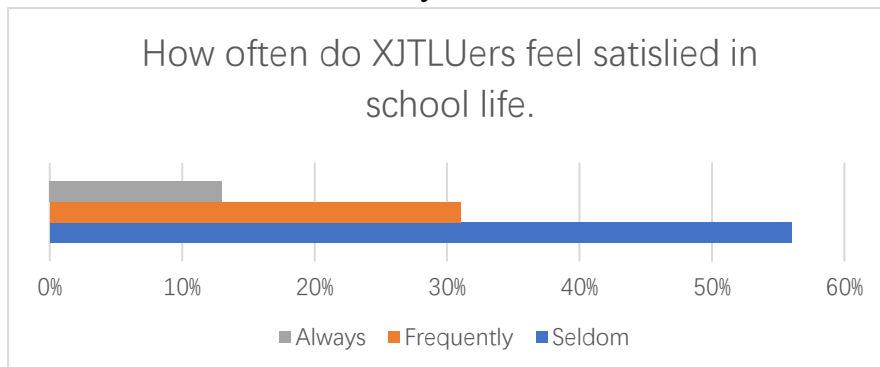
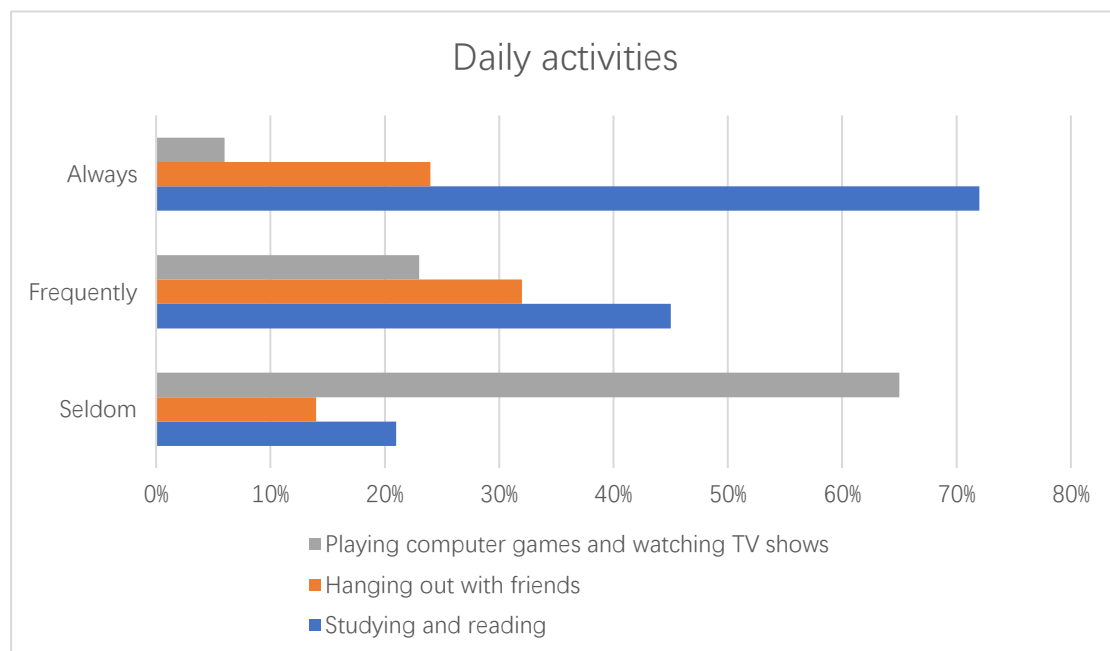


Instant pleasure(快感) and happiness(快乐), which is closer to freedom  
—— Exploring how university students can gain exact freedom

When we step into university, we get rid of the management and control of parents and teachers. It seems that we will gain ‘exact freedom’. However, according to the survey, the degree of well-being of most students in the university is not high. In other words, few of students gain ‘exact freedom’ in the university.



Additionally, here is another survey about daily activities.



It can be concluded that students with more well-being about school life are more likely to gain lasting happiness while those with less well-being are more likely to gain transient gratification.

There are two chemicals which are relevant to instant pleasure and

happiness——dopamine and endorphins.

### Secrets of dopamine

Dopamine is a kind of neurotransmitter which can pass excitement and joy. Nevertheless, various additions are related to dopamine.

In 1953, when two psychologists were studying a puzzling mouse, they accidentally implanted electrodes in the wrong part of the brain. They discovered that the mouse not only was averse to fear of electric shocks, but sought them at any costs, and eventually died as well.

