

## Subjective happiness and psychological well-being

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### ABSTRACT

The concept of well-being, however, tends to include two approaches- hedonic (subjective well-being) and eudemonic (psychological well-being). The study was conducted in Khandesh. A simple random sampling technique was used for this study. 410 women (225 urban and 185 rural, N= 410) whose age group ranged from 21 to 50 years was selected for this study. Based on the nature of the problem and objectives for the present research, two randomized groups and correlation design was used. The tools used in this research were the Subjective Happiness Scale (SHS) by Lyubomirsky and Lepper and PWBS inventory by Ryff and Keyes. The finding shows that urban women feel more negative affect than rural women. According to the manual of the test used it is observed that both the urban and rural women show some degree of happiness with their life. It is concluded that women have developed the tendency to regulate themselves and be happy in their life. In urban and rural women the term "Psychological well-being" has similar senses. Area wise PWB is additional showing a median level. Psychological well-being (PWB) of the urban and rural women was found to be highly correlated with subjective happiness.

**Keywords:** *Urban and rural women, Subjective happiness, Psychological Well-being.*

Well-being may be a positive outcome that's is meaningful for people and many sectors of society because it tells us that people perceive that their lives are going well. Good living conditions (e.g., housing, employment) are fundamental to well-being. Tracking these conditions is vital for public policy. However, many indicators that measure living conditions fail to measure what people think and feel about their lives, like the standard of their relationships, their positive emotions and resilience, the recognition of their potential, or their overall satisfaction with life—i.e., their “well-being.” Well-being generally includes global judgments of life satisfaction and feelings range from depression to joy.

### ***Happiness: The Science of Subjective Well-Being***

Subjective well-being (SWB) is that the scientific term for happiness and life satisfaction—thinking and feeling that your life goes well, not badly. Scientists rely totally on self-report surveys to assess the happiness of peoples, but they need validated these scales with other types of measures. People's levels of subjective well-being are influenced by both internal factors, like personality and outlook, and external factors, like the society in which they live. Some of the major determinants of subjective well-being are a person's inborn temper, the

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quality of their social relationships, the societies they live in, and their ability to meet their basic needs. To some degree, people adapt to conditions so that over time our situation may not influence our happiness as much as one might predict they would. Importantly, researchers have also studied the outcomes of subjective well-being and have found that “happy” people are more likely to be healthier and live longer, to have better social relationships, and to be more productive at work. In other words, people high in subjective well-being seem to be healthier and performance more effectively compared to people who are chronically stressed, depressed, or angry. Thus, happiness doesn’t just feel good, but it’s good for people and those around them.

### *The Concept of Subjective Well-Being (SWB)*

A person, who features a high level of satisfaction with their life, and who experiences a greater positive affect and small or less negative affect, would be deemed to possess a high level of SWB or in simpler terms, be very happy. The concept of SWB falls within the ‘hedonic’ perspective that defines well-being or happiness as being fundamentally about maximizing pleasure and avoiding or minimizing pain. This differs from the ‘eudemonic’ perspective which, as Waterman (1993) stated, is where one lives by one’s daemon, or ‘true self’. This viewpoint places focus on meaning in life and self-realization, and the extent to which a person fully integrates this into his or her life.

### *Statement of the problem*

What is the difference between urban and rural women's subjective happiness and psychological well-being?

### *Objectives*

To observe the differences between urban and rural women in subjective happiness.  
To investigate the differences between urban and rural women in psychological well-being.  
To assess the relationship between subjective happiness and psychological well-being.

### *Hypotheses*

1. There would be a significant difference among urban and rural women in subjective happiness.
2. There would be a significant difference among urban and rural women in psychological well-being.
3. There would be a positive correlation between subjective happiness and psychological well-being.

## **METHODOLOGY**

### *Sample*

A simple random sampling technique was used for this study. 410 women (225 urban and 185 rural, N= 410) whose age group ranged from 21 to 50 years was chosen for this study. The samples have been taken from the North Maharashtra Division of Maharashtra State. Out of the 410 participants, 145 were from Dhule District, 140 were from Nandurbar District and 125 were from Jalgaon District correspondingly. All the participants were married and live with their families.

### *Variables under Study*

**Independent Variables** – A. Area of residence

**Dependent Variables** –1) Subjective happiness, 2) Psychological well-being

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### Design

Based on the nature of the problem and objectives for the present research, two randomized groups and correlation design was used.

