



InterAcción y Perspectiv

Revista de Trabajo Social

ISSN 2244-808X
D.L. pp 201002Z43506

Octubre-diciembre 2024
Vol. 14 No. 3



Universidad del Zulia
Facultad de Ciencias Jurídicas y Políticas
Centro de Investigaciones en Trabajo Social

ARTÍCULO DE INVESTIGACIÓN

Felicidad y libertad: conceptos clave para fomentar relaciones sanas en la sociedad

DOI: <https://doi.org/10.5281/zenodo.11164674>

Zamira Sheripova *, Malika Alieva **

Resumen

Este artículo explora la compleja interacción entre los conceptos de libertad y felicidad en el ámbito de las relaciones interpersonales en la sociedad contemporánea. Utilizando investigaciones empíricas, el estudio sostiene que la libertad sirve de base esencial para alcanzar la felicidad, subrayando la importancia de la capacidad del individuo para expresarse genuinamente. A su vez, la felicidad se identifica como un potenciador significativo de la libertad, creando un entorno de seguridad y apoyo que permite a los individuos descubrir y desarrollar diferentes aspectos de su personalidad. La investigación examina además el equilibrio crítico entre libertad y compromiso, advirtiendo contra los extremos de ambos. A través de ejemplos de diversos contextos relacionales, el artículo aboga por establecer un equilibrio armonioso para fomentar conexiones interpersonales sanas y gratificantes. Las conclusiones de este estudio aportan valiosas ideas sobre la relación simbiótica entre libertad y felicidad, con implicaciones prácticas para mejorar la satisfacción en las relaciones y el bienestar general.

Palabras clave: relaciones interpersonales, dinámicas de libertad y felicidad, satisfacción en las relaciones, autenticidad personal, bienestar emocional.

Abstract

Happiness and freedom: key concepts for fostering healthy relationships in society

This article explores the complex interplay between the concepts of freedom and happiness in the realm of interpersonal relationships in contemporary society. Utilizing empirical research, the study argues that freedom serves as an essential foundation for

achieving happiness, underscoring the importance of an individual's ability to express themselves genuinely. In turn, happiness is identified as a significant enhancer of freedom, creating an environment of security and support that enables individuals to discover and develop different aspects of their personalities. The research further examines the critical balance between freedom and commitment, cautioning against the extremes of either. Through examples across various relational contexts, the article advocates for establishing a harmonious balance to foster healthy and rewarding interpersonal connections. The findings of this study provide valuable insights into the symbiotic relationship between freedom and happiness, with practical implications for improving relationship satisfaction and overall well-being.

Keywords: interpersonal relationships, freedom and happiness dynamics, relationship satisfaction, personal authenticity, emotional well-being.

Recibido: 29/02/2024 Aceptado: 29/04/2024

* Centro Nacional de Salud Materna e Infantil, Bishkek, Kirguistán. ORCID ID: <https://orcid.org/0009-0006-3513-4414> . E-mail: raminaalieva2605@gmail.com

** Universidad Internacional de Kirguistán, Bishkek, Kirguistán. ORCID ID: <https://orcid.org/0000-0002-8842-8882> . E-mail: raminaalieva2605@gmail.com

1. Introduction

Freedom and happiness stand as two foundational human values intricately woven into the fabric of interpersonal relationships (Huppert, 2009; Zaitseva & Krikunov, 2022; Nguyen, 2023). The essence of freedom lies in the ability to exercise autonomy and make choices independently, while happiness manifests as a state of overall well-being and contentment (De Velazco, 2021; Akhmetshin et al., 2023).

In the realm of interpersonal connections, freedom and happiness reveal themselves as intimately connected concepts (Baumeister & Leary, 1995; Sarin et al., 2024). On one hand, freedom emerges as a prerequisite for fostering happiness within relationships (Reis & Patrick, 1996). The sense of liberation to be one's authentic self and the freedom to navigate personal choices are vital elements that contribute to the overall satisfaction and joy individuals derive from their relationships (Aron et al., 1992; Moreva & Skitnevskaya, 2023).

