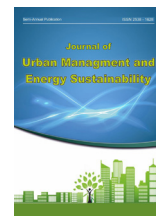


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CASE STUDY RESEARCH PAPER

Evaluation of influential factors in creating a happy city (Case Study: Mirdamad area, District 3, Tehran, Iran)

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ABSTRACT

The increase in urbanization in the world, along with the weakening of people's happiness, is a global issue. However, in the urban area of Iran, where 3/4 of the population is urban and their happiness rank is 100 among 143 countries, it is worrying. The happy city approach is a new approach in contemporary urban planning literature that expresses people's positive perception of the place where they live. The main issue of the research is that if we do not pay attention to the happiness frameworks and the type of policies related to it, we will witness an increase in sad and dissatisfied people and ultimately mental deterioration among city residents. And the main goal of the research is to identify the components affecting happiness in biological areas. In this regard, the first step is to identify the components affecting happiness and then evaluate these components in residential areas to determine the level of happiness in each and provide strategies. Therefore, this article examines the happy city approaches and evaluates them in the study area. The purpose of this study is to investigate the level of happiness in the Mirdamad area, located in District 3 of Tehran Municipality. Finally, the evaluable indicators were examined in the form of six main components: socio-cultural, economic-living, physical, managerial-administrative, ecological-environmental, and finally individual-psychological characteristics. These components were analyzed by developing a questionnaire, and relying on the structural equation method, the Mirdamad region was evaluated from the perspective of happiness. It was shown that all 5 components directly affect the feeling of happiness in the Mirdamad region, and changes in each can also affect other systems. In this regard, to achieve sustainable happiness in cities, additional studies should be conducted in this field, which can include considering individual and psychological frameworks, satisfaction with the prevailing life system in each area.

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INTRODUCTION

More than half of the world's population lives in cities, and this figure will increase to more than 70% by 2050. As the population grows, the world is in the most revolutionary period in history, and continuous change, especially in urban and metropolitan areas, is considered undeniable and fundamental. (Bin Bisher, 2022) These changes are effective in psychological, individual and structural dimensions, so Mitan acknowledged that the world is one of the most important places of interaction and activity in relation to the health, well-being and happiness of citizens. The role of happiness in the lives of individuals in society is so great that Ruskin believes that the richest countries are those with the highest percentage of happy people. (Orki et al., 2022) Happiness, as one of the fundamental and influential emotions, plays a decisive role in ensuring individual and social health. On the contrary, the absence of happiness in a society and the existence of a cold and closed space will not lead to the provision of the minimum emotional energy necessary for innovation and progress. An important point regarding the understanding of happiness is that the literature on happiness has focused more on internal and individual factors such as psychology or other external factors such as wealth or material conditions and has paid less attention to the physical and external environments of cities as a factor for happiness. Given the importance of the environments in which we live and work and which influence our daily lives, activities, behaviors, interactions, livability and accessibility, it is important to pay attention to the city environment. (Zarian & Bakhiarian, 2024) It is only in relatively recent studies that the subjective happiness literature has seriously considered the role of place, local communities, structural and social cohesion and a sense of belonging (Balla, 2013).

The expansion of urbanization and the rapid growth of cities and the change in human life patterns towards modernity have created problems for cities, so that the city, as a systematic

and living entity, has lost its joy and vitality. Meanwhile, cities with a proper structure create happy people. (Institute for Quality of Life, 2025:32) One of the important needs in society is planning and designing to increase happiness in urban environments, and basically the city is a means to achieve happiness and vitality, so spaces must be created that meet today's needs, a space in which the spirit and feelings of citizens are sought and have a great impact on them in connection with other urban spaces, because the most important urban spaces have a great impact on people. Happiness and peace are considered the most important factors for human survival in this busy world today, and this indicates the importance of this issue in cities that should be given more attention, but unfortunately, it is less addressed in cities. The present study aims to analyze the factors affecting the realization of a happy city and explain the pattern of achieving it in the study area, namely the Mirdamad area located in District 3 of Tehran Municipality. The reason for choosing this area is that initially this area was sufficiently vibrant, but over time it has often been used as a passage for a large volume of vehicles. Considering the current environmental conditions, an attempt is made to evaluate the level of happiness in the area based on the desired indicators such as social, economic, etc. The main objective of the present study is to examine the level of happiness in the Mirdamad area, located in District 3 of Tehran, considering the existing conditions. In this regard, it has examined the opinions and concepts related to happiness in the field of urban planning and architecture and has limited itself to creating a theoretical framework. Environmental-ecological, social, economic, physical and managerial factors are examined as the five main research components for the realization of a happy city. An attempt is made to analyze these indicators based on a questionnaire. Finally, the responses received are analyzed and it is determined in which components the region is weak and in which components it is in more

favorable conditions.

MATERIALS AND METHODS

Conceptual and theoretical frameworks for research on happiness

Since ancient times, attention has been paid to positive human emotions, including happiness. In the distant past, people's perception of happiness was synonymous with the concept of a sense of satisfaction. But today, this belief has changed to a large extent. Happiness is not an uncertain concept, but a defined and measurable equation and is directly influenced by the built environment around humans. (Golkar, 2010) Happiness is a collective concept that encompasses all elements of the city system. Public realms, if designed properly, can provide the best opportunities for social life, interactions, and the development of social networks necessary for the system, resulting in the physical health and well-being of citizens. (Montgomery, 2017) Happiness is one of the most important human emotions. If emotions are divided into six categories: anger, fear, disgust, surprise, sadness, and joy, happiness is the most basic emotion that people seek to achieve. The term "happiness" has a long history. Its idea was formed in the Western world and has been used with different meanings over the years. The first attempts to understand and define happiness began in China around 600 BC (Tam, 2019). In fact, many attempts have been made to understand and define happiness since the time of Aristotle (Ballas & Dorling, 2017). Socrates said in the 5th century BC: The main purpose of creating a city is to ensure the joy and happiness of its citizens. This statement by Socrates clearly demonstrates the long-standing and strong relationship between the two concepts of city and joy and vitality. Based on such a perspective, the city is basically considered as a device, a means or a combination for achieving happiness, joy and vitality. (Golkar, 2010) Happiness and joy, as one of the most important needs of human life and the reason for the major effects it has

