

Relationship Between Happiness and Self-Esteem Among Young Adults

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ABSTRACT

The aim of the present study is to find a relationship between happiness and self-esteem among young adults. For this purpose, 105 participants between the age group of 18-25 were taken randomly. They were asked to fill the questionnaire in google forms which includes demographic details and the level of their happiness was measured through Oxford Happiness Inventory scale and self-esteem using Rosenberg's self-esteem scale. The objective of the study is to find a relationship between self-esteem and happiness among young adults and to find the correlation between self-esteem and happiness. For measuring the correlation between self-esteem and happiness in young adults using pearson product coefficient was found. Results revealed that there is a very high and positive correlation between the two variables and it shows a significant relationship between happiness and self-esteem among young adults.

Keywords: *Happiness, self-esteem, young adults*

Happiness is an anxious stated by emotion of enjoyment, contentment, joy, and cheerfulness. While it has so many more definitions as it has so many positive feelings and emotions. There are a lot people talking about happiness, they tell about how they feel at that particular time and what makes them happy.

There are two categories of happiness:

1. The symmetry of affections: Everyone go from both prosperity and joyful feelings or affections. Joy is linked to having more positive sentiments as compared to negative.
2. Life achievement: This is associated with how convinced you feel with different things of your life in addition to your relationships and environments, and distinct conditions that you consider important.

Types Of Happiness

Appreciation

Appreciation can clear the episode that you feel you were not good in at that time or you have not done well because of any reason. It's also a very different and very serious sort of reward.

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The people who sensed appreciation all the time will always be more jolly and happy and enlighten more as compared to the one who are less prone to these feelings.

Pride

Pride can be a feeling of your accomplishments that is a category of appreciation adapted internally and are an outstanding type of joy to enjoy and have fun. You can give more hardworking and joy in your task and to your household, your home and one to your own self, and in anything you put effort, protection, and adore into.

Confidence

Concentrates relate with positive thinking with more remarkable results. cheerful person will be more assured and happy and also have a lot of acknowledgement and pleasure. They're overwhelmed for each of the proud results life gives and have a solid trust in their own and their quantity to make their aim at anything peek as they explore after results.

Love

Love and happiness are likely to be same that affection is a unlimited beginning of joy, and contentment itself is a way of affection. Even of the fact that alarming link can make a bliss, sound and constant link can give more joy.

How one really can be HAPPY:

- Exercise in daylight can do lighten the mood.
- Walking only for half an hour a day can boost your mood and will make you feel relaxed and calmed for as long as 12 hours.
- Our happiness develops by 9% for each joyful moment we mix in our life.
- Each bad accomplishment makes our pleasure drop by 7%.
- Happiest person will spend most of their time with the ones who genuinely makes them feel happy and relaxed.
- Individuals who go to tough supervisions once seven days have good seven years more and greater than the people who don't.

Self Esteem

In psychology, the term self-esteem is used to tell an individual's worth or value. All in all, self-esteem is defined as the way you acknowledge and feel about your ownself no matter what the situation in all about. Your self-esteem is categorized by many ways including:

- Fearlessness
- Sense of freedom
- Personality
- sensation of having a area
- Sensation of skill

Self-esteem is the way you feel about your own self, or the estimation you have about yourself. Everyone has days when they sensed a type of low understanding for them own self and feel low and down.

Self-Esteem is relevant as it lighten your changing cycle, your ways, your aroused health, and your general success. It also impacts ones thought, as individuals with a good view point about themselves encourages their real potential and capacity and also may take on new dilemma. Individuals with high potential and confidence:

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- Have more knowledge of their abilities
- Can go up with high associations with others since they have a good link with themselves
- Have factual and full expectations about themselves and their potentials
- perceive their needs and can inform them

Those with low self-esteem might more likely to dislike links and talking about their needs. They may experience less levels of confidence and feel discouraged. One's with low self-esteem will more likely feel more vague about their potentials and may question their own qualities.

Self-esteem is a normal description of yourself - how you sensed about own capacities and limitations. When there is a discussion about self-esteem, you have a good vision on yourself and see yourself as worthiness as compared to others. If one have low self-esteem, they set low worth on the context and sentiments. You may have regular force that you're not worth it. Factors that can influences self-esteem are:

- Your review and observations
- How different people reacts to you
- unwellness, weakness or indignity
- Age
- Job and condition in everyone's eye

Perceiving self-esteem

- **Low self-esteem:** When you have little or weak self-value, you set little desirability on your approach and thoughts. You think that other people are more deserving and worth it than me. You may encounter issues in accepting positive result. You may feel defeated which keep the one distant from winning at work or school.
- **High self-esteem:** When you have strong self-worth, it feels that you have a positive and exact overview of yourself. For example, you have a great review of your wills and yet see your weaknesses too. Show offing and sensing better than all others all over you is also not an sign of so many of self-worth.

Advantages of healthy self-esteem

When you consider yourself as a strong positive person having great confidence, you have a great impression of relief and profits. You have good links with others and have a good impression on your own quantities. You're also open to getting knowledge and also accepts if there is any negative or weak point in you as it will make you achieve and learn new abilities.

With clear and hearty self-esteem you're:

- Emphatic in talking about your needs and feelings
- worthy about your potentials
- accessible to construct protected and genuine links
- Reasonable in your acceptance
- Improving and more ready to different stress and accidents

Types of Self Esteem

There are three kinds of self-esteem.

1. Inflated Self Esteem

Individuals with magnified self-esteem perceives them as they are expert and more worth it as compared to other ones and have no investigations about dishonoring every next person. It

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is a negative self-esteem, as it control them away from framing up good and more links. Their depth is constantly near and they go in need to control the competition.

2. High Self Esteem

Individuals with this type of assurance accept and appreciate themselves. It is a assurance that is accepted to be confident, as it mentions out how to cause the one person happy with their entity. Putting hard work in yourself and devoted in what your name is the concept that tells ones who have this type of assurance.

3. Low Self Esteem

Individuals who have low value of themselves are simply something opposed to those with Longview. They don't appreciate themselves, they don't count on in their worthy results and doubtfulness that they might be sensing a constant low things. Aversion of defeat is something that persecutes them and influence self with low assurance.

Rationale

The rationale of the study is to find out the relationship between happiness and self-esteem among young adults. With the help of this the relationship between happiness and self-esteem is analyzed and also the correlation between the two variables was found among young adults. These findings can help psychologists and counselors in their researches if they are dealing with the same variables and doing researches on happiness and self-esteem.

REVIEW OF LITERATURE

Dillon and Brase (2022) studies that self-esteem is tested with both man and women (women describing lesser number on medium) on mate rate. Both self-esteem and mate rate are systematic with different scales and the accurate association between these total things has not been researched in the way of piece. Using different dimensions scale weights both self-value and mate value. The study ($n = 192$) constructs habitual sex change in self-esteem and a correlation with mate value. These correlations protracted prevalent into sub-tests, with a less exclusions, and the highest associations were with the comprehensive scale results. These results are rational with sociometer approach and self-valued mate value is a factor of total self-perceived and value. The healthy and good correlation between self-esteem and mate value is found in men as compared to women.

Ozturk and Acikgoz (2022) researched on a study to view the outcome of laughter therapy on joylay and self-esteem in 5th standard students. In this study, they used experimental study with using pretest posttest study. The study community has of 5th standard students examining at a secondary school in turkey. There were six areas in the 5th grade. categories were selected anyway from these 5th standard classes to mix 29 students in the interposition association and 32 in the control group. Laughter approach classes were given to the interposition category two times in a week for 4 weeks. Whereas to the control group, no interposition is given. The responses are collected using questionnaires and the questionnaire that was used is happiness inventory and Coopersmith self-esteem inventory. Results revealed that there is a significant difference among both the categories in area of the school children's happiness inventory ($p < .05$) but it shows that there is no significant difference in the number of on the Coopersmith self-esteem inventory ($p > .05$).