Conversely, happiness within relationships can act as a catalyst for the expansion of freedom (Sprecher & Fehr, 2005). In the sanctuary of contented connections, individuals often find themselves embraced by a supportive and understanding environment (Zueva et al., 2022; Lykova et al., 2023). This, in turn, nurtures a profound sense of freedom within the relationship, as individuals feel secure in expressing their true selves without the looming specter of judgment or constraint (De Velazco, 2022; Rabadanova et al., 2022).

Thus, the reciprocity between freedom and happiness within interpersonal relationships unveils a dynamic interplay (Deci & Ryan, 2000; Erkinbekov et al., 2023). The liberty to be oneself and make autonomous choices becomes not only a source of personal fulfillment but also a foundational cornerstone for cultivating joy and contentment within the shared space of relationships (Gadzaova et al., 2022; Karimova et al., 2022). Simultaneously, the happiness derived from understanding and support provides the fertile ground from which the seeds of freedom can flourish, enabling individuals to explore the full spectrum of their identities within the sanctuary of meaningful connections (Babina et al., 2022; Verona, 2023).

The study aimed to uncover the relationship between feelings of freedom and happiness in an individual's life and their impact on interpersonal relationships within a healthy society.

2. Methodology

The research was conducted at the International University of Kyrgyzstan during 2023. In line with the study's objectives, an in-depth review approach was chosen. The interview process involved 20 participants. The questionnaire comprised questions pertaining to the personal experiences of the participants, who were asked to reflect on and share their thoughts regarding aspects of freedom and happiness in their own relationships.

To unravel the diverse tapestry of responses, thematic analysis as chosen qualitative data analysis method was employed (Yu et al., 2022). Thematic analysis, a robust approach in qualitative research, involves the systematic identification and exploration of recurring patterns, themes, and nuances present within the data (Bolina et al., 2022; Ling et al., 2023; Monleón Oliva, 2023). By adopting this method, it was aimed to distill the essence of participants' narratives, uncovering the underlying threads that intricately weave together the concepts of freedom and happiness in the context of interpersonal connections (Alimova et al., 2023; Kotlyarova et al., 2023).

Through open-ended inquiries and a nuanced examination of participants' reflections, our study aimed to capture the nuances and subtleties that often elude quantitative methodologies (Kashina et al., 2023). By allowing participants the space to articulate their thoughts and experiences, we aspired to gain a holistic understanding of how freedom and happiness manifest within the intricate dynamics of their relationships.

In the subsequent analysis, the emergent themes were meticulously examined and cross-referenced, contributing to a nuanced and comprehensive portrayal of the multifaceted relationship between freedom and happiness in interpersonal connections. The findings from this qualitative study promise to enrich our understanding of these fundamental human values, offering a qualitative depth that quantitative measures alone may not fully capture.

3. Results

Thematic analysis of the gathered data unveiled three overarching themes that shed light on the participants' perspectives regarding relationships and happiness:

Freedom as a Fundamental Element for Happiness:

Freedom, as a fundamental element for happiness, emerges as a central theme in the narratives of participants when discussing their relationships. The significance of freedom within the context of these relationships is underscored by the participants' shared experiences, emphasizing the pivotal role that the ability to express oneself authentically and make independent choices plays in their overall well-being.

The narratives highlight that individuals harbor a profound need for autonomy in their relationships to attain genuine contentment. This autonomy extends to various aspects of their lives, including personal expression and decision-making. Participants consistently articulated that when they were granted the freedom to pursue their personal interests or make decisions without undue influence, it resulted in heightened levels of happiness.

For instance, Sarah (participant) recounted a scenario where their partner supported and encouraged them to explore a new hobby. The freedom to delve into this personal interest not only brought joy through the activity itself but also strengthened the relationship by fostering an environment of mutual respect and understanding. This example illustrates how the freedom to pursue individual passions contributes significantly to overall happiness within a relationship.

