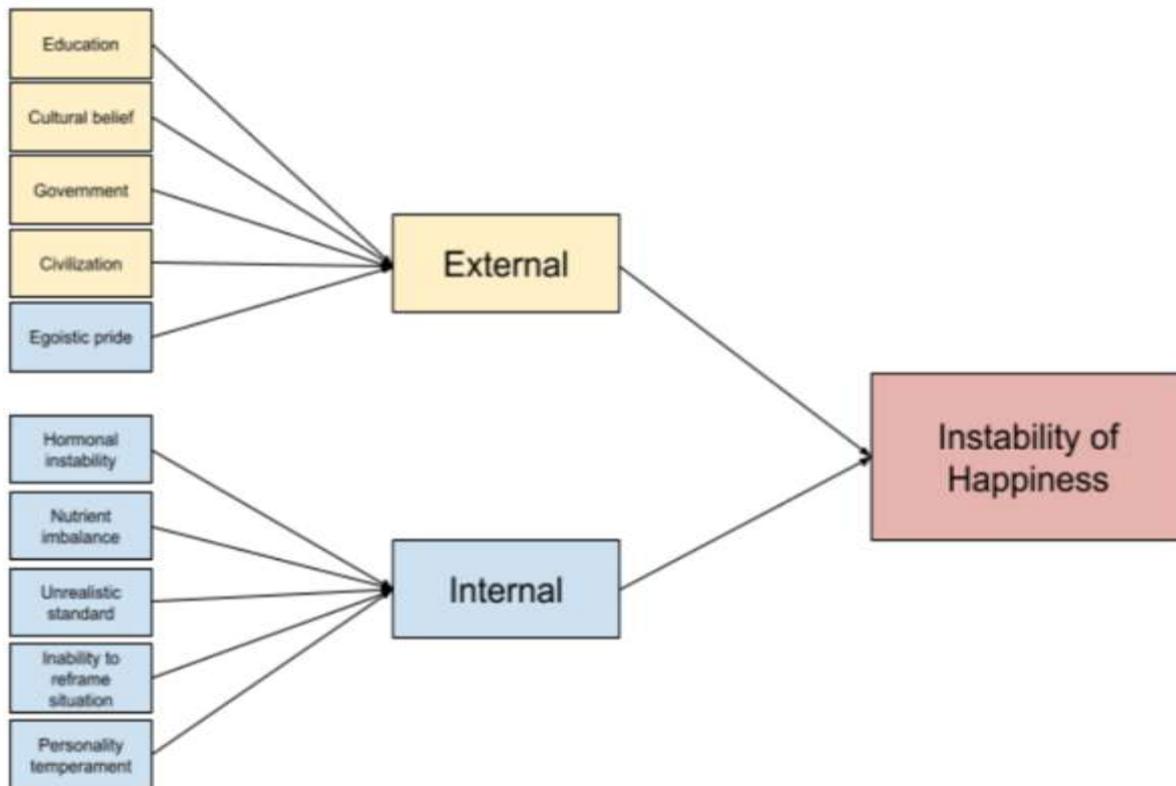
Another major treatment, Cognitive Behavioural Therapy (CBT), has been extensively researched for its ability to change harmful cognitive processes (Beck, 2020). Koch (2024) noted that CBT regularly assists individuals in managing anxiety and depressive symptoms by altering cognitive distortions and fostering adaptive coping methods, resulting in greater emotional resilience. Xu et al. (2022) indicated that mindfulness practices, including breathing exercises, play a significant role in fostering well-being and alleviating stress. By engaging in these techniques, individuals can enhance their capacity for happiness and emotional stability, as mindfulness fosters a present-focused awareness that mitigates stress responses. Aguilar-Raab et al. (2021) conducted research demonstrating that mindfulness-based practices notably reduce cortisol levels, the hormone associated with stress, which in turn supports enhanced emotional regulation.