### Research Tools

**Subjective Happiness Scale (SHS)** By- Lyubomirsky and Lepper, 1999) –  
**Ryff's Psychological Well-Being Scale (PWBS)** - ( By- Ryff and Keyes, 1995)-

### Statistical Analysis

**Hypothesis 1.** There would be a significant difference among urban and rural women in subjective happiness.

**Table no - 1 Tests of Between - Subjects Effects of subjective happiness.**

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Area	5.542	1	5.542	.258	.612
Error	8726.169	406	21.493		
Total	149460.000	410			
Corrected Total	8804.302	409			

$df (1,354) \quad 0.05 = 3.85, \quad 0.01 = 6.70$

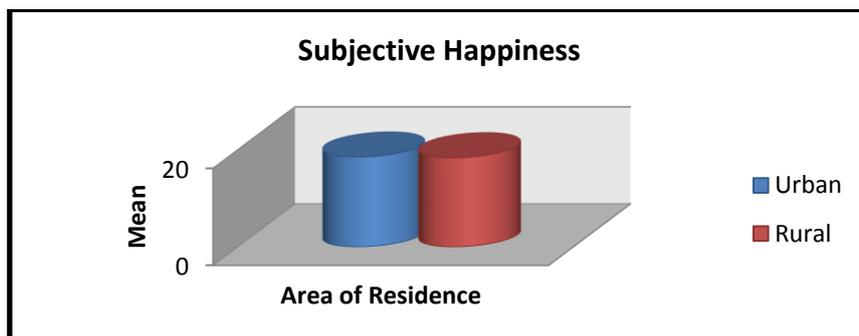
Independent variable as type of area the 'F' value is (1,406) = 0.258, which is less than 0.05. Hence, this is not significant. And it is concluded that there is no difference in both urban and rural areas about their subjective happiness.

**Table no - 2- Table showing mean and SD difference between urban and rural in terms of subjective happiness.**

	Area of Residence	N	Mean	SD
Subjective Happiness	Urban	220	18.590	4.777
	Rural	190	18.442	4.485

The above shows the mean and SD difference between the groups of urban and rural on subjective happiness. The mean of urban women is 18.590 and SD is 4.777 and the mean of rural women is 18.442 and SD is 4.485. Thus, the results do not support hypothesis stating that "There would be a significant difference between urban and rural women in subjective happiness." Then, this *hypothesis is rejected*. This analysis is showing in the following graph clearly.

**Graph no- 1. Showing means the difference in subjective happiness concerning area of residence.**



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### *Justification of the Result*

No significant difference was noticed in subjective happiness between urban and rural women. Rural women have accepted their situation and they think that they can't change their situation whereas urban women are self-satisfied in their life and hence they desire no change. So the outcome had no significant difference in their subjective happiness among urban and rural women. In keeping with the manual of the test used it's observed that both the urban and rural women show some degree of happiness (score between 4-5) with their life. It may be concluded that women have developed the tendency to regulate themselves and be happy in their life.

**Hypothesis 2:** There would be a significant difference between urban and rural women in psychological well-being.

**Table no - 3- Tests of Between - Subjects Effects of psychological well-being.**

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Area	1213.127	1	1213.127	1.777	.183
Error	277182.822	406	682.716		
Total	12171064.000	410			
Corrected Total	281228.878	409			

**df (1,354) 0.05= 3.85, 0.01 = 6.70**

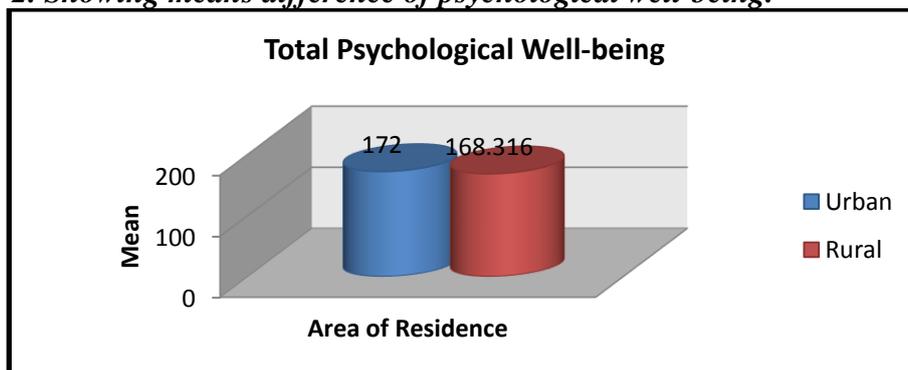
Independent variable as type of area the 'F' value is (1,406) = 1.777, which is less than 0.05. Hence, this is not significant. And it is concluded that there is no difference in both urban and rural areas about their psychological well-being.

**Table no - 4- Table showing mean and SD difference between urban and rural in terms of total Psychological Well-being.**

Total	Area of Residence	N	Mean	SD
Psychological Well-being	Urban	220	172.000	25.572
	Rural	190	168.316	26.888

The table no.4 shows the mean and SD difference between the groups of urban and rural on the total psychological well-being. The mean of urban women is 172.000 and SD is 25.572 and the mean of rural women is 168.316 and SD is 26.888. Thus, the results do not support hypothesis stating that "There would be a significant difference between urban and rural women in psychological well-being." Then, this hypothesis is rejected. This analysis is showing in the following graph clearly.