on the lives of individuals, always occupy the human mind. In religious and psychological teachings, special attention has been paid to the place and importance of happiness in the lives of individuals and its factors and effects. Happiness and joy are important elements for human life. In a way, they have been the focus of various religions and sciences. (Saffarinia, 2010) Living in happy cities, in addition to health, has a great impact on the longevity and life expectancy of the residents of these cities. Living in happy cities creates greater attachment to neighborhoods and neighbors. (Rabbani, 2019) In relation to happiness, Inglehart states that a low level of life satisfaction and a sense of happiness leads to negative attitudes towards society as a whole, long periods of unfulfilled wishes and expectations, and pessimistic attitudes that are passed on from one generation to another. (Musazadeh, 2019) In recent studies of happiness literature, the focus is on the role of place, local communities, social cohesion, and a sense of belonging. This focus on the concept of happiness is as follows: the quantity and quality of urban spaces underpin citizens' happiness, especially in large metropolitan areas, and according to this principle, if the underpinnings of citizens' happiness are addressed, a step can be taken towards improving the quality of the place. In fact, it can be said that there is a two-way relationship between happiness and the quality of urban spaces, in which strengthening one helps the other, and each can be an indicator of the other. This type of relationship occurs mainly in relation to the basic qualities of urban spaces, and happiness can be considered a basic quality in the study of urban spaces. (Rakhshan et al, 2022) A review of the theoretical literature on Happy city shows that experiences in recreating urban spaces, development, and urban management programs have played an important role in the formation of the happiness approach. In a way, the philosophy behind Montgomery's book, *The Happy City*, was to improve the quality of urban spaces, which is directly related to happiness

and its formation in urban spaces. According to Montgomery's view, after meeting basic needs such as food and housing, a city should offer real freedom, movement, and life structure, as well as allocate space, services, facilities, pleasure,

recreation, and costs among individuals in a fair manner. In addition to Montgomery, other theorists have also presented theories regarding happiness, which can be referred to in the following table: (Tab. 1)

Table 1: Theories related to happiness in urban spaces

Theorist's name	Theory	Year
Veenhoven	Happiness is the degree to which a person evaluates their life positively or how much they like it. All humans evaluate life emotionally and cognitively. Happiness is not a static issue. People can become happier by providing better living conditions. Happiness is a person's evaluation of aspects and conditions of life.	1984
Myers	Happiness is a feeling of life that means the continuation of yesterday's happy moments, today's cheerful mood, and tomorrow's difficult times.	2000
Putnam	Happiness is predicted by the breadth and depth of social connections.	2000
Argyll	They believe that happiness is the most important factor that affects the morale of members of a society. According to him, happiness has two dimensions: emotional and cognitive. The emotional dimension refers to having a feeling of joy, contentment, and other positive emotions, and the cognitive dimension refers to the evaluation of various components of individual and social life and satisfaction with life.	2001
Salingman	It divides positive emotions into three categories (past, present, and future). Positive emotions related to the present are divided into two categories: immediate and relatively lasting pleasures. Relatively lasting pleasures include feelings such as happiness, comfort, euphoria, and joy. Happiness in its current meaning is within broader concepts such as happiness and quality of life.	2002
Layard	Happiness describes the feeling of enjoying life and the desire to maintain emotions.	2005
Radwan	They believe that happiness is a feeling you experience from your surroundings.	2014
Montgomery	Having a healthy and sustainable society is conditional on having healthy individuals, and mental health is considered part of collective health in society.	2017
Ho and Chang	Social participation and emotional support are associated with happiness, and the quality of social interactions and experiences is more important than the quantity of social connections among older adults.	2018
Diner	In addition to individual psychological dimensions, happiness is dependent on the environment and environmental structures. For example, in collective places, the feeling of happiness is greater than in individual places, and the physical system and type of environmental design can be effective in intensifying this feeling.	2018
Caporal et al	There is a strong and positive relationship between income and happiness among individuals because as income increases, individual productivity of space increases and urban infrastructure in these areas is strengthened in proportion.	2019
Fordyce	Happiness is something that, in addition to the individual, is also affected by the urban management system. City management and the organization of the urban physical system make it a suitable space for collective life and a sense of joy, or vice versa. Therefore, urban managers have a more effective role in the formation of happiness than other frameworks.	2021

Costanza et al	Happiness is something that, in addition to the individual, is also affected by the urban management system. City management and the organization of the urban physical system make it a suitable space for collective life and a sense of joy, or vice versa. Therefore, urban managers have a more effective role in the formation of happiness than other frameworks.	2021
Lingo	Happiness as a life experience is based on individuals' daily activities. Previous retrospective, holistic assessments of well-being failed to capture the dynamics of individual happiness experiences across time and space. Timely data acquisition allows for dynamic tracking of individuals' activity space and momentary subjective experiences.	2022

(Source: [Veenhoven,20014](#); [Veenhoven,2017](#); [Veenhoven,2001](#); [Diener & Seligman,2004](#); [Ferreira et al,2010](#); [Mirzaei et al,2016](#), [shahabian,2022](#))

A study and review of the research conducted shows that significant studies have been conducted in the field of the relationship between happiness and social, economic, and environmental components, etc. in the world separately. But rarely have all the dimensions and indicators of a happy city been addressed in an integrated and common manner. In fact, happiness is a multidimensional concept ([Kozaryn et al, 2018](#)) and some consider it synonymous with “life satisfaction” ([Veenhoven, 2014](#)), “subjective well-being” and “sustainability”. In general, happiness is a person’s subjective assessment of life (subjective) ([Diener et al, 2014](#)) and the surrounding conditions and environment (objective) ([Diener et al, 2014](#)). In fact, happiness is a subjective emotion that is experienced within the citizen. Therefore, the definition is that happiness is something that people have in mind, and happiness in this sense can be measured with a questionnaire. Similarly, happiness is a suitable topic for survey research. Most of the empirical research findings on happiness are collected in the World Database on Happiness (WDH).

