

## A Study of Gender, Area of Residence and Faculty on Happiness Among Students

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### ABSTRACT

Happiness is in the form of feelings of pleasure, peace and includes in its well-being, peace of mind, life satisfaction and the absence of distress or suffering feelings. The purpose research attempted to study Faculty, Gender and Living of Area among College students. **Objectives:** To Study the Gender, Area of residence and faculty on happiness among College Going students. **Hypotheses:** 1) There is no significant difference between male and female College students on happiness. 2) There is no significant difference between Urban and Rural College students on happiness. 3) There is no significant difference between Arts, Commerce and Science College going students on happiness. **METHODOLOGY Sample:** Total sample of present study 120 College Students, in which 60 were male Students include 30 Urban Students (Arts,10, Commerce 10 and Sciences 10 Students) and 30 Rural Students (Arts,10, Commerce 10 and Sciences 10 Students) and 60 were Female Students include 30 Urban Students (Arts,10, Commerce 10 and Sciences 10 Students) and 30 Rural Students (Arts,10, Commerce 10 and Sciences 10 Students) College Students from Jalna Distract in Maharashtra. The sample selected in the Quota Sampling were used in the age group of 18 years to 21 years (Mean – 19.33, SD- 2.91.) and Ratio 1:1. **Research Design:** the present study a balanced 3x2x2 factorial design was used. **Variables:** The independent variables are Gender (Male and Female), Area of residence (Urban and Rural) and faculty (Arts, commerce and Sciences) and Dependent variables are Happiness. **Research Tools:** Happiness Scale (2017) by Dr. R.L. Bharadwaj and Dr. Poonam R. Das. **Statistical Treatment:** Descriptive statistical techniques and ‘F’ values used. **Conclusions:** Same Happiness level on Male and female students and urban and rural students but Arts Faculty Students Better Happiness than Commerce and Sciences Faculty Students.

**Keywords:** Happiness, Male, Female, Urban, Rural, Arts, Commerce, Science, Students.

The origin of the term “Happiness” comes from the Old Norse term “Happ” which means “luck” or “chance.” Old English word “Hæpic” which means “equal” is also taken as ‘Happiness’. The early senses of happiness such as “good luck,” “success,” and “contentment,” are dating from the 1500s are still very much in use today. The concept of happiness has been explained in different contexts by different philosophers and thinkers

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## **A Study of Gender, Area of Residence and Faculty on Happiness Among Students**

who consider pursuit of happiness as an important goal of life. Happiness is the feeling that comes over you when individual knows that life is good. Happiness is an individual feeling, a sense of well-being & enjoyment. Meaning of happiness is different for everyone. People have different reasons for happiness in their life. The state of happiness and well-being is characterized by emotions ranging from contentment to intense joy. Although happiness may have different meaning for different people but many psychologist have tried to define happiness in their own ways. Happiness is a subjective feeling that is associated with high level of satisfaction in life. It is broad term and is related to the wellbeing of an individual.

Happiness is a state of mind in which an individual feels satisfied and relaxed. It is determined by not only mental health but also physical health. The mind is satisfied and contented with positive events in life. Cohen (2002) stated that happiness is essential criteria for healthy life. Happiness can also be categorised into sentimental state in which human get pleasure conducting certain activities with conviction (Argyle, 1987).

Seligman (2002) gives the positive psychology definition of happiness as consisting of both positive emotions and positive activities. He says the degree to which one experience these feelings most of the time is his level of enduring happiness. He uses happiness and well-being interchangeably. He states that happiness is an important, if not the most important, aim of human endeavor.

Happiness can be obtained through fulfilling students' needs and developmental tasks. Students' happiness is defined as self-willing to accept everything by having positive emotions. In addition, students' happiness means to adjust to themselves and their environment. Happiness can be achieved by anyone, including in early adulthood stage. Individuals who have entered early adulthood period are considered independent and have responsibilities (Santrock, 2012). Happiness is also defined as a positive psychological state characterized by high degrees of life satisfaction, positive effect, and low degrees of negative affect (Carr, 2004)

