



## Discussion on Human-Computer Interaction: the Concept of Life Happiness in the New Era

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# Discussion on Human-Computer Interaction: the Concept of Life Happiness in the New Era

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**Abstract.** This paper aims to explore human-computer interaction remotely: The concept of life happiness in the new era. The method is: First, reviewing history, then, finding problems, and finally, refining goals, which is characterized by that coordinating ancient and modern, chinese and foreign, especially contemporary, different views, not only to reach a certain consensus among people, but also to make sure to try to achieve personalization and standardization compatibility between humans and machines. The result is that not only it is found that it is actually difficult to reach a consensus between people, but it is also difficult to achieve both personalization and standardization between humans and machines. As a result, it was further discovered that there has been a smart system studied for many years, a formalized cognitive computing and system analysis that takes both standardization and individualization into consideration. Its significance lies in: Applying the latest theories and methods, the following visions of people can be satisfied, namely: Throughout the thousands of years of human social and historical development, the evolution of culture and civilization, and the progress of modern science and technology, a life growth must continue to transcend its own cognitive limitations, form a new mental cognitive model, and exercise correct cognitive ability in the direction of happiness, in order to lead human beings to a better new world.

**Keywords:** Human-Computer Interaction, Life Happiness, Personalization and Standardization Formalized, Cognitive Computing, System Analysis, Concept of Happiness, Smart System Studied.

## 1 Introduction

This paper aims to explore human-computer interaction remotely: The concept of life happiness in the new era. In this way, we commented on the concept of happiness in ancient and modern China and abroad, as well as the materials collected by the first author of this article and the happiness formula she refined, and the second author and other team members who practiced with it. The corresponding author thinks this is very meaningful, so from the perspective of their cognitive computing and system analysis, this article is written in English (from the material with its references are

from the first author 1-22 all in Chinese and used by the corresponding author that the standard method of referencing academic papers is verified one by one, and then enumerates the detailed sources. List the references as 1-62). According to the requirements of this International Conference on Cognitive Computing and Systems, it aims to provide practitioners of the happiness team a sample template in English. This is not only conducive to the clear traceable cognitive thinking of interpersonal communication, that is, the knowledge point source and nodes of inheritance and innovation can be tested, but also beneficial to expert knowledge term ontology (terminology), public knowledge ontology (common saying) and human-computer interaction (numbers and words) with interfaces (objects and their relationships) and their background cognitive computing and systems (recording and querying) analysis thus help guide the construction of well-being experience paradigms and their corresponding systematic knowledge bases.

## 2 Method

The method is: First, reviewing history, then, finding problems, and finally, refining goals, which is characterized by that coordinating ancient and modern, chinese and foreign, especially contemporary, different views, not only to reach a certain consensus among people, but also to make sure to try to achieve personalization and standardization compatibility between humans and machines. The first half here is the process or discussion of the communication between the three co-authors and trying to reach a consensus. The last one is the method that the corresponding author of this paper tries to introduce the characteristics and theories of human-computer interaction and collaboration based on.

### 2.1 A historical review of human cognition to the concept of happiness

From ancient to the present, human beings have comprehended the relationship between the same universe, the same earth, and the same human beings and the natural world. Therefore, the understanding and cognition of human beings' pursuit of happiness in many different periods have long been recorded in ancient and modern Chinese and foreign classics. Each era has its own unique karma, and the perceptions that human beings are connected to are also different. The insights we record today hope to become a life-level happiness study that can be easily understood and applied by modern people.

#### (1) Chinese Representative Works.

The Selection of Chinese Representative Works from Ancient to Modern Times and Their Enlightenment:

*Book of Changes (Zhouyi)*. Since Zhouyi, due to the development of the times, people began to shift the research focus to people, and paid more attention to the exploration of people-oriented sociology, and explored the laws of society and thinking from nature. It talks about the wisdom of choice. The only constant in the world is change. It shows the beauty of these changes and makes people know how to make the right choices in changes, that is, those that can bring people better results.

