



## WOMEN HAPPINESS AND WELLBEING PARADOX: A BIBLIOMETRIC REVIEW OF PAST, PRESENT AND FUTURE TRENDS

Dr. Azma Batool<sup>1</sup>, Mehtab Arif<sup>2</sup>, Khadija Tanveer<sup>3</sup>, Zafar Manzoor<sup>4</sup>

<sup>1</sup>Assistant Professor, Department of Economics, Forman Christian College University, Lahore, Pakistan.

Email: [azmabatool@fccollege.edu.pk](mailto:azmabatool@fccollege.edu.pk), ORCID ID: <http://orcid.org/0009-0005-0163-4069>

<sup>2</sup>Lecturer, Department of Economics, Lahore College for Women University Lahore, Pakistan.

Email: [Mehtab.arif@lcwu.edu.pk](mailto:Mehtab.arif@lcwu.edu.pk), ORCID ID: [0009-0009-6324-4540](http://orcid.org/0009-0009-6324-4540)

<sup>3</sup>MS scholar, Department of Economics, Lahore College for Women University Lahore, Pakistan.

Email: [khadijatanveer19@gmail.com](mailto:khadijatanveer19@gmail.com)

<sup>4</sup>Lecturer, Department of Economics, Forman Christian College University, Lahore, Pakistan.

Email: [zafarmanzoor@fccollege.edu.pk](mailto:zafarmanzoor@fccollege.edu.pk)

| KEYWORDS                                                                                            | ABSTRACT                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Women Happiness, Family dynamics, Life Satisfaction, Bibliometric, gender differences               | The theme of women's happiness has been evolved over time and a significant literature in the field of psychology, economics and health highlighted mechanism of women happiness. However, there is always a need of comprehensive understanding of women happiness. This research evaluates 1497 papers from the Web of Science database to research into happiness of women's historical and current patterns through Bibliometric analysis and project future research agenda in the domain of women happiness. We conducted citation analysis to identify influential papers, journals, institutions, and countries, while co-authorship analysis verified the interactions between authors, affiliations, and countries. Similarly, Co-citation analysis found five hotspot clusters: conceptualization of happiness, socio economic factors of happiness and well-being, health and subjective well-being, the Psychology of Parenthood and happiness, and Paradox of happiness among pregnant Women. The co-occurrence of keywords analysis also revealed five main clusters for future studies: Socioeconomic and Family Dynamics on Subjective Well-Being and Life Satisfaction across Different Life Stages, Stress, Social Support and women happiness/well-being, Gender differences affecting well-being across different cultures, Intersection of Psychological Well-Being, Socioeconomic Status, and Health Outcomes in Older Adults, Risk factors, attitudes and outcomes as a result of unintended pregnancy among women of United States. This study pioneers the use of Bibliometric analysis to explore women happiness and well-being by presenting valuable insights into the evolving landscape of this field, summarizing its hotspots and suggesting future trajectories. |
| ARTICLE HISTORY                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Date of Submission: 24-09-2026<br>Date of Acceptance: 10-10-2026<br>Date of Publication: 15-10-2026 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|                                                                                                     |  <b>2026 Journal of Social Research Development</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Correspondence                                                                                      | Zafar Manzoor                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Email:                                                                                              | <a href="mailto:zafarmanzoor@fccollege.edu.pk">zafarmanzoor@fccollege.edu.pk</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| DOI                                                                                                 | <a href="https://doi.org/10.59075/jsrd.v7i8.602">https://doi.org/10.59075/jsrd.v7i8.602</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Volume/Issue                                                                                        | 7(8), 2026, 465-499                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

## **Introduction**

Women happiness refers to the sense of fulfillment, contentment, joy and satisfaction with experience in women's life (Meilani, Husna, & Situmorang). The field of "Happiness and Economics" highlights multiple socioeconomic factors that play significant roles in women happiness and well-being (Frey & Stutzer, 2010). To study happiness and well-being, researchers often use happiness and life satisfaction to know how people feel about their lives. Life satisfaction refers to fulfillment of material aspects, social aspiration and achievements in life, however, happiness is an outcome of positive experiences influenced by emotions and present experiences (Haller & Hadler, 2006). A concept developed by Bruni, Gherardi, and Poggio (2004) is known as the "technology of happiness" which explains that men and women experience happiness related to life events differently because of their psychological, cultural, and biological differences. Psychology and medical sciences primarily concentrate on static (time-invariant) interpretations of women happiness (Matteucci & Lima, 2016). Psychology illustrates the importance of both biological (genetic and hormonal) and social factors (Hershberger, 2005) in women happiness (WH) because women have more intense emotional reactions. Women have strong positive and negative feelings and are more vulnerable to emotional disorders like anxiety and depression. However, men tend to display more externalizing behaviors such as aggression, impulsivity, and risk-taking (Helgeson, 2020). In Psychology, most of the studies investigate that individual psychological, emotional and physical health contribute to women happiness (Lewin, 1996). On the other hand, medical sciences raise this discussion by examining the physiological dimensions which include the issues of stress, hormonal influences, and overall health on happiness (Stephoe, 2019).

The economic literature takes a more dynamic stance related to women happiness. Economists largely claim that woman happiness depends on real-world situations (Nikolova & Graham, 2021) and explain how changes in social policies, employment prospects, income levels, and economic status affect happiness over time (Mahadea, 2013). Moreover, increased income enhances women's happiness and well-being up to a certain level but after that income effect started to decrease (Easterlin, 1973). For women, especially in societies where they face obstacles of getting economic independence and access to resources, increased income might significantly enhance their life satisfaction and happiness. However, after a certain level of financial security, the incremental gain to happiness starts to fall off. This type of phenomena is more common in societies where income inequality is greater (A. E. Clark, Frijters, & Shields, 2008). Economists also consider particular interest in the non-material factors such as the impact of ethical and environmental variables including mental health, gender inequality, cultural sensitivity and respect for traditions that play a crucial role in women's happiness (Skachkova, Gerasimova, Krivosheeva-Medyantseva, & Yakovleva, 2023). They present empirical evidence indicating that the effect of these factors may vary significantly depending on the geographical circumstances and period being studied. Historically, women reported higher level of happiness as compared to men. Blanchflower and Oswald (2004) used the General Social Survey for the period 1972–1998, reported that women happiness has been started declining, however, there was no change in the trend of men happiness.

This creates female happiness paradox. The decline in happiness results due to less satisfaction with life and happiness as they have worse negative mental health (Blanchflower & Bryson, 2024).

This study performs a Bibliometric analysis of relevant literature from 1970 to 2024 which represents a pioneering effort to bridge the gap by thoroughly examining the evolving landscape of women happiness and well-being. The study highlights the past, present by analyzing publication trends systematically and identifying critical hotspot themes and emerging future research trends. Researchers can expand existing knowledge by analyzing the past research trends and most influential publications which guide the progress of the field. Furthermore, a Bibliometric analysis provides a roadmap for future research activities and also guides the researchers toward understudied topics or emerging trends in this 21<sup>st</sup> century where women are facing unprecedented challenges in their social, economic and political landscape. By systematically analyzing the literature and identifying key themes and challenges, this study can inform policy decisions, guide research efforts, and ultimately enhance the understanding of women happiness. This research contains four specific objectives.

Identify the most influencing publications, authors, organizations, and countries in the literature on women happiness using citation and co-authorship analysis.

Assesses the hotspot themes based on impactful historical contributions and current prevalent themes in women happiness through co-citation analysis.

Explore the forthcoming trends using co-word analysis in the fields of women happiness and well-being.

## **Materials and Methods**

Literature review is an integral part of the research process because it provides analysis of existing literature to produce past, present and future research trends. It also help to develop the theoretical framework and research justification (Snyder, 2019). Bibliometric analysis is a quantitative approach that assessed existing research literature within a particular domain through different approaches such as citation analysis, co-authorship analysis, co-occurrence, co-citation, and bibliographic coupling (Donthu, Kumar, Mukherjee, Pandey, & Lim, 2021).

### **Bibliometric Analysis**

Bibliometric analysis provides valuable insights into the development of research and collaboration among scholars, countries and institution. Its primary objective is to provide an organized and controllable format of existing literature by assessing the impact and productivity of journals, authors countries and institution with emerging trends in research (Donthu et al., 2021). Most commonly used Bibliometric analysis methods are citation, co-citation, co-authorship and co-word analysis. In citation analysis, the articles are quantified by the volume of citation and the links of publication which play an important role in determining the significance of that research (Ellegaard

 Wallin, 2015). However, co-authorship analysis analyzes the collaboration among researchers by understanding structure of academic teamwork within a particular field or across other disciplines (Nandiyanto  Al Husaeni, 2022). Citation analysis is also used to assess the affiliation between authors, countries and institutions. Co-citation refers to the articles that are cited together in one paper represents their links and suggests that these articles might share same themes, methodologies or research areas. By mapping these co-citations references, researchers can find emerging trends and coherence in academic literature (Guleria  Kaur, 2021). Moreover, co-word analysis examines the relationship among keywords that occur frequently in academic publications. By organizing keywords and taking information from titles, authors, keywords, or abstracts, the co-occurrence of keywords uncovers the emerging areas of interest and overall trajectory of research provide a valuable insight into the development of future research directions (Johar, Rosli, Zaki, Fernandez,  Fernandez, 2023).

### **Data and Research Design**

The research conducted both type of qualitative and quantitative analysis through diligent selection of research which will help to yield insightful findings and helps to draw applicable conclusions. Firstly, the data is taken from web of science for Bibliometric analysis as it provides accurate and more reliable data than other data webs (Cueto, Sánchez, Díaz,  De las Heras Pedrosa, 2023). These data set repositories are being used for trustworthy academic research as it provides access to esteemed research worldwide. Although, Scopus and Google scholar provide a wide range of data set but web of science is more preferable because of WOS database, which guarantees the inclusion of reputable publications, maintaining overall quality of database.

The “WOS Database” section denoted comprehensive study of all WOS repositories ensuring the detailed and relevant examination of studies (Blbl, 2023). The “Time Period” of publications is up to December 31, 2024. The “TOPIC” search field include title, abstracts and keywords and the “Search Keyword” category revealed that papers containing the keywords (“women” OR “female” OR “gender” OR “women’s well-being” OR “gender equality”) AND (“happiness” OR “subjective well-being” OR “life satisfaction” OR “quality of life”) are prioritized. These specific keywords are chosen to include domain within the theme of women happiness and well-being (Dominko  Verbi, 2019). The ‘Document Type’ includes all categories and “Languages” clarified that only English-language articles are considered to ensure a thorough compilation of meaningful research outputs (Cataldo, Alaimo, Grassia,  Maggino, 2024). This meticulous process yielded 1497 publications which were used for Bibliometric analysis (Jigani, Delcea, Florescu,  Cottas, 2024).

The Bibliometric software VOS viewer 1.6.20 used to conduct quantitative analysis. VOS viewer provided a diverse set of visualization tools by enabling the scientific representation of women happiness and well-being in literature (Karakus, Toprak,  Chen, 2024). Currently network visualization was used to analyze the citation, co-citation, co-authorship and co-word analysis. Clusters formation collect the dispersed data from different fields and create relevance and similarities between them. To create distinction within data, nodes with color-coded displayed higher similarity for visual distinction and nodes with low similarity were segregated wherever it was

feasible (Costa, Ferreira, & Miguel Oliveira, 2024). Finally, a qualitative thematic examination was undertaken and represented by tables and narrative summaries. Although, this involved carefully reviewing the publications to understand their main ideas and assigning them descriptive labels to clusters for shared themes and emerging trends (Ayoub & Devi, 2024).

Search String

|                 |                                                                                                                                                                       |
|-----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| WOS Database    | All                                                                                                                                                                   |
| Time Period     | Up to December 2024                                                                                                                                                   |
| Search Field    | TOPIC                                                                                                                                                                 |
| Search Keywords | "women" OR "female" OR "gender" OR "women's well-being" OR "gender equality") AND ("happiness" OR "subjective well-being" OR "life satisfaction" OR "quality of life" |
| Citation Topics | All                                                                                                                                                                   |
| Meso            |                                                                                                                                                                       |
| Document Type   | Open articles                                                                                                                                                         |
| Language        | English                                                                                                                                                               |

Results

This section involves an in-depth examination of publication trends on Happiness and Well-being literature by conducting citation, co-citation, co-authorship and co-word analyses.