### **REVIEW OF RELATED LITERATURE**

Kamthan et al. (2018) has also reported that male medical students were happier than female students. Jaisri (2015) has reported in his study that male were happier than female students. Shafiq et al., (2015) this study found that there was no gender difference among university students. Malik, (2013) this study found that there were no significant gender related differences in level of happiness. Sharma and Gulati (2015) female adolescents perceived significantly more happiness than male. Ading, Seok, Hashmi & Maakip, (2012), who found in their study that male university student's happiness score was higher as compared to female. Flenger and Jensen (1981) investigated differences in happiness between urban and non-urban population. Crossley & Langdrige (2005), Khalek (2006), Selim (2008), Sharma & Gulati, (2014), Mishra (2017), Dar & Wani (2017), Kaur & Kaur (2018), Vyas & Prajapati (2020) and Sharma & Parveen (2021) found significant gender differences in happiness. Vyas K. R. & Prajapati M. (2020) this study found that there is significant difference in the mean score of the happiness among the boy and girl students. Graham and Chattopadhyay (2012) and Tiefenbach and Kohlbacher (2013) concluded that women are happier than males. Adam (1992) found that people living in rural places are not necessarily happier than people living in urban places.

### ***Statement of the Problem***

To study of Gender, Area of Residence and Faculty on happiness among students.

## A Study of Gender, Area of Residence and Faculty on Happiness Among Students

### *Objective of the Study*

To Study the Gender, Area of Residence and Faculty on happiness among College Going students.

### *Hypothesis of the Study*

- There is no significant difference between male and female College students on happiness.
- There is no significant difference between Urban and Rural College students on happiness.
- There is no significant difference between Arts, Commerce and Science College going students on happiness.

## METHODOLOGY

### *Sample*

Total sample of present study 120 College Students, in which 60 were male Students include 30 Urban Students (Arts,10, Commerce 10 and Sciences 10 Students) and 30 Rural Students (Arts,10, Commerce 10 and Sciences 10 Students) and 60 were Female Students include 30 Urban Students (Arts,10, Commerce 10 and Sciences 10 Students) and 30 Rural Students (Arts,10, Commerce 10 and Sciences 10 Students) College Students from Jalna Distract in Maharashtra. The sample selected in the Quota Sampling were used in the age group of 18 years to 21 years (Mean – 19.33, SD- 2.91.) and Ratio 1:1.

*Table N0.01- Sample Design*

		GENDER				TOTAL
		Male		Female		
AREA OF RESIDENCE		Urban	Rural	Urban	Rural	
FACULTY	Arts	10	10	10	10	40
	Commerce	10	10	10	10	40
	Science	10	10	10	10	40
TOTAL		30	30	30	30	120

### *Research Design*

The present study a balanced 2x2x3 factorial design was used.

*Table N0.02- Research Design*

		GENDER				TOTAL
		Male		Female		
AREA OF RESIDENCE		Urban	Rural	Urban	Rural	
FACULTY	Arts	10	10	10	10	40
	Commerce	10	10	10	10	40
	Science	10	10	10	10	40
TOTAL		30	30	30	30	120

### *Variables Used for Study*

*Table N0.03- Variable*

Variable	Type of variable	Sub. Variable	Name of variable
Gender	Independent Variables	02	1)Male Students 2) Female Students
Area of	Independent	02	1)Urban Students 2) Rural Students

## A Study of Gender, Area of Residence and Faculty on Happiness Among Students

residence	Variables		
faculty	Independent Variables	03	1) Arts Students 2) Commerce Students 3) Sciences Students
Happiness	Dependent variables	-	Happiness
Age Faculty Area	Control variable		-18-21 Years -Only B.A., B. Com and B.Sc. Faculty Students - Jalna Dist. From Maharashtra only.

### *Research Tools*

**Table NO.04- Happiness Scale**

Aspect	Name of the Test	Author	
Happiness	Happiness Scale (2017)	Dr. R.L. Bharadwaj Dr. Poonam R. Das	<b>Item- 28</b>
			<b>Scoring-</b> score as 5,4,3,2 and 1 for a positive item to be awarded is 5 and least is 1. In case of negative items, the scoring procedure is to be reversed.
			<b>Reliability</b> - .74 and .79 respectively
			<b>Validity</b> - .84 to .88.

### *Procedures of Data Collection*

The primary information was gathered by giving personal information from to each student. The students were called in a small group of 10 to 15 students. To fill the inventories subject were general instructions belongs to each test. Data were obtained by using particular scoring particular scoring palter standardized for each scale.

