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Study of the Neurochemicals Creating Happiness and Positive **Psychology** HEE SOO KIM, Seoul International School, HAYOUNG KYUNG, NYU(New York University) — The feeling of happiness is not merely the result of a single neurochemical in the brain. Rather, happiness is dependent on seven different neurochemicals that are affected by one's lifestyle. Knowing which daily activities release certain neurochemicals related to happiness and partaking in such activities will increase one's likelihood of achieving happiness. Electrical brain waves, brain structure, and neurochemicals are important in emotional processes. This paper specifically examines neurochemicals in relation to happiness. Happiness is dependent on four neurochemicals known as Dopamine, Oxytocin, Serotonin, and Endorpins (DOSE). Each neurochemical has an independent function in creating one's happiness. Discovering which day-to-day activities trigger the release of such neurochemicals will result in higher daily happiness levels. Higher happiness levels, in turn, increase productivity. In this research, Chemcraft and Avogadro were used, as they are capable of determining the theoretical and chemical properties of the happiness molecules. The theoretical structure of each feasible neurochemicals has been studied by using the stability of each molecule to predict the efficiency of the molecule in assessing the physical stability and measure of the happiness itself.

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