So, and Fiori (2022) conducted a study on the evidence that disturbed connections positively gives desolation. Theory and study gives opinion that ones owns cognitive abilities and the social links plays a very vital role in lowering the sensing of desolation. In this research, they

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find whether connection anxiety starts at the beginning of very first year of the graduation or have desolation at the last year of graduation, mainly by self-value and social help, by taking a sample of 96 female of first year of graduation. A collection of graded regression scores discloses that connection anxiety was positively related with desolation and that these relations were constructed by both self-value and different areas of social help. Findings explored the perceptive of the area with connections and desolation during the change in the college.

Noh (2022) conducted a study to find out the outcome of parental numbers teaching on college students. Financial belief and actions and the intervene lists of college students self-value and financial belief within these associations. An online review consists of questions on stats, parental financial teaching, self-value, financial belief, bias, and actions was taken as a sample of 193 undergraduate and graduate ones at a Midwestern university in the U.S. A model having nine hypotheses have these associations entrenched and approves by skeletal equation modeling. The results showed that parental financial teaching in a positive wayalter financial actions both directly and not directly by self-esteem and financial actions.

Marengo and Montag (2021) conducted a study that aims to find the links between active Facebook use, got links, self-value and happiness. Objective behavioral data is used to examine the hypotheses that getting Likes on Facebook will relate to 1) users area of own self-esteem, and 2) more happiness by the interpose action of self-esteem. There are 2,349 adult Facebook user (589 men, 1,760 women) that are selected. Participants gives answers in an online survey and given hold to their own Facebook data like profile revising and getting Likes. It was revealed that number of users revising their profile and sharing their own content like self-made texts, photos, companions had a main effect on the vigor of the outcome and they get from different users in their online social area.

Warnick and Anglin (2021) conducted a theory from changing psychology and emotional emotion. First, they conducted a qualitative analysis to know the objects of businessmen facial actions of four normal emotions in their level: joy, aggression, uneasiness, and sad. It gives a hold for our theory that the number of businessmen facial actions of each of these emotions gives an inverted U-shaped associations with funding. They also contend that the number of changes in businessmen facial actions is positively related to funds. The sample of 489 funding cast using computer-aided facial actions analysis. Results revealed that inverted U-shaped associations of the number of facial actions of joy, aggression, and uneasiness with funding, but have a negative association of sad with funding. Results also helps to know that the number of changes in businessmen's facial actions promotes funding.

Freire and Ferreira (2020) aims to find a relationship between positive self-value and life satisfaction, gender, age and a negative distress between different variables like anxiety, depression and stress and also subjective happiness. Sample is total of 910 adolescents (51% girls, mean age of 13.89 years) gives answer to calculate of subjective happiness, self-value, life control, depression, anxiety, and stress. Results shows that girls have less life satisfaction and self-esteem and more distress symptoms as compared to boys. Being girl, smaller, having less levels of depressive signs, and high area of life satisfaction and self-esteem were related with more subjective happiness. Self-value was a middle line between depressive signs and subjective joy, and stress and subjective joy. Life satisfaction was a middle line between depression and subjective joy.

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Salavera, Usan and Teruel (2020) studies a middle role of positive and negative association between self-value and joy. The sample included 812 university students – 361 men (44.46%) and 451 women (55.54%) – who participated by their own self. The questionnaire that was used are the positive and negative affect scale, self-esteem scale and subjective happiness scale. The results showed that men have more self-esteem and more positive affects as women have scored higher in the subjective happiness. The results revealed a significant correlation between all the variables under research. Positive affects gives a strong positive correlation between self-esteem and happiness, while negative affects show a negative correlation.

Baiocco and Pistella (2019) studied the collection of the self-value, aloneness, and friendship fickle to children's joy after taking into note of the main effects of sex and age. The children give answer to questionnaires measuring their joy, friendship fickle, social self-value, aloneness, and self-value whereas the parents told the children's actions problems and pro-social action. The sample size having participants as 1363 Italian children aged 7–14 and at the least one of their parents (74% mothers). A hierarchical different regression revealed that more scores of joys were linked with lesser age, more socioeconomic status, have a mutual companion, less levels of aloneness, and more levels of self-value. Results found that two-way communication between age and aloneness and between sex and social self-value; simple slope results indicated that elder children and females got less in happiness as compared to small children and males, when they feel lonely or when they told low social self-value, respectively. These results show the importance of social areas and school areas that take sex and age differences into note to high the knowledge of joy in children.

Bajaj, Sengupta and Gupta (2019) studies the emotional balance and self-value as mediating thing between mindfulness and joy. Research finds a mediator model in which mindfulness is not directly linked to joy through emotional balance and self-value. The sample of 302 undergraduate students of a university in India take participation in the study. Data were taken using self-report questionnaires of mindfulness, emotional balance, self-value, and joy. Structural Equation Modeling results revealed that mindfulness was linked with joy by the mediating thing of emotional balance and self-value. Emotional balance and self-value fully linked the association of mindfulness with joy. In more contrast, emotional balance partially mediates the association of mindfulness with self-value.

Satuf and Monteiro (2018) conducted a research to find the association of the possible precipitate of job well-being on mental and physical state, joy, subjective happiness and self-value. A total of 971 Portuguese-speaking adulthood take initiative in this research. Most contestants reported high type of well-being with their office mates, the type of their work and leaders, while giving not satisfied with related to salaries and more opportunities. Results revealed the continuance of the effect of job well-being for health, joy, subjective happiness and self-value, in continuation to giving the attention of having a positive grade of one's work. As a normal result, the results may help that the effects of office management conduct which focuses on job well-being could make you to errors improving in levels of health, joy, subjective happiness and workers' self-value.

Mi-Sook (2018) conducted a review to study the affect of nursing students stress and self-value on subjective well-being. The research was done to find out the factors influencing subjective joy among nursing students. sample have of 147 nursing students who were in the last years or second last year of their college located in the Chungbuk and Kyungbuk areas. Data were taken using questionnaires that looks at college-based stress, clinical-based stress,

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self-value, and subjective joy. SPSS was used to collect the data, t-test, analysis of variance (ANOVA), Scheffe's test, and hierarchical regression was also done. The mean result for subjective joy was 19.91. The mean for college-based stress was 2.92, and clinical-based stress was 2.61. The mean for self-esteem was 29.74. The significant results of subjective joy in nursing students were self-value ($p < .001$), economic status ($p = .002$), own personal relationships ($p = .001$), and with their major ($p = .003$).

Dai and Chu (2018) conducted a research to find how being not taken with them is linked with children's positive feelings and negative psychological beliefs by verifying the changes in levels of joy, self-value and anxiety in LBC and non-LBC. A sample of 448 students from three schools in Sichuan Province in China responded to the questionnaire. 14 teachers of LBC were asked to come to one-to-one account for in depth results to LBC's actions and psychological happiness. The results showed that non-LBC have a more level of joy ($t = -0.21$, $df = 258$, $p < 0.01$) and a low level of anxiety ($t = 1.41$, $df = 406$, $p < 0.05$) than LBC children. Among LBC, low class children (primary school grades 3 and 4) reported a lower level of happiness ($t = -0.73$, $df = 216$, $p < 0.01$) and self-value ($t = -0.24$, $df = 191$, $p < 0.01$) than their older people). The teachers have confirmed the different results that LBC gone through from the destitution of parental help.

Krishnan, Tan and Lee (2017) conducted a study that finds to cover these gaps by limiting and testing a path model giving the mediator alter of self-control and social help on the link a connection of extraversion and joy. Undergraduate students ($N = 311$) done calculations of extroversion, social help, self-value, and joy. Results revealed that extraversion, self-value, and social help were significantly linked with joy. As told, both self-value and social help comes in the association between extraversion and joy, respectively. Results also helped us to know that it accepted the serial mediating effect. It means that extroverts likely to have high self-value which boost supports and helps they get from friends and caretakers like their family. The high social help, in turn, lightens happiness.