In this regard, factors that are effective in increasing citizens' happiness from living in their city of residence include: Short commutes; A study conducted by the UK Office for National Statistics (ONS) shows that the more time people spend commuting, the more dissatisfied and anxious they will feel. Neighborhoods and local

patterns play a key role in shaping the context of happiness in urban spaces. A balanced climate There is a direct relationship between climate and citizens' happiness, so that cold winters can cause citizens' depression. Social trust; The strongest correlation of happiness in cities is social trust, the level of which is tied to the level of pedestrianization. Social events and public space structures can contribute to public happiness, depending on the type of architecture and its structures. ([Ghoreishi Galoungahi et al, 2024](#)) Green spaces; The presence of sufficient green and open spaces is effective in increasing citizens' happiness. Human capital; The level of happiness and vitality is higher in urban areas with more educated people compared to other areas. Happiness and Scale: For a specific space or activity to be shaped to promote happiness, it must be applied at different scales. Happiness and spatial dependence; Happiness is a concept that is dependent on location, such as concepts such as consumption, production, and distribution in a specific location can affect neighboring locations at different scales. Based on the concepts presented in relation to happiness in urban spaces and the theories examined, the conceptual model of Figure 1 can be achieved. The decision-making method of the present study is based on cognition, and this cognition is achieved through research studies, theories, and knowledge of the area. ([Fig. 1](#))

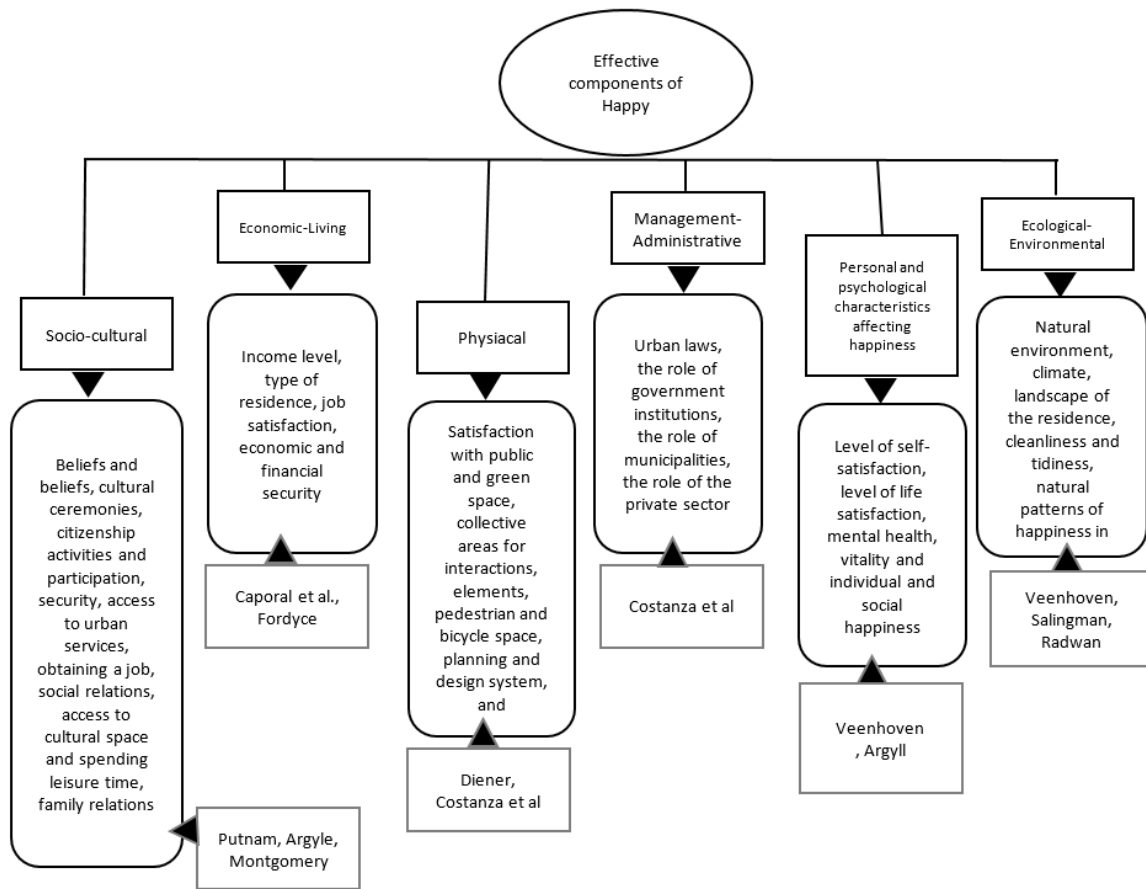


Figure 1: Conceptual model of the present research regarding the formation of happy city

Many studies have been presented on happy cities and the factors affecting happiness, the conceptual or theoretical achievements of which have been the presentation of models in the field of happiness and its factors. This section will discuss some of these studies. First, we can mention Montgomery’s work in 2013 entitled “Happy Cities, Transforming Our Lives through Urban Design”. In this book, he states that the happy city is a revolution in the way of thinking and seeing the living environment, and the happy city proposes a new quality of the city in human dimensions, which on the one hand can be included in the category of basic qualities of urban design and on the other hand, it can be

a new approach to achieving an ideal environment for living. In this article, he states that our cities are facing a changing world, the urban environment in which we currently live is experiencing borderless globalization and is reaching a world that is dense, interconnected, and complex, and integrated in trade, culture, and geography. To provide evidence in his article, he refers to the research of Jeffrey West that the changes and development of current cities cause changes in psychological states and perceptions, and ultimately provide the formation of spaces with various contexts such as happiness and vitality. In another study written by John Ruskin in 2024, he states that the basic foundations

of happy structures in urban environments are the creation of facilitating grounds for public discussions and the formation of social interactions. He states that in order to achieve happy cities, cities must be a trustworthy and reliable space for all segments of society. The principle he proposes in his research is that the cultural system of each area must be considered in order to design happy environments. Another study by Glasson in 2024, titled *How to Achieve Happy Environments in Vision 2030*, states that the happiness of people in cities is tied to feelings of happiness, and this issue is more prominent in Vision 2030 because nearly 5 billion of the world's population will live in cities. Urban design is not just the best place to build a new road or sewer. In fact, if done correctly, urban design can make the entire city happier and healthier. And it doesn't have to be about becoming a millionaire in your dream job. Urban design on the path to happiness is a type of spatial design that integrates lights, colors, soft spaces and murals and an acceptable system in shaping cities. This type of design can be a suitable framework for the institution's step into happy spaces, depending on the social, economic and cultural system.