### *Statistical Treatment*

At the first stage data were treated by descriptive statistical techniques i.e., mean and standard Deviation and ANOVA was done by using SPSS Software.

## RESULTS AND DISCUSSION

### *Gender on Happiness*

#### **Hypothesis:-01**

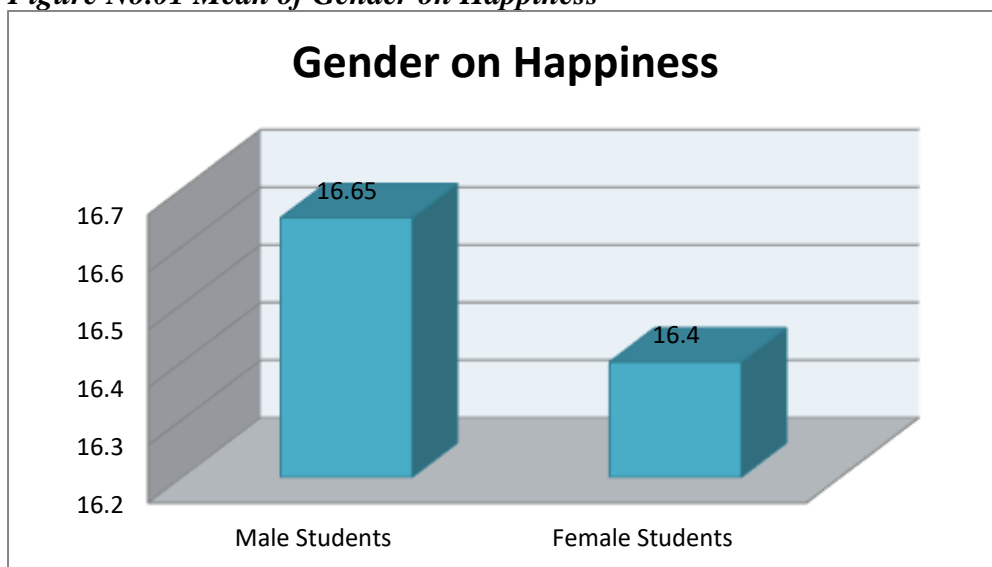
There is no significant difference between male and female College students on happiness.

**Table No.05 Show the Mean, SD and F Value of Gender on Happiness**

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Happiness	Male Students	16.65	2.17	60	118	0.915	NS
	Female Students	16.40	1.73	60			

(Critical Value of f with df, 118 at 0.05 = 3.94 and at 0.01 = 6.96, NS= Not Significance)

Figure No.01 Mean of Gender on Happiness



Observation of the Table No 05 and Figure No. 01 indicated that the mean value of two classified group seems to differ from each other on Happiness. The mean and SD value obtained by the Male Students was 16.65,  $\pm$  2.04, and Female Students was 16.40,  $\pm$  1.73. Both group 'F' value was 0.915. Gender effect represent the Happiness was not significant (F- 0.915, 1 and 118, P-NS). This is no significant at 0.05 and 0.01 levels because they obtained 'F' value are low than table values at 0.05 and 0.01. That is to say that this null hypothesis is accepted and Alternative hypothesis is rejected. It means that there is no significant difference Male and Female Students on Happiness.

The main reason why there is no difference in happiness between male and female students is that in this 21st century, parents provide their children with the same amount of happiness and facilities, they consider them as equal and provide them with all the necessary elements in equal measure, so naturally, the sense of inferiority is less in male and female students. The main reason why the level of happiness between men and women is equal can be that the gender discrimination issue is almost over in the countries today because the parents give them whatever they want. As a result of which the students get all the facilities in sum quantity, the level of happiness remains the same among them. Similar results found that Jaggi (2008) this study concluded that no significant gender difference was found on dimensions of Happiness. Malik, (2013) and Shafiq et al., (2015) have even reported that there are no gender differences on happiness. Opposite results found that Sharma & Gulati (2015); Csikszentmihalyi & Hunter,( 2003) have reported that female experience greater happiness than male. Findings of the current study study also match with the results of a study by Abdel khalek (2006), which hasreported that men experienced higher level of happiness than female.

