

Covid-19: A Study on Happiness and Creativity in Adults

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ABSTRACT

The outbreak of the COVID-19 disease has posed a great challenge to people's daily lives and will have far-reaching consequences, beyond the spread of the disease. COVID-19 has worsened the psychological well-being of individuals. It has also affected happiness to a large extent. It is crucial to boost happiness during this severe global pandemic. It has been linked to improved mental health which is the need of the hour. It is vital to balance the fearful energy of a pandemic with an investment in fostering happiness with the help of creativity. Creativity plays an incredible role in helping people deal with fear, stress, boredom, and uncertainty in times of crisis. The present study aims to investigate the relationship between happiness and creativity among adults in the COVID-19 crisis. The study was conducted on a sample of 100 adults of age 20 to 30 years. Standardized scales were used to measure happiness and creativity among adults. Results discovered that all domains of creativity and happiness are positively correlated. Results of the study emphasize the need for time and effort for creative thought, accomplishments, and implementations.

Keywords: Covid-19, Happiness, Creativity, well-being, Stress

"It is not the strongest of the species that survives, nor the most intelligent. It is the one that is the most adaptable to change." – **Charles Darwin**

India has been closed since mid-March (2020) when the cases of COVID-19 started increasing all over India. It has started affecting the mental and physical health of the people. Moreover, people are faced with the risk of getting infected, which may trigger feelings of uncertainty, fear and anxiety. It is worsening the psychological well-being of adults. The year 2020 has been disturbing not only at the global level, but also for individuals, families, and communities bearing the burden of changes in daily routines and habits. These disruptions are because of some primary ways to contain the spread of the COVID-19 by maintaining physical distance from others, washing hands regularly, and wearing masks in public. Even for those who have not been infected, the pandemic has caused a great deal of collateral harm, such as stress and anxiety. It has also affected happiness to a very large extent and to become resilient and to cope with the situation people need to boost happiness and do creative things during this time of uncertainty.

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Guilford (1968) suggests that the creative person possessed characteristics such as self-confidence, self-sufficiency, and cheerfulness. He further said that innovative people are more relaxed and more likely to be independent thinkers. According to Plucker, Runco, and Lim (2006) the basis for assessing creative ideation is to be considered the process of generating ideas as an original, useful product, just as A tangible object is regarded as a creative product.

Lockdown had been the time when people did a lot many creative things which helped them to deal with the stress. Many adults used this time to reconnect with the artist within themselves, many of them used this time to learn new activities like dancing, cooking, painting. People started connecting with their families and held into creative things like cooking new dishes, making creative videos and reliving the happy moments of their lives. People made good use of the technology. There were many creative workshops which were held online so that people can learn from home only and make good use of the time. People learned how they can use this time to be happy and to connect with their families and to themselves.

Happiness

Lyubomirsky (2007) describes happiness as “the experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful, and worthwhile.” According to Kesebir & Diener (2008) happiness is “people's evaluations of their lives and encompasses both cognitive judgments of satisfaction and affective appraisals of moods and emotions”.

Greyling, Rossouw, Adhikari (2020) analysed the impact of both COVID-19 and the lockdown on happiness. They compared the determinants of happiness before and after the Covid-19 lockdown regulations. They estimated the probability of happiness levels in 2020, reaching the average levels in 2019 using two models one to predict the likelihood after the lockdown and the other if there was no lockdown regulations. The results reveals happiness outcomes in a scenario of lockdown versus no lockdown. Krekel et al., (2020) in a study tested competing psychological theories and found that past and present happiness predicts compliance during lockdown. Furthermore, the relation between happiness and negative mood was stronger for people with higher happiness, and a drop in happiness predicts lower compliance. They discovered the risk-avoidance and pro-social motivation for compliance and findings were these are not uniform but dependent on personal characteristics and context.

Creativity

In the words of Spearman (1931) "Creativity is the power of the human mind to create new contents by transforming relations and generating new correlates". Guilford (1959) defines creativity as “Creativity is the capacity to produce ideas that are both new and useful through divergent thinking”.