In a study written in 2018 on Peñalosa's performance on happiness, he saw several fundamental problems in the design of Colombian cities that prevented a sense of happiness and vitality in urban environments. First, the excessive presence of cars and air pollution, the lack of public transportation infrastructure, dirty colors in the urban fabric, etc. He decided to implement a ban on car traffic in parts of the city and implemented measures such as strengthening public infrastructure (reducing travel time, reducing costs), improving the quality of colors in the environment and green space designs,

etc. Thus, he published his performance in the form of a performance article and after a while evaluated the impact of his performance, which witnessed the replacement of happy spaces instead of dead spaces, the change of the sound of cars to the sound of children's laughter, etc.

In Iran, research has also been conducted in the field of happiness, which can be referred to Zarei et al. in 2021 under the title of "Evaluating the Effects of Happy City on Urban Competitiveness". This research states that international competition is increasing day by day to improve urban competitiveness. Developing countries have no better solution than improving urban competitiveness and developing tourism to create employment and earn sustainable income and develop industry. On the other hand, happiness is one of the most important factors affecting urban competitiveness and increasing the quality of life of residents. Paying attention to the infrastructure and facilities of a happy city can pave the way for more and more desirable presence of citizens and tourists in the city and bring them a pleasant experience. Paying attention to this automatically also improves urban competitiveness factors. The purpose of this research was to investigate the role of creating a happy city on strengthening and flourishing the global and international competitiveness of Mashhad. The present research is of an applied type and in terms of method, it is a combination of descriptive-analytical methods, and field, library and documentary methods were used in data collection. Another study by Alizadeh et al. in 2019 titled *The Role of Urban Design Components in Improving the Quality of Life and a Happy City* addresses the issue that justice is the primary basis of social institutions. Today, according to some theorists, quality of life is a

social concept and does not have a real meaning itself, but rather is simply given meaning by individuals. Or it is a subjective and multidimensional concept that can be the perception of individuals of their position in life in the context of the cultural and value system in which they

live and in relation to their goals, expectations, and standards. The aim of the study is to examine the effective components in urban design to achieve a suitable quality of life and a happy city, which is a qualitative research method with the help of theoretical consensus. (Tab. 2)

Table 2: Overview of Literature

Re-searcher's name	year	Subject	Method	Findings	Conclusion	Research scale
Montgomery	2013	Happy city Transforming Our Lives Through Urban Design	Qualitative review and comparison of several study cities	The Happy City will be a revolution in the way we think about urban life, and it will introduce a new quality of the city in human and social dimensions.	In conclusion, it categorizes the basic qualities of urban design, and in another section, it presents a way to achieve an ideal environment, and finally states that the change and development of current cities leads to changes in psychological states and perceptions, and ultimately the formation of spaces with different bases of happiness.	From small scale such as blocks to large scale in medium-sized cities
Ruskin	2014	The impact of social relations in the city on the formation of happy cities	Qualitative method and data classification	Structures of happiness in urban environments create facilitating contexts for public conversations and the formation of social interactions.	To achieve happy cities, cities must be a trustworthy and reliable space for all segments of society, and the principle he proposes in his research is that the cultural system of each area must be considered in order to design happy environments.	Scale from small to large
Penalosa	2018	Happiness in Colombian cities	Through description and analysis and relying on the coding method	Factors affecting the formation of happy spaces and obstacles on the way	He implemented a ban on car traffic in parts of the city, strengthened public infrastructure (reducing travel time, reducing costs), improved the quality of the color in the environment and green space designs, etc., and thus published his performance in the form of a performance article. After a while, he evaluated the impact of his performance, which witnessed the replacement of happy spaces instead of dead spaces, the change of the sound of cars with the sound of children's laughter, etc.	Micro to macro scale

Alizadeh and colleagues	2020	The role of urban design components in improving the quality of life and a happy city	It has been investigated using a mixed method and in a descriptive-analytical manner.	Justice is the primary basis of social institutions. Today, according to some theorists, quality of life is a social concept and has no real meaning in itself, but is simply given meaning by individuals.	Happiness is a subjective and multidimensional concept that can be defined as an individual's perception of their position in life in the context of the cultural and value system in which they live and in relation to their goals, expectations, and standards. The aim of the research is to investigate the effective components in urban design to achieve a suitable quality of life and a happy city, which is a qualitative research method with the help of theoretical consensus.	Macro and semi-macro scale
Zarei and colleagues	2021	Assessing the effects of Happy city on urban competitiveness	Through description and analysis and relying on the coding method	Competition over the impact of happiness on increasing tourism and economic development of urban areas	Happiness is one of the most important factors affecting urban competitiveness and increasing the quality of life of residents. Attention to the infrastructure and facilities of a happy city can pave the way for more and more desirable presence of citizens and tourists in the city and bring them a pleasant experience. Attention to this automatically leads to improvement of urban competitiveness factors.	Macroscale
Glasson	2024	How to achieve happy environments in Vision 2030	Qualitative analysis and phenomenology	The happiness of people in cities is tied to feelings of happiness, and this is even more prominent in the 2030 vision, as nearly 5 billion of the world's population will live in cities.	Urban design can make the entire city happier and healthier. And not everyone needs to become a millionaire in their dream job. Urban design on the path to happiness is a type of spatial design that integrates lights, colors, soft spaces and murals and an acceptable system in shaping cities. This type of design, depending on the social, economic and cultural system, can be a suitable framework for the institution's step in happy spaces.	From semi-small to relatively large scale

The above research shows that none of them have attempted to study individual and psychological dimensions along with structural, social, managerial and physical dimensions simultaneously. And most of the research conducted is more of an attempt to qualitatively and from the point of view of the opinion holder to exam-

ine happiness in the concrete city. However, the present research is an attempt to evaluate happiness from the perspective of space users and urban managers simultaneously and examine all social, economic, physical, psychological-individual and... dimensions.