Saki and Bayat (2017) conducted a study that aims to analyze happiness and self-value among the moms of children with serious hearing loss ahead and after cochlear attitude. This cross narrow study was held with 40 moms of child of the age of 7 and less, all of them were patients for cochlear attitude surgery in Imam Hospital, Ahvaz, Iran. A total non-probabilistic sampling method was used. mom of children waiting cochlear attitude were given Oxford Happiness Questionnaire and Rosenberg Self-Esteem Inventory before and asked to fill this out and after their child's section, in plus to a demographic advice form. Associated t tests and Wilcoxon tests was were used in this. A significant difference is being observed between the joy and self-value numbers before and after operation ($p < 0.001$). Cochlear attitude operation highs the joy and self-value in moms of children with listening loss.

METHODOLOGY

Objective

To study the relationship between self-esteem and happiness among young adults.

Hypothesis

There will be a positive relationship between self-esteem and happiness among young adults.

Research Design

In this study, survey research design is used to analyze the data and further Pearson R correlational design was used to collect and analyze the data further.

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Variables

Independent variable – Happiness & Dependent variable – self-esteem.

Description of Samples: In this quantitative study, there are 105 participants who have participated in the research. They are the young adults whose age group lies from 18 to 25 years. There are 41 males and 64 females that have participated in this research willingly.

Description of Tools

The tools that are used in this are:

1. **OXFORD HAPPINESS INVENTORY QUESTIONNAIRE:** It is a 29-item questionnaire developed by Michael Argyle and Peter Hills at Oxford University. It aims to assess one's own personal happiness or how happy they are from their life.

RELIABILITY: Cronbach's alpha = .91.

VALIDITY: Demonstrate construct validity by correlation with measures of self-esteem, life regard index and depression-happiness scale (.81, .77, .90).

2. **ROSENBERG SELF-ESTEEM SCALE (RSE):** It is a 10-item scale developed by Morris Rosenberg that measures global self-worth by measuring both positive and negative feelings about the self. The scale is believed to be uni-dimensional. All items are answered using a 4-point. The scale format ranging from strongly agree to strongly disagree.

RELIABILITY: The RSE demonstrates a Guttman scale coefficient of reproducibility of .92, indicating excellent internal consistency. Test-retest reliability over a period of 2 weeks reveals correlations of .85 and .88, indicating excellent stability.

VALIDITY: Demonstrates concurrent, predictive and construct validity using known groups. The RSE correlates significantly with other measures of self-esteem, including the Coopersmith Self-Esteem Inventory. In addition, the RSE correlates in the predicted direction with measures of depression and anxiety.

Procedure of Data Collection

In this study, the variables for the research were identified and the sample on which the survey needs to be done was selected. The questionnaire for both the variables was selected and then the final Google form is made on Google Forms. Young adults ranging between the age of 18-25 years were requested to fill the Google Forms that comprised of 2 scales (Oxford Happiness Inventory Questionnaire and Rosenberg Self-Esteem Scale). Then the Oxford Happiness questionnaire and Rosenberg self-esteem scale were administered to find the relationship between happiness and self-esteem in participants respectively. The results were collected from the Google Forms and were represented using a pie chart and bar graph. The score of each statement was calculated and then by adding them the total mean was calculated. The total scoring of each individual's response was done for both the questionnaires. Then to find the correlation between happiness and self-esteem, Pearson product moment correlation was used. In the end participation of the study were acknowledged and highly appreciated.

Statistical Analysis

After the collection of data all the responses were scored according to the respective standard procedures. The data collected from the questionnaire was analyzed using the results shown by Google Forms and pie charts were made of the responses for each statement respectively. To interpret the data further Pearson product moment correlation was used using SPSS to find the type of correlation between happiness and self-esteem.

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Scoring

- Oxford Happiness Inventory was developed by psychologists Michael Argyle and Peter Hills at Oxford University. There are 29 number of statements in this happiness scale which indicates:
 - A. strongly disagree
 - B. moderately disagree
 - C. slightly disagree
 - D. slightly agree
 - E. moderately agree
 - F. strongly agree

The scoring is done as follows:

NORMAL: There are 17 items that are scored normally. Item number: 2,3,4,7,8,9,11,12,15,16,17,18,20,21,22,25 and 26 are scored as follows:

A score of 1 = strongly disagree

A score of 2 = moderately disagree

A score of 3 = slightly disagree

A score of 4 = slightly agree

A score of 5 = moderately agree

A score of 6 = strongly agree

REVERSE: There are 12 items that are scored in a reverse form. Item number: 1,5,6,10,13,14,19,23,24,27,28 and 29 are scored in reverse form

A score of 6 = strongly disagree

A score of 5 = moderately disagree

A score of 4 = slightly disagree

A score of 3 = slightly agree

A score of 2 = moderately agree

A score of 1 = strongly agree

Then, add the numbers for all 29 questions. (Use the converted numbers for the 12 items that are

reverse scored). Then divide it by 29. So your happiness score = the total score divided by 29.

Interpretation of happiness score:

1-2= not happy

2-3 = somewhat unhappy

3-4 = not particular happy or unhappy

4 = satisfied

4-5 = rather happy or pretty happy

5-6 = very happy

6 = too happy

- Rosenberg self-esteem scale was developed by Morris Rosenberg in 1965. There are 10 items in this self-esteem scale which indicates:
 - A. strongly agree
 - B. agree
 - C. disagree
 - D. strongly disagree

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The scoring is done as follows:

Normal: There are 5 items that are scored normally. Item number 1, 2, 4, 6, and 7 are scored as follows:

A score of 3 = Strongly agree

A score of 2 = Agree

A score of 1 = Disagree

A score of 0 = Strongly disagree

Reverse: There are 5 items that are scored in reverse form. Item number 3, 5, 8, 9, and 10 (which are reversed in valence) are scored as follows:

