Do you agree or disagree with the following statement? It is more important to choose friends that can have fun with you than to choose friends that will help you when you need them.

Humans have always been social creatures and have needed to communicate with each other. However, different people have various purposes for making a relationship. One controversial issue has been what characteristics should be considered in making friends. In this regard, on the one hand, some believe that to opt friends that can have fun; on the other hand, some argue that you should make relationships with those who will help you in difficulties. Although friends helping us in unexpected conditions are so valuable, I think what is more significant in making friends is having fun. To support this claim, I will elaborate on the reasons in the following essay.

First of all, having some happy times with their friends, people would be able to block out stress from their brain. Nowadays, They are heavily loaded with difficulties and troubles by which they are under pressure and strain, so what is so crucial in this hectic lifestyle is allocating part-time of our time for hobby and entertainment. To put it another way, in no way can people eliminate their burden of stress unless they pay attention to the leisure time. Accordingly, one of the effective ways that individuals are capable of achieving peace and relaxation is interaction with cheerful people from whom they can gain sufficient energy and motivation. My personal example is a compelling example of this. Some years ago, I faced dilemmas in both my work and education. These problems caused my performance in classes to be diminished on the ground that I had much strain. Some weeks later, I established relationships with someones who were so happy and fun, and consequently, they caused me to block my stress. In brief, had I not made friends with those fun and energetic persons, I would not have been able to gain satisfactory scores at university.

Secondly, people would have healthier minds and bodies if they have happy times with their friends, thereby fostering their performance. To be more specific, when individuals are pleasured, some useful chemicals, such as endorphin, will be increased in their brain. These chemicals would bring about a healthier body as well as a more brain capacity which is beneficial especially for students. As a matter of fact, people would obtain better results in their lives and do their duties in a better way, providing that their busy schedule is grifted with delightful. For instance, one recent study has demonstrated that students who have relationships with cheerful classmates attain above-average grades than students who just study without any social interactions. They found that being happy and laughing increases creativity in students to be successful in their education. Generally speaking, people are in touch with fun friends may have a brighter future life.

To sum up, I strongly believe that making relationships with cheerful individuals is beneficial. This is because people can reduce their stress, which have been caused by their busy and arduous days, and increase their productivity in their education and work because having pleasure times results in a healthier body and mind. In brief, it is highly recommended that people be made friends with those whom they give them a sense of happiness.