

Comparative Study

Level of Happiness among Tribal and Urban Adults: A Comparative Study

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ABSTRACT

Happiness is a positive emotional state characterized by feelings of joy, satisfaction, contentment and fulfillment. The present study aimed to analyze and compare the level of happiness among tribal and urban adults. The research was conducted on 57 tribal (28 Male & 29 Female) and 60 urban adults (30 Male & 30 Female) between the age range of 20-80 years. The tribal respondents belonged to Jenu kuruba tribes who were relocated from Nagarahole Reserved Forest to Shettihalli Haadi of Mysore district; whereas the urban respondents were the residents of Mysuru City. Random sampling method was adopted while selecting the subject's during the survey. Happiness Scale (HS-RHM) was used to assess the level and different aspects of happiness. The final results portray that the level of happiness among tribes was above average when compared to urban individuals. However similar level of happiness was recorded among men and women tribes; whereas early, middle and late adult tribes were also observed to be equally happy. The research study indicated that the tribes had greater level of happiness when compared to the urban adults which is attributed to the higher social and spiritual wellbeing among the tribes.

Keywords: *Happiness, Tribes-Shettihalli, Urban-Mysuru.*

Happiness is a topic which has been into the deep inquiry since ages, as every individual has always aspired to lead a happy life. Ancient philosophers and thinkers have emphasized on innate capacity of all human beings to lead an everlasting happy life. Buddha and Aristotle can be considered as early philosophers of happiness. Buddha preached that cause of sadness in man is the desire, while Aristotle claimed that man is a social animal and can attain happiness within political community. Happiness is a state of wellbeing characterized by positive emotions and overall satisfaction with one's life (Himanshi Rastogi and Janki Moorjani, 2005). It is also considered a degree of one's quality of life; therefore, it has been considered by the World Health Organization as a part of the concept of health. Happiness has been considered as a parameter that evaluates one's life over a period of time. Many researchers have found that a number of factors influence happiness; some of them are; geographical, social, physical, economical,

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demographical, political, cultural and so on. Happiness has been considered universally as the most cherished goals. Culture plays an important role in happiness. People in individual cultures report that they locate happiness in personal gains and accomplishments, on the other hand people from collectivist cultures tend to emphasize on the relational, communal and collective aspect of life.

According to the 2011 census, tribal population in India constitutes 8.6% of nation's total population, which encompasses over 104 million people. However, the total number of tribal people recognized by the government of Karnataka is about 42,48,978 that accounts to 6.95% of total population of the state. It's rightly noted that when we go nearer and connect with the nature we experience an innate happiness, tribal population lives closely connected with nature. Research shows that happiness, as a complex multi-dimensional concept, is affected by personal and cultural factors, and it has a strong reflection on all aspects of human life. It can also play the role of a catalyst and facilitator in the development of societies. Happiness is usually considered as a feeling of pleasure. Humanists believed that happiness is fulfillment of human potentials. Henceforth happiness in a larger sense can be considered as a way of living rather than viewing it as a temporary state. Margret Mead (1977) has rightly said that "Never doubt that a small group of thoughtful committed citizens can change the world, indeed it is the only thing that ever has". Though the number of tribal populations is less they still uphold the truth of life that is simplicity is the ultimate sophistication. The current research study tries to examine the aspect of happiness that differentiates the tribal adults from urban individuals. The tribal respondents chosen for the study belonged to Jenu kuruba tribes of Karnataka who were relocated from Nagarahole Reserved Forest to Shettihalli Haadi of Hunsur town, Mysore district. This study opens up an opportunity to learn the secret of happiness from the tribal population and implement the same in urban culture in order to enhance happiness among the urban individuals. Henceforth this study focuses on to draw lessons from the tribal population in leading a happier life.

METHODOLOGY

Samples

The sample consisted of 57 tribal adults that encompassed 28 men and 29 women, 60 urban adults that encompassed 30 men and 30 women in the age range of 20-70 years. The tribal respondents were from the Shettihalli Haadi of Hunsur town, Mysore district (Karnataka), whereas the urban respondents were the residents of Mysore City (Karnataka).

Objectives of the study

- To understand the gender difference in the level of happiness among tribal and urban adults.
- To compare the level of happiness among the early, middle and old age tribal and urban adults.
- To compare the level of happiness among the urban and tribal adults.

Hypothesis of the study

- H-1: The level of happiness is high among women than the men in both tribal and urban adults.
- H-2: Old age tribes and urban adults have higher level of happiness when compared to the early and middle-aged adult tribes.
- H-3: The level of happiness is high among adult tribes.

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Research tool used

Happiness Scale: Happiness scale (HS-RHM) that was used in the current study has been developed by Dr. Himanshi Rastogi and Dr. Janki Moorjani. This scale has 62 valid items spread among following five different dimensions.

1. Subjective well-being
2. Social well-being
3. Emotional well-being
4. Career well-being
5. Spiritual well-being

Statistical Techniques used in analysing the data: Based on the objectives and hypothesis of the study, mean, SD, “t” test and “f” test were used to analyse the data.

