

INTRODUCTION

Ars longa, vita brevis (Latina, Hippocrates). It is better to spend life alone with him than with other without you (Nelly Radic). Life is measured by deeds and not by days (Metastasio), and being able to find beauty and joy in everything is an art (Maxim Gorki). In fact, life is a journey into the unknown (Shakespeare) and should be lived in a way that every day looks new (Konjenkov), because the art of living is in constant adjustment to the conditions and environment (Anonymous). (1) While we're on the road which has an end, let's us enjoy comfortably settled in our seats! And be aware that almost every moment of life is precious, so do not allow the locomotive to go too fast! Ivana loves you! This dedication was written in a book „Praise of Wisdom” given as a present to my wife on her recent birthday, by a good friend of hers who has due to favorable circumstances, survived a malignant disease.

Life is unpredictable. There are days when we are overtaken by the sense of emptiness, apathy and anxiety, when our whole world collapses and we have no strength to repair it. Behind that there is usually a compelling reason, as unrequited love, misunderstanding and discord in the family or among friends, loneliness, lack of money, failure of household appliances ... How many sleepless nights has there been worrying about whether we should say anything or not, if we are going to make a mistake or embarrass ourselves, what if ... (2)

Our lives are in our possession, so let's learn to take full responsibility for both our success and failure, good and bad decisions, right or wrong choice of a partner or friend. Each person has the leading role in his or her life, and we are the ones who take the responsibility for all that we accomplish or miss. It is not by the fault of the Gods dear Brutus, that we are weaklings, but by our own fault says Shakespeare, and if we are not satisfied with our life, let us not back down, run away from responsibility and put the blame others. That will not solve our problems, just postpone them. We should bravely face them and take responsibility for all areas of our life. If you don't enjoy the work that you do, you yourself are responsible. If we get fat, or are not happy in a relationship or with our friends, we alone are responsible for creating our own life and control all life situations as well as the emotions that arise from them. (3)

QUALITY OF LIFE

Term quality of life is usually used to describe factors that have an impact on the living conditions of the society or individuals. Generally, the term quality of life refers to the level of welfare of an individual or a group of people. One of the factors is physical well-being, and in addition there are many other factors, such as education, employment opportunities, social status, health, etc...

Quality of life is a broad term that is used in many natural and social sciences. It covers many aspects of the environment in which we live and the social and geographical circumstances (e. g. the existence of different cultures). When referring to health it is common to use the term „quality of life related to health” and refers to the social, emotional and physical well-being of patients after treatment, reflecting the definition of Health of the World Health Organization (WHO). Thus the concept of quality of life was formed, that is the observation of patients on the impact of disease and appropriate treatment of their physical and working ability, psychological state, social communication and somatic health.

WHO in 1993 defines quality of life as an individual's perception of their own position in life in the context of culture and value systems in which he lives, and in relation to their own objectives, expectations, standards and interests. It is a broad concept which consists of: physical health and psychological status of the individual, financial independence / degree of autonomy and social relations and relation to important developments in the region. (4)

Where the wealth is lost nothing is lost, when health is lost almost everything is lost. (5)

Quality of life related to health (Health Related Quality of Life - HRQoL) assessment reflects the assessment of the examine and his satisfaction with the current level of functioning, compared with what he considered to be possible or ideal, and includes at least four basic dimensions: physical functioning (self-care, physical activities, social activities), the symptoms associated with the disease or treatment, psychological function (emotional state and cognitive functioning) and social functioning (activities and socializing with friends).

Due to the improvement of living conditions, elimination or successful fight against many causes of different diseases, in recent decades there has been a significant extension of life of the population.

However, it is no longer important just to prolong, but also to improve the lives of people. Thus, there is a need for better quality of life. Longer life expectancy, however, does not always mean better quality of life (2), which explained the sentence ‘Let us add life to years, not just years to life!’

Quality of life is a fundamental issue in philosophy, medicine, religion, economics and politics. Some scholars take the view that an assessment of the quality of their own lives is based on very subjective criteria. Others talk about that grading the quality of life of individuals largely depends on individual temperament. The concept of quality of life was first used in 1920 Arthur Cecil Pigou. U.S. President John F. Kennedy later used it in his speeches of State of the Union. The term has become popular since the 1970s. (4)

HAPPY PEOPLE

The question of ‘the good life’ or quality of life is one of the central questions of philosophy. For the ancient Greeks it had a specific term - eudemonia - a question of the Supreme Good or Quality of Life.

A good life can be defined in different ways, depending on how you formulate the question. One might ask, what makes a good life for each person individually; also, we might ask what it is that makes life worth living? Finally, what is the greatest interest in every man’s life? To clarify these questions philosophers have defined the term ‘quality of life’ in terms of what the man represents its final value. The issue of quality of life is not normative, it does not define us how we should live, but neither empirical nor descriptive, since it is not clear empirical methods, but it is purely evaluative question. When we say that someone is leading a quality life we do not think that the same morally or aesthetically good, but its wise good, or good for a person who lives this, and this life. Therefore, to determine what kind of a life we have to evaluate it in a positive way, because the type of values important in this context is the value for - value wise, wise and fundamental values are instrumental for the final. (6)

The humorous story, Lala (a character from most jokes in this region) says that when during blizzards on St John’s day he goes to sleep drunk in the hallway under a cover with one foot sticking

out, he is the happiest when, before dawn, he pulls it back under the cover.

Personally, we are happy that we as members of the community and family are satisfied with our lives. If I listed them specifically what makes me personally happy enough, we would say that it is the everyday „little or big” events for most of day, it should be from the morning, so we can successfully start the pre-planned activities from which we expect good results, in the meantime to have the conditions necessary for vacations, to have something that feels good to eat and drink, to achieve good communication with the people from our environment, and when all obligations are finished, to spend time in a comfortable family environment.