Citation Analysis

This study performs citation analysis using a threshold of 5 citations for each document, 855 documents from the 1497 studies were included in the document analysis. The top three articles were Blanchflower and Oswald (2004) with 1467 citations, Mroczek and Kolarz (1998) with 1096 citations and A. E. Clark, Diener, Georgellis, and Lucas (2008) with 570 citations. The top ten articles along with citations and links are given in Table 1 which provides a deep insight into the most influential works in research fields which are under analysis. However, the Fig. 1 shows the network visualization of documents which are ranked by links. Blanchflower and Oswald (2004) ranked as top document with 38 links, A. E. Clark, Diener, et al. (2008) ranked second with 30 links and Stevenson and Wolfers (2009) ranked third with 21 links. These documents indicate their significant contribution to well-being and happiness studies over time

Table 1: Top 10 Documents Ranked by Citation

| No. | Author                         | Title                                       | Summary                                                                           | Citation | Links |
|-----|--------------------------------|---------------------------------------------|-----------------------------------------------------------------------------------|----------|-------|
| 1   | Blanchflower and Oswald (2004) | Well-being over time in Britain and the USA | U-Shaped relationship between age and well-being. Higher levels of happiness lead | 1467     | 38    |

|   |                                         |                                                                                             |                                                                                                                                                                                                                  |      |    |
|---|-----------------------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|----|
|   |                                         |                                                                                             | to life satisfaction and well-being.                                                                                                                                                                             |      |    |
| 2 | Mroczek and Kolarz (1998)               | The effect of age on positive and negative affect: a developmental perspective on happiness | Complex relationship between age and happiness as it is different for men and women. Understanding of age-effect relationship require to consider various socioeconomic and personality factors                  | 1096 | 10 |
| 3 | A. E. Clark, Diener, et al. (2008)      | Lags and leads in life satisfaction: a test of the baseline hypothesis                      | Individuals return back to their baseline level after experiencing different life events such as marriage or unemployment, however, the effect of life events on well-being is different for both men and women. | 570  | 30 |
| 4 | Koivumaa-Honkanen et al. (2000)         | Self-reported life satisfaction and 20-year mortality in healthy Finnish adults             | Life satisfaction led to happiness and well-being. Dissatisfaction with life is associated with high risk of mental health issues and increased mortality                                                        | 320  | 13 |
| 5 | Böckerman and Ilmakunnas (2009)         | Unemployment and self-assessed health: evidence from panel data                             | Poor health contributes to unemployment. Long-term unemployment negatively impacts health while short-term does not significantly impact health.                                                                 | 313  | 1  |
| 6 | Stevenson and Wolfers (2009)            | The paradox of declining female happiness                                                   | Paradox states that women happiness and subjective well-being starts to decrease as compared to men due to various factors such as gender gap. While historically women reported higher subjective well-being.   | 286  | 21 |
| 7 | Becchetti, Pelloni, and Rossetti (2008) | Relational goods, sociability, and happiness.                                               | Relational goods and sociability positively influence happiness and well-being of individuals.                                                                                                                   | 201  | 2  |

|    |                                    |                                                                                                                     |                                                                                                                                                                                                                                                                       |     |   |
|----|------------------------------------|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|---|
| 8  | A. Clark, Knabe, and Rätzel (2010) | boon or bane? others' unemployment, well-being and job insecurity                                                   | Regional unemployment negatively impacts those with secure job and might affect less negative or positive to those with insecure job prospects.                                                                                                                       | 200 | 7 |
| 9  | Booth and Van Ours (2008)          | Job satisfaction and family happiness: the part-time work puzzle                                                    | For women, their job satisfaction is affected by hours they work and life satisfaction remained uninfluenced. Men are more satisfied with the full-time work as compare to over time. Their job satisfaction and life satisfaction are not linked with hours of work. | 177 | 5 |
| 10 | (Martín-María et al., 2017)        | The impact of subjective well-being on mortality: a meta-analysis of longitudinal studies in the general population | Higher level of subjective well-being is associated with lower level of mortality.                                                                                                                                                                                    | 152 | 8 |

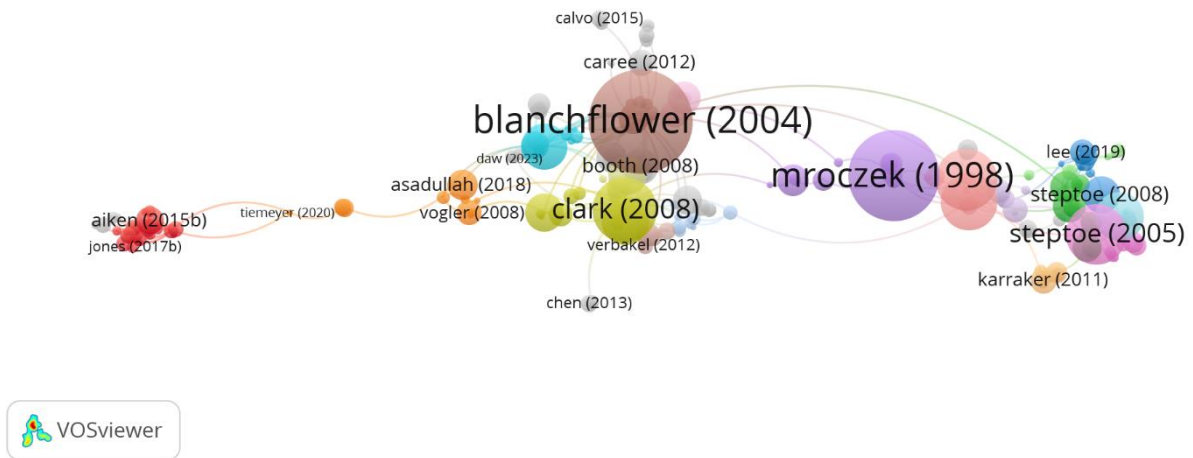


Figure 1: The Network Visualization of documents citation analysis

## Organizations Citation

The analysis identified 500 institutions from 2178 organizations based on a threshold of at least two publications and four citations per organization. Table 2 represents the top 10 organizations with citations, links and average citation. Based on average citation, NBER from United States claimed to be the top organization with 306.4, University of Warwick from England secured the second position with average citation of 285.1429 and the third spot was secured by Dartmouth college from United States with average citation of 244.375. This ranking showcases the scholarly impact and reputation gained by these organizations in field of research. Fig. 2 shows the network visualization of institutions ranked by total link strength. Dartmouth College from United States ranked first with total 119 links, second comes Princeton University from Unites States with total 116 links and the third rank was gained NBER by from united states with 93 links. This network visualization represents the combined effort of these institutions in research fields from different geographical regions.

**Table 2**

**Top 10 institutions ranked by average citation.**

| No | Organization                              | Country       | Publications | Citations | Avg. Citations |
|----|-------------------------------------------|---------------|--------------|-----------|----------------|
| 1  | NBER                                      | United States | 5            | 1532      | 306.4          |
| 2  | University of Warwick                     | England       | 7            | 1996      | 285.1429       |
| 3  | Dartmouth College                         | United States | 8            | 1955      | 244.375        |
| 4  | University of Basel Hospital              | Switzerland   | 2            | 475       | 237.5          |
| 5  | Max Planck Institute of Human Development | Germany       | 5            | 1080      | 216            |
| 6  | Oregon Health & Science University        | United States | 3            | 534       | 178            |
| 7  | University of Wisconsin                   | United States | 8            | 1339      | 167.375        |
| 8  | Kuopio University Hospital                | Finland       | 2            | 324       | 162            |
| 9  | University of Western Cape                | South Africa  | 2            | 309       | 154.5          |
| 10 | Princeton University                      | United States | 12           | 1570      | 130.8333       |

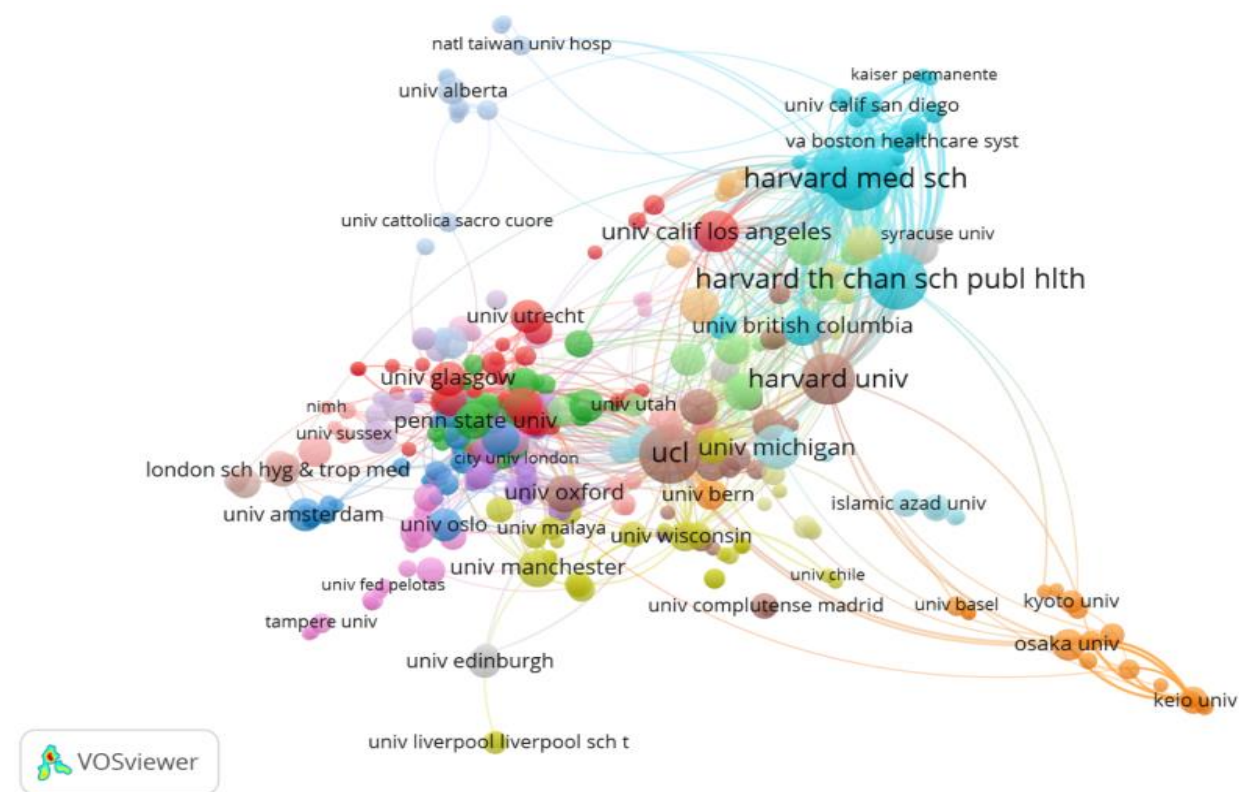


Figure 2: The Network Visualization of organizations citation analysis

Countries Citation

The citation analysis based on countries analysis included 80 countries published on well-being and happiness of individuals. Table 3 provides the ranking of countries based on their average citations. France secured the first position with highest average citation of 43.6296, England secured second position with 42.6667 average citations and third spot was claimed by United States with 41.686 citations. This ranking highlights the scholarly impact of these countries in the global research landscape. Fig. 3 represents the Network Visualization of countries citation analysis based on total link strength. United States leads the list, claiming the top position with 514 total link strength. England and France secured second and third position with total link strength of 406 and 110 respectively.