RESULT AND ANALYSIS

In this section, the researcher has tried to assess the level of happiness among tribal and urban adults using the happiness scale (HS-RHM) developed by Dr. Himanshi Rastogi and Dr. Janki Moorjani. The data obtained was analyzed as below:

Table No.1: Happiness among men and women tribal and urban adults.

Group	Tribal adults		Urban adults	
	Men	Women	Men	Women
Mean	234.43	235.24	224.10	225.40
Standard Deviation	19.34	19.00	29.28	29.98
SEM	3.65	3.52	5.34	5.47
N	28	29	30	30
t-value	0.160		0.170	
p-value	0.873		0.866	

The above table reveals the level of happiness among urban and tribal men and women. The mean scores of level of happiness among tribal men and women are 234.43 and 235.24 respectively, though the scores indicate a slightly greater score among women, the level of happiness among both the group is **above average**. The scores indicate that tribal men and women have same level of happiness. However, the mean scores of level of happiness among urban men and women are 224.10 and 225.40 respectively, though the scores show a slightly greater score among women. The scores indicate that urban men and women have same level of happiness. Henceforth there was no significant difference in the level of happiness based on gender among urban and tribal adults.

Table No.2: Happiness among early, middle and old age tribal and urban adults.

Group	Tribal adults			Urban adults		
	Early	Middle	Old	Early	Middle	Old
Mean	230.48	236.71	238.75	222.00	221.00	231.25
SD	19.66	19.09	17.66	24.59	31.14	32.25a
SEM	4.29	3.89	5.10	5.49	6.96	7.21
N	21	24	12	20	20	20
f-value	0.921			0.733		
p-value	0.404			0.485		

The above table reveals the level of happiness among the early, middle and old age urban and tribal adults. The level of happiness among tribal adults who were early aged, middle

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aged and the old aged had mean scores of 230.48, 236.71 and 238.75 respectively, though the scores indicate a slightly greater score among old aged adult tribes, the level of happiness among all the three groups is **above average**. Henceforth there was no significant difference in the level of happiness among the early, middle and old age adult tribes. The level of happiness among urban adults who were early aged, middle aged and the old aged had mean scores of 222.00, 221.00 and 231.25 respectively, though the scores indicate a slightly greater score among old aged urban adults, the level of happiness among all the three groups is same. Henceforth there was no significant difference in the level of happiness among the early, middle and old age urban adults. Therefore, the stage of adulthood had no influence on happiness of both tribal and urban adults.

Table No.3: Happiness among tribal and urban adults across various dimensions of happiness.

GROUP	Tribal adults		Urban adults		t value	p value
	Mean	SD	Mean	SD		
Subjective well-being	52.42	5.352	50.03	7.964	0.475	0.636
Social well-being	43.75	4.576	41.83	5.949	1.963	0.042
Emotional well-being	44.32	5.228	42.77	7.266	1.329	0.187
Career well-being	51.63	6.878	50.95	8.579	0.475	0.636
Spiritual well-being	42.72	3.395	39.17	7.36	3.379	0.001
Total	234.84	19.00	224.75	29.33	2.19	0.02

The above table reveals that, there is a significant difference in the **social well-being** and **spiritual well-being** dimensions of happiness with a higher means score in both the dimensions of happiness among the tribes when compared with that of the urban adults. The mean scores of levels of happiness among tribe and urban adults were 234.84 and 224.75 respectively. Henceforth there was a significant difference in the level of happiness among the tribes and urban adults with a **higher level of happiness among the tribes**. The greater level of happiness among tribes can be attributed to a better social and spiritual wellbeing among when compared to urban adults.

DISCUSSION

Fredrikke Herlofson Lunde (2018) has rightly pointed out that, though there are various conditions in which tribes differ from urban population, however gender difference that also exists among both tribal and urban population. In the current study there is no notable gender difference among the tribes or the urban population. Jens Rowold (2011) has rightly highlighted that influence of spiritual well-being on happiness, the outcomes of the current study also had similar results stating that there was a significant difference in the spiritual well-being dimension of happiness with a higher level of spiritual wellbeing among the tribes. The present study revealed that the tribes had greater level of happiness when compared to the urban adults which could be attributed to the higher social and spiritual wellbeing among them. Thus, this research study corroborated with the previous research works.

CONCLUSION

The research study revealed that the tribal men and women had same level of happiness, it was also noted that the urban men and women had same level of happiness. Hence there was no notable gender difference in the level of happiness among the tribal as well as urban adults. The study revealed that happiness among the early, middle and old age adult tribes

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have an above average level of happiness, and this further indicated that there was no significant difference in the level of happiness among the early, middle and old age adult tribes. The present study highlighted that the tribes had a significantly higher level of happiness that is above average where as the urban adults had an average level of happiness. Across the five dimensions of happiness the social and spiritual wellbeing dimensions among tribes were significantly greater when compared to the urban adults. The research study thus indicated that the tribes had greater level of happiness when compared to the urban adults which could be attributed to the higher social and spiritual wellbeing among the tribes.

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Conflict of Interest

The author(s) declared no conflict of interest.

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