DISCUSSION AND FINDINGS

Mirdamad Boulevard, also known as Mirdamad Street, is one of the arterial streets of Tehran, located in the Davudieh neighborhood and in District 3 of Tehran Municipality. Mirdamad Boulevard leads to Shariati Street (formerly Cyrus the Great or Shemiran Old Road) from the east and to Vali-Asr Street (formerly Pahlavi) from the west. The main roads intersecting this street are the Africa Highway (Jordan), the Modares Highway, and Mossadegh Street (formerly Neft). In its eastern part, Mirdamad Boulevard passes through a square called Madar Square (Mohseni). At the intersection of the Modares Highway and Mirdamad Boulevard, part of this street passes through an overpass called Mirdamad Bridge. (Fig. 2)

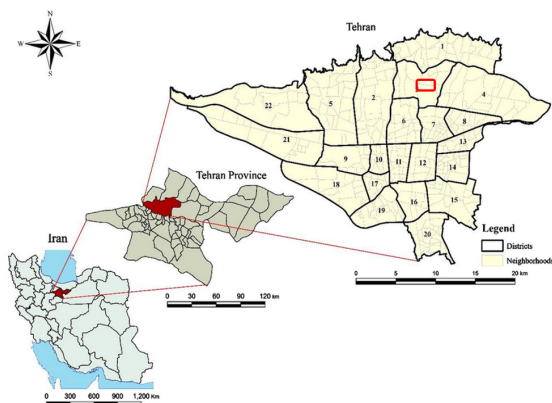


Figure 2: Geographical location of the study area in Tehran city, Iran

The present study is an analytical study in nature and is categorized as a quantitative method in terms of evaluation. The research data collection method is using field studies, questionnaires. The identification of factors affecting a happy city was extracted using studies conducted in this field by examining documents and texts according to Figure 1 in the areas of livelihood and finance, socio-cultural, environmental, managerial-administrative, physical, etc. After extracting the effective components, a questionnaire was designed and after reviewing and evaluating the questionnaire, questions

were homogeneously asked among people living and working in the study area, namely Mirdamad, located in District 3 of Tehran. The sample size was 387 people based on the population over 18 years of age in the study area and using the Cochran method. Data analysis was performed in two parts: descriptive and analytical. In the descriptive section, the status of the research sample, namely the Mirdamad area of Tehran, was examined. In the analytical section, the covariance-based structural equation modeling approach was used to test the research hypotheses, and statistical software was used to perform the statistical calculations of the research. The reliability of the questionnaire was measured using Cronbach's alpha. The value of the alpha coefficient obtained for the questionnaire is 0.91, which indicates that the items of the questionnaire have good internal consistency. After examining Cronbach's alpha, the composite reliability of the questionnaire was calculated. Since Cronbach's alpha is a traditional criterion for determining the reliability of components, composite reliability is the most modern criterion compared to Cronbach's alpha. The advantage of this criterion over Cronbach's alpha is that the reliability of the components is not calculated in absolute terms but according to their correlations with each other. (Tab. 3)

The above table shows the composite coefficients of the 7 variables studied, and since they are all above 0.7, the appropriate fit of the measurement models is confirmed. In this study, face validity, pre-test method, and convergent validity were used to examine the validity of the questionnaire, which examines the correlation of each construct with its questionnaire questions. The criterion of the average variance extracted is used for this purpose, and its value is equal to 0.41 or higher, according to Magnes, is considered sufficient. The level of this criterion in the research variables is higher than 0.41, which indicates an acceptable and good fit of the model. Based on the studies conducted, the environmental, social, cultural, economic,

physical, and managerial factors of the city are considered to be factors affecting the happiness of citizens in the area, which have been analyzed as effective factors in the present study. Therefore, the following is an examination of the objectives and assumptions of the research:

The purpose of the research is to analyze the factors affecting the realization of a happy city and explain the pattern of achieving it in Mirdamad, Tehran.

And the research hypotheses are to examine the meaningful relationship between happiness and each of the factors:

- Ecological-Environmental

- Socio-Cultural
- Economic-Living
- Physical
- Managerial-Administrative

In the analysis and review section, each component of happiness is examined with the subcomponents related to each section and its level of significance is measured. And these questions are answered as to what extent factors such as ecological-environmental, social and cultural, economic-living, physical, managerial-administrative are effective in the level of happiness of the area and to what extent the improvement of each can increase vitality and happiness in the urban environment.

Table 3: Estimated values of Cronbach's alpha, composite reliability, and mean extracted variance

Variables	Cronbach's alpha	Composite reliability	Mean-variance extracted
Components affecting happiness	0/86	0/86	0/54
Ecological-environmental factors	0/72	0/81	0/43
Socio-cultural factors	0/75	0/74	0/51
Economic-livelihood factors	0/77	0/86	0/60
Physical factors	0/80	0/79	0/46
Managerial-administrative factors	0/77	0/77	0/47

RESULTS AND CONCLUSION

Based on the completed questionnaires, 53% of the statistical population is male and 47% is female. The average age of the statistical sample was 30 to 50 years. 6% of the respondents have a bachelor's degree, 17% have a diploma, 32% have a bachelor's degree, 48% have a master's degree, and 6% have a doctoral degree. 74% of the statistical population of the research is employed, 26% are unemployed. In the following, according to the objectives of the research, an estimate of the state of happiness and the components affecting it is first presented, and then using the structural model approach, the research hypothesis is tested and fitted. (Tab. 4)

According to the above table, the happiness situation in the Mirdamad area of Tehran is assessed as above average. The average satisfac-

tion with the factors examined is slightly above average, indicating that more effort can be made in components such as administrative management to improve the level of happiness in the study area.

First, the independent variable patterns of the research on happiness are evaluated separately and then as a general structural equation, that is, the effects of independent variables on happiness are examined. It is important to note that throughout the research process, individual and psychological variables are part of the subsets of the main components of happiness that are examined in assessments with other variables.