#### Area of Residence on Happiness

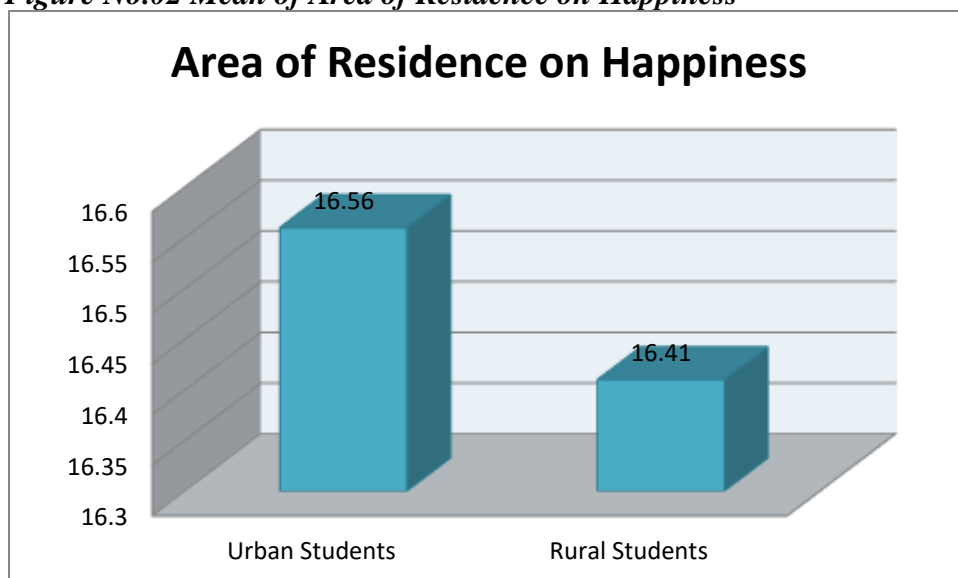
**Hypothesis:-01** There is no significant difference between Urban and Rural College students on happiness.

Table No.05 Show the Mean, SD and F Value of Area of Residence on Happiness

Factor	Area of Residence	Mean	SD	N	DF	F Value	Sign.
Happiness	Urban Students	16.56	2.04	60	118	0.205	NS
	Rural Students	16.41	1.95	60			

(Critical Value of f with df, 118 at 0.05 = 3.94 and at 0.01 = 6.96, NS= Not Significance)

Figure No.02 Mean of Area of Residence on Happiness



Observation of the Table No 06 and Figure No. 02 indicated that the mean value of two classified group seems to differ from each other on Happiness. The mean and SD value obtained by the Urban Students was 16.65,  $\pm$  2.04, and Rural Students was 16.40,  $\pm$  1.73. Both group 'F' value was 0.915. Gender effect represent the Happiness was not significant (F- 0.915, 1 and 118, P-NS). This is no significant at 0.05 and 0.01 levels because they obtained 'F' value are low than table values at 0.05 and 0.01. That is to say that this null hypothesis is accepted and Alternative hypothesis is rejected. It means that there is no significant difference Urban and Rural Students on Happiness.

Modernization has had a great impact on the Indian society. There are two major sections in India, rural and urban. Therefore, the facilities that are found or available in the urban areas are now available in the rural areas as well. The students living in the city and the students living in the rural areas are getting enough of the necessary facilities, so naturally the living conditions and happiness of the students in both the areas are found to be the same, so there is no difference between the rural and urban students in the happiness table. Also, the effect of social media on both factors is that due to social media, rural and urban students can get the happiness they want, so there is no difference in happiness level between students in rural areas and students in urban areas. Opposite results found that Kozma and Stones (1983) this study found that the rural environment seems to be a better predictor of happiness. rural areas tend to be as happy as or even happier than people who live in urban areas (Davey et al., 2009; Knight & Gunatilaka, 2007; Lee & Lassey, 1980).