**Graph no- 2. Showing means difference of psychological well-being.**



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**Table no - 5- Table showing mean, SD and 't' value between urban and rural in terms of area wise psychological well-being**

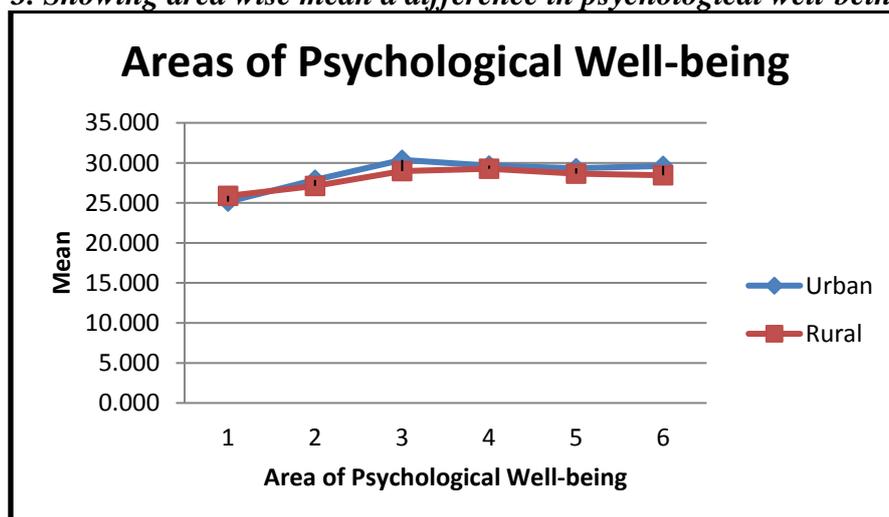
Area of Psychological Well-being	Area of Residence	N	Mean	Std. Deviation	t
Autonomy	Urban	220	25.146	5.716	1.298
	Rural	190	25.874	5.609	
Environmental Mastery	Urban	220	27.882	5.177	1.388
	Rural	190	27.116	5.997	
Personal Growth	Urban	220	30.373	6.189	2.210
	Rural	190	28.968	6.670	
Positive Emotions	Urban	220	29.655	6.374	0.602
	Rural	190	29.263	6.768	
Purpose in Life	Urban	220	29.332	5.864	1.180
	Rural	190	28.647	5.848	
Self -Acceptance	Urban	220	29.614	6.324	1.182
	Rural	190	28.447	6.694	
PWB Total	Urban	220	172.000	25.572	1.423
	Rural	190	168.316	26.888	

**df=408, 0.01=2.59, 0.05=1.97**

**\*\*P < 0.01, \*P < 0.05 significant**

The above table shows the difference between the groups of urban and rural areas in the various areas of the psychological well-being of women. There is no significant difference found between two groups at the 0.05 and 0.01 levels respectively. This analysis is showing in the following graph clearly.

**Graph no.- 3. Showing area wise mean a difference in psychological well-being.**



### **Justification of the Result**

It can be observed that the overall PWB is at the average level the score ranges from 42 to 252. The area-wise PWB also shows the average level of the score ranges from 7 to 42. According to the urban and rural women, the term "well-being" was just like to senses of achievement (which was further related to a birth of son in the family, employment of the spouse and marriage of the daughter), harmonious relationship within the family, living condition of the family and contentment with life satisfaction. Factor qualifying as facilitators of well-being was a fulfillment of all basic needs, socialization, healthy interpersonal relationships.

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**Hypothesis- 3-** There would be a positive correlation among subjective happiness and psychological well-being.

**Table no - 6 - Table showing r value between subjective happiness and psychological well-being.**

Area	Subjective Happiness	Total PWB
Subjective Happiness	1	.279**
Total PWB	.279**	1
N	410	410

**\*\*Correlation is significant at the 0.01 level (2-tailed)**

The above table shows the correlation of subjective happiness and psychological well-being. Psychological well-being (PWB) of the urban and rural women was found to be highly correlated with subjective happiness (  $r = 0.279$ ,  $p < 0.01$ ). *In this manner, our Hypothesis There would be a positive correlation between subjective happiness and psychological well-being is accepted.*

### CONCLUSION

According to the manual of the test used it is observed that both the urban and rural women show a point of happiness with their life. It can be concluded that women have developed the tendency to regulate themselves and be happy in their life.

In urban and rural women the term "Psychological well-being" have similar senses. Area wise PWB is additionally showing an average level. Psychological well-being (PWB) of the urban and rural women was found to be highly correlated with subjective happiness.

### Limitations

1. This study was done exclusively in Khandesh Division in Maharashtra. Hence the above results cannot be generalized.
2. Numerous factors influencing psychological well-being, however in the present investigation taken into limited variables i.e. area of living.
3. The sample size was small. There were two categories were taken into the urban and rural area however, the suburban area was not integrated into the study.
4. The study was restricted only adult and middle-age women, hence, we cannot obtain results generalizes to other developmental stages.

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### ***Acknowledgements***

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### ***Conflict of Interest***

The author declared no conflict of interest.

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