Physical variables are effective on happiness: The physical-physical variable has an effect on happiness: According to the estimated values,

the physical variable explains 31% of the variance in happiness. Considering the size of the effect index, the coefficient of determination of this value is estimated to be high. The effect of the physical variable on happiness is estimated to be high in terms of the coefficient of determination of this value. The effect of the physical variable on happiness is statistically significant. Considering the effect coefficients, it can be said

that the effect of this variable is direct and high. Therefore, the research hypothesis is confirmed. In other words, improving the physical condition and public and pedestrian spaces, as well as improving the state of architecture, design and planning of the area leads to increased happiness, and conversely, not paying attention to urban spaces leads to a decrease in happiness in society. (Tab. 5)

Table 4: Calculation of the average of independent and dependent variables in the research in Mirdamad, Tehran

Variables	Descriptive Statistics		Variables	Descriptive Statistics	
	Mean	Standard deviation		Mean	Standard deviation
Happiness (individual and psychologically effective components)	3/7	0/73	Economic- livelihood	3/41	0/87
Ecological-environmental	3/66	0/87	Physic	3/17	0/84
Sociocultural	3/62	0/86	Administrative- managerial	3/04	0/74

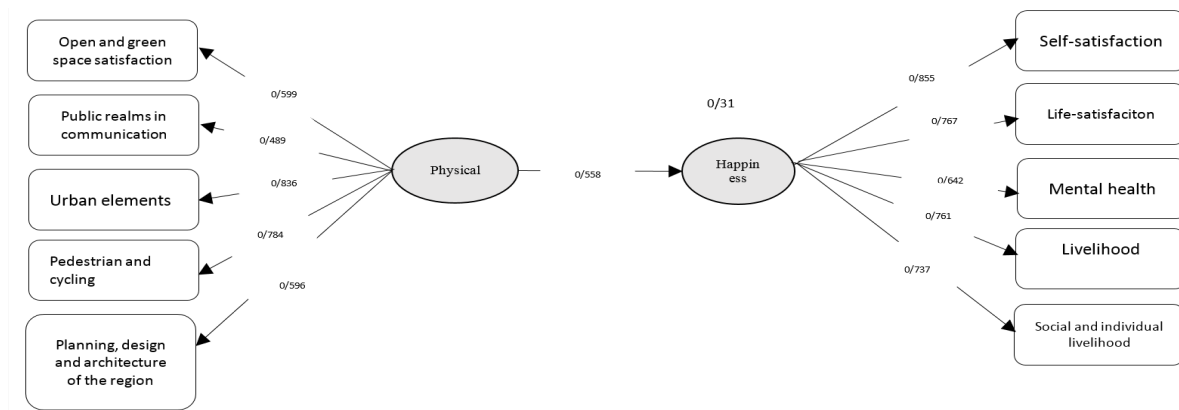


Figure 4: Structural equation model of the effect of the economic-living variable on happiness

Table 5: Estimation of the evaluation indices of the generality of the structural equation model (physical)

Parsimonious fit		Adaptive fit,			Absolute fit,		indicator
RMSEA	CMIN/DF	NFI	CFI	TLI	RMR	GFI	
0/08	3/18	0/92	0/95	0/9	0/05	0/96	amount

The indicators for evaluating the generality of the structural equation model indicate that the proposed model is supported by the research data and overlaps; in other words, the data fit the model is valid. Given that the indicators for evaluating the generality of the structural equa-

tion model for all variables of the present study indicate that the proposed model is supported by the research data and the data fit the model is valid, in order to avoid lengthy material, these tables for other research variables have been omitted in the text of the article. (Tab. 6)

Table 6: Estimation of physical variables on happiness

independent variable	path	The dependent variable	The coefficient of determination	effect	P
physical	← - - - - -	Ha	0/31	0/558	0/001

Given that the coefficient of determination and the coefficient of effect are shown in the structural equation model for each factor, and are evaluated jointly, this table is not included for the other factors. In the physical section, the components related to happiness, self-satis-

faction, received the highest score and mental health received the lowest score. In the physical studies section, physical elements ranked first in these assessments with a mean score of 0.836.

The economic-living variable is effective on happiness:

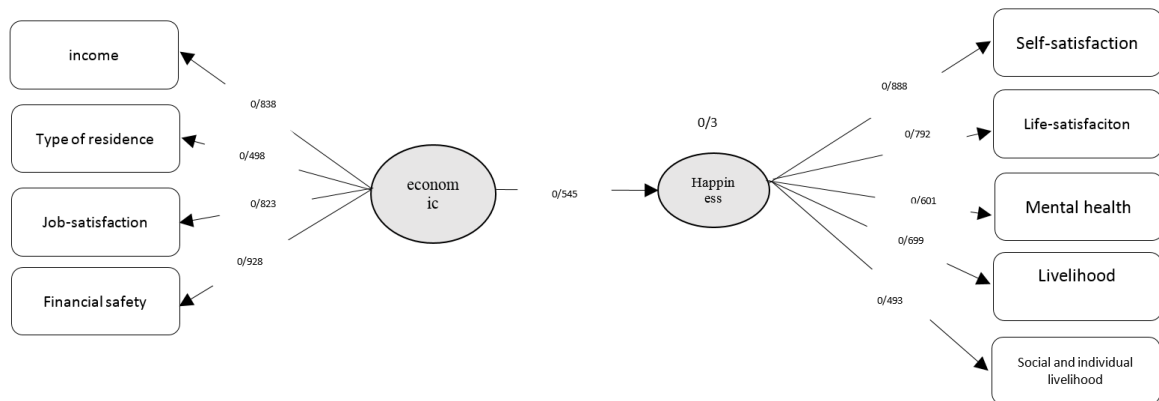


Figure 4: Structural equation model of the effect of the economic-living variable on happiness

The economic-living variable affects happiness: According to the obtained values, the economic-living variable explains 0.3 of the variance of the happiness variable. Considering the size of the effect of the coefficient of determination index, this value is estimated to be relatively high. The effect of the economic-living variable on happiness is statistically significant. Considering the effect coefficients, it can be said that this variable is direct and at a high level. Therefore, the research hypothesis that the economic-living variable affects happiness is confirmed. This finding means that improving the economic and

living situation has an effect on increasing happiness, and conversely, the poor economic situation of the people in the society reduces the happiness of citizens. In relation to the economic component and its related happiness components, self-satisfaction has the highest score, and significantly, social and economic livelihood has the lowest score. In relation to the economic sub-components, satisfaction with financial status ranks first, followed by income, and with a small difference, job satisfaction ranks third in this component.