*Tao Te Ching (by Lao Tzu)*. According to the statistics of UNESCO, Tao Te Ching is the cultural masterpiece that has been translated into foreign languages and published the most besides the Bible. It is not for reading, but requires people to comprehend correct cognition through its guidance. From the big to the heaven and the earth, from the small to the strategy of governing the country, the way of life, self-cultivation, it is all-encompassing and has a panoramic view.

*Heart/Mind Sutra*. In this extremely prosperous world, each of us wants to find inner peace and tranquility. The wisdom of Buddhism suggests: how to deal with inner troubles, troubles in life, and gain wisdom. The Heart Sutra is one of the most "outline and leading" of Buddhist scriptures. It is very incisive, with only 260 words. It is the top ten famous Buddhist scriptures.

*Zhuangzi (by Zhuang Zhou)*. "Ride the righteousness of heaven and earth, and control the debate of six qi, so as to travel endlessly." Zhuangzi's concept of happiness is a kind of open-mindedness in life. Among them, there is a choice of people's happiness. Someone's choices are as simple happiness as a cicada or a little turtledove, and they can be happy without too much effort; It is necessary to face difficulties, accumulate strong kinetic energy, and wait for the opportunity to fly further, to achieve a higher life value, one needs to make choices. This is the most genuine and strong desire to pursue better happiness from the heart/mind. It is only possible to achieve the upgrade of happiness by enhancing the strong mental strength and putting in great efforts.

*Analects (by Confucius)*. Confucius has always focused on human thoughts and behaviors in the study of the time/weather, place/location, and people. He proposed that a person should practice the way of a gentleman, respect people's free will, and emphasized that individuals need to strengthen self-cultivation. The reason why people have great conflicts in their hearts is because their own thoughts and behaviors do not conform to their own internal values, which leads to their own disapproval, dislike and denial of themselves. Therefore, through self-cultivation, we can keep the internal and external consistency, adhere to the requirements of "Tao" in our thinking, behavior and habits, obey our own desire to become better, and make our words and deeds more self-aware, reduce irrational unconscious impulses, orderly will get a stable sense of happiness.

*Sun Tzu's Art of War (by Sun Tzu)*. It is the "Sacred Book of Military Studies", with more than 6,000 words covering content far beyond the scope of military affairs. Among them, the art of war is top-level thinking and top-level design. It is not only a military strategy, but also a classic way of thinking and philosophical thinking. "Soldiers are the major events of the country, the place of life and death, and the way to survive." Although it is a book about war, it promotes the idea of "warfare carefully" and "no war". He warned of the dangers of war to human beings, which should be avoided as much as possible. Although there are contradictions, conflicts and different interests between different countries and different organizations in human society, peace and happiness are always more important, which enlightens the importance of human peace. If people want to be happy, they must have the ability and strength to protect themselves, have a correct understanding of contradictions and

differences, and be able to use correct thinking to compete in business and national competition.

*The Emperor's Classic of Internal Medicine.* It reveals the laws of life activities, constructs the "three talents" medical model of heaven, earth and human beings, systematically expounds human physiology, pathology, as well as problems such as diagnosis, treatment, prevention, and health preservation of diseases, laying the foundation for Chinese traditional medicine and theoretical basis. All diseases are born from the heart/mind, and all diseases are also destroyed by the heart/mind. The daily emotions have various effects on the internal organs of the human body, and also have an impact on the surrounding environment. A peaceful mind can maintain a peaceful physique, improve people's spirit and spirit/JingQiShen, and obtain a healthy sense of happiness. This also requires a positive attitude and thinking to promote.

*The Complete Works of Yangming Wang.* Wang was a famous philosopher, educator, political rulers and military strategists. He was respected as one of the three saints in Chinese history, and he achieved morality, make merit, make a statement. He pioneered the study of the mind, which had a great impact on the development of our country's culture and thought. It has a big driving effect and has a great impact on Southeast Asia and Japan. He is a practitioner of his theory and has made great achievements. Later generations also praised him as "the first perfect man through the ages". The idol of modern practitioner Kazuo Inamori/稻盛和夫 is Wang Yangming, the Chinese master of mind study. The shadow of Wang's theory of conscience can be seen everywhere in his books and business philosophy purpose.