Table 3: Top 10 countries ranked by average citation.

| No. | Country | Publications | Citation | Total Link Strength | Average Citation |
|-----|---------|--------------|----------|---------------------|------------------|
| 1   | France  | 27           | 1178     | 110                 | 43.6296          |

|    |              |     |       |     |         |
|----|--------------|-----|-------|-----|---------|
| 2  | England      | 192 | 8192  | 408 | 42.6667 |
| 3  | USA          | 379 | 15799 | 516 | 41.686  |
| 4  | Netherlands  | 58  | 2214  | 96  | 38.1724 |
| 5  | Switzerland  | 33  | 1205  | 65  | 36.5152 |
| 6  | South Africa | 25  | 861   | 50  | 34.44   |
| 7  | Norway       | 21  | 701   | 36  | 33.381  |
| 8  | Austria      | 15  | 492   | 24  | 32.8    |
| 9  | Argentina    | 6   | 192   | 14  | 32      |
| 10 | Finland      | 31  | 975   | 43  | 31.4516 |

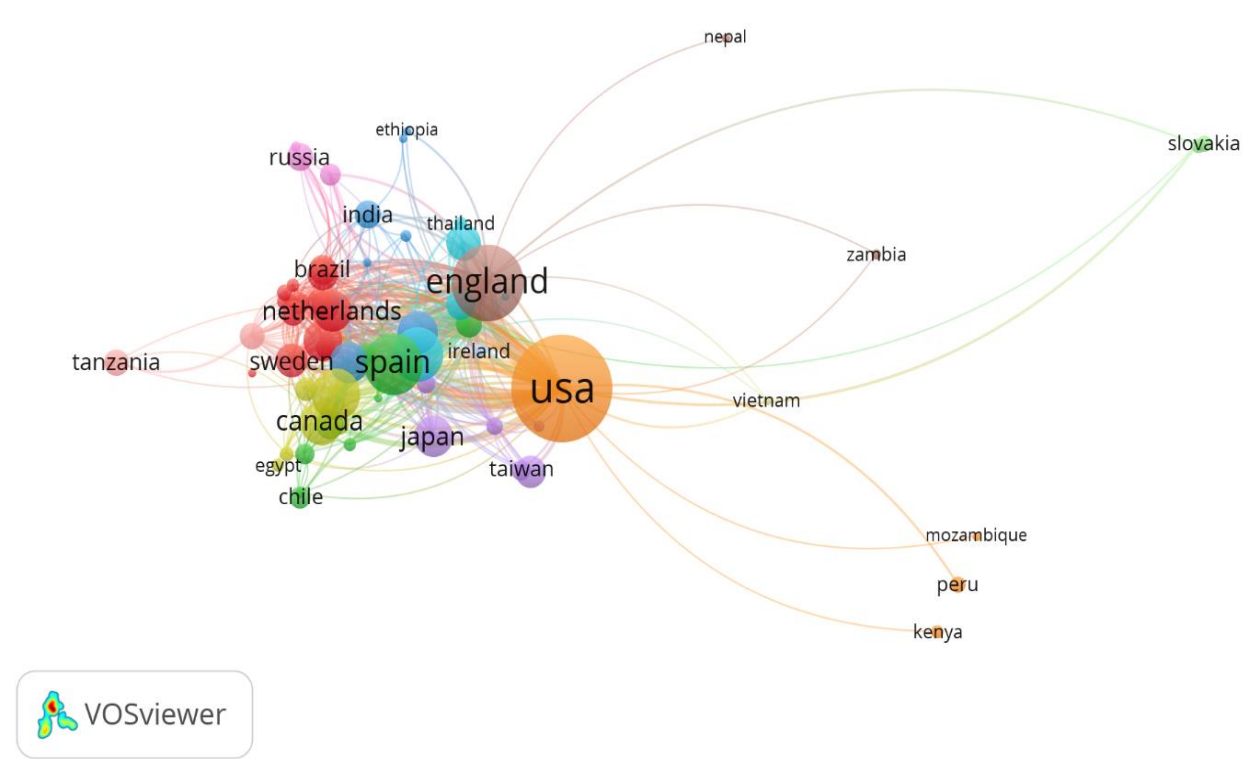


Figure 3: The Network Visualization of countries citation analysis

Co-Authorship Analysis

Based on having at least one document and 5 citations per authors, 750 authors were selected out of the total 3620 authors. Table 4 showcases the top 10 authors ranked by their average number of

citations representing their influential work in the field of research. Honjo, Kaori topping the list with highest average citation of 38.5. While Zevon, Emily S, Ohira, Tetsuya and Lee, Lewina O. secured the second spot with average citation of 34. Fig 4 shows the network visualization of co-authorship based on authors' names. The largest cluster comprises of 22 items have the most authors and was prevalent in 2020. The second largest cluster with most authors comprises of 18 items and was prevalent in 2022. However, the third largest cluster with 17 items and was prominent in 2020.

Table 4: Top 10 authors ranked by average citations

| No | Authors         | Total Link Strength | Publications | Citations | Average Citations |
|----|-----------------|---------------------|--------------|-----------|-------------------|
| 1  | Honjo, Kaori    | 26                  | 2            | 77        | 38.5              |
| 2  | Zevon, Emily S. | 35                  | 7            | 242       | 34.5714           |
| 3  | Ohira, Tetsuya  | 7                   | 2            | 69        | 34.5              |
| 4  | Lee, Lewina O.  | 27                  | 3            | 103       | 34.3333           |
| 5  | Shirai, Kokoro  | 17                  | 3            | 101       | 33.6667           |
| 6  | Fujiwara, Takeo | 10                  | 1            | 32        | 32                |
| 7  | Kondo, Katunori | 10                  | 1            | 32        | 32                |
| 8  | Lomas, Tim      | 10                  | 1            | 32        | 32                |
| 9  | Kawachi, Ichiro | 31                  | 5            | 157       | 31.4              |
| 10 | James, Peter    | 46                  | 8            | 244       | 30.5              |

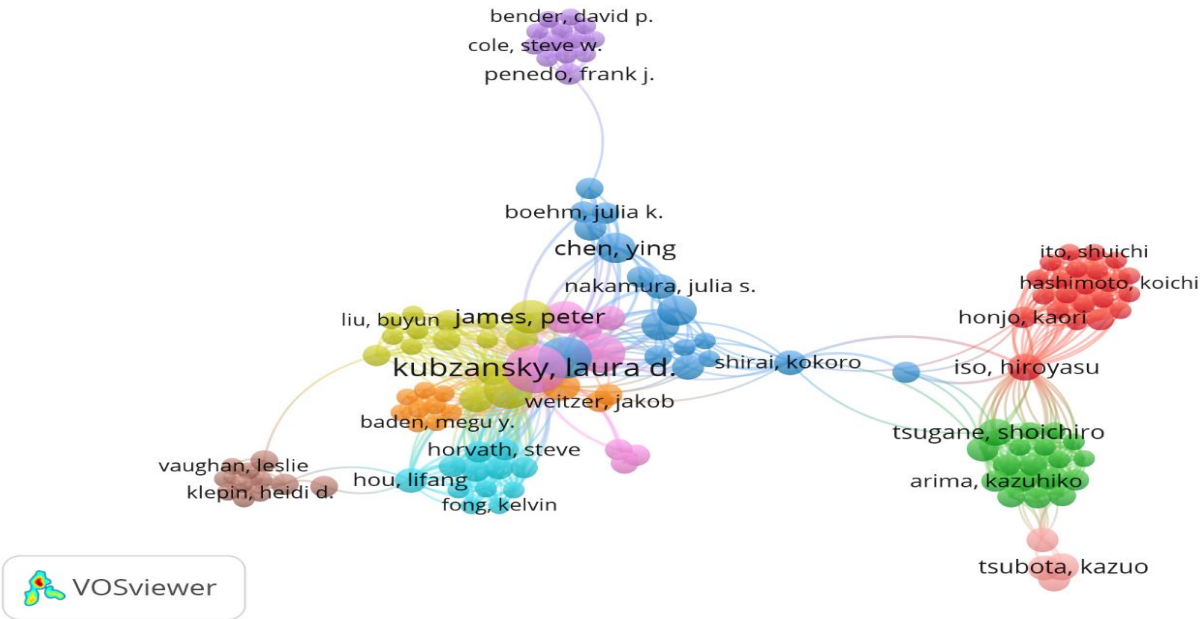


Figure 4: The network visualization of author's co-authorship analysis

Countries co-authorship Analysis

Country co-authorship analysis is performed and results are reported in Table 5. From 99 countries 42 meet the threshold, the selection criteria based on at least ten publications of a country and ten citations per country. The results indicate Austria, Chile, Denmark, Finland, and Germany are in cluster 1 and have greater collaboration with each other while Canada, Iran and Israel are in cluster 5 and have collaboration among authors. Similarly, Figure 5 shows the graphical presentation of network visualization of countries co-authorship analysis. The result are consistent with Table 5.

Table 5: Countries co-authorship Clusters

| Cluster   | Number | Representative countries                                                                                            |
|-----------|--------|---------------------------------------------------------------------------------------------------------------------|
| 1(Red)    | 12     | Austria, Chile, Denmark, Finland, Germany, Japan, Lithuania, Poland, Russia, Spain, Sweden, Switzerland             |
| 2(Green)  | 11     | Brazil, Croatia, Hungary, India, Italy, Mexico, New Zealand, Norway, Peru, Portugal, South Africa                   |
| 3(Blue)   | 11     | Australia, Malaysia, Pakistan, Peoples R China, Saudi Arabia, Scotland, Singapore, South Korea, Taiwan, Turkey, Usa |
| 4(Yellow) | 5      | Belgium, England, France, Netherlands, Tanzania                                                                     |
| 5(Purple) | 3      | Canada, Iran, Israel                                                                                                |

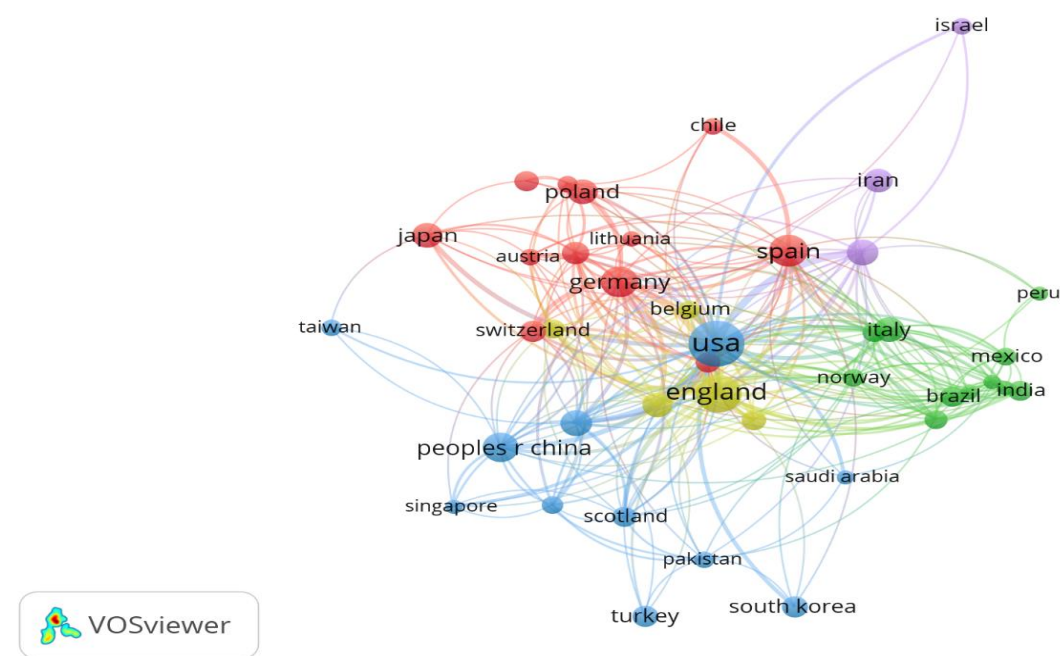


Figure 5: The network visualization of countries co-authorship analysis

### Co-Citation Analysis

In co-citation analysis total 63,437 cited references are used, 190 were selected with criteria of 11 minimum numbers of citations of a cited reference. Table 6 represents the top ten documents ranked by co-citation. However, the Fig. 6 displays the network visualization of co-citation analysis and hotspot themes. The document named the satisfaction with life scale by Diener, Emmons, Larsen, and Griffin (1985) is found top document based on having 669 total link strengths and was cited 118 times. Similarly, the document named on Happiness and Human Potentials: A Review of Research on Hedonic and Eudaimonic Well-Being by Ryan and Deci (2001) ranked second with total 664 link strength and was cited 103 times and subjective well-being by Diener (1984) ranked third position with total 627 link strength and were cited 97 times.

**Table 6: Top 10 documents ranked by co-citation**

| Rank | Documents name                                                                                                  | Citation | Total Link Strength |
|------|-----------------------------------------------------------------------------------------------------------------|----------|---------------------|
| 1    | The Satisfaction with Life Scale                                                                                | 118      | 669                 |
| 2    | On Happiness and Human Potentials: A Review of Research on Hedonic and Eudaimonic Well-Being                    | 103      | 664                 |
| 3    | Subjective well-being                                                                                           | 97       | 627                 |
| 4    | A Measure of Subjective Happiness: Preliminary Reliability and Construct Validation                             | 74       | 246                 |
| 5    | The structure of psychological well-being revisited                                                             | 72       | 471                 |
| 6    | Subjective well-being: Three decades of progress.                                                               | 70       | 557                 |
| 7    | Happiness is everything, or is it? Explorations on the meaning of psychological well-being.                     | 70       | 451                 |
| 8    | Subjective well-being: The science of happiness and a proposal for a national index.                            | 59       | 360                 |
| 9    | Development and validation of brief measures of positive and negative affect: The PANAS scales.                 | 57       | 308                 |
| 10   | Cutoff criteria for fit indexes in covariance structure analysis: Conventional criteria versus new alternatives | 49       | 205                 |

Moreover, Table 7 presents the five main cluster developed by co-citation analysis, each cluster color, theme, number of documents, representative publications and number of representative publication is being reported in Table 7. Each cluster facilitates the shared topics and thematic connections. However, the nodes of color share common issues over the years. Similarly, Figure 6 indicates the graphical presentation network visualization of co-citation analysis and hotspot themes which are consistent with Table 7. The detail discussion of each theme has been presented in section 4.