Similarly, another participant, Sergey shared a moment of happiness when their partner acknowledged the importance of independent decision-making. In this instance, the partner respected the individual's autonomy in making a major life decision, without imposing their own preferences. The freedom to make choices that aligned with personal values and aspirations resulted in a sense of fulfillment and strengthened the bond between the couple.

These examples collectively emphasize that the freedom to express oneself and make independent choices is not only valued for its intrinsic worth but also for its positive impact on the quality of relationships. The ability to navigate one's life with autonomy fosters a sense of agency and empowerment, contributing significantly to the overall happiness and well-being of individuals within the context of their relationships. In conclusion, freedom emerges as a key component that not only enriches individual experiences but also forms the bedrock for fulfilling and joyful relationships.

Happiness as a Catalyst for Increased Freedom:

"Happiness as a Catalyst for Increased Freedom" explores the intricate connection between happiness and freedom within relationships, revealing a reciprocal dynamic that enhances personal expression and authenticity. The participants in this study emphasized that the experience of happiness within their partnerships played a pivotal role in amplifying their sense of freedom.

One of the key insights uncovered was the idea that when individuals feel a profound sense of happiness in their relationships, it acts as a catalyst for a heightened perception of freedom. This reciprocal relationship is deeply rooted in the emotions and dynamics that unfold within the context of personal connections.

For instance, participants shared instances where the shared experience of joy became a transformative force in their relationships. When both partners experienced happiness together, it created a positive and supportive atmosphere. In such moments, individuals felt more liberated to express their true selves without the looming fear of judgment. This connection between happiness and freedom is illustrated through specific examples provided by participants.

Consider a scenario where a couple celebrates a significant achievement together, such as a career milestone or a personal accomplishment. The shared happiness in this moment becomes a bonding agent, fostering an environment of openness and acceptance. In the aftermath of such shared joy, participants noted that they felt a newfound freedom to express their thoughts, desires, and vulnerabilities without the fear of criticism.

Furthermore, participants highlighted instances where mutual happiness acted as a buffer against relationship stressors. During times of conflict or disagreement, the memory of shared joy served as a reminder of the strength and resilience of the relationship. This, in turn, contributed to a sense of freedom for both partners to navigate challenges together, confident in the foundation of happiness they had built.

In summary, the data suggests that happiness within relationships is not merely an isolated emotion but a powerful catalyst for increased freedom. The reciprocal nature of this relationship is evident in the way shared joy creates an atmosphere of acceptance and support, allowing individuals to be their authentic selves without fear. This dynamic between happiness and freedom contributes significantly to the overall well-being and resilience of relationships.

The Crucial Role of Balance in Relationships:

One of the significant findings that surfaced from the collected data was the emphasis on achieving a delicate equilibrium between freedom and commitment in relationships. Participants consistently conveyed the idea that freedom, in the context of personal independence and autonomy, is indispensable for individual well-being. Simultaneously, they underscored the importance of commitment to the relationship itself, recognizing it as an equally vital component.

The participants articulated a perspective that promoted a harmonious blend of freedom and commitment within the context of a relationship. They believed that finding the right balance was key to fostering personal growth and ensuring the sustainability of the relationship. This delicate equilibrium allowed individuals to nurture their autonomy while actively contributing to the shared goals and aspirations of the partnership.

To illustrate this concept, participants shared various anecdotes and reflections on their own experiences. For instance, some described instances where allowing space and freedom for their partner's personal pursuits led to a stronger bond and mutual respect. In these situations, the partners were not only supportive of each other's individual growth but also actively encouraged it, understanding that personal fulfillment contributes positively to the overall health of the relationship.

Conversely, participants also recounted situations where an imbalance between freedom and commitment had negative repercussions. In such cases, an excessive focus on personal independence without due consideration for the relationship's needs resulted in feelings of neglect and detachment. On the other hand, an overly rigid commitment without allowing room for individual growth led to feelings of suffocation and resentment.

