Debate question

[Name of the Writer]

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Debate Question: Does change of reference group and over regulating lives affect happiness? Are there any risks associated with migration?

Change of reference group is a strong factor affecting happiness of migrants which is similar to urban residents (10). This factor of happiness is strongly depends on whether migration is forced or voluntary. Voluntary migrations, independent of fact whether internal or external, are made essentially due to better employment or housing opportunities. Forceful migrations are made due to rustication by the governments transferring as prisoners or slaves to other countries during political disorders. In the middle of two types lies the refuges of escaping wars, natural calamities or dearth of food. Aspcts of lands, continents and ethnic, linguistic and racial composition of respective populations have completely changed by the history of human migration. Well-being status is not the only pivot of decision of migration with respect to household instead household’s respective position in local community’s well-being distribution also plays an important role. Wealth deprivation relativity is positively proportional to the enhancement in migration along with absolute wealth level. Moreover, the relationship between family and migration is intensified in male-headed, agricultural, rural and more youth households.

Over-regulation of lives induce unhappiness (10) (Helliwell, Layard, & Sachs, 2018). Getting out of monotonous routine to get busy is important but getting too busy with imposing many rules and regulations on oneself may lead to unfavourable physiological and psychological consequences that can deaccelerate pace of well being. The physiological disorders include cardiovascular diseases and stomach disorders whereas psychological complications include chronic stress, personality issues and prolonged mental stress.

Separation from family, friends and relatives, new location discrimination

, feeling of deprivationof closeness and frankness with natives are the risks of migration (10).

Feelings of deprivation also includes comparison with people of different reference groups than those back at home and search for employment opportunities in immigrant country.

**References**

Helliwell, J. F., Layard, R., & Sachs, J. D. (2018). World Happiness Report. New York: Sustainable Development Solutions Network.