Table 7: Co-citation Clusters

| Cluster (colour) | Theme                                              | Number of documents | Representative Publications                                                                                                                                                                                                                                                                                                            | No. of representative publications |
|------------------|----------------------------------------------------|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------|
| 1(Red)           | Conceptualization of Happiness                     | 75                  | (Ryan & Deci, 2001), (Diener et al., 1985), (Diener, 1984), (Lyubomirsky & Lepper, 1999), (Diener, Suh, Lucas, & Smith, 1999), (Ryff, 1989), (Diener, 2000), (Watson, Clark, & Tellegen, 1988), (Ryff, 2013), (Diener & Seligman, 2002), (Fredrickson, 2001), (Lyubomirsky, Sheldon, & Schkade, 2005), (Diener, Lucas, & Oishi, 2018), | 20                                 |
| 2(Green)         | Socio economic factors of happiness and Well-being | 54                  | (Ferrer-i-Carbonell & Frijters, 2004), (Blanchflower & Oswald, 2004), (Dolan, Peasgood, & White, 2008), (A. E. Clark, Frijters, et al., 2008), (Frey & Stutzer, 2002), (Kahneman & Deaton, 2010), (A. E. Clark & Oswald, 1994),                                                                                                        | 14                                 |
| 3(Blue)          | Health and subjective well-being                   | 28                  | (Steptoe, Deaton, & Stone, 2015), (Diener & Chan, 2011), (Diener, Oishi, & Lucas, 2003), (Pressman & Cohen, 2005), (Veenhoven, 2008), (Chida & Steptoe, 2008b), (Cohen, 2004),                                                                                                                                                         | 11                                 |
| 4(Yellow)        | The Psychology of Parenthood and Happiness         | 21                  | (A. E. Clark, Diener, et al., 2008), (Hansen, 2012), (Kohler, Behrman, & Skytthe, 2005), (Lucas, Clark, Georgellis, & Diener, 2003), , (Myrskylä & Margolis, 2014),                                                                                                                                                                    | 9                                  |
| 5(Purple)        | Paradox of Happiness among pregnant Women          | 12                  | (Aiken, Borrero, Callegari, & Dehlendorf, 2016), (Aiken, Dillaway, & Mevs-Korff, 2015), (Borrero et al., 2015),                                                                                                                                                                                                                        | 5                                  |

Co-word Analysis

Out of 5972 keywords, 142 were selected for co-word analysis in which each word appeared at least 15 times. Results of Table 8 indicate that the co-occurrence of words showed “Happiness” repeatedly 580 times occur which make it to top the list. “Health” secured the second position with occurrence of 288 times while the word “Women” got third position with occurrence of 249 times. Table 8 represents the top ten words that co-occur. Most of the keyword occurrences happened in 2019. Fig.

7 showed the network visualization of co-word analysis and emerging trends. The Fig. 5 illustrates the co-occurrences of keywords which comprised of five separate clusters that show the interconnectedness of words. However, Table 9 represents the emerging trend that has been drawn on the basis of co-word analysis.

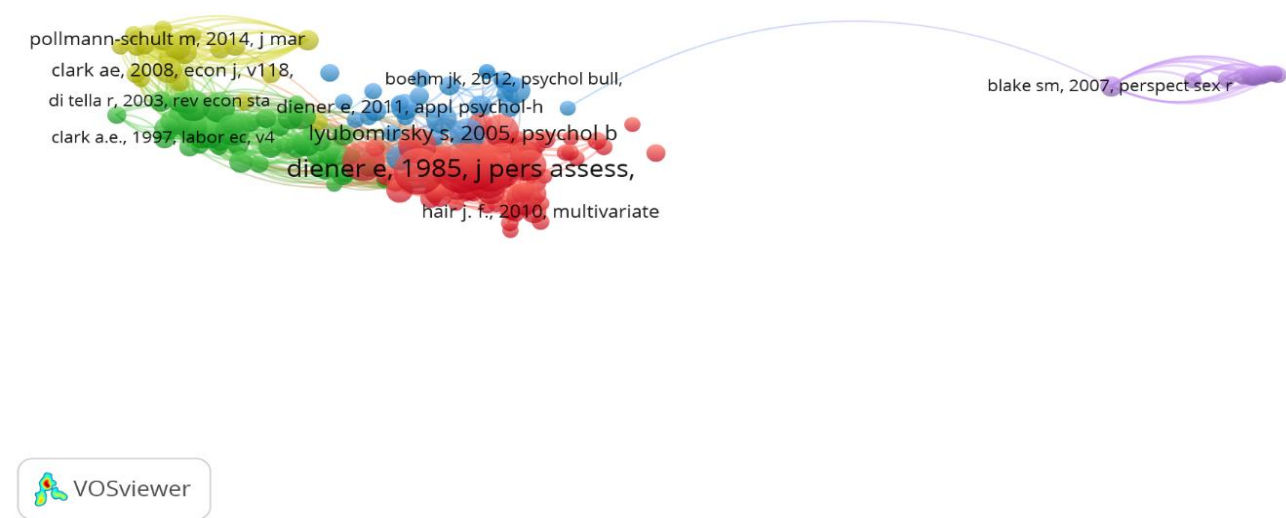


Figure 6: The network visualization of co-citation analysis and hotspot themes

Table 8: Top 10 keywords ranked by co-occurrence.

| Rank | Keywords          | Occurrences | Average Publication Years | Total Link Strength |
|------|-------------------|-------------|---------------------------|---------------------|
| 1    | Happiness         | 580         | 2019.159                  | 2763                |
| 2    | Health            | 288         | 2018.986                  | 1522                |
| 3    | Women             | 249         | 2018.426                  | 1087                |
| 4    | Depression        | 171         | 2019.333                  | 926                 |
| 5    | Gender            | 170         | 2018.929                  | 819                 |
| 6    | Life satisfaction | 167         | 2019.826                  | 924                 |
| 7    | Satisfaction      | 145         | 2018.897                  | 826                 |
| 8    | Stress            | 113         | 2019.212                  | 602                 |
| 9    | Well-being        | 112         | 2019.473                  | 591                 |
| 10   | Life              | 103         | 2019.359                  | 520                 |

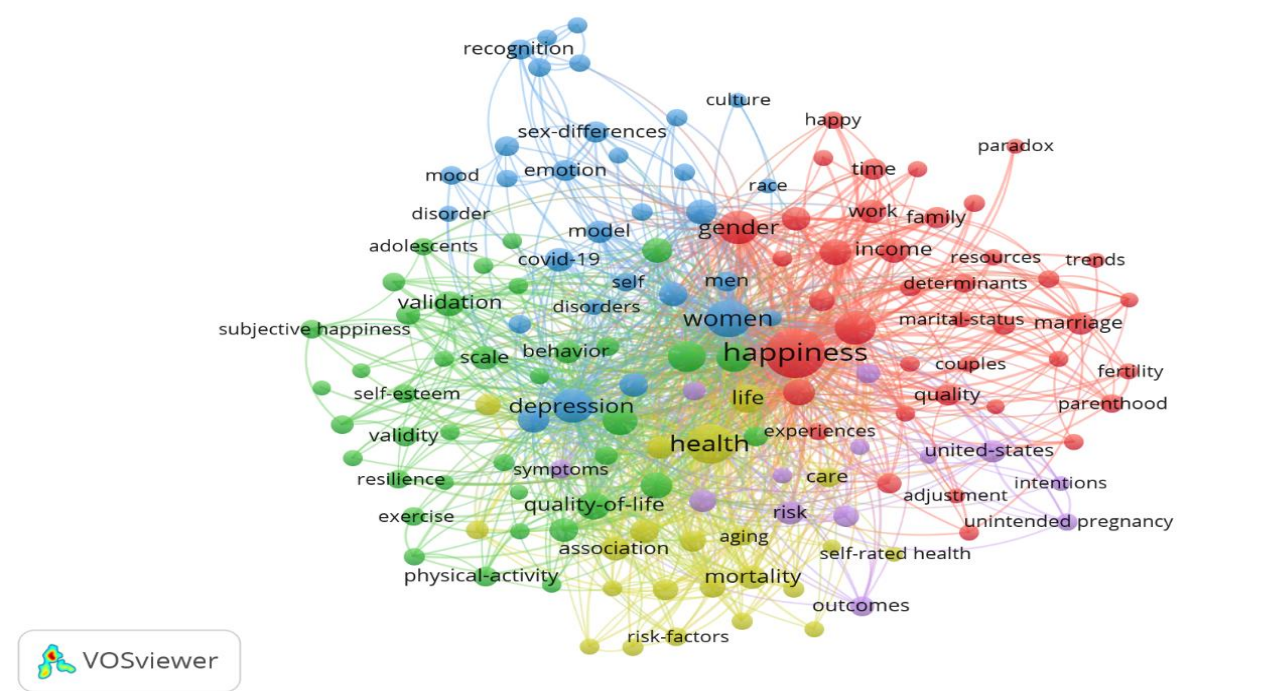


Figure 7: The network visualization of co-word analysis and emerging trends

Table 9: Co-word Clusters.

| Cluster  | Emerging trends                                                                                               | Number | Representative Keywords                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|----------|---------------------------------------------------------------------------------------------------------------|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1(Red)   | Socioeconomic and Family Dynamics on Subjective Well-Being and Life Satisfaction Across Different Life Stages | 39     | Happiness, Gender, Life Satisfaction, Subjective Well-Being, Impact, Income, Children, Work, Marriage, Family, Time, Education, Quality, Support, Parenthood, Determinants, Unemployment, Happy, Divorce, Stability, Inequality Experiences, Fertility, Employment, Job-Satisfaction, Perceptions, Poverty, Consequences, Marital-Status, Couples, Marital Satisfaction, Resources, Marital, Quality, Money, Adjustment, Cohabitation, Paradox, Transition, Trends |
| 2(Green) | Stress, Social Support and women happiness/well-being                                                         | 38     | Satisfaction, Stress, Well-Being, Quality-Of-Life, Mental-Health, Personality, Validation, Scale, Social Support, Behavior, Validity, Adaptation, Negative Affect, Physical-Activity, Positive Psychology, Resilience, Performance, Reliability, Associations, Subjective Happiness, Exercise, Self-Esteem, Adolescents, Intervention, Physical Activity, Psychometric Properties, Population, Psychological                                                       |

|           |                                                                                                       |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|-----------|-------------------------------------------------------------------------------------------------------|----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3(Blue)   | Gender differences affecting well-being across different cultures                                     | 30 | Distress, Psychology, Questionnaire, Community, Motivation, Participation, Values, Benefits, Fit Indexes, Obesity, Positive Emotions<br>Women, Depression, Anxiety, Gender-Differences, Mental Health, Age, Covid-19, Model, Emotion, Sex-Differences, Emotions, Men, Recognition, Mood, Self-Perception, Meta-analysis, Gender Differences, Experience, Sex, Facial Expressions, Responses, Wellbeing, Communication, Emotion Recognition, Disorders, Disorder, Facial Expression, Culture, Race |
| 4(Yellow) | Intersection of Psychological Well-Being, Socioeconomic Status, and Health Outcomes in Older Adults   | 22 | Health, Life, Mortality, Quality of Life, Association, Adults, Positive Affect, People, Psychological Well-Being, Depressive Symptoms, Care, Aging, Optimism, Risk-Factors, Loneliness, Older-Adults, Older Adults, Disability, Disease, Coronary-Heart-Disease, Self-Rated Health, Socioeconomic-Status                                                                                                                                                                                          |
| 5(Purple) | Risk factors, attitudes and outcomes as a result of unintended pregnancy among women of United States | 13 | Risk, Prevalence, United-States, Pregnancy Attitudes, Outcomes, Symptoms, Predictors, Unintended Pregnancy, Behaviors, Distress, Disparities, Intentions                                                                                                                                                                                                                                                                                                                                          |

Thematic Literature Review

Co-citation analysis identified five clusters that show the current and past evolutionary trends in happiness and subjective well-being research. The clusters are defined as below:

Conceptualization of Happiness

The first clusters which represented through red color contain 75 publications which are titled as “conceptualization of happiness” and explain the evolution of the construct of Happiness. Happiness is defined as state of mind rather than just a feeling. Also, there are other comparable terms in earlier research to happiness which include “Subjective well-being”, “life satisfaction”, and “Quality of life”. According to Diener (2000), happiness is the assessment of life on both personal and cognitive levels and is assumed as aspect of good life. Unfortunately, there is no universally accepted definition of happiness because it varies from person to person as it can mean a meaningful life (Steger, Oishi, & Kashdan, 2009), positive emotions, pleasure, life satisfaction, or a feeling of joy and contentment (Diener & Seligman, 2002, 2004). The feeling of positive emotions is a fundamental human strength that lead to well-being and happiness (Fredrickson, 2001).