### Faculty on Happiness

#### Hypothesis:-03

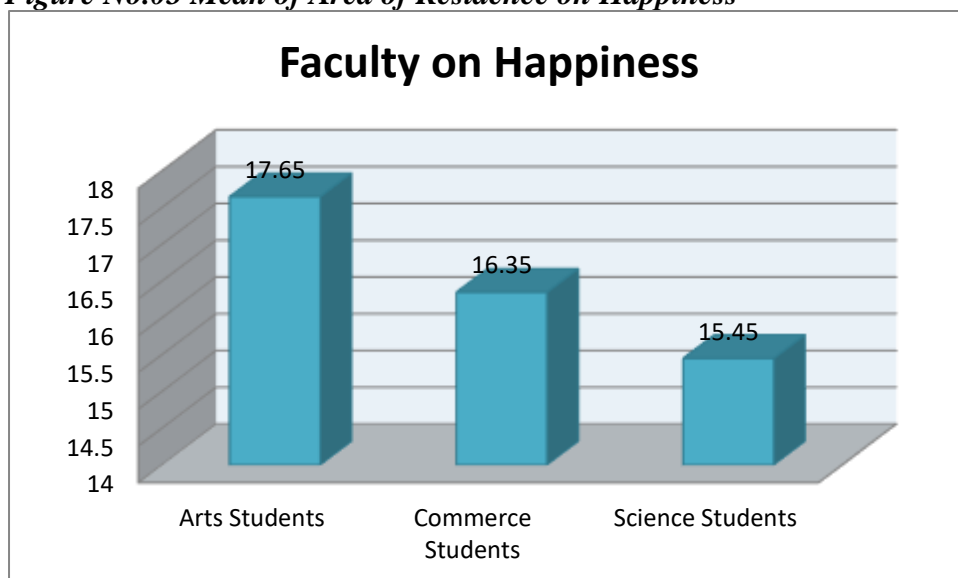
There is no significant difference between Arts, Commerce and Science College going students on happiness.

Table No.05 Show the Mean, SD and F Value of Faculty on Happiness

Factor	Faculty	Mean	SD	N	DF	F Value	Sign.
Happiness	Arts Students	17.65	1.65	40	117	14.571	0.01
	Commerce Students	16.35	1.81	40			
	Science Students	15.45	1.89	40			

(Critical Value of f with df, 117 at 0.05 = 3.94 and at 0.01 = 6.96, NS= Not Significance)

Figure No.03 Mean of Area of Residence on Happiness



Observation of the Table No 07 and and Figure No. 03 indicated that the mean value of three classified group seems to differ from each other on Happiness. The mean and SD value obtained by the Arts Students was 17.65,  $\pm$  1.65, Commerce Students was 16.35,  $\pm$  1.81, and Science Students was 15.45,  $\pm$  45. Both group 'F' value was 14.571. Faculty effect represent the Happiness was significant (F- 14.571, 2 and 117, P-0.01). This is significant at 0.01 levels because they obtained 'F' value is High than table values at 0.01. That is to say that this null hypothesis is rejected and Alternative hypothesis (There is significant difference Between Arts, Commerce and Science College Students on Happiness.) is accepted. It means that Arts Students high Happiness than Commerce and Science Students.

The syllabus of arts students is naturally easier than that of commerce and science students. While studying, arts students don't even focus on other things like learning typing, preparing for competitive exams, developing other small skills and learning how to make sense out of it. Since the syllabus is relatively easy and familiar with it beforehand, naturally the students of Arts stream complete the studies required to pass the exam within a certain period of time, but in Commerce and Science streams, a large number of students have to go to regular colleges and also have to do practical regularly and their Syllabus is obviously more difficult than arts students so they have to spend more time to complete it so they get less time to pursue their hobbies but arts students complete their syllabus or their studies in less time so commerce and Intuitive have lower levels of stress than students in science and six times higher levels of happiness than students in arts, thus six times more in happiness than science and commerce students. Similar results found that Aditya Chamuah and Dr. R. Sankar, (2018) this study found that students from arts faculty have also high happiness tendency than science students as the obtained mean scores of arts students is more than mean scores of students of science faculty.

#### *Delimitations of the Study*

- The finding of the study is based on very sample.
- The study was restricted to only UG college students only.
- The study was restricted students are only 18-21 years only.

## CONCLUSION

- No significant difference Male and Female Students on Happiness.
- No significant difference Urban and Rural Students on Happiness.
- Arts Students high Happiness than Commerce and Science Students.

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## **A Study of Gender, Area of Residence and Faculty on Happiness Among Students**

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## **A Study of Gender, Area of Residence and Faculty on Happiness Among Students**

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

The author declared no conflict of interest.

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