In the study of Kapoor & Kaufman (2020) they aimed to connect all the levels of creative behaviour with their attempts to make meaning of the ongoing COVID-19 pandemic and to suggest how indulging in creative expressions would be useful during the pandemic. They proposed some ways of making sense of current events by applying original thinking across domains and how engaging in creativity can help people to buffer against the negative effects of living through the pandemic. Rasulzada & Dackert, (2009) studied the organisational creativity and innovation. Result shows that there is significant relationship

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between perceived organisational creativity and innovation and individual psychological well-being.

Purpose

The purpose of the study is to find the relationship between happiness and creativity among adults in the COVID-19 crisis.

Hypothesis

There is a positive relationship between happiness and creativity.

METHODOLOGY

Sample

A total of 100 adults in which there were 35 males and 65 females of age above 18 years, from Chandigarh, Mohali & Panchkula.

Measures

The Subjective Happiness Scale (SHS) (Lyubomirsky & Lepper, 1999) is a 4-item self-report to assess an individual's overall happiness as measured through self-evaluation.

Kaufman Domains of Creativity Scale (Kaufman, 2012) is a 50 item self-report, the items are divided into the following 5 domains: Self/ Everyday Creativity, Scholarly Creativity, Performance Creativity, scientific Creativity, and Artistic Creativity on 5-point scale from 1= "much less creative" to 5= "much more creative".

Procedure

The participants were informed about the purpose of the research & the questionnaires were filled in through Google forms and they were assured of the confidentiality of their shared information and responses. Each participant was thanked for their cooperation & their kind help. Standardized psychological tests were administered to the participants.

Analysis of data

Mean, Standard Deviation & Correlations were calculated to find out the relation between all the variables.

Table 1: showing the mean and standard deviation of all variables. N= 100

	Mean	Standard Deviation
Happiness	18.86	3.396
Everyday Creativity	41.00	7.495
Scholarly Creativity	36.20	9.114
Performance Creativity	29.76	9.731
Scientific Creativity	25.47	9.532
Artistic Creativity	29.87	9.200

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Table 2: correlation between variables

	Happiness	Everyday creativity	Scholarly creativity	Performance creativity	Scientific creativity	Artistic creativity
Happiness	1	.313**	.092	.200*	.282**	.084
Everyday creativity		1	.567**	.405**	.471**	.426**
Scholarly creativity			1	.513**	.523**	.523**
Performance creativity				1	.612**	.588**
Scientific creativity					1	.503**
Artistic creativity						1

DISCUSSION OF RESULT

The result found that there is a significant positive correlation between happiness and everyday creativity ($r = .313, p < .01$), performance creativity ($r = .200, p < .05$) and scientific creativity ($r = .282, p < .01$).

Pannells & Claxton (2018) studied the relationship between happiness, creative ideation and locus of control and the results shows a significant positive relationship between happiness and creative ideation and also relationship between creative ideation and locus of control. Silvia et al., (2014) studied that being creative fosters and reflect the psychological health. They sampled people's action and feelings throughout the day on the basis whether people were doing something creative. People who reported feeling of happiness and activeness were doing something creative at the time.

CONCLUSION

Creativity is one of the way which can keep a person happy during the hard times of their life and the pandemic has very negative effects on happiness of people all over the world. It was the hardest time during lockdown to maintain happiness and creativity among people had been greatest way to be happy. The purpose of the study was to study the relationship between creativity and happiness among adult during COVID-19 crisis. The study was conducted on 100 adults from India. The standardized measures of creativity and happiness were administered on participants through google forms. It is hypothesized that there is a positive relation between happiness and creativity. Result revealed that there is a significant positive relation between happiness and everyday creativity, performance creativity, and scientific creativity. The study has important implications like the need to establish a compassionate and accepting environment. Moreover, there is a need to experiment with activities where everyone can develop creative thinking.

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Conflict of Interest

The author(s) declared no conflict of interest.

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