By altering negative thought patterns and encouraging healthier emotional reactions, cognitive-behavioral techniques in particular, cognitive-behavioral therapy, or CBT-effectively manage emotional instability and alter the neural pathways in the brain linked to emotion regulation (Pahlavani, 2023). Furthermore, good health and nutrition have become important considerations; a balanced diet high in omega-3 fatty acids and probiotics has been associated with improved mood and cognitive function, further enhancing emotional well-being (Segal, 2015). Lastly, prioritizing sleep hygiene is critical since excellent sleep has a substantial impact on emotional regulation (Leonidis et al., 2021). Insufficient sleep can cause mood swings and increased emotional volatility (Evans, 2015). Individuals who incorporate these practices into their daily lives might improve their happiness and better manage emotional issues, showing the close relationship between neurobiology and emotional health (Muscaritoli, 2021).

### **Critique on previous research**

The previous theory used on this thesis paper is Jean Jacques Rousseau's theories that hypothesized how human beings are born good but are influenced by the time they become civilized. This theory was formed back in the 18th century where he was subjected to exclusion and witnessed prejudice as well as the standard of his society. His conception of happiness is closely tied to his philosophical beliefs about people and how the environment

affects them. However, when we see through the lens of positive psychology, neurobiology and stoicism, external factors are not the only factors that contribute to instability of happiness yet internal factors do have contribution as well.



**Picture 1.** Conceptual framework regarding instability of happiness.

The conceptual framework shows the factors contributing to the instability of happiness, categorized into external and internal influences. External factors, highlighted in yellow, are based on theories proposed by Jean-Jacques Rousseau, showing education, culture, government, and economic conditions. Internal factors, represented in blue, are derived from the literature review and interviews conducted for this thesis. These internal factors include egoistic pride, hormonal imbalances, and social relationships. The framework suggests that happiness is a complex phenomenon influenced by both external and internal factors. External factors shape the environment and opportunities available to individuals, while internal factors relate to individual characteristics and experiences.

This study hypothesized that emotional instability is influenced by both external and internal factors and that by understanding these influences, effective strategies can be developed to enhance stable and long-lasting happiness. The research findings confirm this hypothesis by identifying key factors contributing to emotional fluctuations and by proposing interdisciplinary strategies—drawing from philosophy, psychology, neurobiology, and Stoicism—to mitigate emotional instability and promote well-being.

The findings above validate the hypothesis by confirming the impact of both external and internal influences on emotional instability. Rousseau's theory emphasizes the role of external societal factors such as inequality, culture, and civilization in corrupting human happiness. This aligns with the study's results, which indicate that environmental stressors—including economic conditions, job loss, relationship difficulties, and social expectations—can significantly impact an individual's emotional stability. However, while Rousseau viewed these external influences as the primary cause of instability, the research extends beyond his framework by demonstrating the role of internal factors such as personality traits, cognitive tendencies, and neurobiological mechanisms. The study found that individuals prone to rumination, anxiety, and neuroticism tend to experience greater emotional instability, while those with high emotional intelligence, resilience, and positive thinking patterns demonstrate more stable well-being. This suggests that happiness is not solely determined by external conditions but is also shaped by an individual's psychological and biological makeup, supporting the hypothesis that both external and internal factors contribute to emotional instability.

Furthermore, the research findings reinforce the hypothesis by identifying practical strategies that enhance emotional stability and promote long-term happiness. Positive psychology offers cognitive and behavioral approaches that encourage individuals to actively manage their emotions through practices such as gratitude, journaling, and reframing negative experiences. These findings counter Rousseau's somewhat deterministic perspective by highlighting the role of personal agency in achieving happiness. Additionally, neurobiological insights into the regulation of happiness support the hypothesis that emotional instability is influenced by brain chemistry and physiological processes. The study found that neurotransmitters such as dopamine, serotonin, and oxytocin play a significant role in mood regulation, and that engaging in activities such as exercise, mindfulness, and maintaining a balanced diet can help stabilize emotional fluctuations. This underscores the hypothesis that long-term happiness can be fostered through targeted lifestyle and mental health interventions.