The examples provided by participants emphasized the dynamic nature of the balance between freedom and commitment. It was not a static state but required ongoing communication, understanding, and adaptability from both partners. The narratives collectively highlighted that successful relationships thrive when individuals navigate the delicate interplay between personal autonomy and commitment, ensuring that neither aspect overshadows the other.

In summary, the theme of balance emerged as a crucial element in participants' perceptions of healthy relationships. The ability to strike a delicate equilibrium between freedom and commitment was seen as a fundamental factor in fostering fulfilling, enriching, and sustainable connections. Through their narratives and reflections, participants conveyed the significance of this balance and its transformative impact on their relationship experiences.

In essence, the thematic analysis illuminates the nuanced interplay between freedom, happiness, and commitment within the intricate tapestry of relationships. Participants' narratives provide valuable insights into how these elements dynamically interact and influence one another, offering a richer understanding of the complexities inherent in fostering contentment within the context of interpersonal connections.

4. Discussion

The findings of this study shed light on the intricate relationship between freedom and happiness within the realm of interpersonal relationships. Let's delve deeper into the nuances of these interrelated concepts with illustrative examples.

Freedom as a Precondition for Happiness:

One aspect highlighted by the study is that freedom is often considered a prerequisite for happiness in relationships. This implies that individuals derive satisfaction and joy from feeling unburdened and unconstrained in their interactions with others. For instance, in a romantic relationship, a person might need the freedom to express their thoughts and feelings openly without fear of judgment. This freedom fosters an environment where individuals can authentically be themselves, contributing significantly to their overall happiness.

Happiness as a Promoter of Freedom:

Conversely, the study indicates that happiness can act as a catalyst for freedom within relationships. When individuals experience contentment and joy, they are more likely to feel secure and supported. This emotional well-being can empower them to explore new facets of their personalities, interests, and pursuits. In the context of friendships, for example, a person who feels emotionally fulfilled is more likely to encourage their friends to pursue their passions and goals, thus promoting a sense of freedom and self-expression.

Balancing Freedom and Commitment:

The study underscores the importance of finding a delicate equilibrium between freedom and commitment in relationships. Too much freedom without commitment may result in a lack of stability and dedication. For instance, a partner who values absolute freedom might struggle with maintaining a long-term commitment, leading to uncertainty in the relationship.

On the flip side, an excessive focus on commitment at the expense of freedom may stifle individual growth and autonomy. Consider a scenario where a person prioritizes commitment to the point of controlling their partner's choices and actions. This could lead to feelings of suffocation and resentment, ultimately undermining the happiness within the relationship.

In essence, the study suggests that a harmonious balance between freedom and commitment is essential for fostering healthy and fulfilling interpersonal relationships. Striking this balance allows individuals to enjoy the benefits of both freedom and commitment, creating an environment conducive to happiness and long-term relationship satisfaction.

6. Conclusion

In conclusion, the intricate interplay between freedom and happiness in interpersonal relationships, as revealed by this study, underscores the nuanced dynamics that shape the quality of human connections. The findings emphasize that both freedom and happiness are mutually reinforcing elements, each playing a pivotal role in sustaining and enhancing the well-being of individuals within relationships.

The study highlights the significance of freedom as a fundamental precondition for happiness. It illuminates the idea that individuals derive profound satisfaction when they

feel liberated to express their authentic selves in their interactions with others. The freedom to be genuine and uninhibited fosters an environment where happiness can flourish, creating a positive feedback loop within interpersonal relationships.

Conversely, the study elucidates the role of happiness in promoting freedom. Emotional contentment and joy act as catalysts, providing individuals with a sense of security and support. This emotional well-being, in turn, empowers individuals to explore and express themselves more freely, enriching the fabric of their relationships.

A critical aspect emphasized by the study is the imperative of striking a balance between freedom and commitment in relationships. The cautionary note about the potential pitfalls of extremes - too much freedom leading to a lack of commitment, and excessive commitment stifling freedom - serves as a valuable guide for individuals navigating the complexities of interpersonal connections. Achieving this delicate equilibrium is posited as crucial for sustaining long-term relationship satisfaction and happiness.

