A Study of Happiness Among Students In University

[1]Aditya Chamuah * and [2]Dr. R. Sankar

[1]Ph.D. Research Scholar of Psychology, Annamalai University, Tamil Nadu, India.

[2]Head (i/c) and Assistant Professor Department of Psychology, Annamalai University

Tamil Nadu, India

ABSTRACT

Objective: - Happiness is one of the leading pursuits among university students. The present study examined effect of gender and course of study on happiness among university students. *Method:* - This study is based on sample of 60 university students divided into two groups 30 males and 30 females. In each group 15 students have science & 15 have arts subjects. Samples were selected through snowball sampling method. The Happiness among the students was measured using Happiness Scale constructed by Dr. Rastogi   and Dr. Moorjani . Mean & ANOVA were applied for data analysis. *Results:* - The results of the present study demonstrated that male student's shows higher happiness than female students as the mean score of male students (278.00) is more than mean score of female students (238.20). Results also revealed that students from arts faculty have also high happiness tendency than science students as the obtained mean scores of arts students (269.23) is more than mean scores of students of science faculty (246.97). *Conclusions:* - Male and arts students have high happiness than female students and science students.

Keywords: Happiness, Gender and Faculty.

INTRODUCTION

Happiness is a positive emotional state. It involves the detailed evaluation of one's current position in the world. It is the sum total of positive effect and general life satisfaction. It is flourishing of human beings and associated with living a life of virtue. The happiness level of a person is governed by three factors which are a set point for happiness, happiness relevant circumstantial factors, and happiness-producing activities and practices. There are two traditions on happiness. They are eudemonic and hedonic.

Happiness is one of the important pursuits of life of every individual .Every person desires to be happy. Happiness is a positive emotional state that is exclusively

defined by each person. Modern Western psychology generally holds a post-materialistic view of happiness. (Diener et al. 2002,2009) that gives emphasis on pleasure , satisfaction and meaning in life.

Every person desires to lead a long life. Quality of life is the most important pre-requisite for all people. People favor happier and pleasant experiences. Hedonic view of happiness defines good life in terms of personal happiness. Hedonic psychology is associated with philosophy of hedonism. The chief goal of life according to hedonic psychology is pursuit of happiness and pleasure. Subjective well-being is an offshoot of hedonism .It is defined as life satisfaction, the presence of positive affect and relative absence of negative affect.

The eudemonic tradition of happiness follows Aristotle's writings and defines happiness as self-realization. Living with your true self is good life. It results from our personal expressiveness.

REVIEW OF RELATED LITERATURE

Research on happiness has been growing on decades.

Sonja Lyubomirsky etal. (2006) found out that happy people are able to achieve across various life divisions.

Strack, Fritz etal. (1985) found that students'' ratings of happiness depended not only on the hedonic quality of the life experiences they happened to recall but also on the way in which they thought about them.

Chorro, Estefanía Gomis etal (2017) found that students value happiness as a basic feature of life found from health, family and friends.

Flynn, Deborah etal. (2015) found that variance in happiness of students were determined by financial security, self -esteem and academic success.

OBJECTIVES

1. To find the effect of gender on happiness among students in university.

2. To find the effect of faculty on happiness among students in university.

3. To find the interaction effect of gender and faculty on happiness among students in university.

Hypotheses

1. There is significant effect of gender on happiness among students in university.

2. There is significant effect of faculty on happiness among students in university.

3. There is significant interaction effect of gender and faculty on happiness among students in university.

Variables   : An experimental variable is gender (Male and Female) and faculty (Science and Arts) and the criterion variable is happiness.

 Sample : In the present study the investigator take sample of 60 students in the Annamalai University campus. These 60 subjects were equally divided into two main groups (male and female). Further these two groups were divided into two more sub-groups (Science and Arts). Samples were selected through snowball sampling method.

Measuring tool : Happiness Scale constructed by Dr. Rastogi and Dr. Moorjani was used to measure the happiness among university students. The scale consists of 62 items. The reliability and validity of the scale was found to be 0.88 and 0.91 respectively.