## **(2) The foreign representative works.**

Selection of foreign representative works from ancient times to the present and their enlightenment:

*Socrates' Defence.* Socrates' philosophical thinking is a kind of exploration, which is open to the outside world. Through constant speculation, he seeks the answer to the truth. Before Socrates, the main study of Greek philosophy was "natural philosophy". And Socrates believes that some real problems should be studied in order to help the people and the country. He once said: My friends are not the trees outside the city, but the people inside the city, so Socrates began to study human beings and issues related to human cognition, such as what is justice, what is injustice; what is bravery, what is cowardice; what is honesty, what is hypocrisy, etc. His Ethical Philosophy made philosophy return from heaven to earth and back to human. Socrates' famous quote: "know yourself." Since the time of Socrates, the West's exploration and pursuit of a better life has continued, so whether it is the East or the West, the pursuit of happiness has always been the same. Happiness has always led mankind's pursuit of a better life.

*Bible.* A world-famous masterpiece, which has been ranked first in the world's bestseller list for a long time, and has a great influence on Western society and the world. It is also a big encyclopedia, from people's basic necessities of life, marriage and happiness, to scientific and cultural knowledge, social management system and so on. "Leaders need the ability to lead, and those who work need the ability to work; those who serve God need the ability to serve. Ability is very important, without ability, we will be weak and tired. For this reason, before ascension, Jesus charged his disciples: "Do not leave Jerusalem, but wait there for power from above."

*Civilization.* Neil Ferguson is one of Britain's foremost historians. A professor of history at Harvard University and a senior fellow at the Hoover Institution at Oxford and Stanford, he is one of the few experts who can straddle academia, finance, and the media. In 2004, he was named one of the "100 People Who Influence the World" by Time Magazine Review. This classic book explores the development model of Eastern and Western civilizations in simple terms. We find that the laws that create happiness in human beings can also be used to understand the development and vitality of a country. If every country needs to find the correct way of thinking to survive and develop, it must understand that the cultural core of the development of all civilizations must conform to the Tao.

*The Wealth of Nations.* Adam Smith's this Work is known as the bible of Western economic circles. It marked the birth of economics as an independent discipline, which had a profound impact on the process of human development. Later economists basically followed his methods to analyze the laws of economic development. Today, with the continuous development of the market economy, people's understanding of happiness and the generation of confusion are closely related to economic life.

*Das Kapital (Marx).* This book is a great exploration of thinking and practice on the direction of economic and political development. In order to write the book, Marx insisted on going to the British Museum every day for 20 years to read books and consult materials. When Marx was immersed in reading in the reading room, he even made a concave mark on the hard cement floor under his fixed seat, which was hailed as "Marx's footprint". The profound knowledge of various fields of social economy that can be accumulated by human beings today is due to the profound study of the great efforts of the predecessors.

*Harvard Happiness Class (Daniel Gilbert).* Daniel Gilbert, a social psychologist, is affectionately known as the "Professor of Happiness" at Harvard because he leads a "Social Cognition and Emotional Study Laboratory" that studies the nature of human happiness. He developed the "prediction bias theory" and is considered one of the most influential scholars in the field of happiness research in the world. He believes that the fundamental difference between humans and other animals is that humans can foresee the future, so humans have a sense of happiness that other animals do not have; however, humans' emotional expectations for the future often have a large "prediction deviation from reality". We all have an innate "basic value of happiness", and successes, failures and setbacks in life often change our level of happiness only briefly. Soon enough, we'll be back to our "happiness base". So, how to achieve happiness? Gilbert believes that our happiness is in our own hands, so people should "buy it wisely" and increase their "happiness base value". This is a very good reflection on the sustainability of life-level happiness.