A score of 0 = Strongly agree

A score of 1 = Agree

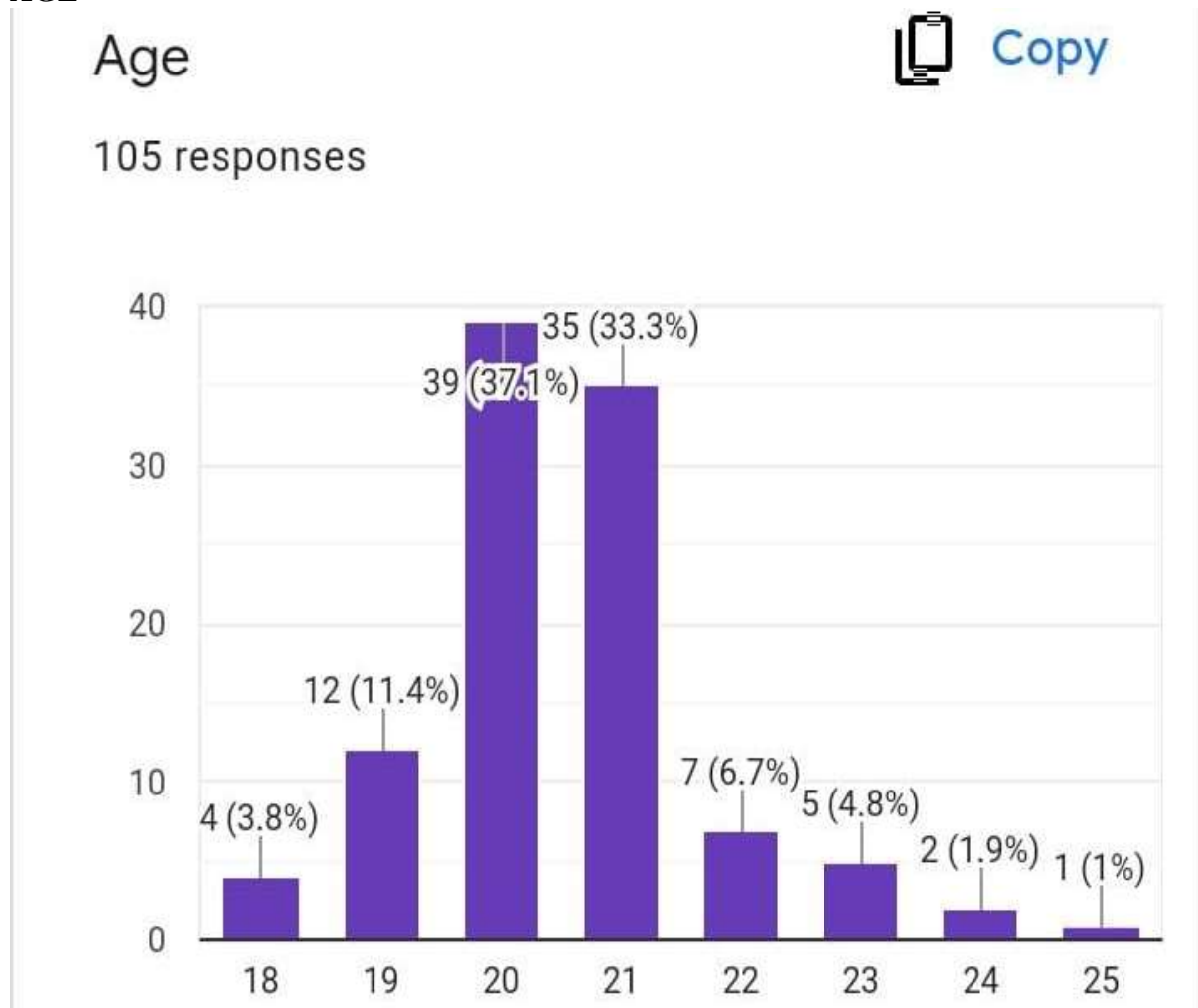
A score of 2 = Disagree

A score of 3 = Strongly disagree

The scale ranges from 0-30. Scores between 15 and 25 suggest average self-esteem; scores below 15 suggest low self-esteem and above 25 suggests high self-esteem.

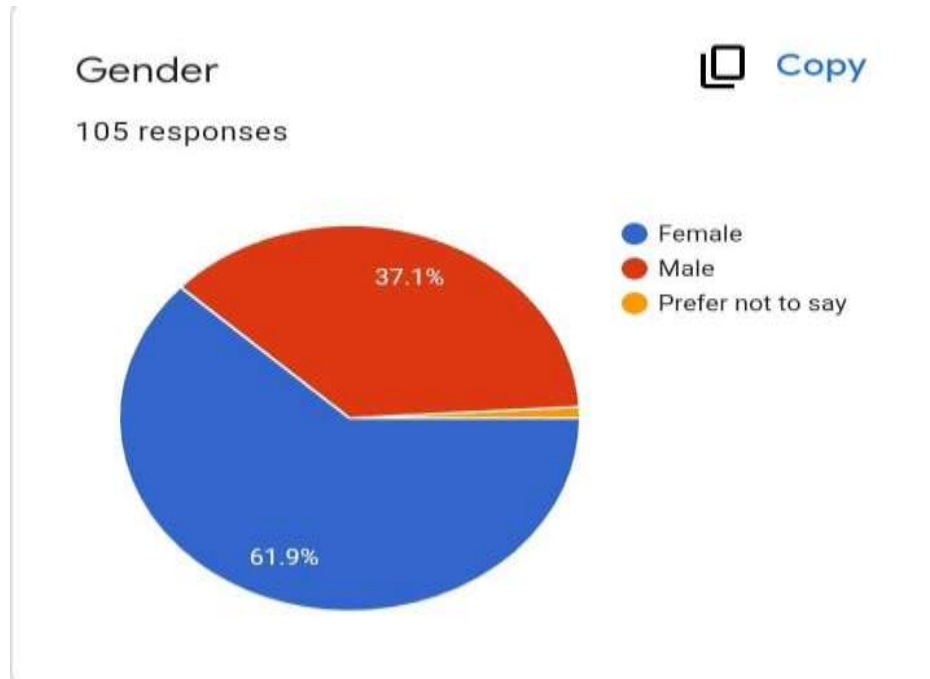
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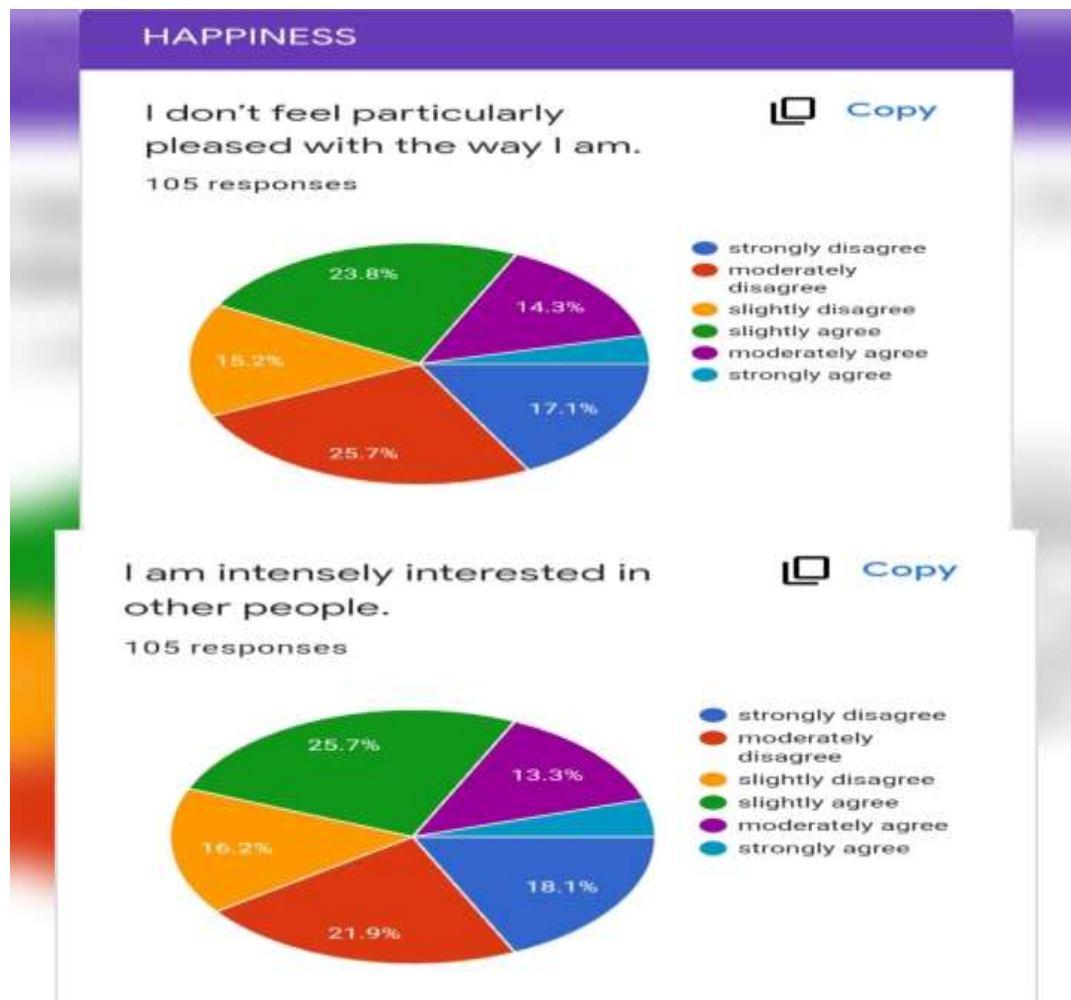


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GENDER



HAPPINESS RESPONSES

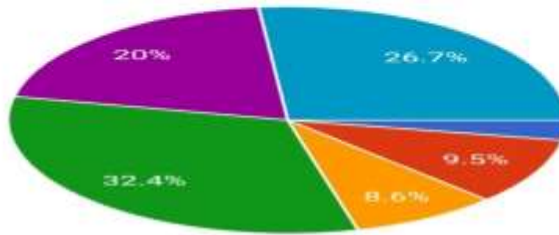


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I feel that life is very rewarding.