Happiness and Well-being are the primary goals of policymakers and individuals that is characterized by feelings of joy, satisfaction, and fulfillment (Lyubomirsky & Lepper, 1999). However, there is less focus on how more happiness could be perceived and then sustained (Lyubomirsky, Sheldon, et al., 2005). Economists, sociologists, psychologists, and demographers are becoming more interested in the study of happiness and well-being with time. The Greek philosopher Socrates Aristotle (469–399 BC) believed that "virtues guarantee a happy life eudaimonia" which states that fulfillment of one's potential and living by virtue, where living a virtuous life leads to true happiness and a meaningful existence. In economics, even the question "What is happiness?" is disliked by economists as they argued that the term happiness is not different from welfare, pleasure, or satisfaction. However, the research on happiness uses the term "Subjective Well-being" as proxy to measure "Utility". Income and Wealth are frequently used to measure happiness and Subjective Well-being. A scientific way of investigating the relationship between happiness and economic growth was studied by Easterlin 1974. Nevertheless, the results are mixed, arguing that income does not significantly affect happiness and well-being (Easterlin & O'Connor, 2022). This created Easterlin Paradox of Happiness which stated that income affect happiness but beyond a certain level the effect of income on happiness starts declining.

Happy and well is an important goal of individuals and policy makers that is typically associated with happiness, satisfaction, and fulfillment (Lyubomirsky & Lepper, 1999). Less has been studied, however, is the perception and maintenance of happiness over time (Lyubomirsky, Sheldon, et al., 2005). There has been an increase of interest in happiness in the fields of economics, sociology, psychology and demography. The concept dates to Aristotle's notion of eudaimonia, which is true happiness, derived from virtue and realization of human potential. In economic theory, happiness is sometimes considered a proxy for utility, or subjective well-being. While it's true that income and wealth are often used as indicators, Nevertheless, the results are mixed, arguing that income does not significantly affect happiness and well-being (Easterlin & O'Connor, 2022). Easterlin's findings also revealed that once a certain threshold is passed, people who earn more do not necessarily feel happier, which led to the Easterlin Paradox.

The term Happiness has various measures such as the PANAS scale (Watson et al., 1988), subjective happiness scale, Seligman's PERMA model (Butler & Kern, 2016), and Oxford happiness inventory (Carreno, Eisenbeck, Greville, & Wong, 2023). According to Wills (2009), subjective well-being states that how people experience their lives including both positive and negative experiences (Diener, 1984), however, subjective well-being has a prominent measurement scale which is known as satisfaction with life scale (SWLS) (Diener et al., 1985; Pavot & Diener, 2008). Subjective well-being is made up of two components, Affective and Cognitive component (Diener, 2000). Affective component defines happiness and cognitive component represents life satisfaction. Measures of subjective well-being can be further broken down into three dimensions: evaluative, hedonic, and eudaimonic claimed by (Durand & Smith, 2013). The first one conveys an introspective evaluation of one's existence and cognitive reflection of one's personal well-being. In the second instance, affective states and emotional experiences are used to frame subjective well-being (Delle Fave,

Brdar, Freire, Vella-Brodrick, & Wissing, 2011). The latter is the most intangible aspect and includes beliefs about the meaning, difficulties, and development of life (Ryan & Deci, 2001).

Subjective well-being refers to the evaluation of one's own life by considering various factors including health, work, family, income' or 'people's actual feelings, both positive feelings such as happiness, pleasure or negative feelings such as pain, worry and anger (Diener et al., 1999). To study the relationship between subjective well-being and other factors, face-to-face interviews in the Household Health Survey 2010 were conducted. Mencarini and Sironi (2012) analyzed the variables including subjective well-being, subjective health status, demographic variables and socio-economic variables (Diener et al., 2018). Higher level of education, subjective health and income positively influence the subjective well-being which led to greater happiness (Ryff, 2013). People living in rural areas reported higher subjective well-being as compared to people living in urban areas. However, unemployment reduced the level of happiness and subjective well-being

### **Socio economic factors of happiness and Well-being**

Cluster 2 (Green) comprises 54 publications under the theme "Socio economic factors of happiness and Well-being" focusing on the social and economic factors affecting happiness and well-being. Happiness is affected by various socioeconomic factors and methodology to measure these factors is important (Ferrer-i-Carbonell & Frijters, 2004). The world value survey indicates that the highest percentage of survey question "Can most people be trusted?" absolutely was answered by the four Nordic nations. These nations also possess the world's top happiness ratings. This creates the hypothesis that happiness is related to social trust. Nations with higher trust have higher levels of happiness (Carattini & Roesti, 2023).

Happiness and subjective well-being of a nation also depends on the relations with other groups including peer group, institutions, international organizations etc. The trust on others and relations with others have a positive impact on happiness and well-being. A study was conducted by on cross-sectional World Values Survey 2000 data on individuals from eight Central and Eastern European countries (CEECs) to investigate the effect of relations and bonding, trust and individual earnings collectively influence self-reported happiness among individuals. High level of trust and strong relations with other positively influenced happiness (Dolan et al., 2008) even when controlling for various personal characteristics such as income, education, and relationship status. It highlighted that fostering trust and bonding could lead to improved happiness among citizens of CEEs countries (Growiec & Growiec, 2014).

Institutional quality plays a crucial role in determining the level of happiness and well-being of nation (Frey & Stutzer, 2000). The relationship between economic freedom and subjective well-being is significant, revealed that countries with higher level of economic freedom which include property rights, open market and less government interventions report higher level of satisfaction among nation. By analyzing the European health, ageing, and retirement survey and economic freedom data, the study analyzed the impact of economic freedom on subjective well-being. The variables included economic freedom characterized by property right, government intervention

level and open markets and subjective well-being as dependent variables. Countries with better economic institutions reports higher subjective well-being as well as with strong property rights, less government intervention and economic stability also positively influenced the happiness and well-being of nation. However, the effect of economic freedom on subjective well-being showed robust results across different models and estimation techniques indicating other factors affecting happiness (Spruk & Kešeljević, 2016). Relative income influence the well-being as money buys happiness (Blanchflower & Oswald, 2004).

Ali, Ali, Badghish, and Soomro (2021) discovered a strong correlation between financial well-being, financial coping strategies and financial literacy. Financial coping mechanisms and financial self-efficacy have significant impact on the growth of financial empowerment. Practical implication states that by educating and training the women with financial literacy, this will improve the financial well-being of women by fostering a greater sense of financial socialization.

Financial inclusion, health facilities, and education facilities have a positive and significant impact on human well-being (Deaton, 2008). The betterment of health and educational facilities not only creates more employment opportunities but also helps to the enhancement of income, education, and health status within a nation (Audi, Poulin, & Ali, 2023; Diener & Biswas-Diener, 2002). However, voice & accountability along with corruption shows an inverse and significant influence on human well-being and income inequality shows an inverse but insignificant impact on human well-being while unemployment has a significant and positive influence.

In developing countries, the absolute income has significant influence on subjective well-being in rural areas. Positive relation of absolute income with subjective well-being and these effects started to diminish when compared with adaptation and social comparison. Social comparison was influential in determining the level of happiness. In Latin American sample, there was lack of significant association between absolute income and subjective well-being indicating the importance of social perception of income played a critical role in this region. This showed that other factors played a crucial role in determining the level of happiness other than income (Reyes-García et al., 2016). However, relative income also impact well-being (A. E. Clark, Frijters, et al., 2008). High income improves the quality of life but not emotional well-being (Kahneman & Deaton, 2010).

Therefore, policy options to reduce income inequality are not just limited to it rather it requires policy measures that directly reduce inequality of life satisfaction which in result increase happiness and life satisfaction.

### **Health and Subjective Well-being**

Cluster 3 (Blue) comprises 28 publications named “Health and Subjective well-being” incorporating health factors affecting happiness and well-being. Subjective well-being plays a significant role in health and ageing of older adults. Higher level of subjective well-being is positively correlate with physical and psychological health although low levels of subjective well-being reduce the health outcomes and increase mortality risks (Steptoe et al., 2015). Subjective well-being such as

life satisfaction, absence of negative emotions, optimism, and positive emotions are positively related to better health outcomes (Diener & Chan, 2011). The relationship between happiness and success suggests that happier employees are more productive and creative which lead to greater success and enhance their well-being across various life domains (Lyubomirsky, King, & Diener, 2005). Personality dispositions such as extraversion, neuroticism, and self-esteem can markedly influence levels of SWB and is affected differently across different cultures (Diener et al., 2003).

Happiness and health are closely related to each other. Happier people live longer and are more productive and creative because it protects their mental and physical health. By providing information about how life choices affect happiness, offering training skills that affect their quality of life and professional counseling can enhance the level of happiness which in return positively affect their health (Veenhoven, 2008). Positively psychological well-being is significantly linked to mortality and health outcomes and is associated with reduced mortality in healthy population (Chida & Steptoe, 2008a). The link between happiness and reduced mortality is quite complex due to lifestyle choices and biological treatments. Despite these challenges, the potential for happiness to positively affect health outcomes is always promising (Steptoe, 2019). The relationship between happiness and self-rated health remains significant even after controlling for various socioeconomic factors such as income, trust, social capital, work status and education, suggesting that health influences by happiness despite presence of these factors (Sabatini, 2014). There is a U-shaped pattern of age with happiness. Level of happiness typically decrease at mid of 40s or 50s however, people beyond this age have higher level of happiness which represents the U-shaped curve. However, the effect of age on positive and negative affect differently. For women, positive affect affected age in non-linear way while negative effect remains stable. In men, age with personality traits and social factors such as marital status affects their emotional state and happiness. This suggest that there are other socio demographic factors to fully understand the complexities of age affecting happiness (Mroczek & Kolarz, 1998).

Fujita and Diener (2005) states that the presence of personal set point is affected by life events as life satisfaction represents both stability and variability over time. Although, life satisfaction tends to be stable but there comes shift when life events such as marriage or unemployment occurs. Enhancing life satisfaction should account for both stability and variability in individuals' life satisfaction. Spirituality and better health related factors are positively associated with well-being and happiness. Spirituality and health related factors were positively related with psychological well-being, indicating that increase in spirituality factor led to improve psychological well-being and happiness.

### **The Psychology of Parenthood and Happiness**

Cluster 4 (Yellow) contains 21 publications titled "The psychology of parenthood and happiness" emphasizing the effect of parenthood on happiness and well-being. Life is full of events that affect happiness and well-being of individuals. The effect of life events are different for affective and cognitive well-being, although effects of life event are stronger on cognitive well-being (Luhmann, Hofmann, Eid, & Lucas, 2012). Base line well-being in relation to life and labour market critically

influence the well-being of individuals. However, the effect of events is different for men and women. Men are more vulnerable to changes in baseline well-being in relation to labour market such as unemployment and layoffs and women well-being is more effected by personal life events such as marriage or divorce (A. E. Clark, Diener, et al., 2008).

One of the significant changes in individual life is becoming parents which dramatically shape their lives, altering their happiness in both positive and negative ways. The relationship between happiness and parenthood is multifaceted, affected by various socioeconomic and other factors. Parents feel an immense joy and satisfaction in raising child which bring fulfilment, however at the same time, responsibilities might reduce their well-being due to parenthood stress and sacrifices they made to raise a child. So, it represents a trajectory of emotions among parents (McLanahan & Adams, 1987). Happiness tends to increase during the birth of child, while with the passage of time, the level of happiness and well-being starts to decrease due to various factors and this trajectory of happiness is more common in young parents as compare to older. The arrival of first child is associated with higher level of happiness and well-being, although second child led to create diminishing affect in happiness and so on (Myrskylä & Margolis, 2014). Men tend to experience 75 percent more happiness at the birth of first born son as compare to daughter and female just have higher happiness with the birth of child and partnership (Kohler et al., 2005).

