

## Intrapersonal skills as a predictor of happiness among college youth

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### ABSTRACT

Surveys on happiness either national or international the position of Indians stands in lowest ranking on the globe. Indian culture provides lots of opportunity to be happy and enjoy happiness through social gathering and mass celebration of each happening and surroundings of an individual. still we stand behind to other countries on happiness. This motivates the author to work in this area. Therefore, Present study intends to measure the effect of intrapersonal skill and gender on happiness. Happiness is an attitude. It is the ability to feel satisfied with one's life, to enjoy one and others and to have fun. Intrapersonal skills concern to the "inner self" of an individual. It determines about the awareness of a person's self-feelings; how good one feels about himself and how he is doing things in life. Final sample 60 college male and female youth maintaining the ratio of 1:1 were selected for the study. the subjects were measured on intrapersonal skills, a scale developed by Sethi and Ajawani (2002) and happiness, test by Ajawani et.al.(2002). Pearson  $r=0.86$  shows positive strong correlation between intrapersonal skill and happiness and it is significant at .01 level of confidence for 58 degrees of freedom. Two-way ANOVA was computed to observe the effect of independent variables on dependent variable. Obtained F- ratios were found to be insignificant at any acceptable level of confidence. Hence it can be said that the variables considered in this work are correlated but do not affect one another. Therefore, research hypotheses were rejected and null-hypotheses are accepted.

**Keywords:** *Intrapersonal skills (emotional self-awareness, assertiveness, independence, self-regard, self-actualization), Happiness and College Youth.*

**H**appiness is an attitude. It is the ability to feel satisfied with one's life, to enjoy one and others and to have fun. . According to Merriam-Webster happiness is often defined as "a state of well-being and contentment". It is one of the most salient features of human pursuits (Diener, Sapyta, & Suh, 1998). Happiness combines self-satisfaction, general contentment and ability to enjoy life. Happy people often feel good and at ease in both work and leisure, they are satisfied with their present conditions of life in a positive way which encourages them to progress ahead in life. They have a general feeling of cheerfulness and enthusiasm. Happiness lies within oneself and is not dependent on external things. It is an indicator of

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people's overall degree of emotional intelligence and emotional functioning. A person who demonstrates a low degree of this component may possess symptoms of depression, such as a tendency of worry, uncertainty about the future, social withdrawal, lack of drive, depressive thoughts, feeling of guilt, dissatisfaction with life and in extreme cases, suicidal thoughts and behavior. Sahoo et al. (2005) have found that happy person showed greater extraversion, openness and conscientiousness than did less happy persons. Happiness should not be confused with pleasure. Pleasure is a kind of feeling which comes to an end and is relatively very short and brief just like possessing material things, wealth, fame, power and position etc., is just wants and needs of life which has nothing to do with one's happiness. It is said that meeting all our needs is fairly simple while meeting all our wants is simply impossible. Happiness is not something we go out and get it. Actually, it lies within ourselves and we only have to find it.

Intrapersonal skills concerns to the "inner self" of an individual. It determines about the awareness of a person's self-feelings, how good one feels about himself and how he is doing things in life. Success in this area means that a person is able to express his feelings, live and work independently, feels strong and has confidence in expressing ideas and beliefs. These skills consist of Emotional Self-Awareness, Assertiveness, Independence, Self-Regard and Self-Actualization.

### ***Emotional Self-Awareness***

It is the ability to recognize one's feelings and to differentiate between them, to know what he is feeling and why and to know what caused the feeling. In other words, emotional self-awareness knows oneself, exploring oneself and understanding oneself. So, Those, who have 'self-awareness' recognize when they feel irritable, sad or angry and they also know what behavior of their will disturb or trouble or anger others, they also come to know the cause of their emotions, or what incident had caused those particular feelings. The capacity to know one's own feeling and behavior allows the person a degree of control over his behavior.

### ***Assertiveness***

It is the ability to clearly express one's thought and feelings, stand his ground and defend a position i.e., ability to accept and express feelings like anger, love, hate etc., ability to express beliefs and thoughts openly for e.g., to voice one's opinion, to agree or disagree, to take a definite stand favorable or unfavorable and ability not to allow others to bother or take advantage of oneself. Assertive people are not over controlled or shy, they are able to express their feelings directly without being aggressive or abusive. They have the ability to communicate clearly while at the same time being sensitive to need of others and everyone has his or her own style. They can be humorous, polite or serious while asserting their opinion.

### ***Independence***

It is the ability to be self-directed and self-controlled, to stand on one's own two feet and taking charge of one's own life. Independent people rely on themselves in planning and making important decisions. They may also seek and consider other people's opinions before making right decision for themselves in the end; consulting others is not necessarily a sign of dependency. Independent people are able to function autonomously; they avoid clinging to others in order to satisfy their emotional needs. The ability to be independent rests on one's degree of self-confidence and inner strength and the desire to meet expectations and obligations without becoming a slave to them.

### ***Self-Regard***

It is the ability to respect and accept oneself as basically good and at the same time respecting oneself which means essentially liking the way one is. Self-regard is the ability to appreciate one's perceived positive aspects and possibilities and also to accept one's negative aspects and limitations and still feels good about oneself.