When psychiatrists later applied the same experiment to patients, they found that they behaved just like mouse, preferring starving to stopping the shock. Experimental personnel analyzed the records of patients' feeling during the shock process, finding that they felt continually frustrated and upset, not bliss. **Dopamine is exactly pathological desire.**



### Dopamine trap

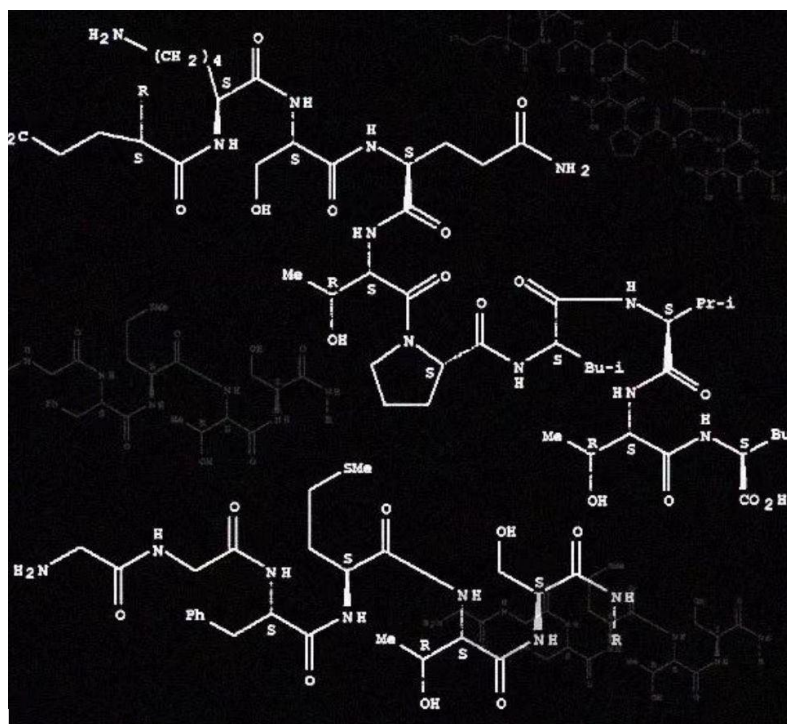
Some scientists call it as 'dopamine trap'. Similar to the mouse and patients referred to above, the students who are addicted to computer games or worthless TV shows get victory and satisfaction quickly and promptly, so that their bodies secrete enough dopamine to push them devoting more time to such activities to consume and entire themselves. It

seems that they gain “freedom” for the fact that they can do what makes them satisfied without being controlled. However, it is obviously false. Such meaningless activities will weaken their willpower, make them feel lonely and isolated in the long term. Despite the fact that their body may gain ephemeral freedom, their level of thoughts will be obstructed.

Dopamine brings about instant pleasure rather than happiness. When they are addicted to instant pleasure, they will feel lonely and isolated. Instant pleasure is not freedom, but imprisonment.

### Secrets of endorphins

Endorphins is a kind of endogenous peptides produced by the body that acts like morphine. It can not only keep mood cheerful and positive, but also release the pain. When we studying, reading classics, or learning another language, we may feel tough initially for the reason that the effects are not so remarkable. However, if we hang on, we will finally make improvement and gain a sense of achievement and our bodies secrete endorphins, in which case, we get real happiness and be filled with well-being. That’s why students dedicating more time into studying feel more pleasant at the university.



## The significance of freedom

Majority of people hold the view that freedom is to do everything they want without being limited. However, it is not the case. The famous Chinese writer Peiyun Xiong has written a book——You the Freedom (自由在高处) . She explains that freedom belongs to those who own real happiness. If someone does something violating moral and laws, he or she will feel horrified instead of happy. In majority of situations, self-discipline is freedom(自律即自由).

Although most students get rid of management in the university, few of them gain freedom. Has anyone thinks about the reason? Many students believe that the activities like games, dating, watching TVs can bring them happiness while keeping studying only brings about pain. However, playing only brings instant pleasure and then isolation while studying brings well-being after pain. Instant pleasure is easy to attain while happiness is difficult to attain, in which case, we feel satisfied from happiness rather than gratification. That is a kind of common humanity.

## Solutions

**Gaining happiness from endorphins instead of relying on dopamine.**

- (a) Keep away of negative temptation and overcome the fear of working hard.
- (b) Try to reduce consuming activities and add creative activities to help yourself secrete more endorphins.
- (c) Practice enjoying delaying satisfaction. It is said that all good things come to those who waits.

Despite the fact that it is easy to fall into “dopamine trap” since the rewards are easy to get, we can be addicted to self-discipline as well.

## Conclusion

University life is quite different from former school lives which are mostly arranged by teachers and parents. It is time that we should resist negative temptation and keep away from gaining instant pleasure.

**Initial pain brings about happiness and happiness brings about freedom.**

Written by Huaye Liu