Although having child is both detrimental and rewarding as it increases the level of happiness and life satisfaction but up to a certain level. The positive impact of parenthood started to decline due to financial and parenthood stress. However these factors have different impact on happiness as it varies due to employment level, number of children and marital status (Pollmann-Schult, 2014). Being in a partnership have more positive significant effect on happiness. Unmarried parents report lower level of happiness and well-being as compare to married parents. As married women are marked by more household work and marriage conflicts but their level of depression is less than the unmarried parents. However, the effect of marriage on men well-being is less as compare to women (Nomauchi & Milkie, 2003).

Socioeconomic factors play a crucial role in determining happiness and well-being of parents. Men happiness is associated with education, as low level of education reduces their happiness and women experience more significant fluctuation in happiness around childbirth. However, parenting stress negatively influence well-being particularly in challenging social context (Umberson, Pudrovska, & Reczek, 2010). Overall, the findings suggest that the effect of parenthood on happiness and well-being is different for younger and older, male and female, married and unmarried individuals.

### **Paradox of Happiness among Pregnant Women**

Cluster 5 (purple) contains 12 publications titled “Paradox of Happiness among pregnant Women” escalating the puzzle of happiness among pregnant women. Happiness among pregnant women is a paradox as the anticipation of bringing life contributes to excitement and joy, while at the same time, physical discomfort, stress and societal expectations negatively influence their happiness and well-being. Therefore, pregnancy intentions and happiness are strongly correlated with each other (Sable

& Libbus, 2000). Women with better coping skills, fewer household members and supportive partner experience higher level of happiness and well-being. Although, women with negative outcomes such as stress, drug addiction, alcohol consumption and unintended pregnancy negatively influence the happiness and well-being. Also having more than one child might affect happiness and well-being of women(Blake et al., 2007). The paradox of happiness among pregnant women they classified as unintended significantly influences the well-being of women and child health. However, understanding the factors that affect happiness and health of child is crucial. Childhood adversity, relationship dynamics and cultural norms are the factors that affect happiness among pregnant women (Aiken et al., 2015). Pregnancy intentions and happiness are crucial for family planning and parental care. For Hispanic women, the experience of having unintended pregnancy is different as compared to white and black women as they want less unintended pregnancy due to religious factors(Hartnett, 2012).

Moreover, unintended pregnancy significantly impacts the health of infants, children and parents. These effects are both short term and long term. Children from unintended pregnancy face health problems such as inadequate access to health facilities which increase the risk of illness. It also negatively impact the health of parents as well(Gipson, Koenig, & Hindin, 2008). Economic instability significantly affects planning of pregnancy due to their life circumstances. In low-middle income countries, the planning of pregnancy is ambiguous as they do not have any intentions before pregnancy(Borrero et al., 2015). Women perspective about planning of pregnancy often changed after child birth as the experience might change their retrospective reports. Similarly, the feeling of joy, sense of fulfillment or post birth stress influence women to view their pregnancy as they really planned it or not. Therefore, pregnancy planning is not always static and it might differently affect women happiness and well-being(Chamberlin, Njerenga, Smith-Greenaway, & Yeatman, 2022). Conclusively, the literature explores that intended or unintended pregnancy is crucial to assess women happiness and well-being. Its consequences extended beyond individual families to societal implications. Overall, the literature indicates that addressing unintended pregnancies is crucial from both a public health and human rights perspective, as the consequences extend beyond individual families to broader societal implications.

## **Emerging Trends**

### **Dynamics of Subjective Well-Being and Life Satisfaction across Different Life Stages**

Co-word analysis explores four influential clusters that explain emerging future trends. Cluster 1 (Red) contains 39 keywords titled “socioeconomic and family dynamics on subjective well-being and life satisfaction across different life stages” focusing on socioeconomic factors and family dynamics that promote happiness and life satisfaction. Mental health in low socioeconomic countries could be enhanced by exploring additional protective factors such as role of education, peer group relationship and community resources(Maurer et al., 2023). Exploring the long-term effects of improved family climate could enhance the well-being of young adults which in return increase the happiness and subjective well-being of a nation(Piko, 2023). Family climate can be improved by

enhancing parenting style, family cohesion and support that will positively influence well-being of adults. The long-term effects of family subjective socioeconomic status (FSSS) on well-being will impact different life stages over time. However, social support and self-esteem act as mediator between family subjective socioeconomic status (FSSS) and well-being by providing deeper understanding into the psychological processes (Yan, Zhang, Li, You, & Kong, 2022).

Family dynamics play a significant role in influencing adolescents' overall life satisfaction. Adolescents' life satisfaction (LS) is positively linked to their satisfaction with family life and satisfaction with food-related life. However, the strength of these relationships varied based on family structure and the stage of the family life cycle (Schnettler et al., 2020). The adolescent life satisfaction is associated with both satisfaction with family life and satisfaction with food-related life. This shows that higher family support lead to greater level of happiness and satisfaction (Schnettler et al., 2018). However positive family during childhood and adolescent positively influence the better health and happiness. Children perception of family and mother perspectives contributed to better health outcomes (Ramos et al., 2022).

### **Stress, Social Support and Women Happiness/Well-being**

Cluster 2 (Green), comprising 38 keywords, is labeled "Stress, Social Support and women happiness/well-being" encapsulating how stress and social support affect women happiness. Women are more likely to engage in a tend and-befriend strategy in which social support enhances the well-being of women. However, these social ties provide significant emotional and psychological strength which helps to cope with stress. There are both positive aspects of having social ties and also might have negative effects for those who lack such type of ties (Bedrov & Gable, 2023). For pregnant women, within first year postpartum, social support from family and friends, helps them to deal postpartum depression (PPD), anxiety, and perceived severe stress. This shows that there is a need for continuous monitoring of postpartum women who are at-risk due to factors such as current maternal health problems, unplanned pregnancies, and low household income (M.-S. Lee, Lee, Park, Kim, & Lee, 2023).

Family distress, job distress, and the interference of work with family, as well as family interference with work contribute to anxiety and depression among working women which reduce their well-being. With work facilitation and family facilitation positively influence their mental health and well-being. By examining the different types of social support helps to reduce the negative impact of work-family conflict (Batth & Darolia, 2014). Moreover, these types of social support vary across different cultures and regions. By introducing the health education strategies, it will helps to promote interventions and policies that reduce chronic stressful situations but also strengthen social support that will increase the well-being of women (Israel, Farquhar, Schulz, James, & Parker, 2002). Although, the long term effect of social support could able women to cope with ongoing challenges and specific mechanism through self-compassion influences emotional regulation in women who are facing various life adversities (Rahim, 2024).

### **Gender Differences affecting well-being across Different Cultures**

Cluster 3 (Blue), with 30 keywords, is titled “Gender differences affecting well-being across different cultures” referring to cultural norms and societal expectations affecting gender differences. Gender based analysis is an important determinant of well-being and happiness. Men have high self-acceptance and autonomy than women and women have higher personal growth and positive relations with others as compared to men. High masculinity positively influences the well-being of both men and women. Moreover, femininity positively influences the well-being of women that perform professional jobs rather than their traditional roles and men in professional roles, those with skilled non-manual occupations, and those exhibiting high femininity also reported better well-being. However, traditional roles negatively influence the well-being of both men and women which suggests that introduction of such policies that promote a balance of gender traits may enhance mental health outcomes for both men and women (Matud, López-Curbelo, & Fortes, 2019).

To address the gender inequality, it is essential to study men's emotional lives particularly influenced by feminist perspective. Traditionally it is considered that men are emotionally inexpressive. However, the increasing rate of suicide cases among men show a different picture of their emotional well-being which affect their mental health. De Boise and Hearn (2017) shows that the emotional inexpressiveness of men influenced by societal norms and gender stereotypes. There are three main sociological perspectives on men's emotions which include softening masculinity, hybridization and constructionist perspectives. Now men show soft masculinity and willing to share their emotions which lead to gender equality. Constructionist perspectives treat the expression of men's emotion culturally constructed and are not new.

### **Intersection of Psychological Well-Being, Socioeconomic Status, and Health Outcomes in Older Adults**

Cluster 4 (Yellow) comprises 22 keywords labeled “Intersection of Psychological Well-Being, Socioeconomic Status, and Health Outcomes in Older Adults” emphasizing the importance of psychological well-being and socioeconomic status together influence health outcomes in older adults. Socioeconomic status and the health outcomes of older adults highlights that factor such as education level, place of residence, household registration type, and Communist Party membership have significant impact on their psychological well-being. Socioeconomic status affects the relationship between physical and mental health. Depression and anxiety influence the individuals with socioeconomic disadvantages which affect their well-being. By exploring the specific mechanism of physical and mental health of socioeconomic disadvantage individuals, targeted policies could be designed that increase their overall well-being (Xiong & Qi, 2024). The health of older adults is influenced by various social and economic factors. Social isolation, work stress and discrimination significantly influence premature mortality and morbidity. Investigating the adult adversities such as stress and inequalities in less advantage groups helps to understand the mechanism which could reduce the health inequalities (Fancourt & Steptoe, 2024). Social resources, caregiving and status determine the health and well-being of older adults. Cross country analysis could help to make informed policies that aimed at improving the health and well-being of older adults across different contexts (Ailshire, Choi, & Nichols, 2024).

Life satisfaction and subjective well-being of elderly population in South Korea is generally lower as compared to young adults, fostering the need of positive self-perception and emotional experiences that enhance the overall quality of life of elderly population (H. Lee, Kim, & Rha, 2024). In conclusion, policies that promote health equalities and social support can reduce the socioeconomic disadvantage, lead to increase in overall well-being of elderly population.

### **Risk factors, attitudes and outcomes as a result of unintended pregnancy among women of United States**

Cluster 5 (Purple) comprises 13 keywords labeled “risk factors, attitudes and outcomes as a result of unintended pregnancy among women of united states” emphasizing the risk factors, attitudes and outcomes that occur due to unintended pregnancy among United States women. Unintended pregnancy remains a significant health issue in United States. This issue is affected by various social, economic and cultural factors. Stress, anxiety, and depression are maternal outcomes result due to unintended pregnancy which negatively affect the well-being of pregnant women (Madden, Perry, Premkumar, Yee, & Wen, 2024). However, the reasons of unintended pregnancy are young maternal age, non-Hispanic Black race, being unmarried and lower income. These factors represents inequality and lower access to resources (Mohammed, Musa, & Amano, 2016). In summary, focusing on both individual and aggregate level factors enable to understand the risk of unintended pregnancy among women and will contribute at interventions and policies aimed at reducing unintended pregnancies in country.

### **Conclusion**

Through quantitative method, bibliometric review of happiness and well-being of women around the globe unveils the most influential publications, interaction between work, historical hotspots and emerging trends. Research on happiness and subjective well-being surfaced in 1990 and witnessed a significant increase since 2019. Document citation analyzed the top publication based on citation. Blanchflower and Oswald (2004) was the most influential author in this area based on average citation. The co-authorship analysis shows the collaboration of top authors, institutions, and countries. Based on average citation, Honjo, Kaori, Zevon, Emily S., Ohira, Tetsuya are the top authors, and the largest collaboration cluster was prevalent in 2022. At institutional level, Harvard Medical School and University of California Los Angeles top the list with highest number of collaborations. United States, England and Germany exhibits the highest level of co-authorship with other countries.

Co-citation analysis created five clusters for historical hotspots titled “evolution of the construct of happiness, socio economic factors of happiness and well-being, health and subjective well-being, the psychology of parenthood and happiness, and paradox of happiness among pregnant women”. These historical themes firstly introduce the evolution of the term happiness and subjective well-being in different disciplines. The topics then depicts the effect of social and economic factors that affect happiness and well-being of individuals. However, health is also considered as an important determinant of well-being. Changes in life events such as becoming parent and raising child

influence happiness of both men and women. The last topic highlights the paradox of happiness among pregnant women, as women, living in different cultures and regions experience happiness differently.

Co-word analysis created five clusters which are socioeconomic and family dynamics on subjective well-being and life satisfaction across different life stages, stress, social support and women happiness/well-being, gender differences affecting well-being across different cultures, intersection of psychological well-being, socioeconomic status, and health outcomes in older adults, risk factors, attitudes and outcomes as a result of unintended pregnancy among women of united states. Thus, future research could explore the different social and economic factors along with family dynamics affect the well-being of individuals at different stages of life. Besides, research will continue to examines how the management of stress and increase in social support led to well-being of women living in different cultures and regions. It is also essential to study the psychological well-being along with socioeconomic status affects the health outcomes in older adults. Future researchers could study the attitudes and outcomes as a result of unintended pregnancy in women living in Unites States.