### ***Self-Actualization***

It is the ability to live purposely and to choose consciously and to become involved in such activities that help one to lead a meaningful, worthy and joyful life. Self-actualization is a continuing process to develop one's abilities and talents. It is the ability to realize one's capacities and persistently trying to do one's best and to improve oneself in general and on the whole. Self-actualization for any person will start from the moment he realizes that he is the creator of his own life and begins to live life accordingly and deliberately. Kosuke Sato, Masaki Yuki (2014) has found that self-esteem is closely related with happiness. Anees and vijayalaxmi (2017) have studied the influence of intrapersonal skill interventions on happiness among 100 adolescents and their result shows a positive correlation between intrapersonal skill like self-esteem, self-control and assertiveness with happiness. So far it has been revealed that happiness of an individual is closely associated with the intrapersonal skill of an individual.

### ***Problem and Hypothesis***

1. To study the role of Intrapersonal Skills on Happiness level of College Youth  
Intrapersonal skills will play role on College Youths' happiness level. In other words youths scoring high on Intrapersonal skills will be happier than to youths scoring low on intrapersonal skills.
2. To study the effect of Gender on Happiness Level of College Youth. Gender will have effect on happiness level of college youth. In other words male college youth will be dominant on happiness compared to female college youth.

## **METHODOLOGY**

**Tools-** Intrapersonal skill scale developed by dr. J.C. Ajwani et.al. (2000),  
Happiness scale by Dr. Amba Sethi and Dr. J. C. Ajwani (2000).

**Sample** – 124 college youths Studying at Government Colleges of Raipur city Chhattisgarh were randomly selected for the study. Out of which 15 male subjects score low on intrapersonal skills and 15 male subjects scoring high on intrapersonal skills whereas 20 female subjects scoring low on intrapersonal and 20 female subjects scoring high on intrapersonal skills were selected as a sample size.

**Procedure** – firstly intrapersonal skill scale developed by dr. J.C. Ajwani et.al. (2000) was administered on 124 youth studying at government colleges of Raipur city and then happiness was measured through a scale developed by Dr. Amba Sethi and Dr. J. C. Ajwani (2000). Out of which 30 male and 30 female subjects were selected as a final sample for the study. 30 male subjects constitutes 15 male subjects of low intrapersonal skill and 15 male subjects of high intrapersonal skill, similarly 30 female subjects constitute 15 female subjects of low intrapersonal skill and 15 female subjects Of high intrapersonal skill. Two -Way Analysis of Variance was calculated to check the level of difference significantly in terms of gender and happiness and in terms of intrapersonal skills and happiness with interaction effect.

## Intrapersonal Skills as a Predictor of Happiness among College Youth

**Table no1 Data Analysis**

Gender	Intrapersonal skill						Total N
	Low			High			
	Mean	SD	SE	Mean	SD	SE	
Male	89.73	10.34	2.67	95.86	4.66	1.2	30
Female	95.13	6.29	1.62	96.86	10.73	2.77	30

The obtained mean scores and standard error indicates that there might be significance difference between the research variables. To check this difference a two way analysis of variance was computed.

**Table no 2 Result –ANOVA Summary Table**

Source	SS	df	MS	F	P
Rows	153.6	1	153.6	2.17	0.1463
Columns	232.07	1	232.07	3.28	0.0755
r x c	72.6	1	72.6	1.03	0.3145
Error	3966.13	56	70.82		
Total	4424.4	59			

## RESULT AND DISCUSSION

This study intends to see the effect of intrapersonal skill and gender on happiness among college youth. Before computing the effect of independent variables that is intrapersonal skill and gender on dependent variable that is happiness, correlation was computed to see the relationship between intrapersonal skill and happiness. For the purpose assumed mean method of product moment correlation was computed. The obtained  $r=0.86$  shows positive strong correlation between intrapersonal skill and happiness and it is significant at .01 level of confidence for 58 degrees of freedom. Wani (2017) has also found positive significant correlation between happiness, and self-esteem, a dimension of intrapersonal skill. Hunagund and Hangal (2014) have studied on 200 college youths and found that self-efficacy dimension of intrapersonal skill has a positive correlation with happiness.

Two- way analysis of variance was computed to observe the effect of independent variables on dependent variable. The F-ratio 3.28 indicates that the effect of intrapersonal skill on happiness is insignificant at any acceptable level of confidence for 58 degrees of freedom whereas F-ratio 2.17 states that gender has no vital result on the amount of happiness among college youth. Further the interaction effect of intrapersonal skill and gender on happiness is additionally insignificant at any acceptable level of confidence for 58 degrees of freedom among college youth. Although Wani (2017) has found positive impact of gender on happiness. Therefore it can be said that the three variables selected for this study produce independent effects and are related but do not effect each other. Hence the results of this study disapprove research hypotheses and leads path for null-hypotheses to be approved. The reason can be that the intrapersonal skill is a very subjective thing and it's all about relationship within oneself, so the happiness of an individual does not solely depends upon one's within perspective of oneself but external factors like interpersonal relationship, stress tolerance, family support, mental health and level of emotional intelligence might also plays a vital role in one's level of happiness. Nowadays the perception of happiness is shifted

towards pleasure seeking and celebration of situations and circumstances and phases of life. For such, a large social grouping and population is needed without bonding and genuine concerned for each other. Hence it can be said that happiness is externally driven one goes out and grab it rather happiness is a within state and an attitude of life.

### **Limitations**

Sample size should have been large and data from rural areas if incorporate it would have given a better scenario of happiness among college youth. Intrapersonal skill correlated positively with happiness, therefore other psychological skill like interpersonal relationship, stress tolerance and mental health's relationship and effect on happiness can be suggested for further investigation. Similarly, the social, economic, cultural and spiritual factors may have relationship with happiness are also an open area for further study on happiness.

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### **Conflict of Interest**

The author declared no conflict of interests.

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