In essence, the study contributes valuable insights into the delicate dance between freedom and happiness within relationships. It urges individuals to recognize and appreciate the symbiotic relationship between these concepts, advocating for a thoughtful and balanced approach to fostering genuine connections. As we navigate the intricate landscape of human relationships, the study suggests that a harmonious integration of freedom and commitment is the key to unlocking enduring happiness and fulfillment in our interpersonal interactions.

Bibliographic references

- Akhmetshin, E., Klochko, E., Batirova, N., Vetrova, E., Andryushchenko, I., & Tolipova, B. (2023). "The influence of organizational and economic mechanisms on the regulation of employment of young specialists". **Revista Gestão & Tecnologia**, 23 (Special Issue), 352-363.
- Alimova, M., Abdullaeva, M., Tungatova, U., Karimova, D., Alidjanova, L., & Turambetov, N. (2023). "Influence of religious myth on national and political formation across cultures". **Cuestiones Políticas**, 41 (77), 511-522. <http://dx.doi.org/10.46398/cuestpol.4177.34>
- Aron, A., Aron, E. N., & Smollan, D. (1992). "Inclusion of other in the self scale and the structure of interpersonal closeness". **Journal of Personality and Social Psychology**, 63 (4), 596-612. <http://dx.doi.org/10.1037/0022-3514.63.4.596>
- Babina, A., Berezuev, E., Artamonova, M., & Utusikov, S. (2022). "Socio-psychological adaptation of students when choosing the direction of general physical training in the educational and training process". **Nuances: Estudos Sobre Educação**, 33 (00), e022025. <https://doi.org/10.32930/nuances.v33i00.9747>

- Baumeister, R. F., & Leary, M. R. (1995). "The need to belong: Desire for interpersonal attachments as a fundamental human motivation". **Psychological Bulletin**, 117 (3), 497-529.
- Bolina, M., Naumenko, L., Chelpanova, E., Shmidt, E., & Bolshakova, K. (2022). "Implementation of the flipped classroom model in forming students' professional competence". **Revista Conrado**, 18 (88), 280-284.
- De Velazco, J. J. H. G. (2021). "The reinterpretation complex of social sciences in the times of pandemic". **Juridicas CUC**, 17 (1), 5-8.
- De Velazco, J. J. H. G. (2022). "Knowledge societies and open science in the new normality". **Juridicas CUC**, 18 (1), 1-4.
- Deci, E. L., & Ryan, R. M. (2000). "The darker side of self-determination: Self-control and the costs of autonomy". **Journal of Personality and Social Psychology**, 74 (4), 1024-1037.
- Erkinbekov, K., Babashov, A., Smutko, A., & Aidaraliev, A. (2023). "National ideology as a determining factor of state policy in interethnic relations". **Synesis**, 15 (2), 357-367.
- Gadzaova, L. P., Goverdovskaya, E. V., Alisultanova, E. D., & Moiseenko, N. A. (2022). "Use of digital technology by a teacher to improve the effectiveness of the process of students' training and professional self-identification". **Revista on Line de Política e Gestão Educacional**, 26 (esp.2), e022064. <https://doi.org/10.22633/rpge.v26iesp.2.16562>
- Huppert, F. A. (2009). "Psychological well-being: Evidence regarding its causes and consequences". **Applied Psychology: Health and Well-Being**, 1 (2), 137-164. <http://dx.doi.org/10.1111/j.1758-0854.2009.01008.x>
- Karimova, D., Baitenova, N., Alimova, M., Abdullaeva, M., Ernazarov, O., & Alidjanova, L. (2022). "The concept of "Child" and its historical and legal description". **Cuestiones Políticas**, 40 (74), 863-879. <http://dx.doi.org/10.46398/cuestpol.4074.48>
- Kashina, E., Bogdan, V., & Agarkov, B. (2023). "Development of international legal mechanisms to protect older people's health rights". **Interacción Y Perspectiva**, 13 (2), 218-231.
- Kotlyarova, V., Isakova, G., Vaslavskaya, I., Gorlova, O., Putrik, I., & Molochnikov, N. (2023). "Impact of technogenic civilization on the evolution of scientific thinking". **Synesis**, 15 (4), 172-184.
- Ling, P., Isaeva, N., Bolzan, N., Kolganov, S., Chirich, I., & Zhabchik, S. (2023). "Student motivation in humanities: Its impact on academic performance and professional development". **Interacción Y Perspectiva**, 14 (1), 230-243.
- Lykova, I., Mayer, A., Shestakova, O., & Voinova, A. (2023). "Desenvolvimento de um complexo diagnóstico para o estudo das tradições de educação familiar"