105 responses

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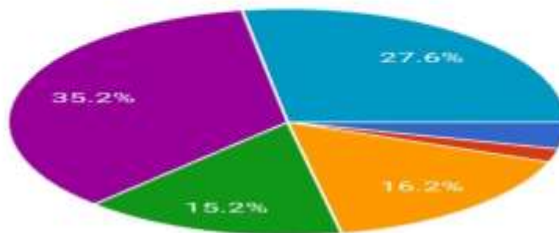


● strongly disagree
● moderately disagree
● slightly disagree
● slightly agree
● moderately agree
● strongly agree

I have very warm feelings towards almost everyone.

105 responses

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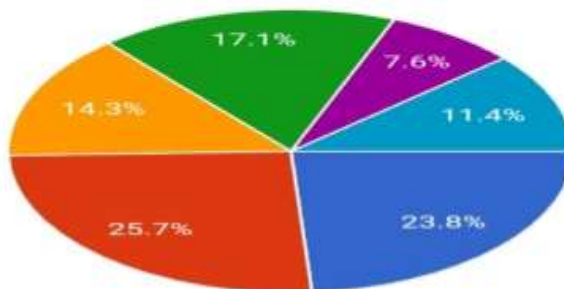


● strongly disagree
● moderately disagree
● slightly disagree
● slightly agree
● moderately agree
● strongly agree

I am not particularly optimistic about the future.

105 responses

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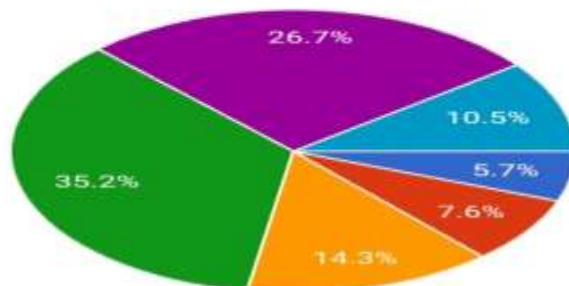


● strongly disagree
● moderately disagree
● slightly disagree
● slightly agree
● moderately agree
● strongly agree

I find most things amusing.

105 responses

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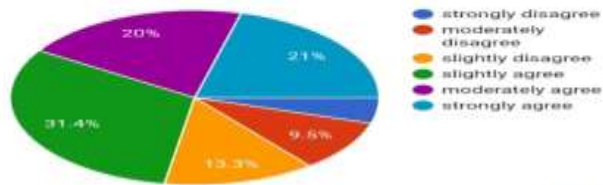
● strongly disagree
● moderately disagree
● slightly disagree
● slightly agree
● moderately agree
● strongly agree

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I am always committed and involved.

105 responses

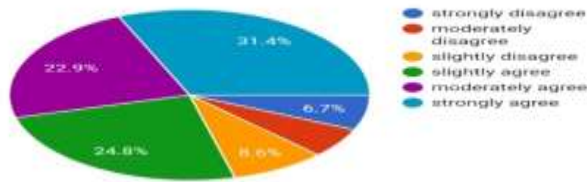
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Life is good.

105 responses

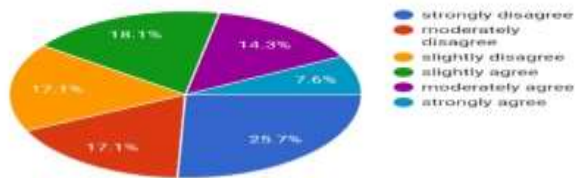
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I do not think that the world is a good place.

105 responses

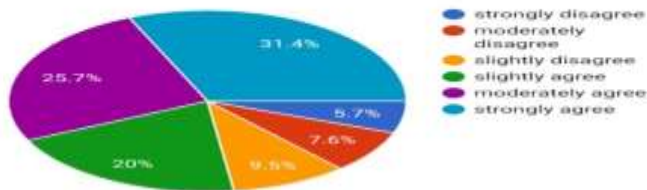
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I laugh a lot.

105 responses

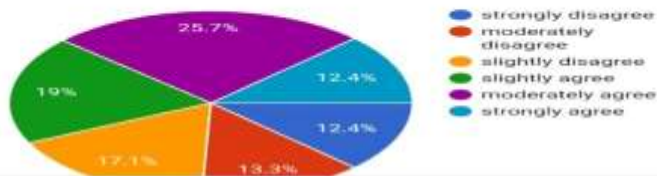
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I am well satisfied about everything in my life.

105 responses

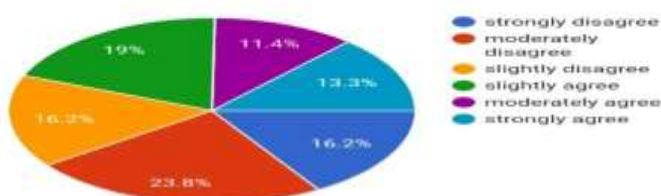
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I don't think I look attractive.

105 responses

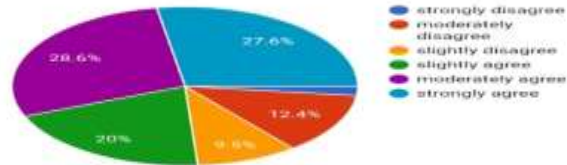
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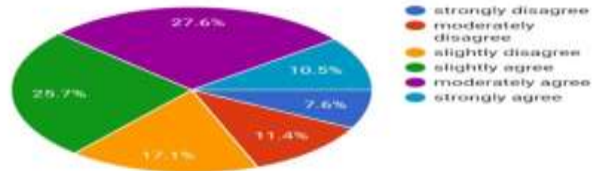
There is a gap between what I would like to do and what I have done.

105 responses



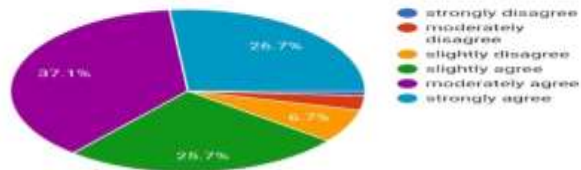
I am very happy.

105 responses



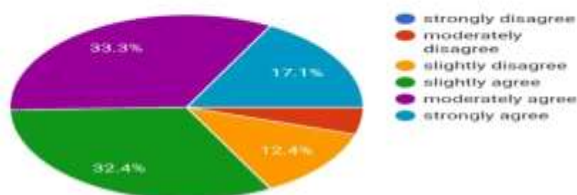
I find beauty in some things.

105 responses



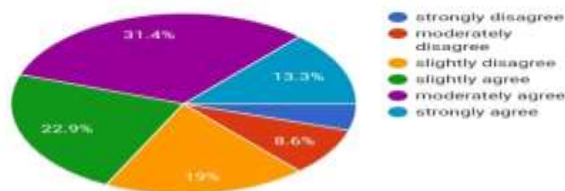
I always have a cheerful effect on others.

105 responses



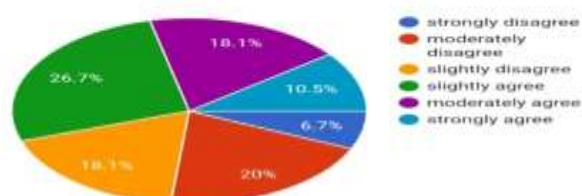
I can fit in (find time for) everything I want to.

105 responses



I feel that I am not especially in control of my life.

