

## **Abstract**

This thesis aims to analyze the influence of one's job on overall happiness. Based on existing literature on happiness, job satisfaction, and the stressful work life of employees in the hospitality industry, primary research was conducted with 48 employees of 19 hotels in Vienna. The final outcome of this thesis shows both positive and negative relationships between the job and happiness. Happiness is very subjective, yet the results reveal that negative experiences at work in particular influence the subjects' overall well-being. Most hotel employees feel stressed both at work and in their private life, as the working hours and high customer demands lead to high stress levels. This can be minimized by a healthy lifestyle including practicing physical activities, meditating, eating a healthy diet, sleeping, and having a satisfying and balanced social life. Yet, due to the long working hours, most employees prioritize their free-time and dedicate themselves more to social activities than to recreational ones which explains the existing stress levels in their private lives.