

## A study of the happiness among the students with reference to their education level and gender

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### ABSTRACT

The present study is of Happiness among students pursuing graduation and post-graduation studies. This study is aimed to check happiness with reference to types of level of education and gender. The happiness scale (RHMJ) prepared by Dr. Himanshi Rastogi and Dr. Janki Moorjani (2017) was used. The sample constituted total 120 students out of which 60 are from graduation (30 boys and 30 girls) and 60 are from post-graduation (30 boys and 30 girls). The data was collected from various colleges of Ahmedabad city of Gujarat state. The data was scored and analyzed as per the norms of manual. 'F'-test was being calculated for this study. Then the result of study showed that (1) There is significant difference between the mean score of the happiness among boys and girls students. So it could be said that the boys group is having more happiness than girl group. (2) There is significant difference between the mean score of the happiness among study in graduation and post-graduation students. so it could be said that study in graduation students group is having more happiness than study in post-graduation students group. (3) There is no significant difference between interactive effect of the mean of the mean score of the happiness among gender and level of education.

**Keywords:** *Happiness, Students of Graduation and Post-Graduation, Boys and Girls*

**H**appiness. What is happiness? How can one define Happiness in an individuals life? According to ancient Greeks "Happiness is the joy that we feel when we are striving after our potential."

Aristotle said that "Happiness is a state of activity." And Happiness is the meaning and purpose of life, the whole aim and of human existence.

Rabindranath Tagore said that "It is very simple to be happy, but it is very difficult to be simple.

Jonathan Lockwood Huie said that Happiness blooms in the presence of self-respect, and the absence of ego.

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In Indian economy, 50% of the population belongs to the younger generation which lies between 18 to 40 years of age. Among these the students are the main stay of country's progress. Thus, the progresses of students in all the dimensions play an important role. And according to Greeks and the Aristotle Happiness plays a major role in the all-round developments in the life of students.

The Happiness among students at various levels plays a very crucial role. In this modern times Happiness is the leading factor for progress in all the prospects of the student life. In this study we here are studying the happiness level among the students based on various discriminations like age, sex, and level of education.

Happiness is very important for everyone. And specially in student life. Because without happiness any work is not done properly. without happiness students have not focus on their studies. and there for their result will came poor.

When students focus on study with happiness, they remember all syllabus on their mind for long time. and they achieve their target.

The study of college student's happiness is important for two reasons. First is, indications of happiness of the student's ability to make a positive adjustment to the academic and non-academic aspects of college life is signaled. second, sources of unhappiness can be identified from this process and intervention provided.

Happiness affected to our life and also affected our mental health. happiness makes our mental health and physical health good. In student life students have many problems in their study. They have suffer with some problems are economic, social, health related, education, etc. In this situation they were not focused properly on their study.

Happiness gives the strength for doing work. Happiness in our life can help us achieve many other personal ambitions and goals. Also, when we being happy. We have changed our life for good and healthy status.

Science suggests that being happy may have so much major benefits for our health. it may help combat stress, boost our immune system, protect our heart and reduce the pain and increase our life expectancy.

Bloom (1971) suggested that studying the occurrence of students personal problem was a vital link in providing adequate mental health services. Houston (1971) studied the etiology of students psychological problems and identified typical problem area such as:

1. Academic stress
2. Peer relationships
3. Heterosexual adjustment
4. Self-identity
5. Autonomy apart from one's family and vocational planning.

So, considering see all these things in student life happiness is most important.

### ***Objective***

1. To know whether happiness is more among graduation students or post-graduation students.

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2. To know whether there are any differences among the happiness among the boys and girls students.

### *Hypothesis*

1. There will be no significant difference in the mean since score of happiness among boys and girls students.
2. There will be no significant difference in the mean score of the happiness among the Graduation students and Post-Graduation students.
3. There will be no significant difference in the interactive effect of the mean score of happiness among gender and level of education.

## **METHODOLOGY**

### *Scientific tools*

Happiness scale (HS-RHMJ) by Dr. Himanshu Rastogi and Dr. Janki Moorjani (2017). The Test contains 62 items related to following five factors namely:

1. Career wellbeing
2. Subjective wellbeing
3. Social wellbeing
4. Spiritual wellbeing
5. Emotional wellbeing

**Reliability:** The reliability of the scale was calculated on the basis of split half. It was calculated to be  $r = 0.88$  which is significant at 0.01 level of significance.

**Validity:** The items validated with an external criterion. Test subjective Happiness Scale, which is Likert scale as well, the correlation was calculated to be  $r=0.91$ .