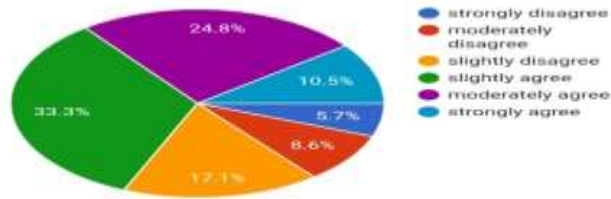
105 responses



Relationship Between Happiness and Self-Esteem Among Young Adults

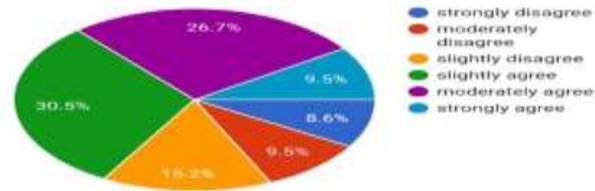
I feel able to take anything on.  Copy


105 responses



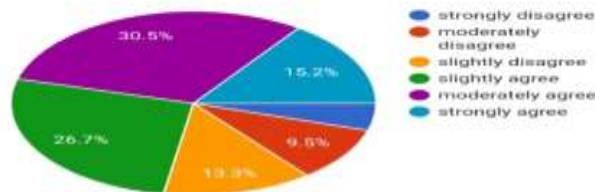
I feel fully mentally alert.  Copy

105 responses



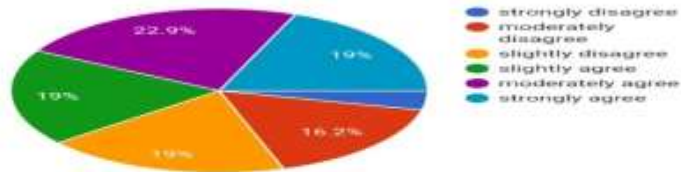
I often experience joy and elation.  Copy

105 responses



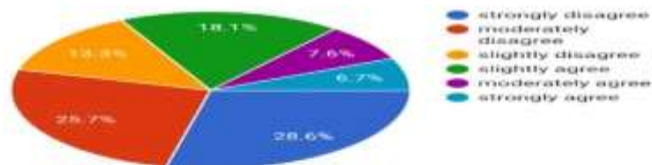
I don't find it easy to make decisions.  Copy

105 responses



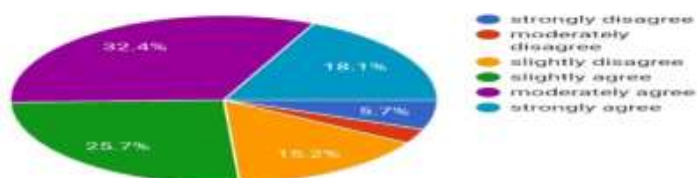
I don't have a particular sense of meaning and purpose in my life.  Copy

105 responses



I feel I have a great deal of energy.  Copy

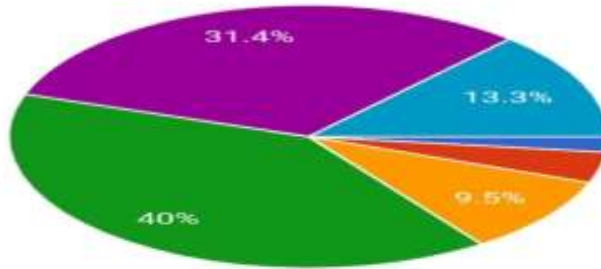
105 responses



Relationship Between Happiness and Self-Esteem Among Young Adults

I usually have a good influence on events.

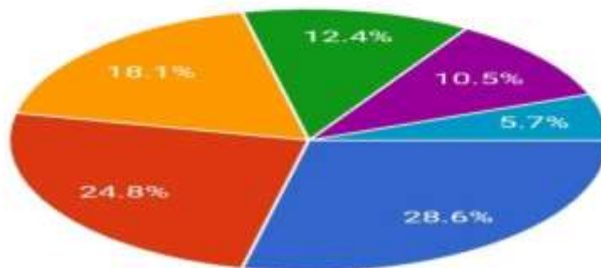
105 responses



- strongly disagree
- moderately disagree
- slightly disagree
- slightly agree
- moderately agree
- strongly agree

I don't have fun with other people.

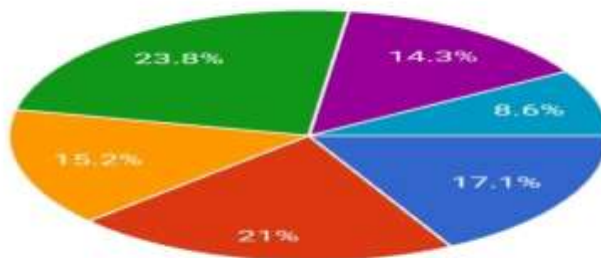
105 responses



- strongly disagree
- moderately disagree
- slightly disagree
- slightly agree
- moderately agree
- strongly agree

I don't feel particularly healthy.

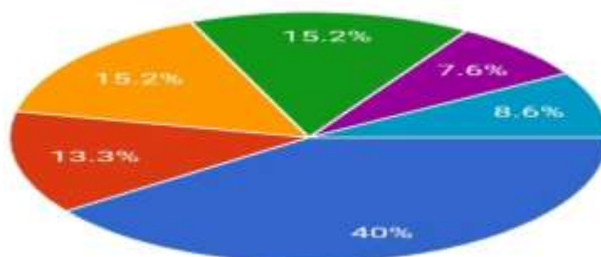
105 responses



- strongly disagree
- moderately disagree
- slightly disagree
- slightly agree
- moderately agree
- strongly agree

I don't have particularly happy memories of the past.

105 responses

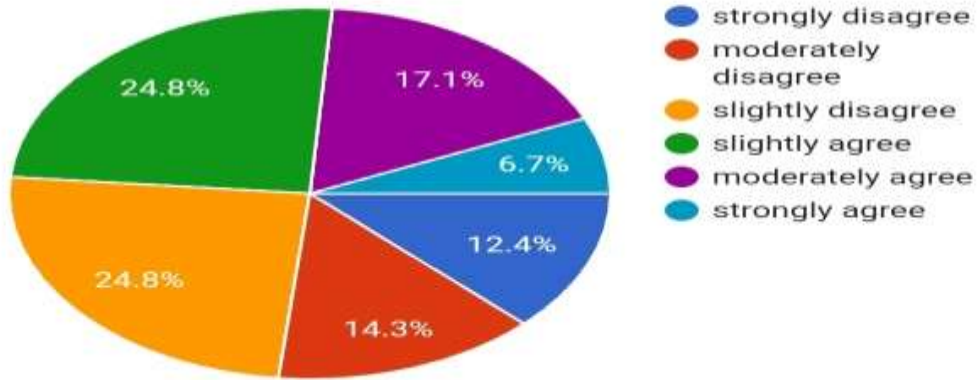


- strongly disagree
- moderately disagree
- slightly disagree
- slightly agree
- moderately agree
- strongly agree

Relationship Between Happiness and Self-Esteem Among Young Adults

I rarely wake up feeling rested.

105 responses

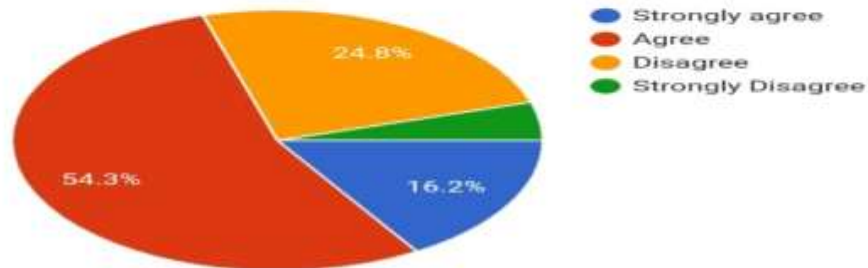


SELF-ESTEEM RESPONSES

SELF-ESTEEM

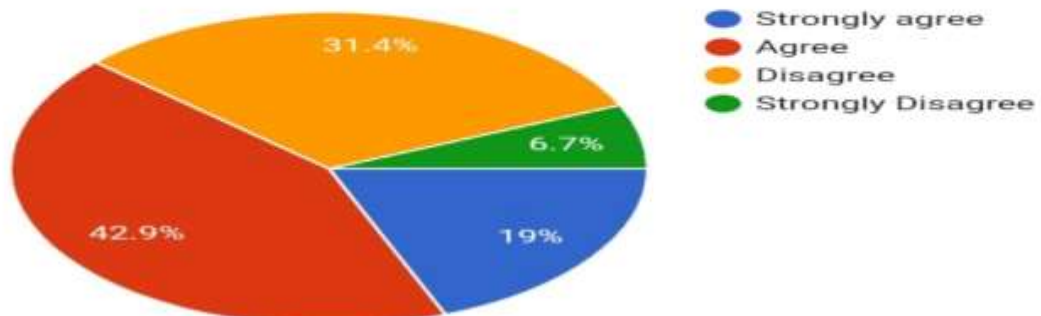
On the whole, I am satisfied with myself.