Sociocultural variables affect happiness:

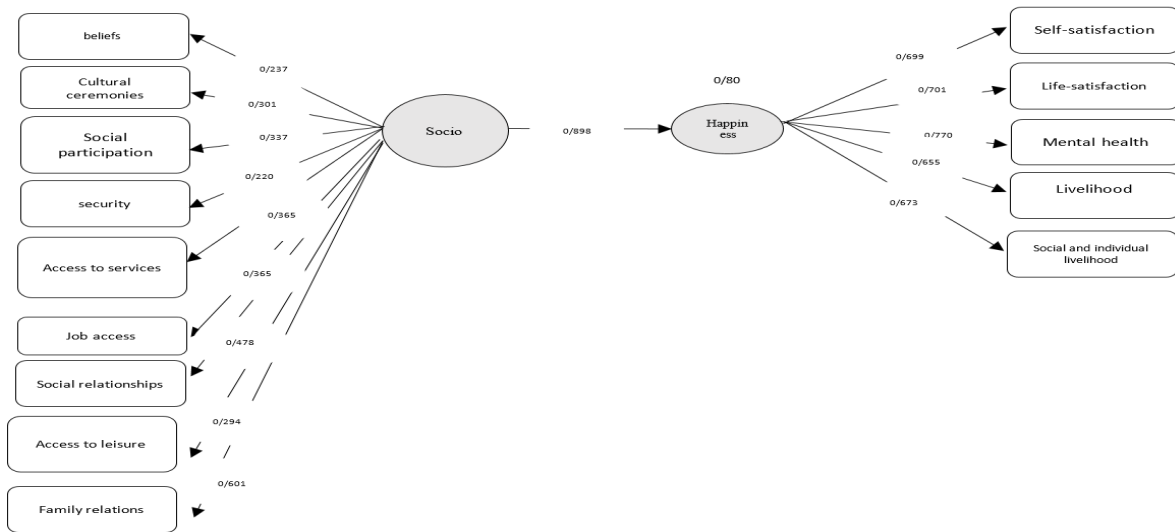


Figure 5: Structural equation model of the effect of sociocultural variables on happiness

The socio-cultural variable has an effect on happiness: According to the estimated values, the socio-cultural variable explains 80% of the variance of the happiness variable. Considering the size of the effect of the coefficient of determination index, this value is estimated to be high. The effect of the socio-cultural variable on happiness is statistically significant. Considering the effect coefficients, it can be said that the effect of this variable is direct and high. Therefore, the research hypothesis is confirmed. In other words, strengthening social and cultural infrastructure in society increases happiness, and conversely, not paying attention to social and cultural factors, especially in urban planning, reduces peo-

ple's happiness.

In relation to social components and their relationship with happiness components, the highest score in relation to happiness components is related to mental health, meaning mental health has a direct impact on social happiness. In relation to social components, the subcomponents of family relationships are in the first place and social relationships in society are in the second place. In terms of feeling happy, the subcomponents of social components of access to services and access to a suitable job are in the third place.

The ecological-environmental variable has an effect on happiness:

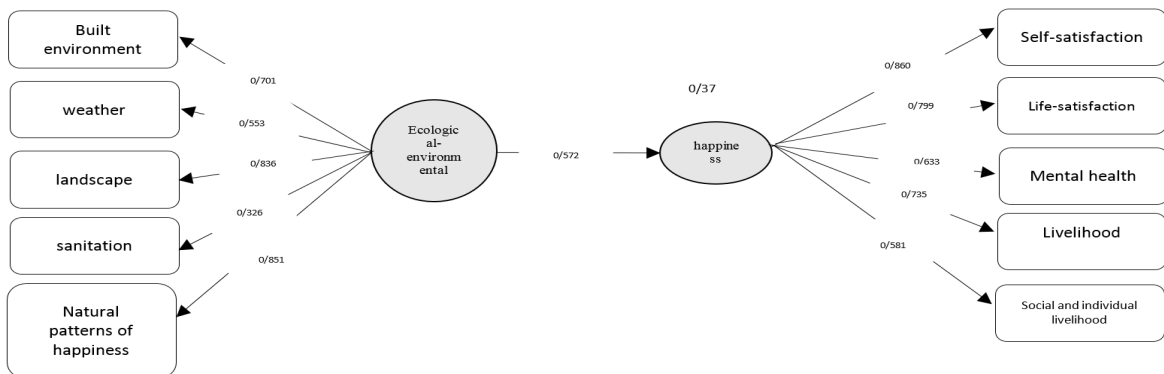


Figure 6: Structural equation model of the effect of ecological-environmental variable on happiness

According to the estimated values, the ecological-environmental variable explains 37% of the variance of the happiness variable. Considering the size of the effect of the coefficient of determination index, this value is estimated to be high. The effect of the environmental variable on happiness is statistically significant. Considering the effect coefficients, it can be said that this effect is a direct and high-level variable. Therefore, the research hypothesis that the ecological-environmental variable affects happiness is confirmed. In other words, a suitable environmental and ecological situation increases happiness and an unsuitable environmental and ecological situation reduces happiness. Therefore, in order to achieve a happy city, environmental and eco-

logical factors should be considered in planning. Regarding the ecological and environmental component and its relationship with happiness, it can be acknowledged that self-satisfaction has obtained the highest score in individual performance with the environment. And regarding the ecological and environmental components, the natural patterns of happiness sub-component ranks first, the second rank is specific to environmental structures, and finally, with a small difference, the urban landscape is in third place. So, paying attention to the urban landscape sub-components can also be one of the key things in creating happiness and increasing the feeling of being appropriate in the urban space.