*The Well-Being Approach (Tyler Ben-Shahar).* The author's "Positive Psychology" course at Harvard was voted the most popular course by Harvard students. Aims to use positive psychology to achieve a happy and fulfilling life. He asked: what exactly is happiness? He also divides unhappiness into three types: the first is the hectic type that sacrifices present happiness and only focuses on future goals; the second is the hedonistic type that indulges himself and enjoys just in time; the third is the nihilistic who is disappointed with everything and does nothing. How to make oneself reach the

fourth state perceived happiness type? He shares 15 tips for happiness: Gratitude, Friends, Compassion, Learning, Problem Solving, Doing, Being Present, Forgiving, Learning to Say Thanks, Deep Friendship, Commitment, Optimism, Unconditional Love, Loving oneself, Giving.

*Thinking Fast and Slow (Daniel Kahneman)*. The author won the 2002 Nobel Prize in Economics. He is also one of the most influential psychologists in history. His research has opened up social psychology, cognitive science the study of rationality and happiness. There are many good books on human rational and irrational thinking, but his book is undoubtedly the best. It was a landmark work in social thought, comparable to Adam Smith's *The Wealth of Nations*. In Daniel's book, he divides the cognitive system into two parts: The commonly used unconscious "System 1" relies on emotion, memory, and experience to respond quickly and requires little effort from us to complete tasks, but it is gullible, right the dependence of this intuitive system will lead to a serious problem - bias and judgment errors; while the rational "system 2" is slower and requires us to concentrate on analyzing and solving problems, but it is more rational and precise, it's just that it's lazy, so it often likes to take shortcuts and directly adopt the intuitive judgment results of System 1. We switch between the two systems every day.

*The Nature of Thought (Stephen Pinker)*. The author is best at interpreting the world and the nature of human nature through language, combining anthropology, psychology and cognition. This is a revolutionary academic work that deeply dissects the essence of human thought through the analysis of language. The laws of human nature are also called by some philosophers: the cave of the human mind. He pointed out that human beings are always in the cave of their own mind, and the way to reveal this truth is language. Therefore, in order to be happy, people must return to the cultivation of correct cognition, which requires first of all to have the correct direction and method, and to exercise consciously for a long time, which will stimulate everyone's greater potential.

*Drucker's Journal*. Peter is the father of modern management, and he pointed out that according to the laws shown by statistics, it is impossible for any organization to find enough 'excellent talents', so professional managers need to constantly develop themselves and self-management, and must know where to put themselves in order to make the greatest contribution, but also to maintain a high degree of focus and dedication in the future career. He points out that the only way to discover one's strengths is through feedback analytics: first, and most importantly, focus on your strengths and put yourself in those areas where you can really use them; second, strengthen your Strengths, feedback analysis will tell you where you need to improve or learn new skills, showing you gaps in various knowledge; third, find any prejudice and ignorance due to arrogance and overcome it.

*Living Method (by Kazuo Inamori)*. The author is a practitioner who follows and applies his own business philosophy in the unity of knowledge and action. He believes that the meaning of life and the value of life lie in improving the mind and tempering the will. In the book, he pointed out that love is the torch that ignites the passion for work. No matter what work, as long as you do your best to do it well, you

will have a great sense of achievement and self-confidence, and will stimulate the courage and enthusiasm to challenge the next goal.

*Inferiority and Transcendence (by Alfred Adler).* He is a pioneer of humanistic psychology and the founder of individual psychology. His classic book discusses human behavior and analyzes changes in behavior from the psychological dynamic factor of inferiority. The system has become the theoretical basis for many schools of psychology to help people understand themselves, change themselves and improve themselves. His main point is that people's behavior is more derived from the use of the psychological motivation of 'pursuit of superiority' to cover the inherent inferiority; dealing with these feelings of inferiority can lead to mediocrity, even mental illness, physical illness, or crime.