105 responses



At times I think I am no good at all.

105 responses

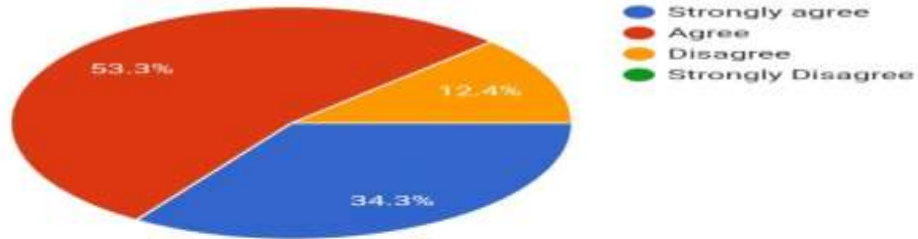


Relationship Between Happiness and Self-Esteem Among Young Adults

I feel that I have a number of good qualities.

105 responses

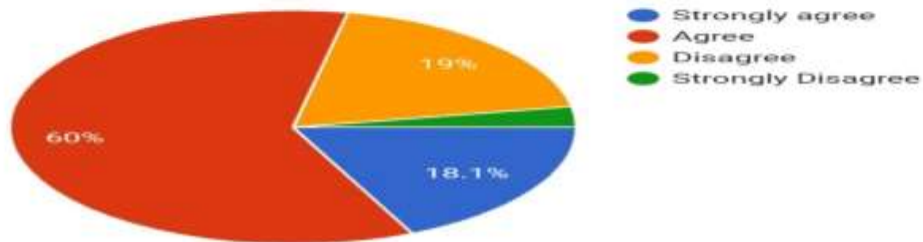
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I am able to do things as well as most other people.

105 responses

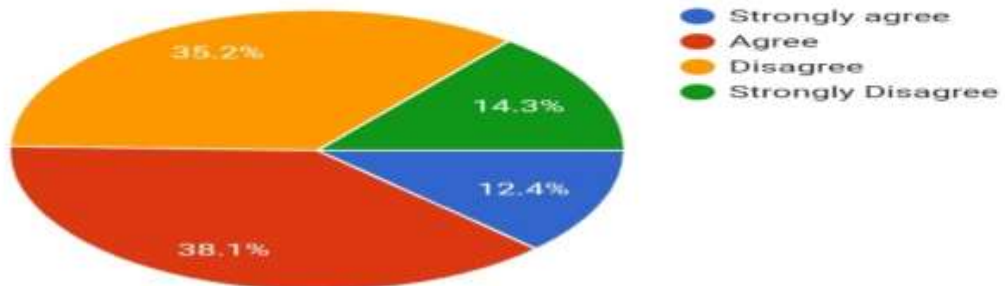
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I feel i do not have much to be proud of.

105 responses

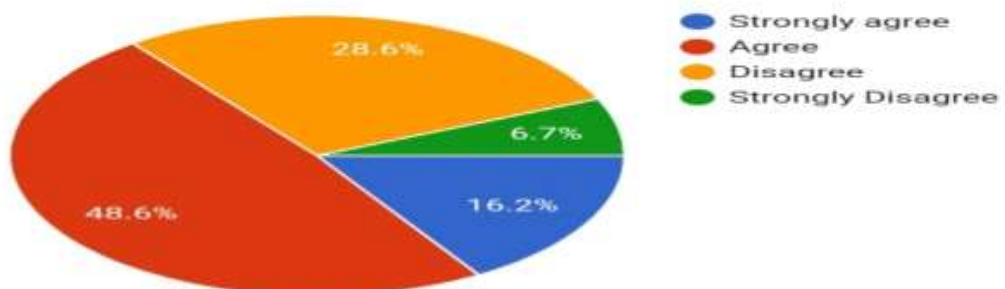
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I certainly feel useless at times.

105 responses

 Copy

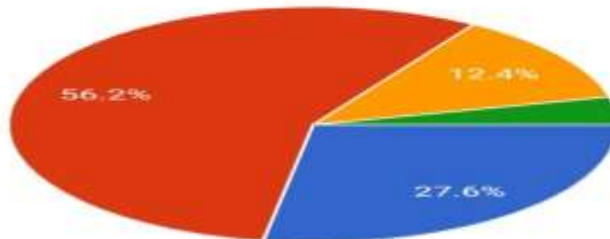


Relationship Between Happiness and Self-Esteem Among Young Adults

I feel that I'm a person of worth.

105 responses

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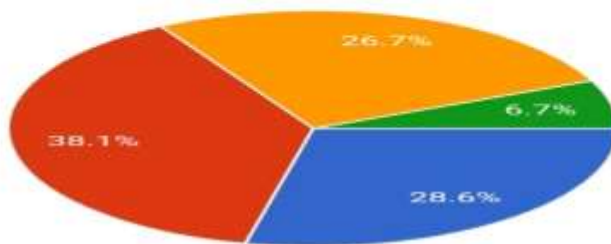


● Strongly agree
● Agree
● Disagree
● Strongly Disagree

I wish I could have more respect for myself.

105 responses

 Copy

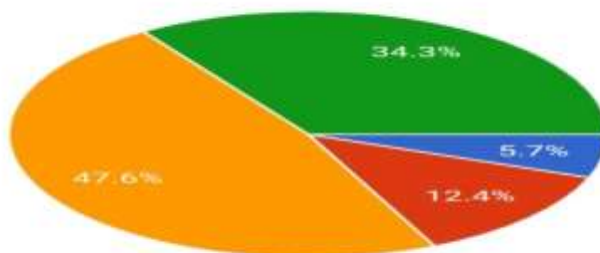


● Strongly agree
● Agree
● Disagree
● Strongly Disagree

All in all, I am inclined to think that I am a failure.

105 responses

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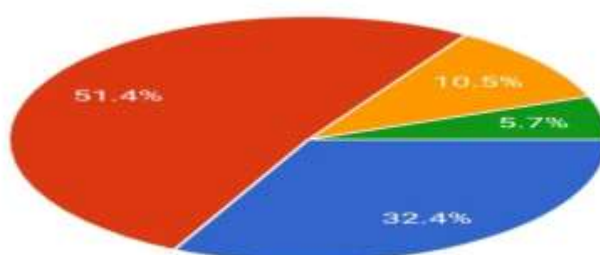


● Strongly agree
● Agree
● Disagree
● Strongly Disagree

I take a positive attitude toward myself.

105 responses

 Copy



● Strongly agree
● Agree
● Disagree
● Strongly Disagree

Relationship Between Happiness and Self-Esteem Among Young Adults

The following above are the pie charts of the responses of each question from the happiness and self-esteem questionnaire. Every subject has his own answers and have answered accordingly which interprets their happiness level and their high, normal or low self-esteem.

Correlational Table

Correlations

		happiness	Se
happiness	Pearson Correlation	1	.786**
	Sig. (2-tailed)		.000
	N	103	103
se	Pearson Correlation	.786**	1
	Sig. (2-tailed)	.000	
	N	103	103

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

Table 2: Pearson correlational table

Table 2 is the correlational table which denotes the correlation between self-esteem and happiness. The correlation between the two variables is very high. It denotes a high and positive correlation. Since the independent variable is happiness and the dependent variable is self-esteem, so it says that more the people are happy, more will be your self-esteem. The correlation is significant at the 0.01 level (2-tailed).