Quality of life is reflected in life satisfaction, and being satisfied practically means being happy. But, „to describe the happiness, means to tone it down” (Stendhal). (1)

CONTEMPORARY INVESTIGATIONS

World compository of files on happiness Erasmus University in Rotterdam is the largest registry of research devoted to the subjective feelings of enjoyment of life. Behind it is the university professor, sociologist and world famous and renowned „happy-logiest” Ruth Venhoven, a Dutchman who has for decades been trying to look into the num-

bers and help on a scientific basis, the individuals to make choices, to help people to be more satisfied with their lives, and policy makers to make decisions contribute to the well-being of citizens. He reveals to us that people know that they are happy, but do not always know what will make them happy. Democracy for example brings happiness and there is a clear relationship between political democracy and people’s happiness. Interestingly, it’s not the only democracy in the political system, because executive rule has an even bigger influence, also the quality of the work of a government of a certain community. If the government is well-organized, and if they understand the needs of people and try to meet them, then people are usually happier.

Happiness of the population in Europe, in general, is lower in Southern than in Northern Europe, and Serbia is no exception. The climate is not so

important, although research shows that people are happier in a temperate climate such is the case in Serbia. Much more important is the social system, in Serbia there is a lot of social tension. In addition, we had a war environment and were at the state of war in the recent past, a characteristic of which is that it reduces happiness.

In general, the fulfillment of basic human needs makes people happy: the need for food, the company, a roof over your head ... We need the attention and respect. We need to use our resources, and in humans it is primarily the brain. (6)

SCIENTIFIC ROLE

We need science to study what makes people happy because they often do not know the answer to that question. We know if we are happy or not, but we do not know what makes us happy. That's why we need science. (6) Although „a man is never so happy or as unhappy as he thinks he is” (La Rochefoucauld). (1)

One of the reasons why we are happier now than before is that we have a wide range of choices. The problem is that we do not know what will make us happy. Take, for example, the choice whether to have children or not. We do not know in advance whether the children will make us happy. It is well known that one can be happy without them, or unhappy with a hundred of them. However, research shows that children make us less happy. Children lift us to heaven, but they sometimes cause a lot of stress. So it's good to know what types of people are losing the most happiness because of the children. It turned out that it's the highly educated women, or people with particular personal, mostly rigid properties. If we know how children affect people like us, based on accurate information we can decide whether we want to have them or not. Then, according to estimates, surprisingly, when the circumstances following the economic crisis of the eighties brought mass unemployment to people of many countries of Western Europe, people were worried, but they were not less happy. People had realized that the situation was bad, but it did not affect their personal happiness.

To improve the quality of life, advancement of science is necessary. Ferid Murad was a prominent American physician and pharmacologist, a native Albanian, co-winner Nobel Prize for Physiology or Medicine in 1998. Here is his opinion on the matter: „Without the progress in science, there would be no progress or improvement of quality of life. How would we live today and be effective

without a telephone, radio, television, automobile or clean water? One of the best investments in peace and the reduction of crime is the education of people. With a good education, determination and hard work, we are usually successful at what we strive for. The beauty of science is that deception is revealed when the truth is found. You cannot hide false information and data in science. (6)

INVESTIGATION DATA

Answer to the question „Are we happy?“ we can give in the results of investigation of the number of people in Serbia who are depressed and frightened. This is demonstrated by the fact that during the last year about 10 million packages of anxiolytics and antidepressants were issued. (2)

After a pole was performed on the topic „Where people are happy and rich?“ Serbia was ranked on 54th place. Quality of life was assessed according to who is the happiest, wealthiest, healthiest and has the most confidence in public institutions. Switzerland is the best ranked country in the qual-

ity of life for the 2013th year. People born under it are the happiest and have the best quality of life according to wealth, health and confidence in public institutions. Scandinavian countries Norway, Sweden and Denmark are also included in the top five countries in terms of quality of life. (7)

The survey on „Which country provides the best opportunity for a healthy, safe and successful life in the years to come,“ in five of the top ten countries are divided country in Europe, but only one of them, the Netherlands, in the European Union. Southern European countries affected by the crisis, including Greece, Portugal and Spain was remaining on the list, despite the benefits of a pleasant climate. Not even the largest European economies - Germany, France and Britain, have not been especially good. Nigeria is the worst country to live in the 2013th year. Despite their economic dynamism, Brazil, Russia, India and China, are far from the top ten for quality of life. In 1988 at the top of the list of best countries to live would be the United States of America, by comparison. (8)

American Psychological research team published a study in order to examine how mood influences very simple decision-making. They found that positive mood people react faster and that happy

people make decisions faster. „That explains why people at the first glance know whether or not they will buy an item,” was the conclusion of the stated study. (9)

Research epidemiologist at the University College in London, who performed a study, during a 5 year period, that covered 4,000 people aged 52 to 79 years, found that people who are happy live up to 35 percent longer than the ones who are unhappy. Taking into account various factors such as age, gender, health and lifestyle, it was found that precisely positive attitude and happiness have an impact on the extension of life, which was explained by the argument that happier people more easily overcome traumatic events in life, they socialize more and are more successful at achieving their goals. Although the basis of this study cannot conclude that there is a causal link between happiness and longevity, scientists believe that happy people cope more easily with everyday stress which is the cause of many deadly diseases. (10)

CONCLUSION

Boldness, dedication and the energy to carry it through to the end are important for the achievement of life strategy. If you do not have a strategy, you will hardly reach the goal. People, who are content with their lives, are more likely to prolong the life itself than those with a negative attitude. So compete with yourself, be the best at what you do, and try to leave the world better than it was when you entered it. Try to be role models for everyone, reliable to yourself and others.

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