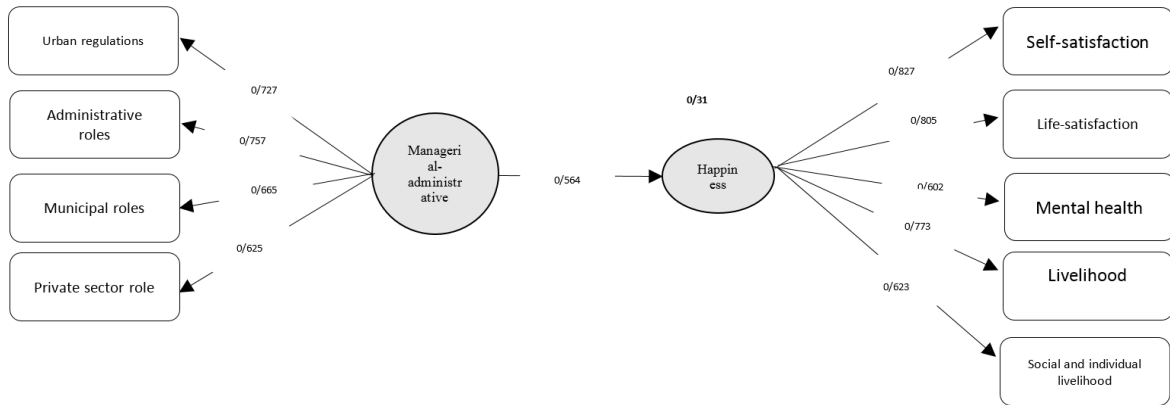


Figure 7: Structural equation model of the effect of the managerial-administrative variable on happiness

The management-administrative variable affects happiness: According to the estimated values, the management variable explains 31% of the variance of the happiness variable. Considering the size of the effect of the coefficient of determination index, this value is estimated as average. The effect of the management variable on happiness is statistically significant. Considering the effect coefficients, it can be said that the effect of this variable is direct and high. Therefore, the research hypothesis that the management variable affects happiness is confirmed. In other words, improving the performance of the urban

management system increases the level of happiness and poor performance of urban management reduces happiness in the city. Therefore, considering the lower contribution of the management variable in the realization of a happy city, it is necessary to focus comprehensively on these factors. And finally, the last component in examining the level of happiness in the area is the urban management component. The sub-components of happiness that are effective in this regard are related to individual satisfaction and in relation to the subcomponents of urban management, it can be stated that the role of the

administration in creating a sense of happiness is in the first place, the role of municipalities is in the second place, and with a small difference, the role of the private sector in creating happiness in cities can be mentioned. Among the important private sectors in this regard, NGOs and neighborhood center offices can be mentioned.

Finally, the conceptual model fit, the evaluation and estimates of the generality of the model and the main factors are expressed. The generality of the structural equation model assessment indices indicate that the data fit has a significant relationship with each of the variables and the estimated values indicate that the independent variables of the study explain a total of 69% of the happiness variance. Considering the values related to the effect size, the coefficient of determination index is estimated to be large; in other words, the independent variables of the study have a high level of ability to explain the variance of the happiness variable. The direct effect of the independent variables on happiness is statistically significant. Considering the effect coefficients, it can be said that these variables have a direct and moderate effect on happiness. Therefore, the main hypotheses of the study are confirmed. In fact, socio-cultural, physical, economic-living, ecological-environmental, and finally managerial-administrative factors are known as effective and important factors and in the realization of a happy city, in Mirdamad, Tehran, they also affect the happiness variable, and these factors must be considered to realize a happy city.

A review of the theoretical foundations and intellectual frameworks presented shows that in the necessity of creating happiness in urban space, it can be stated that happiness in any society affects economic, cultural, social, physical, managerial and environmental development. The reinterpretation of the happy city approach as the approach in question in this study has been presented by numerous theorists, including Montgomery, Meiser, Dunham, etc. This approach is important in various sciences and af-

fects various dimensions. For example, Penalosa was one of the first people to discuss happiness scientifically and operationally. In general, regarding happiness, it can be acknowledged that happiness follows the increase of everything that is good and the elimination or reduction of everything that is negative; but a happy city is achieved by creating freedom, rich public spaces, increasing leisure time and creating appropriate and quality spaces. This study examined happiness in the Mirdamad area, located in District 3 of Tehran Municipality. This area is considered one of the main hubs of commercial and administrative complexes in Tehran, and of course, the concentration of important companies in this area has caused us to witness the presence of a large number of people in this area every day. Based on the theoretical foundations examined, 5 main components were examined in order to evaluate 5 research hypotheses, namely the significant relationship between the creation of a happy city and the impact of managerial-administrative, socio-cultural, physical, ecological-environmental, and economic-living components. The subsection of socio-cultural components referred to items such as beliefs and convictions, cultural ceremonies, citizenship activities, security, access to services (including the main causes of dissatisfaction), access to cultural and social spaces, etc., which, according to the estimated values of the socio-cultural variable, explains 80 percent of the variance of the happiness variable. According to the size of the coefficient of determination index, this value is evaluated as average, and in other sectors such as administrative management, 31 percent of the variance of the happiness variable was obtained in terms of the estimated values of the management variable. Or in relation to the ecological and environmental, this number is 37 percent, which, based on the assessments made, has a greater impact than the management component. According to the size of the coefficient of determination index, this value is estimated as average, which is the same in the other

three components, and what can be understood about these components is that all 5 components directly affect the feeling of happiness in the Mirdamad region, and changes in each can also affect other systems. The important point in this regard is that according to the responses received and the assessments made, the environmental and social component is slightly above average and in a relatively favorable condition, but the economic, physical, and management components are below average and should be reviewed and optimally planned in this area, especially in the management-administrative area, which has the lowest value. In general, the ranking of the components based on the components and sub-components of happiness is: economic with the lowest value of about 30 percent, physical and management with 31 percent, environmental with 37 percent, and social with 80 percent, which has the highest value. This component shows that achieving happiness in the Mirdamad region of Tehran requires planning in government and private organizations, and medium-term and short-term plans should be developed in this regard. Therefore, presenting a community-oriented program to promote a happy city in Mirdamad is essential. Among the solutions that can be offered are increasing walking, designing bicycle paths, access to productive jobs, improving the physical quality of public spaces, flexibility and adaptability to the needs of citizens, participation in solving regional problems, improving transportation conditions, increasing justice and democracy, planning for decentralization, diverse programs for different ages in open spaces, creating fun spaces, creating light and color, enhancing nightlife, etc. Steps can be taken in this direction. Regarding future research, it can be suggested that each region be separated and the needs be formatted in each study. In this case, the needs will be examined more accurately but on a smaller scale, that is, from the micro and local level. In this research, an attempt has been made to analyze the studied region in an integrated and homoge-

neous manner.

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