

A Study of the Happiness Among the People with Reference to Their Marital Status and Gender

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ABSTRACT

The present study is of Happiness among people who have status with married and unmarried. This study is aimed to check happiness with reference to types of marital status and gender. The happiness scale (RHMJ) prepared by Dr.Himanshi Rastogi and Dr.Janki Moorjani (2017) was used. The sample constituted total 120 people out of which 60 are from married (30 male and 30 female) and 60 are unmarried (30 male and 30 female). The data was collected from various areas 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 male and female. So, it could be said that the male group is having more happiness than female group. (2) There is significant difference between the mean score of the happiness among married people and unmarried people .so it could be said that married people group is having more happiness than unmarried people group. (3) There is no significant difference between interactive effect of the mean score of the happiness among gender and marital status.

Keywords: *Happiness, Married Status, Unmarried Status, Male, Female.*

Happiness. 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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There are many types of research done in India. There are also many studies on happiness. In today's world, the big question about happiness is: What is the happiest corner between married people and unmarried people?

[Happiness was studied here between married and unmarried people.]

There are many studies of married and unmarried people all over the world. But who lives a happier life than all this is a very important question?

In general, unmarried people are happier in their lives than married people. But no information can be considered true unless we research it. In India the marriage ceremony is very important. And marriage life also important. After marriage, many responsibilities have to be left to the husband and wife. And a lot of new relationships happen. It is very important and difficult to be happy in the midst of all this.

Being married has a lifelong effect on how content people are. This is according to a study in Springer's *Journal of Happiness Studies* that investigated people's levels of well-being based on their marital status. Using data from two UK surveys, its authors, Shawn Grover and John Helliwell of the Vancouver School of Economics in Canada, showed that an even greater sense of well-being was reported by people who think of their spouse as their best friend.

Married people were found to be more satisfied with life than singles. Those living as a couple, but not married, were much like the married. This wasn't only true in the so-called honeymoon phase of a marriage, but persisted into old age.

"Even after years the married are still more satisfied," says Helliwell. "This suggests a causal effect at all stages of the marriage, from pre-nuptial bliss to marriages of long-duration."

The boost that being married gave to a person was especially noteworthy during middle age, a period in life that is often associated with quite a drastic dip in well-being. Unmarried people were found to experience a much deeper dip in their satisfaction with life.

"Marriage may help ease the causes of a mid-life dip in life satisfaction and the benefits of marriage are unlikely to be short-lived," says Helliwell.

Grover and Helliwell also found that people who are best friends with their partners gain the largest well-being benefit from marriage and living together.

"The well-being benefits of marriage are much greater for those who also regard their spouse as their best friend," explains Helliwell. "These benefits are on average about twice as large for people whose spouse is also their best friend."

According to the researchers, the happiness that is associated with marriage seems to flow largely through social channels. Therefore, friendship could help explain why the benefits of marriage do not change as time goes on, and why one's partner can often be referred to as a "super-friend".

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Partners provide unique social support for the challenges in life. Additionally, friendship can help explain why people who are unmarried but living as a couple enjoy most of the well-being benefits of marriage, especially if their partner is also their best friend.

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 economical, 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.

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

Objective

The objective are,

- To know whether happiness is more among people with married and unmarried status
- To know whether there is any differences among the happiness among the male and female person.

Hypothesis

- There will be no significant difference in the mean score of the happiness among male and female.
- There will be no significant difference in the mean score of the happiness among the unmarried people and married people.
- There will be no significant difference in the interactive effect of the mean score of happiness among gender and marital status.

METHODOLOGY

Scientific tools

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

- Career wellbeing
- Subjective wellbeing
- Social wellbeing
- Spiritual wellbeing
- 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.

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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 people out of which 60 were from unmarried people (30 male and 30 female) and 60 were from married people (30 man and 30 female).

Research Design

A total sample of 120 people equally distributed between gender and their marital status from various areas of Ahmedabad city of Gujarat State selected for this research.

Gender (A)	Marital status (B)		Total
	Unmarried B1	Married B2	
A1 Male	30	30	60
A2 Female	30	30	60
Total	60	60	120

Psychological Variables

Independent Variable

- Gender: - Male and Female
- Marital status: - Unmarried and Married

Dependent Variable: - Happiness score

Procedure

The permission was taken from the head of family from various areas family 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 marital status.

Sum of Variance	df	SS	MSS	F- Value	Sign Level
SSA	1	4625.21	4625.21	11.33	0.01
SSAB	1	7954.41	7954.41	19.49	0.01
SSA*B	1	422.28	422.28	1.03	NS
SS Error	116	47337.1	408.07	-	-
SS Total	119	-	-	-	-

A=Gender

A1= Male

A2= Female

B=Marital status

B1= Unmarried people

B2= Married people

Table No. 2 The Mean Score of Happiness among Male and Female Person

	A Gender		F-Value	Sign
	A1 (Male)	A2 (Female)		
M	208.2	195.78	11.33	0.01
N	60	60		

This table shows mean score of happiness among male and female persons. The mean score of male is 208.2 and female is 195.78. The F-value is 11.33 which were found to be

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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 male person having more happiness then the female person. Therefore, the Hypothesis 1) That there will be no significant difference between the mean score of happiness among male and female person 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 person.

Table No. 3 The Mean Score of Happiness among Marital status

	B Marital status		F-Value	Sign
	B1 (Unmarried)	B2 (Married)		
M	193.85	210.13	19.49	0.01
N	60	60		

This table shows mean score of happiness among marital status of person. The mean score of unmarried persons is 193.85 and married persons are 210.13. The F-Value is 19.49 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 unmarried persons and married persons.

This may be due to the Age difference between the unmarried people and married people. The unmarried are smaller in age and they are not enough mature for understanding to relationship in life and family. They are alone for solving any problems in their life. Therefore, in any problem that come in their life they became frustrated. So they can't live happier in their life. The married people older in age thus they have more understanding to solve any problem and keep their relationship good. And they have life partner also help them to make life happy. Life partner give mental stability in their life. They have not feel alone in their life for them life partner. Therefore, the married people are more Happier than unmarried people.

Table No. 4 The Interactive effect of the mean score of happiness among gender and marital status.

	(B) Marital status		Gender		'F' value	Sign.
			(A1) Male	(A2) Female		
M	(B) Marital status	B1 Unmarried	201.9	185.76	1.03	N.S
		B2 Married	214.46	205.8		
N	-	-	60	60		

This table shows the interactive effect of the mean score of happiness among gender and marital status of person. Male person of Unmarried mean is 201.9 and Female mean is 185.76. Male of married mean are 214.46 and Female mean is 205.8. And F –value is 1.03. 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 marital status of person.

CONCLUSION

- There is significant difference in the mean score of the happiness among the Male and Female person.
- There is significant difference in the mean score of the happiness among Unmarried and Married people.
- There is no significant difference in the interactive effect of the mean score of the happiness among gender and marital status.

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Conflict of Interest

The author declared no conflict of interest.

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