The theoretical implications of this study are multidimensional. As, through quantitative bibliometric analysis, influential publications, cooperation between authors, historical hotspots, and emerging trends are identified which thoroughly analyzed the academic literature. This contributes to the theoretical understanding of happiness and subjective well-being affected by different factors across different cultures and regions, informing future researchers a direction and theoretical framework. Furthermore, considering past and current trends highlights the interconnection in different clusters within the themes of happiness and subjective well-being. However, these interrelations contribute to the theoretical discussion surrounding the holistic nature of happiness and subjective well-being. In addition, co-word analysis provides impactful insights for future research and implication by crating thematic clusters.

Summarizing the comprehensive literature reveals a scarcity of research on women happiness in the context of south Asia despite being having half of the women population. There is a growing awareness of the need for policies that address women challenges, underscoring the importance of empirical studies to guide policymakers in mitigating the inequality contributing to the negative effect on women happiness and their well-being. This thesis fills the research gap by extending the theoretical base factors that affect women happiness on an empirical root.

As most of the studies focus on social, economic and health related factors, so there is scarce research on legislative and cultural factors that affect women happiness and subjective well-being. This study provides a theoretical and conceptual framework in which social, economic, cultural and legislative factors directly influence the happiness, however, at the same time, these factors contribute to affect the women empowerment which in result lead to women happiness. This type of framework will contribute significantly in theoretical and practical implication of this study. The practical implications of this study provide systematic pathways to policymakers and researchers aligned with targeted, sustainable development goals and interventions. Furthermore, thematic clusters offer

practical avenues for work place equality, social protection and legal rights that address challenges faced by women in South Asian region.

Bibliometric analysis has several limitations. First of all, recent papers may not have included a significant number of citations which may underestimate the existing impact as compared to older publications. Moreover, the data is drive from web of science which may crate biases as well as unable to systematically check whether all the relevant articles are included in the analysis (Dominko & Verbič, 2019). However, alternative databases such as Scopus or Dimensions might yield different results. Still, the analysis provides relevant information which provides important insights not only for scholars but also for those with years of experience.

Funding Declaration: This research has no external financial support

### **References:**

- Aiken, A. R., Borrero, S., Callegari, L. S., & Dehlendorf, C. (2016). Rethinking the pregnancy planning paradigm: unintended conceptions or unrepresentative concepts? *Perspectives on sexual and reproductive health*, 48(3), 147.
- Aiken, A. R., Dillaway, C., & Mevs-Korff, N. (2015). A blessing I can't afford: factors underlying the paradox of happiness about unintended pregnancy. *Social Science & Medicine*, 132, 149-155.
- Ailshire, J., Choi, E., & Nichols, E. (2024). MENTAL AND PHYSICAL HEALTH OF OLDER ADULTS: INSIGHTS FROM CROSS-NATIONAL CONTEXTS. *Innovation in Aging*, 8(Suppl 1), 508.
- Ali, M., Ali, I., Badghish, S., & Soomro, Y. A. (2021). Determinants of financial empowerment among women in Saudi Arabia. *Frontiers in psychology*, 12, 747255.
- Audi, M., Poulin, M., & Ali, A. (2023). Determinants of Human Wellbeing and its Prospect Under the Role of Financial Inclusion in South Asian Countries. *Journal of Applied Economic Sciences*, 18(4).
- Ayoub, R., & Devi, S. (2024). Subjective well-being of entrepreneurs during COVID-19 pandemic: a bibliometric analysis. *Journal of Global Entrepreneurship Research*, 14(1), 31.
- Batth, N., & Darolia, C. (2014). Impact of psychological distress, work family interface and social support on mental health of working women. *Indian Journal of Health & Wellbeing*, 5(7).
- Becchetti, L., Pelloni, A., & Rossetti, F. (2008). Relational goods, sociability, and happiness. *Kyklos*, 61(3), 343-363.
- Bedrov, A., & Gable, S. L. (2023). Thriving together: the benefits of women's social ties for physical, psychological and relationship health. *Philosophical Transactions of the Royal Society B*, 378(1868), 20210441.
- Blake, S. M., Kiely, M., Gard, C. C., El-Mohandes, A. A., El-Khorazaty, M. N., & Initiative, N. D. (2007). Pregnancy intentions and happiness among pregnant black women at high risk for adverse infant health outcomes. *Perspectives on sexual and reproductive health*, 39(4), 194-205.

- Blanchflower, D. G., & Bryson, A. (2024). The female happiness paradox. *Journal of Population Economics*, 37(1), 16.
- Blanchflower, D. G., & Oswald, A. J. (2004). Well-being over time in Britain and the USA. *Journal of Public Economics*, 88(7-8), 1359-1386.
- Böckerman, P., & Ilmakunnas, P. (2009). Unemployment and self-assessed health: evidence from panel data. *Health economics*, 18(2), 161-179.
- Boehm, J. K., Chen, Y., Williams, D. R., Ryff, C., & Kubzansky, L. D. (2015). Unequally distributed psychological assets: are there social disparities in optimism, life satisfaction, and positive affect? *Plos one*, 10(2), e0118066.
- Booth, A. L., & Van Ours, J. C. (2008). Job satisfaction and family happiness: the part-time work puzzle. *The Economic Journal*, 118(526), F77-F99.
- Borrero, S., Nikolajski, C., Steinberg, J. R., Freedman, L., Akers, A. Y., Ibrahim, S., & Schwarz, E. B. (2015). "It just happens": a qualitative study exploring low-income women's perspectives on pregnancy intention and planning. *Contraception*, 91(2), 150-156.
- Bruni, A., Gherardi, S., & Poggio, B. (2004). Doing gender, doing entrepreneurship: An ethnographic account of intertwined practices. *Gender, Work & Organization*, 11(4), 406-429.
- Bülbul, A. E. (2023). Bibliometric Analysis of Studies on Well-Being. *JETT*, 14(4), 223-233.
- Butler, J., & Kern, M. L. (2016). The PERMA-Profil: A brief multidimensional measure of flourishing. *International journal of wellbeing*, 6(3).
- Carattini, S., & Roesti, M. (2023). Trust, happiness, and pro-social behavior. *Review of Economics and Statistics*, 1-45.
- Carreno, D. F., Eisenbeck, N., Greville, J., & Wong, P. T. (2023). Cross-cultural psychometric analysis of the mature happiness scale-revised: mature happiness, psychological inflexibility, and the PERMA model. *Journal of Happiness Studies*, 24(3), 1075-1099.
- Cataldo, R., Alaimo, L. S., Grassia, M. G., & Maggino, F. (2024). How Subjective Well-Being Evolved Over Time: Insights from Bibliometric and Text Mining Analyses. *Applied Research in Quality of Life*, 19(5), 2389-2415.
- Chamberlin, S., Njerenga, S., Smith-Greenaway, E., & Yeatman, S. (2022). Women's life experiences and shifting reports of pregnancy planning. *Maternal and child health journal*, 26(8), 1719-1726.
- Chida, Y., & Steptoe, A. (2008a). Positive psychological well-being and mortality: a quantitative review of prospective observational studies. *Biopsychosocial Science and Medicine*, 70(7), 741-756.
- Chida, Y., & Steptoe, A. (2008b). Positive psychological well-being and mortality: a quantitative review of prospective observational studies. *Psychosomatic medicine*, 70(7), 741-756.
- Clark, A., Knabe, A., & Rätzl, S. (2010). Boon or bane? Others' unemployment, well-being and job insecurity. *Labour economics*, 17(1), 52-61.
- Clark, A. E., Diener, E., Georgellis, Y., & Lucas, R. E. (2008). Lags and leads in life satisfaction: A test of the baseline hypothesis. *The Economic Journal*, 118(529), F222-F243.
- Clark, A. E., Frijters, P., & Shields, M. A. (2008). Relative income, happiness, and utility: An explanation for the Easterlin paradox and other puzzles. *Journal of economic literature*, 46(1), 95-144.

- Clark, A. E., & Oswald, A. J. (1994). Unhappiness and unemployment. *The Economic Journal*, 104(424), 648-659.
- Cohen, S. (2004). Social relationships and health. *American psychologist*, 59(8), 676.
- Costa, N., Ferreira, P., & Miguel Oliveira, C. (2024). A Bibliometric Approach to the Thesis of the Happy-Productive Worker—A Journey Through the Concepts and Measurement. *SAGE Open*, 14(2), 21582440241249549.
- Cueto, D. R., Sánchez, J. M. N., Díaz, E. F., & De las Heras Pedrosa, C. (2023). Bibliometric analysis, evolution and trends of happiness management in scientific literature. *Anduli: revista andaluza de ciencias sociales*(23), 177-199.
- De Boise, S., & Hearn, J. (2017). Are men getting more emotional? Critical sociological perspectives on men, masculinities and emotions. *The Sociological Review*, 65(4), 779-796.
- Deaton, A. (2008). Income, health, and well-being around the world: Evidence from the Gallup World Poll. *Journal of Economic perspectives*, 22(2), 53-72.
- Delle Fave, A., Brdar, I., Freire, T., Vella-Brodrick, D., & Wissing, M. P. (2011). The eudaimonic and hedonic components of happiness: Qualitative and quantitative findings. *Social indicators research*, 100, 185-207.
- Diener, E. (1984). Subjective well-being. *Psychological bulletin*, 95(3), 542.
- Diener, E. (2000). Subjective well-being: The science of happiness and a proposal for a national index. *American psychologist*, 55(1), 34.
- Diener, E., & Biswas-Diener, R. (2002). Will money increase subjective well-being? *Social indicators research*, 57, 119-169.
- Diener, E., & Chan, M. Y. (2011). Happy people live longer: Subjective well-being contributes to health and longevity. *Applied Psychology: Health and Well-Being*, 3(1), 1-43.
- Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The satisfaction with life scale. *Journal of personality assessment*, 49(1), 71-75.
- Diener, E., Lucas, R. E., & Oishi, S. (2018). Advances and open questions in the science of subjective well-being. *Collabra: Psychology*, 4(1), 15.
- Diener, E., Oishi, S., & Lucas, R. E. (2003). Personality, culture, and subjective well-being: Emotional and cognitive evaluations of life. *Annual review of psychology*, 54(1), 403-425.
- Diener, E., & Seligman, M. E. (2002). Very happy people. *Psychological science*, 13(1), 81-84.
- Diener, E., & Seligman, M. E. (2004). Beyond money: Toward an economy of well-being. *Psychological science in the public interest*, 5(1), 1-31.
- Diener, E., Suh, E. M., Lucas, R. E., & Smith, H. L. (1999). Subjective well-being: Three decades of progress. *Psychological bulletin*, 125(2), 276.
- Dolan, P., Peasgood, T., & White, M. (2008). Do we really know what makes us happy? A review of the economic literature on the factors associated with subjective well-being. *Journal of economic psychology*, 29(1), 94-122.
- Dominko, M., & Verbič, M. (2019). The economics of subjective well-being: A bibliometric analysis. *Journal of Happiness Studies*, 20(6), 1973-1994.
- Donthu, N., Kumar, S., Mukherjee, D., Pandey, N., & Lim, W. M. (2021). How to conduct a bibliometric analysis: An overview and guidelines. *Journal of business research*, 133, 285-296.

- Durand, M., & Smith, C. (2013). The OECD approach to measuring subjective well-being. *World happiness report*, 2013, 112-137.
- Easterlin, R. A. (1973). Does money buy happiness? *The public interest*, 30, 3.
- Easterlin, R. A., & O'Connor, K. J. (2022). The easterlin paradox *Handbook of labor, human resources and population economics* (pp. 1-25): Springer.
- Ellegaard, O., & Wallin, J. A. (2015). The bibliometric analysis of scholarly production: How great is the impact? *Scientometrics*, 105, 1809-1831.
- Fancourt, D., & Steptoe, A. (2024). The contribution of adult experiences, multimorbidity and positive psychological well-being to social inequalities in health. *Oxford Open Economics*, 3(Supplement\_1), i557-i562.
- Ferrer-i-Carbonell, A., & Frijters, P. (2004). How important is methodology for the estimates of the determinants of happiness? *The Economic Journal*, 114(497), 641-659.
- Fredrickson, B. L. (2001). The role of positive emotions in positive psychology: The broaden-and-build theory of positive emotions. *American psychologist*, 56(3), 218.
- Frey, B. S., & Stutzer, A. (2000). Happiness, economy and institutions. *The Economic Journal*, 110(466), 918-938.
- Frey, B. S., & Stutzer, A. (2002). What can economists learn from happiness research? *Journal of economic literature*, 40(2), 402-435.
- Frey, B. S., & Stutzer, A. (2010). *Happiness and economics: How the economy and institutions affect human well-being*: Princeton University Press.
- Fujita, F., & Diener, E. (2005). Life satisfaction set point: stability and change. *Journal of personality and social psychology*, 88(1), 158.
- Gipson, J. D., Koenig, M. A., & Hindin, M. J. (2008). The effects of unintended pregnancy on infant, child, and parental health: a review of the literature. *Studies in family planning*, 39(1), 18-38.
- Growiec, K., & Growiec, J. (2014). Trusting only whom you know, knowing only whom you trust: The joint impact of social capital and trust on happiness in CEE countries. *Journal of Happiness Studies*, 15, 1015-1040.
- Guleria, D., & Kaur, G. (2021). Bibliometric analysis of ecopreneurship using VOSviewer and RStudio Bibliometrix, 1989-2019. *Library Hi Tech*, 39(4), 1001-1024.
- Haller, M., & Hadler, M. (2006). How social relations and structures can produce happiness and unhappiness: An international comparative analysis. *Social indicators research*, 75, 169-216.
- Hansen, T. (2012). Parenthood and happiness: A review of folk theories versus empirical evidence. *Social indicators research*, 108, 29-64.
- Hartnett, C. S. (2012). Are Hispanic women happier about unintended births? *Population research and policy review*, 31, 683-701.
- Helgeson, V. S. (2020). *Psychology of gender*: Routledge.
- Hershberger, P. J. (2005). Prescribing happiness: positive psychology and family medicine. *Family Medicine*, 37(9), 630-634.
- Israel, B. A., Farquhar, S. A., Schulz, A. J., James, S. A., & Parker, E. A. (2002). The relationship between social support, stress, and health among women on Detroit's East Side. *Health Education & Behavior*, 29(3), 342-360.

