Happiness, Singapore style

A detailed local survey finds that in the last 10 years, Singaporeans have become less materialistic and more family-focused, but there is no happy. Andrea Ong explores the reasons.

The culture of individualism that has taken root in Singapore is bringing about a change in the way people think about happiness. While materialism still prevails, there is a growing acceptance of the idea that happiness can be found in more meaningful pursuits, such as family, health, and personal growth.

Some Singaporeans believe that happiness can be found in simple pleasures, such as spending time with loved ones, engaging in hobbies, and pursuing personal interests. Others believe that happiness is a state of mind, and that by focusing on the positive aspects of life and maintaining a positive outlook, one can achieve a sense of satisfaction and contentment.

Despite these changes, there are still challenges to happiness in Singapore. The high cost of living, intense competition, and the pressure to succeed can make it difficult for some to find joy in their daily lives. However, with a greater emphasis on well-being and a shift towards a more balanced approach to life, there is hope that happiness will continue to thrive in Singapore.