*Positive Discipline (by Jane).* The theoretical basis of the whole system of positive discipline in "Positive Discipline" is derived from the individual psychology of the Austrian psychologist Adler, combined with the practical method of Drex's individual psychology in the field of family education, by Jane Nelson, a well-developed team of education experts such as Lott is known as the "golden rule" for raising children.

*Happy Marriage (by John Gottman).* He is the most outstanding psychologist in the field of interpersonal relationships, 4 times awarded the American Institute of Mental Health Science Researcher Medal, also known as the world's "marriage pope", this book is Classics on "Intimacy" and "Marriage". In Gottman's Love Lab, through 40 years of marriage research and the participation of nearly 700 couples, he can accurately predict whether they will divorce after observing and listening to a couple's conversation for 5 minutes. The accuracy rate is as high as 91%. This is a very practical marriage guide. He uses big data to restore the truth of marriage relations. He proposes the four major killers of "failed marriages": criticism, contempt, defense (counterattack), and cold war. He also summed up 7 rules for keeping marriages from breaking up to help people run an emotionally intelligent, long-lasting marriage: Rule 1 Perfect your love map, Rule 2 Cultivate your affection and admiration, Rule 3 Move closer to each other, not farther away, Rule 4 Let your spouse influence you Rule 5 Solve solvable problems, Rule 6 Break the deadlock, Rule 7 Create common meaning.

## **2.2 The cognitive model of the team practicing its own concept of happiness**

Here are some practical scenarios and applications, focusing on the understanding and application of happy individuals. The following scenarios, happy families, campuses, and enterprises are all practices where happy individuals create happiness in different spaces:

### **(1) The happy individual.**

The growth process of each of us has gone through the three stages of "birth, growth, and bloom".

*Infancy stage (birth).* The birth of each life is very much in need of the care and love from parents and relatives with the original intention, sincerity, care and love. So we need to give this level of demand, then the value of life can reflect care, responsibility and respect. The happy family atmosphere and family interaction at this



stage are also the beginning of cultivating people's self-confidence, mental strength, cognitive ability, action ability and sustainability (five elements).

*Growth stage (growth).* Human growth is a process of continuous physical and mental maturity. Everyone will find that the stronger these five elements are, the better they will grow at this stage, and they have a strong inner drive.

*Blooming stage (blooming).* At this time, we have entered a wonderful chapter in life. In lifelong learning and lifelong growth, our lives are also blooming more and more brilliantly. The growth of life to bloom is a realm of life that constantly surpasses oneself. We can recognize and practice the blooming of life from two aspects: one is to realize one's dreams at work, to continuously improve one's all-round growth at work, to create value for the society, and to bloom the flower of life. The second is to understand and express love with gratitude. The road of life is very long. We will meet many people along the way, including close parents, close lovers, relatives and friends, etc. Life has come to this world full of love, sincere if we love ourselves, we can create and practice happiness for ourselves, and we can also create and practice happiness for the people around us and for the society. Even if we are in the twilight of life, we can still bloom the splendor of life by caring, sharing experience and wisdom.

## **(2) Happy family.**

Once someone understand how a happy individual completes the process of self-cultivation, he / she can understand the composition of a happy family. Everyone is a unique existence. Everyone was born in different places, from different family and cultural backgrounds, and then came into contact with different people, learned different knowledge, and finally formed their own views. Therefore, even if different individuals see the same thing, their inner feelings are very different, and sometimes even completely opposite. For example, in families, everyone has a good relationship, and usually communicates with caring and caring words, but for people from indifferent family relationships, they may not realize the need to do so, and sometimes choose not to communicate or ignore them completely. In this way, when two people are organized into a family, misunderstandings and conflicts are easy to occur, and it takes a long time to develop communication habits and living habits. If one can actively recognize this and work hard on both sides, it is easy to open one's mind. In fact, many family conflicts that have lasted for decades are just that everyone sees different perspectives and dimensions, but no one realizes that it is necessary to look at problems from multiple dimensions and perspectives in order to open up new thinking about happiness. Running/operating a happy family requires everyone to consciously cultivate a happy individual, strengthen cognitive ability and mutual understanding. Therefore, in the family, first of all, everyone must have a strong self-confidence and mental strength, so that they will not often quarrel and divorce or affect the parent-child relationship over trivial matters. When we improve our cognitive dimension, we will understand that everyone is living and loving each other in the way and mode that we think is right, and we can actively enhance mutual understanding and communication in our shared life and company. And we must continue to do a good job of mutual love, care and service every day, and maintain a happy family atmosphere.