RESULTS

 The present research endeavor was aimed to find out the effect of gender and faculty on happiness. For this purpose the data was collected from Annamalai University students by using Happiness Scale constructed by Dr. Rastogi and Dr. Moorjani. The obtained scores were assigned for different responses according to the item. The scores were arranged in tabular form to find Mean value; ANOVA was applied to test hypotheses. The obtained results are shown in tables given below.

Table-1, Showing mean scores of male and female students

Gender	N	Mean	Std. Deviation
Male	30	278.00	17.840
Female	30	238.20	49.499
Total	60	258.10	41.994

Table-2, Showing mean scores of science and arts students

Faculty	N	Mean	Std. Deviation
Arts	30	269.23	11.316
Science	30	246.97	56.597
Total	60	258.10	41.994

The results of present study demonstrated that male students shows high happiness mode than female students as the mean score of male students (278) is more than mean score of female students (238). Students from arts faculty have also high happiness mode than science students also mean scores of students of arts faculty (269.23) is more than mean scores of students of science faculty (246.97).

Table-3, Showing ANOVA **happiness** *score of gender and faculty*

Source of Variation	Type III Sum of Squares	df	Mean Square	F	Sig.
Gender	23760.600	1	23760.600	52.471*	P<0.05
Faculty	7437.067	1	7437.067	16.423*	P<0.05
Gender * Faculty	47489.067	1	47489.067	104.871*	P<0.05
Within Group	25358.667	56	452.833		
Total	4100982.000	60			
a. R Squared = .756 (Adjusted R Squared = .743)					

*denotes significant at 0.05 level of significance.

A close look at the ANOVA table indicates that the obtained F-value of the all experimental variable was found significant at 0.05 level Gender [F-(56, 1) = 52.471, P<.05], Faculty [F-(56, 1) = 16.423, P<.05] and Gender*Faculty [F-(56, 1) = 104.871, P<.05]. Therefore our all the hypotheses are accepted.

6. CONCLUSION:

The results of present study demonstrated that male students shows high level of happiness than female students as the mean score of male students is more than mean score of female students .Students from arts faculty have also high level of happiness than science students as mean scores of students of arts faculty is more than mean scores of students of science faculty .

A close look at the ANOVA table indicates that the obtained F-value of the all experimental variable was found significant at 0.05 level Gender [F-(56, 1) = 52.471, P<.05], Faculty [F-(56, 1) = 16.423, P<.05] and Gender*Faculty [F-(56, 1) = 104.871, P<.05]. Therefore our all the hypotheses are accepted.

Suggestion

The findings of study show a glimpse of the impact of student's faculty and gender on happiness. However, more researches are needed to study the moderating factors of happiness among different professions, culture as well as age groups. The findings of students could be compared with those found in other area of the world to decode similarities and differences.

Conflict of Interests: The author declared no conflict of interests.

REFERENCES

1. Lyubomirsky , Sonja & Diener , Ed (2005) .The Benefits of Frequent Positive Affect: Does Happiness Lead to Success?. *Psychological Bulletin*, Vol. 131, No. 6, 803– 855

2. Strack, Fritz ; Schwarz, Norbert & Gschneidinger ,Elisabeth (1985) . Happiness and reminiscing: The role of time perspective, affect, and mode of thinking .*Journal of Personality and Social Psychology* ,Vol. 49, No. 6,1460-1469

3. Chorro, Estefanía Gomis; Fernández, María Ángela Morales and Corbí, Raquel Gilar (2017). Happiness and Values in the Formation of Personal Identity in Students of the Fifth and Sixth Grade at Primary School .*Universal Journal of Educational Research*, v5 n5 p881-890 2017

4. . Flynn, Deborah M. and MacLeod, Stephanie (2015) .Determinants of Happiness in Undergraduate University Students .*College Student Journal*, v49 n3 p452-460 Fall 2015