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Melvin University
and Me

Satisfaction or benefits

It is said that short-term satisfaction (or happiness) is temporarily obtained from the time itself when doing an activity or action. On the other hand, it is said that long-term benefit (or meaning) is given as a by-product of such activities. In other words, we feel a sense of satisfaction when we do something, and it would be "icing on the cake" to say that it is both beneficial and meaningful.

If our current work, activities, or furthermore, our ministry satisfies both of these, of course we have to do it. We have heard a lot of English proverbs that say this: "Get a haircut to be happy for a day," "get married to be happy for a week," "buy a horse to be happy for a month," and "build a new house to be happy for a year." There are many other similar sayings.

It must have meant that the high level of happiness in the short term is like this. It is also true. However, it can be said that happiness is only a short-term satisfaction. In other words, it means the satisfaction you feel at that time when doing an action or activity. For example, the feeling of happiness when jogging in the morning while cooling air is one of them. We often have these kinds of experiences. This may be the answer to the question, "Am I happy when I do this?"

However, since our life is a long-term marathon rather than a short-term run, we cannot continue to pursue short-term satisfaction. In a long-term life, such as a marathon, satisfaction and happiness are pursued, but they must also be beneficial and meaningful. It may also be the answer to the question, "Is the result valuable and meaningful when I do this?"

The key is how short-term happiness and long-term benefit are harmonized and balanced. Success is a label given when there is this short-term satisfaction (happiness) and long-term benefit (meaning) when both are satisfied. On the contrary, if you spend time day by day living with no satisfaction (happiness) or meaninglessness to survive, it will be the exact opposite of success. If success is 100 percent, the opposite can be seen as zero percent.

To put it another way, long-term benefits are the highest if there was only sacrifice while doing something, but in the short term, satisfaction is low. An easy example is that our parents sacrificed a lot when raising their children in the past, and it can be attributed to the choice of "long-term benefits" that if their children do well, there is nothing more they want rather than seeking short-term happiness or satisfaction for themselves.

It seems that each of us makes a choice whether to live pursuing only this short-term satisfaction (happiness), or to live while pursuing long-term benefits and meanings even if there are few short-term satisfactions. From a religious point of view, of course, it may be reasonable to pursue long-term benefits and meaningful lives. However, this is also up to them, and it seems to be a difficult problem to force.