### **(3) Happy campus.**

The educational resources and various ideas that human beings are facing today are much richer than in the past. The ideal of education and teaching methods need continuous innovation to adapt to the current needs of rapid social development, to promote children's self-awareness. It is a great responsibility to transform knowledge into wisdom, experience of life and understand of society, so as to construct a correct outlook on life and values, and inspire the growth of every life. Therefore, it is very important to improve the comprehensive quality of the teaching. In the final analysis, the core of all problems in education, which should unite the minds of teachers, build a team of teachers with love and happiness, and jointly build the overall atmosphere of a happy campus, so as to cultivate new students with more confidence, sunshine and happiness for our generation of young people.

Teachers' happiness education is very important. Only in this way can love flow, and love and happiness can create a better campus life. Today's family structure is more and more complex, which also brings great communication challenges to the teaching team. How can we communicate with parents more effectively and reduce troubles unnecessarily? Every student comes from a different family and cultural background. How to better enter their minds, care for the growth of each student, communicate effectively, and achieve the goal of real education and education? Communicate with happiness thinking is the key!

### **(4) Happy enterprise.**

Today, the global economy is ushering in a broad space for development, and enterprises are entering a new era of high-speed competition and development. The rapid changes in the market have brought historic opportunities to enterprises, while the future is also full of many uncertain challenges.

The most important thing is to improve the comprehensive quality of enterprise. The unity of thinking and understanding is the cornerstone of the enterprise. The interaction and coordination of interests is the core of the enterprise. People are the force that promotes the evolution of the enterprise. The ability determines the competitiveness of the enterprise. The internal long-term driving force, in this fast-changing era, enterprises should grasp the only constant core element, build the inner power, cultivate business people with happiness ability, focus on stimulating the vitality of micro-subject thinking, and enhance the vitality of business people. A sense of gain, happiness, and security are the foundations for building a happy enterprise.

Although many people have entered the society, they lack the awareness of the basic quality and attitude of being a person and doing things. Therefore, a large number of enterprises need to continuously improve their employees through various activities such as training and team building. For example, by learning new thinking about happiness, the employees of some companies have changed the state of doing things casually, complaining, having no overall view, and harming others and not helping themselves, and have improved their learning ability, self-confidence, happiness, creativity. They have a new and correct understanding of happiness, understand the meaning of active work, understand that efficient work comes from clear thinking and good communication, and deeply understand how enterprises build a happy enterprise, and be proactive, efficient and accurate.

**(5) Happy ecosystems.** The construction of all these happy ecosystems is not achieved overnight, because the new culture and new civilization that affects each generation requires a period of time to slowly warm up and ferment, and many people need to use their enthusiasm and love to influence the light more people that need the heartfelt acceptance and sharing of life and happiness from the forerunners who are destined to come into contact with each other, so we can persevere to do this well.

### 2.3 Summarize and comment on happiness with the help of references

Comparing the references of Chinese materials and English papers, how to let the computer automatically recognize the distinctions made by the original human co-author? It involves: classification, matching, translation, prediction and decision making. First, the aforementioned five steps are completed through human-computer interaction. Then, let the computer (software and hardware) have the corresponding knowledge expression and language understanding ability through learning. Finally, we found that the computer has pattern recognition ability for natural language text after numerical and structured processing (it is equivalent to expert knowledge expression ability & natural language understanding ability). Here, it is limited to make a systematic analysis of the names of the persons mentioned in Table 1 and their related representative works and the contents described in this article. From this, a systematic comparison of human brain cognition and computer calculation is made. It has been verified that human-robot collaboration still has a long way to go in cognitive computing and systems. One of the evidences is that the analysis of peripheral materials can be initially locked in the scope of thinking by reference; the second is that the relevant analysis can also approach the domain of discourse and gradually narrow its scope; understand some of the features of this paper more prominently.