Moreover, the integration of Stoic philosophy into the study provides further support for the hypothesis by demonstrating the effectiveness of cognitive strategies in managing emotional instability. Unlike Rousseau, who attributed instability to societal corruption, Stoicism emphasizes personal control over emotions and teaches individuals to detach their happiness from external circumstances. The findings show that practicing Stoic resilience—such as accepting what cannot be changed, focusing on internal virtues, and engaging in self-discipline—can significantly reduce emotional volatility and foster stable well-being. This

suggests that emotional stability is not merely dependent on external conditions but can be cultivated through intentional cognitive and behavioral adaptations, reinforcing the hypothesis that stable happiness can be achieved through a combination of external and internal strategies.

The findings also refine the conceptual framework of emotional stability by expanding upon Rousseau's model. While Rousseau emphasized external factors such as government, culture, and economic conditions, the study presents a more holistic perspective by incorporating internal factors such as cognitive biases, personality traits, and neurobiological influences. The revised framework highlights that emotional stability results from an interplay between environmental influences and individual psychological and physiological responses, validating the hypothesis while also broadening its theoretical foundation.

In conclusion, the research findings confirm the hypothesis that both external and internal factors contribute to emotional instability and that effective strategies can be developed to foster long-lasting happiness. While external stressors such as societal structures and life circumstances play a role in emotional fluctuations, internal psychological traits, cognitive regulation strategies, and neurobiological mechanisms are equally significant in determining emotional stability. By integrating insights from philosophy, psychology, and neuroscience, the study not only validates its hypothesis but also presents a comprehensive, multidimensional approach to emotional well-being, offering a foundation for future research and practical applications in mental health and personal development.

Despite these valuable insights, the study's strengths lie in its interdisciplinary approach, integrating Positive Psychology, Neurobiology, and Stoicism to provide a comprehensive framework for understanding emotional instability. The qualitative methodology offers in-depth insights into personal experiences, capturing the complexity of emotional regulation and resilience. Additionally, the study's practical strategies, such as mindfulness and gratitude, enhance its real-world applicability.

However, some limitations should be acknowledged. The small sample size restricts generalizability, and the study does not fully explore cultural and systemic factors that may influence emotional stability. Therefore, future research should expand the sample size and incorporate both qualitative and quantitative methods to provide a stronger and more comprehensive understanding of emotional stability.

## 5. CONCLUSION

This research has explored the complexity of happiness instability, addressing its multifaceted nature through the perspectives of Positive Psychology, Neurobiology, and Stoicism. Emotional instability, characterized by rapid mood fluctuations and short-lived happiness, is influenced by a combination of internal factors, such as personality traits, cognitive tendencies, and neurobiological imbalances, and external factors, including environmental stressors, societal expectations, and the availability of social support. The study underscores the crucial role of emotional stability for overall well-being, productivity, relationships, and mental health. Positive Psychology provides strategies to enhance happiness by fostering resilience, gratitude, and mindfulness. Neurobiology offers insights into the brain's reward system, highlighting the influence of neurotransmitters like dopamine, serotonin, and oxytocin on emotional regulation. Stoicism contributes a philosophical framework, emphasizing rationality, acceptance, and focusing on aspects of life within one's control. Together, these perspectives offer a comprehensive understanding of happiness and strategies to manage its instability.

The methodology employed a qualitative approach, combining in-depth interviews with participants from psychology, neurobiology, and Stoicism, as well as a thorough literature review. The use of narrative analysis identified recurring themes in the experiences of participants, providing valuable insights into the causes and consequences of happiness fluctuations. This method highlighted the importance of integrating personal beliefs, values, and resilience into effective coping strategies. The findings revealed critical factors influencing emotional instability. External stressors such as job loss, health issues, and relationship challenges often trigger rapid mood changes, while internal factors like neuroticism, cognitive biases, and poor emotional regulation exacerbate instability. The study also highlighted the importance of a strong support network in mitigating emotional distress and enhancing resilience.

In conclusion, instability of happiness is an inherent aspect of human experience, but it can be managed through a holistic approach combining psychological, neurobiological, and philosophical perspectives. By fostering emotional regulation, cultivating gratitude, and building resilience, individuals can achieve a more stable and enduring sense of happiness. This study provides a foundation for developing practical strategies and interventions to enhance individual and societal well-being, emphasizing the importance of integrating ancient insights with contemporary advancements.

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