[“Developing a diagnostic complex for the study of family upbringing traditions”]. **Revista on Line De Política E Gestão Educacional**, 27 (00), e023068. <https://doi.org/10.22633/rpge.v27i00.18802>

- Monleón Oliva, V. (2023). “Motivos visuales a través de la figura malvada de Cruella en 101 Dálmatas: ¡Más vivos que nunca!” [“Visual motives through the evil figure of Cruella in 101 Dalmatians: More alive than ever!”]. **Calle 14 Revista de Investigación en el Campo del Arte**, 19 (35), 106-119. <https://doi.org/10.14483/21450706.20314>
- Moreva, A., & Skitnevskaya, L. (2023). “Research of the features and relationship of internal motivation and psychological well-being of young people who are passionate about programming”. **Revista Conrado**, 19 (90), 348-354.
- Nguyen, D. T. (2023). “Confucian perspectives on human nature and transhumanism: Bridging ancient wisdom with future evolution”. **European Journal of Science and Theology**, 19 (6), 43-59.
- Rabadanova, R., Pivneva, S., Danilova, V., Podsevalova, E., & Sayenko, M. (2022). “Effectiveness of universities’ in the context of funding based on results and the level of achievements”. **Revista Conrado**, 18 (S1), 647-654.
- Reis, H. T., & Patrick, W. (1996). Attachment and intimacy: Component processes, individual differences, and relationship outcomes. In: Higgins, E. T., Kruglanski, A. W. (Eds.) **Social psychology: Handbook of basic principles** (pp. 464-503). New York: Guilford Press.
- Sarin, K., Nursultanova, L., Baitureyeva, K., Polozhentseva, I., & Kapustina, D. (2024). “Upbringing traditions of eastern orthodoxy in the creative heritage of Saint Demetrius of Rostov (D.S. TUPTALO)”. **European Journal of Science and Theology**, 20 (1), 59-68.
- Sprecher, S., & Fehr, B. (2005). The role of conflict in close relationships. In: Hinde, R. L., Groebel, J. (Eds.) **Conflict and social cognition** (pp. 207-231). New York: Cambridge University Press.
- Verona, S. O. (2023). “Cultura escrita e relações de amizade”. **Historia e Cultura**, 12 (2), 394-416. <https://doi.org/10.18223/hiscult.v12i2.3946>
- Yu, S., Frolova, S., Afanasyev, O., Ilinskaya, Y., Fatkulina, A., & Rabadanova, R. (2022). “Opportunities to improve the professional qualities of teachers to work in the distance modelo of teaching”. **Revista Conrado**, 18 (86), 14-20.
- Zaitseva, I., & Krikunov, A. (2022). “Factores socio-psicológicos que afectan al desgaste profesional de los trabajadores sociales” [“Socio-psychological factors affecting professional burnout among social workers”]. **Interacción Y Perspectiva**, 12 (2), 136-149.
- Zueva, F., Levina, S., Likhodumova, I., & Kilmasova, I. (2022). “Identidade profissional de professores como componente da cultura corporativa

universitária" ["Professional identity of teachers as a component of university corporate culture"]. **Revista on Line De Política E Gestão Educacional**, 26 (00), e022147. <https://doi.org/10.22633/rpge.v26i00.17336>