**Table 1.** Compare references in Chinese and English papers

	1-22 Chinese	1-64 English	
In	1-Zhouyi	1. Zhouyi	
	3-Lao Tzu	2-3. Lao Tzu /Tao Te Ching	
	5-Heart Sutra	4-7. Heart Sutra	
	6-Zhuangzi	8-10. Zhuangzi	
	7-Analects	11-13. Analects	
	8-Sun Tzu	14-16. Sun Tzu	
	9-Huangdi Neijing	17-20. Huangdi Neijing	
	10-Wang Yangming	21. Wang Yangming	
	Out	2-Socrates	22-23. Socrates: Defence
		4-Bible	24-25. Bible
11-Civilization		26-27. Neil Ferguson: Civilization	
12-Wealth of Nations		28-32. Adam Smith: Wealth of Nations	
13-Das Kapital		33-35. Marx: Das Kapital	
	14-Harvard Happiness Class	36-40. Harvard Happiness Class by Daniel Gilbert	
	15-The Way to Happiness	41. The Way to Happiness. By Slicer T R. 1907	
		42-44. The Way to Happiness by Taylor Ben-Shahar	

16-Thinking, Fast and Slow	45-50. Daniel Kahneman: Thinking, Fast and Slow
17-The Essence of Thought	51-52. Steven Pinker: The Essence of Thought
18-Drucker	53-54. Peter. Drucker.
19-Living Methods	55. Kazuo Inamori's Philosophy of Life: The Complete Works of Living Methods
20-Beyond inferiority	56. Alfred. Adler: Beyond inferiority complex
21-Positive Discipline	57. Nelsen J , Lott L.: Positive Discipline
22-The Marriage Clinic	61-62.Gottman J M.: The Marriage Clinic

### 3 Result

The result is that not only it is found that it is actually difficult to reach a consensus between people, but it is also difficult to achieve both personalization and standardization between humans and machines. As a result, it was further discovered that there has been a smart system studied for many years, a formalized cognitive computing and system analysis that takes both standardization (automatic recognition by computer) and individualization (understandable by each specific person who seeks happiness and can be reused in a targeted manner) into consideration.

**Table 2.** The creating life-level happiness with its five basic elements.

Elements	The happiness with its five basic elements	a new sense of happiness
H	Happiness in creating life-level	The five basic elements to create
B	Belief / self-confidence	firm self-confidence as belief
M	Mental strength	to become a better person
C	Cognition ability	multi-angle cognitive training
A	Action power	action with happy outcomes
S	Sustainability	maintain a steady of happiness

The displayed equation is for the creating life-level happiness.

$$B + M + C + A + S = H \quad (1)$$

The concept of life happiness in the new era first puts forward a new definition of creating life-level happiness:

Belief / self-confidence  $\times$  Mental strength  $\times$  Cognition ability  $\times$  Action power  $\times$  Sustainability = Happiness in creating life-level

The five basic elements to create happiness:

**(1) Belief / Self-confidence.** Have firm confidence in oneself, love oneself and be firm. Believing in oneself can change, grow better and better, and cultivate a high-quality life state. This life-level belief will promote a person to have positive thoughts and find solutions to solve problems and problems in life to all kinds of pain.