### *Sample*

The sample of the present study constituted total 120 college students out of which 60 were from graduation (30 Boys and 30 Girls) and 60 were from Post-Graduation (30 Boys and 30 Girls)

### *Research Design*

A total sample of 120 college students equally distributed between gender and level of education from various colleges of Ahmedabad city of Gujarat State selected for this research.

| Gender (A) | Level of Education (B) |                    | Total |
|------------|------------------------|--------------------|-------|
|            | Graduation B1          | Post-Graduation B2 |       |
| A1 Boys    | 30                     | 30                 | 60    |
| A2 Girls   | 30                     | 30                 | 60    |
| Total      | 60                     | 60                 | 120   |

### *Psychological Variables*

#### **Independent Variable**

Gender: - Boys and Girls

Level of Education: - Graduation and Post-Graduation students

**Dependent Variable:** - Happiness score

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### Procedure

The permission was taken from the Principals of various Under-Graduate and Post-Graduate Colleges for Data collection in Ahmedabad City, Gujarat State. After establishing support, personal information and the 'HAPPINESS SCALE (RHMJ)' was administered. The Data was collected, scored as per the manual and analyzed. The collected was interpreted using the Statistical method 'F-test'.

## RESULTS AND DISCUSSION

**Table No. 1 Sum of Variance Mean 'F' value of significance of gender and level of Education.**

| Sum of Variance | df  | SS        | MSS      | F- Value | Sign Level |
|-----------------|-----|-----------|----------|----------|------------|
| SSA             | 1   | 33466.80  | 33466.80 | 62.45    | .01        |
| SSAB            | 1   | 39748.80  | 39748.80 | 74.17    | .01        |
| SSA*B           | 1   | 780.30    | 780.30   | 1.46     | NS         |
| SS Error        | 116 | 62168.600 | 535.936  | -        | -          |
| SS Total        | 119 | -         | -        | -        | -          |

A=Gender

B=Level of Education

A1= Boys

B1= Graduation Students

A2= Girls

B2= Post Graduation Students

**Table No. 2 The Mean Score of Happiness among Boys and Girls Students**

|   | A Gender  |            | F-Value | Sign |
|---|-----------|------------|---------|------|
|   | A1 (Boys) | A2 (Girls) |         |      |
| M | 235.95    | 206.55     | 62.45   | 0.01 |
| N | 60        | 60         |         |      |

This table shows mean score of happiness among boys and girls students. The mean score of boys is 239.95 and girls is 206.55. The F-value is 62.45 which was found to be significant level at 0.01. It should be remembered here that according to scoring pattern higher score indicate more happiness. Thus, from the result it could be said that boys students having more happiness than the girls students. Therefore, the Hypothesis 1) That there will be no significant difference between the mean score of happiness among boys and girls students is rejected.

This might be due to the male dominant culture in Indian Society. Here the Male child is given more preference than female child. Male child is given more freedom than the girl child hence there is more happiness found among the Male Students.

**Table No. 3 The Mean Score of Happiness among level of Education**

|   | B level of education |                      | F-Value | Sign |
|---|----------------------|----------------------|---------|------|
|   | B1 (Graduation)      | B2 (Post Graduation) |         |      |
| M | 241.45               | 205.05               | 74.17   | 0.01 |
| N | 60                   | 60                   |         |      |

This table shows mean score of happiness among level of education. The mean score of under graduate students is 241.45 and post-graduation students are 205.05. The F-Value is 74.17 which were found to be significant at 0.01. Therefore, Hypothesis number two is rejected. Thus, it could be concluded that there is significant difference between mean score of Happiness among under graduate and post graduate students.

This may be due to the Age difference between the graduate student and post graduate students. The graduate students are smaller in age and do not have additional responsibilities

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of family and job etc. The post graduate students older in age thus have responsibilities of job as well as family and also the pressure of education. Therefore, the graduate students are Happier than the post graduate students.

**Table No. 4 The Interactive effect of the mean score of happiness among gender and level of education.**

|   | B<br>Level of<br>Education | A Gender |           | F-Value | Sign |
|---|----------------------------|----------|-----------|---------|------|
|   |                            | B1 UG    | A1 (Boys) |         |      |
| M | B2 PG                      | 260.7    | 222.2     | 1.46    | NS   |
| N |                            | 279.2    | 190.9     |         |      |
|   |                            | 60       | 60        |         |      |

This table shows the interactive effect of the mean score of happiness among gender and level of education. Boys of Under graduate's mean are 260.7 and Girls mean is 222.2. Boys of post graduate mean are 219.2 and girls mean is 190.9. And F –value is 1.46. There is no significant level of 0.05. Therefore, hypothesis number three is accepted. Thus, it can be concluded that. There is no difference in the interactive effect of the mean score of the happiness among gender and level of Education.

## CONCLUSION

1. There is significant difference in the mean score of the happiness among the boy and girl students.
2. There is significant difference in the mean score of the happiness among graduation and post-graduation students.
3. There is no significant difference in the interactive effect of the mean score of the happiness among gender and level of education.

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

The author declared no conflict of interest.

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