DISCUSSION

The aim of the research was to find a significant relationship between happiness and self – esteem. The sample size includes 105 participants of which 41 are males and 64 are females. The scales that were used for happiness in the study was oxford happiness inventory by Michael Argyle and Peter Hills and the scale for self-esteem that was used in the study was Rosenberg self-esteem (RSE) developed by Morris Rosenberg. The hypothesis says that there will be a significant relationship between happiness and self-esteem which means that if the person is happy then they are having high self-esteem or if they are not happy in their life then there will be a low self-esteem. So the hypothesis is accepted and result shows that there is a significant relationship between the two variables – happiness and self-esteem.

People who are happy in their life mostly take everything in a positive manner and therefore stays happy and positive. Happiness is very much required by an individual because it can make your life worth it and can make you feel relaxed and positive. Similarly, self-esteem is also important for an individual as it tells you your own worth and your own value. The more respect and value you have for yourself, the more positive and happy you will be. If one knows their own worth then they always can be motivated as they take themselves as the one with a lot of qualities. They think of themselves as a highly motivated person as they inherent a lot of value for their ownself. Happiness will lead one to a positive environment. If the people are surrounded with the positive people and happiness and also with the people who knows there worth then it would lead to the positive environment.

The objectives of the present study is to study the relationship between self-esteem and happiness among young adults. So, the objective is fulfilled and therefore the result shows that there is high and positive correlation between the two variables that is happiness and self-esteem and both goes together like if the person is happy then they have high self-esteem and vice versa.

Relationship Between Happiness and Self-Esteem Among Young Adults

The findings can be supported by the study done by Farzaee (2012) conducted a study with the aim of examining a association between self-value, joy and social help. 150 eight standard girl students were asked among the entire area of 2008-2009 children in the area of Tehran by the help of multi area cluster method. Oxford Happiness, Coopers-Smith Self Esteem and Wax social related questioners were recycled to get the needed data. The results of study of the study that was held in two types of described (means, standard deviation, correlation coefficient) and following experience that a positive helpful link happens between self-value and happiness at less than 0.001 level. A positive good relation at low than 0.01 levels happen between self-value and the small area as well as the score of total social help.

Similarly, one more study is there of Iran (2016) tells to express the association between self-value and joy in elderly in Hamedan. This study was in depth in terms of correlational. The study participants included all elder people in the area of Hamedan. There sample size has the participants of 250 elderly which were elected by accessibility sampling. joy and Depression by McGreal and Joseph, and Self-Esteem Inventory by Coopersmith were recycled to gather the data. Pearson correlation coefficient and steps related Multiple Regression were gather to define the data. The results appearance that there is a compelling positive association between self-value and joy in the adult people ($P < 0.001$). Then regression test submit that 42 percent of the joy can be estimated based on self-value. so, getting better the aspect of the self-value in aged population can highlights their joy.

SCATTER PLOT

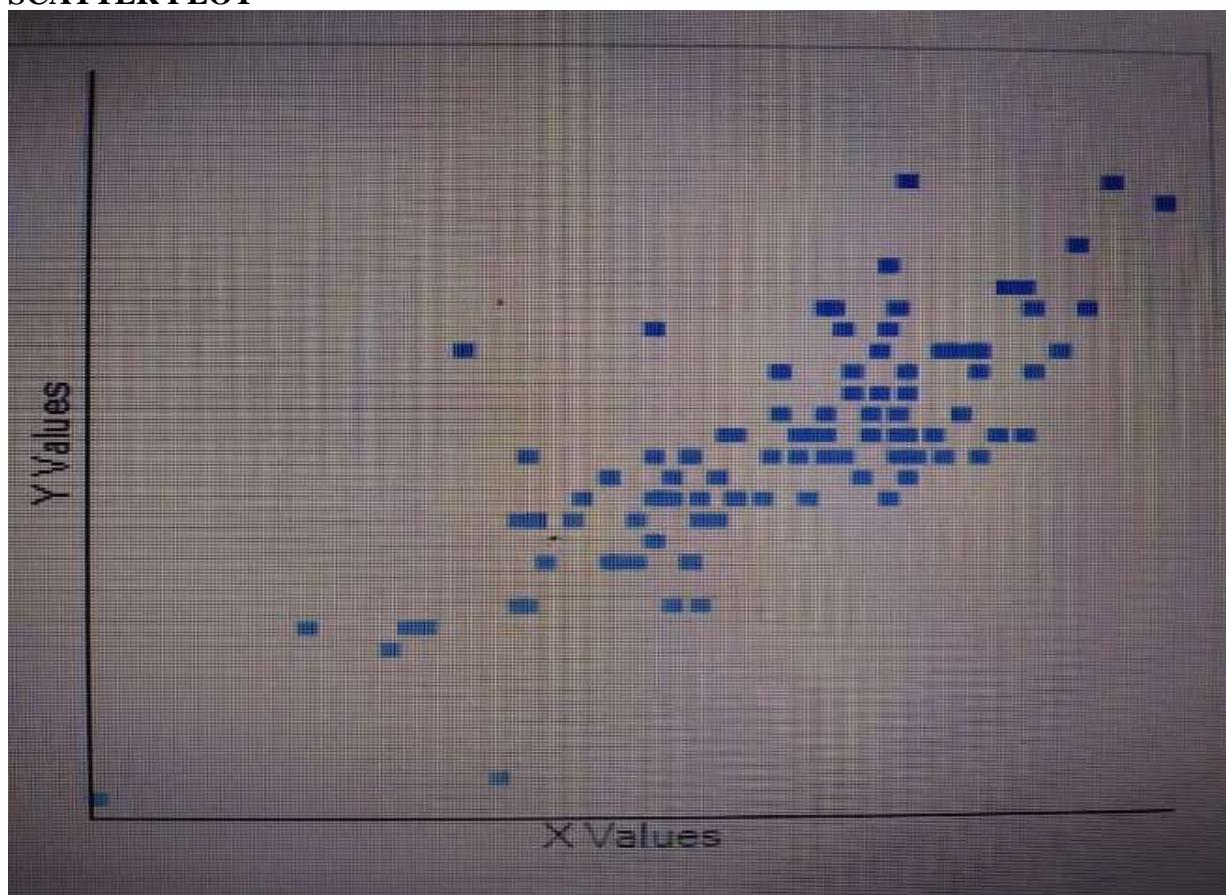


Figure 1

The figure 1 is the scatter plot of the scores of happiness and self-esteem in the graph and it means that high happiness variable scores go highly with self-esteem variable scores and vice versa.

SUMMARY AND CONCLUSION

Summary

The objective of the research is to find a relationship between self-esteem and happiness with the hypothesis that there will be a positive relationship between the two variables. It means that if the person is happy then they will have a high self-esteem and if the person is not happy then they will have a low self-esteem. Hence the hypothesis is proved and showed that there will be a positive relationship. The results shows that there is high and positive correlation between the happiness and self-esteem and both the variables shows positive correlation between them. So, there is a significant relationship between the two. Therefore, the result shows that there is high and positive correlation between the two variables that is happiness and self-esteem and both goes together like if the person is happy then they have high self-esteem and vice versa.

Findings

There are two major findings of the research:

1. There is a significant/ positive correlation between self-esteem and happiness
2. The people who are happy are having high self-esteem rather than people who are not happy.

Limitations

The limitation of the research is the research are:

1. Gender based analysis which can be performed by t-test analysis was not considered. Therefore, males and females are not in a equal ratio.
2. The research was limited to the age group of 18-25. If there will be a larger age group then the results would be more reliable.
3. The sample size was only limited to 100 participants. If there will be more participants then there would be more reliable results.
4. Since it was done in pandemic-online mode. The participants have filled the forms in google forms and the results might differs.

Future implications

Recommendation for future researches:

1. The sample size for the research must be taken wider as it would be more reliable.
2. The age group must not be limited as there should be more participants of different age groups so that more participants can participate.
3. The scale which one choose for the research must be reliable.
4. Gender based analysis should be keep in mind as there should be no biases in the research in terms of males and females. If both are in equal number then there would be a more reliable result.

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Conflict of Interest

The author declared no conflict of interest.

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