- Jigani, A.-I., Delcea, C., Florescu, M.-S., & Cotfas, L.-A. (2024). Tracking Happiness in Times of COVID-19: A Bibliometric Exploration. *Sustainability*, 16(12), 4918.
- Johar, E. R., Rosli, N., Zaki, H. O., Fernandez, D. M. F., & Fernandez, M. F. (2023). Does Happiness Really Matter? Exploring Employee Wellbeing Recent Research Trends: A Bibliometric Analysis using R. *International Journal of Academic Research in Business and Social Sciences*, 13(2), 550-567.
- Kahneman, D., & Deaton, A. (2010). High income improves evaluation of life but not emotional well-being. *Proceedings of the national academy of sciences*, 107(38), 16489-16493.
- Karakus, M., Toprak, M., & Chen, J. (2024). Demystifying the impact of educational leadership on teachers' subjective well-being: A bibliometric analysis and literature review. *Educational Management Administration & Leadership*, 17411432241242629.
- Kohler, H. P., Behrman, J. R., & Skytthe, A. (2005). Partner+ children= happiness? The effects of partnerships and fertility on well-being. *Population and development review*, 31(3), 407-445.
- Koivumaa-Honkanen, H., Honkanen, R., Viinamäki, H., Heikkilä, K., Kaprio, J., & Koskenvuo, M. (2000). Self-reported life satisfaction and 20-year mortality in healthy Finnish adults. *American Journal of Epidemiology*, 152(10), 983-991.
- Lee, H., Kim, J., & Rha, J.-Y. (2024). The Impact of Physical, Financial, and Psychological Factors on Elderly Life Satisfaction. *Human Ecology Research*, 62(2), 261-278.
- Lee, M.-S., Lee, J. J., Park, S., Kim, S., & Lee, H. (2023). Is social support associated with postpartum depression, anxiety and perceived stress among Korean women within the first year postpartum? *Journal of Psychosomatic Obstetrics & Gynecology*, 44(1), 2231629.
- Lewin, S. B. (1996). Economics and psychology: Lessons for our own day from the early twentieth century. *Journal of economic literature*, 34(3), 1293-1323.
- Lucas, R. E., Clark, A. E., Georgellis, Y., & Diener, E. (2003). Reexamining adaptation and the set point model of happiness: reactions to changes in marital status. *Journal of personality and social psychology*, 84(3), 527.
- Luhmann, M., Hofmann, W., Eid, M., & Lucas, R. E. (2012). Subjective well-being and adaptation to life events: a meta-analysis. *Journal of personality and social psychology*, 102(3), 592.
- Lyubomirsky, S., King, L., & Diener, E. (2005). The benefits of frequent positive affect: Does happiness lead to success? *Psychological bulletin*, 131(6), 803.
- Lyubomirsky, S., & Lepper, H. S. (1999). A measure of subjective happiness: Preliminary reliability and construct validation. *Social indicators research*, 46, 137-155.
- Lyubomirsky, S., Sheldon, K. M., & Schkade, D. (2005). Pursuing happiness: The architecture of sustainable change. *Review of general psychology*, 9(2), 111-131.
- Madden, N., Perry, M. F., Premkumar, A., Yee, L. M., & Wen, T. (2024). 516 Association of unintended pregnancy and maternal and neonatal outcomes: Evaluation in a contemporary cohort. *American Journal of Obstetrics & Gynecology*, 230(1), S280.
- Mahadea, D. (2013). On the economics of happiness: the influence of income and non-income factors on happiness. *South African Journal of Economic and Management Sciences*, 16(1), 39-51.

- Martín-María, N., Miret, M., Caballero, F. F., Rico-Uribe, L. A., Steptoe, A., Chatterji, S., & Ayuso-Mateos, J. L. (2017). The impact of subjective well-being on mortality: a meta-analysis of longitudinal studies in the general population. *Psychosomatic medicine*, 79(5), 565-575.
- Matteucci, N., & Lima, S. V. (2016). *Women and happiness handbook of research methods and applications in happiness and quality of life* (pp. 419-447): Edward Elgar Publishing.
- Matud, M. P., López-Curbelo, M., & Fortes, D. (2019). Gender and psychological well-being. *International journal of environmental research and public health*, 16(19), 3531.
- Maurer, J., Meyrose, A.-K., Kaman, A., Mauz, E., Ravens-Sieberer, U., & Reiss, F. (2023). Socioeconomic status, protective factors, and mental health problems in transition from adolescence to emerging adulthood: Results of the longitudinal BELLA study. *Child Psychiatry & Human Development*, 1-12.
- McLanahan, S., & Adams, J. (1987). Parenthood and psychological well-being. *Annual review of sociology*, 13(1), 237-257.
- Meilani, E. R., Husna, M., & Situmorang, N. Z. THE MEANING OF HAPPINESS FOR WOMAN. *Humanization and Religio-Culture: Critical and Decolonial Voices*, 134.
- Mencarini, L., & Sironi, M. (2012). Happiness, housework and gender inequality in Europe. *European Sociological Review*, 28(2), 203-219.
- Mohammed, F., Musa, A., & Amano, A. (2016). Prevalence and determinants of unintended pregnancy among pregnant woman attending ANC at Gelemso General Hospital, Oromiya Region, East Ethiopia: a facility based cross-sectional study. *BMC women's health*, 16, 1-7.
- Mroczek, D. K., & Kolarz, C. M. (1998). The effect of age on positive and negative affect: a developmental perspective on happiness. *Journal of personality and social psychology*, 75(5), 1333.
- Myrskylä, M., & Margolis, R. (2014). Happiness: Before and after the kids. *Demography*, 51(5), 1843-1866.
- Nandiyanto, A. B. D., & Al Husaeni, D. F. (2022). Bibliometric analysis of engineering research using vosviewer indexed by google scholar. *Journal of Engineering Science and Technology*, 17(2), 883-894.
- Nikolova, M., & Graham, C. (2021). The economics of happiness *Handbook of labor, human resources and population economics* (pp. 1-33): Springer.
- Nomaguchi, K. M., & Milkie, M. A. (2003). Costs and rewards of children: The effects of becoming a parent on adults' lives. *Journal of Marriage and Family*, 65(2), 356-374.
- Pavot, W., & Diener, E. (2008). The satisfaction with life scale and the emerging construct of life satisfaction. *The journal of positive psychology*, 3(2), 137-152.
- Piko, B. F. (2023). Adolescent life satisfaction: Association with psychological, school-related, religious and socially supportive factors. *Children*, 10(7), 1176.
- Pollmann-Schult, M. (2014). Parenthood and life satisfaction: Why don't children make people happy? *Journal of Marriage and Family*, 76(2), 319-336.
- Pressman, S. D., & Cohen, S. (2005). Does positive affect influence health? *Psychological bulletin*, 131(6), 925.

- Rahim, A. (2024). Exploring the Role of Self-Compassion and Social Support in Women's Resilience: A Qualitative Study of Coping with Life Adversities. *Human Nature Journal of Social Sciences*, 5(4), 32-42.
- Ramos, M. C., Cheng, C.-H. E., Preston, K. S., Gottfried, A. W., Guerin, D. W., Gottfried, A. E., ... Oliver, P. H. (2022). Positive family relationships across 30 years: Predicting adult health and happiness. *Journal of Family Psychology*, 36(7), 1216.
- Reyes-García, V., Babigumira, R., Pyhälä, A., Wunder, S., Zorondo-Rodríguez, F., & Angelsen, A. (2016). Subjective wellbeing and income: Empirical patterns in the rural developing world. *Journal of Happiness Studies*, 17, 773-791.
- Ryan, R. M., & Deci, E. L. (2001). On happiness and human potentials: A review of research on hedonic and eudaimonic well-being. *Annual review of psychology*, 52(1), 141-166.
- Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of personality and social psychology*, 57(6), 1069.
- Ryff, C. D. (2013). Psychological well-being revisited: Advances in the science and practice of eudaimonia. *Psychotherapy and psychosomatics*, 83(1), 10-28.
- Sabatini, F. (2014). The relationship between happiness and health: evidence from Italy. *Social Science & Medicine*, 114, 178-187.
- Sable, M. R., & Libbus, M. K. (2000). Pregnancy intention and pregnancy happiness: Are they different? *Maternal and child health journal*, 4, 191-196.
- Schnettler, B., Miranda-Zapata, E., Grunert, K. G., Grønhoj, A., Jiménez, P., Lobos, G., ... Hueche, C. (2020). Satisfaction with life, family and food in adolescents: Exploring moderating roles of family-related factors. *Current Psychology*, 1-14.
- Schnettler, B., Miranda-Zapata, E., Lobos, G., Saracostti, M., Denegri, M., Lapo, M., & Hueche, C. (2018). The mediating role of family and food-related life satisfaction in the relationships between family support, parent work-life balance and adolescent life satisfaction in dual-earner families. *International journal of environmental research and public health*, 15(11), 2549.
- Skachkova, L., Gerasimova, O. Y., Krivosheeva-Medyantseva, D., & Yakovleva, E. (2023). Happiness economics: A scoping review. *Journal of Institutional Studies*, 15(3), 125-146.
- Snyder, H. (2019). Literature review as a research methodology: An overview and guidelines. *Journal of business research*, 104, 333-339.
- Spruk, R., & Kešeljević, A. (2016). Institutional origins of subjective well-being: Estimating the effects of economic freedom on national happiness. *Journal of Happiness Studies*, 17, 659-712.
- Steger, M. F., Oishi, S., & Kashdan, T. B. (2009). Meaning in life across the life span: Levels and correlates of meaning in life from emerging adulthood to older adulthood. *The journal of positive psychology*, 4(1), 43-52.
- Step toe, A. (2019). Happiness and health. *Annual review of public health*, 40(1), 339-359.
- Step toe, A., Deaton, A., & Stone, A. A. (2015). Subjective wellbeing, health, and ageing. *The lancet*, 385(9968), 640-648.
- Stevenson, B., & Wolfers, J. (2009). The paradox of declining female happiness. *American Economic Journal: Economic Policy*, 1(2), 190-225.

- Umberson, D., Pudrovska, T., & Reczek, C. (2010). Parenthood, childlessness, and well-being: A life course perspective. *Journal of Marriage and Family*, 72(3), 612-629.
- Veenhoven, R. (2008). Healthy happiness: Effects of happiness on physical health and the consequences for preventive health care. *Journal of Happiness Studies*, 9, 449-469.
- Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: the PANAS scales. *Journal of personality and social psychology*, 54(6), 1063.
- Wills, E. (2009). Spirituality and subjective well-being: Evidences for a new domain in the personal well-being index. *Journal of Happiness Studies*, 10, 49-69.
- Xiong, Y., & Qi, Y. (2024). The Unequal Loop: Socioeconomic Status and the Dynamic Bidirectional Relationship between Physical and Mental Health. *Journal of health and social behavior*, 00221465241300303.
- Yan, W., Zhang, L., Li, W., You, X., & Kong, F. (2022). Associations of family subjective socioeconomic status with hedonic and eudaimonic well-being in emerging adulthood: A daily diary study. *Social Science & Medicine*, 298, 114867.