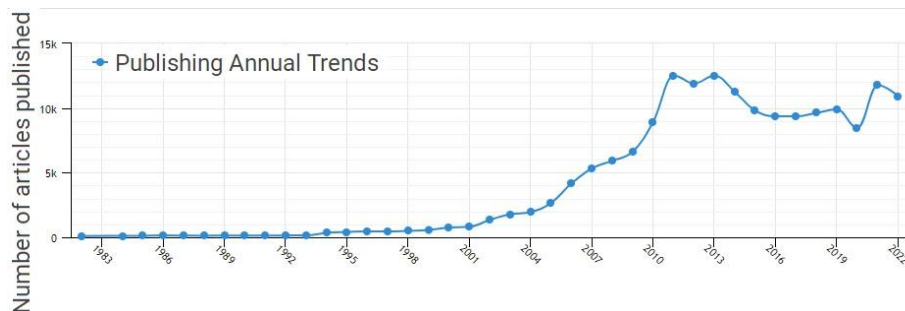
**(2) Mental strength.** One faces various difficulties in life & work with challenges, which also brings people a lot of troubles in life and life growth, positive energy can

perceive more love and gratitude from the mind, and have a strong desire to change oneself to become a better person, one can help others think about things in the right direction of positive energy, and strive to achieve positive results. Even if they are unsatisfactory for a while, they still have a strong mental strength to improve their ability to resist setbacks, growth and achievement.

**(3) Cognitive ability.** The growth of a person first lies in reducing cognitive ambiguity and cognitive bias, it is only possible to find a correct and clear cognitive path. Therefore, multi-dimensional and multi-angle cognitive training is essential for a person who wants to pursue happiness. The correct cognitive ability that can bring flexibility to people. All troubles and difficulties can produce happiness when we break through them. If we can perceive and recognize them in time, we can enjoy happiness and create a beautiful spiritual world and a new sense of happiness.

**(4) Action power.** All things require strong action. This is the powerful execution force sent out by the inner strength, and this is also the way for everyone to exercise the initiative of love. Only step by step by dismantling the goal of achieving happiness, finding the best methodology, and actively making efforts in line with nature, we can achieve happy results.

**(5) Sustainability.** Life is the desire to continue to achieve. To grow and create new value, true happiness must maintain a stable happiness temperature, which is the key to long-term happiness. The change in the universe is eternal, time will change, and people will also change. Therefore, it is very important to maintain a good sense of happiness, so that we can adapt to the constant changes in the world. Therefore, each of us must firmly hold on to this happiness, share these most valuable high-dimensional wisdom of life with our families, and finally form a true happiness cognition and behavior pattern that belongs to each of us as the huge wealth, which let people pass on happiness from generation to generation, and the transmission of happiness from generation to generation is more meaningful than the transmission of knowledge and wealth from generation to generation.



**Fig. 1.** Annual publication volume and trend of happiness theme at home and abroad.

From the annual publication volume and its trend shown in Figure 1 above, it can be seen that the academic research and discussion on the theme of happiness began to grow slightly at the end of the 20th century, and there was an explosive growth in the

first decade after entering the 21st century. There has been an unprecedented large peak between in 2010 and 2016, a small peak around 2021.

## 4 Conclusion

Its significance lies in: Applying the latest theories and methods, the following visions of people can be satisfied, namely: Throughout the thousands of years of human social and historical development, the evolution of culture and civilization, and the progress of modern science and technology, a life growth must continue to transcend its own cognitive limitations, form a new mental cognitive model, and exercise correct cognitive ability in the direction of happiness, in order to lead human beings to a better new world.

Although the gap between human cognitive thinking ability and artificial cognitive computing ability is large, there are still rules to follow. But so far, the combination of human-computer interaction and automated batch processing is still the mainstream research direction. In particular, it is meaningful to combine the concept of happiness and the empirical formula (1) and Table 2 of the happiness judgment introduced in this paper, such as the combination of human-machine and interpersonal cognitive calculation and system analysis. Referring to the trends in the publication of happiness-themed research papers shown in Figure 1, the examples presented in this paper are just the beginning. There are still many meaningful issues worthy of further study and discussion. Otherwise, it is difficult to fully understand the concept of happiness and its empirical formula involved in the interpersonal communication between the co-authors of this article, let computer artificial intelligence automatically process it, that is, cognitive computing and system analysis.

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