

Study of Happiness and Interpersonal Relationships Among Boys and Girls

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ABSTRACT

This study was an attempt to study the level of happiness and interpersonal relationships among boys and girls. The sample comprised of 100 subjects among 25 boys and 25 girls in happiness group and 25 boys and 25 girls in interpersonal relationship. Happiness scale constructed by Sinja Lyubomirsky and self-administrated interpersonal scale was used to collect data. Mean, S.D and t-test were applied for data analysis. The results of the study show that there is significant difference between the mean scores of happiness in boys in comparison to girls similarly significant difference is found between the mean scores of interpersonal relationship boys in comparison to girls. Insignificant difference was found between the mean scores of happiness and interpersonal relationship.

Keywords: *Happiness, Interpersonal relationships and Gender*

The word 'happiness' is used in various ways. In the widest sense it is an umbrella term for all that is good. In this meaning it is often used interchangeably with terms like 'wellbeing' or 'quality of life' and denotes both individual and social welfare.

Happiness is generally defined as subjective well-being, which is to say, an experiential state that contains a globally positive affective tone. It may be narrowly or broadly focused: A person may claim to be happy to have found a lost shoe, happy that the war is over, or happy to be having a good life. Researchers have conceptualized and measured happiness in at least two quite different ways.

One is affect balance, indicating having more pleasant than unpleasant emotional states, and is thus essentially an aggregate of how one feels at different moments. The other, life satisfaction, goes beyond momentary feelings to invoke an integrative, evaluative assessment of one's life as a whole.

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Happiness is a mental or emotional state of well-being characterized by positive or pleasant emotions ranging from contentment to intense joy. Research studies show that our enduring level of happiness (H) is determined by our happiness set point (S), life circumstances (C) (influenced by aspects of temperament and character such as depression and sleep quality) and intentional or voluntary activities (V). Martin Seligman proposed an equation for happiness: $H = S + C + V$. Further, Sonja Lyubomirsky, a prominent researcher in the field of happiness and author of *The How of Happiness*, attached percentages to these components. She suggested that our set point, or happiness level determined by birth or genetics, accounts for 50 percent of happiness; circumstances such as marital status, earnings, and looks determine 10 percent; and the remainder of our happiness comes from intentional activities or things we can do to change our happiness level.

An interpersonal relationship is a strong, deep, or close association between two or more people that may range in duration from brief to enduring. This association may be based on inference, love, solidarity, regular business interactions, or some other type of social commitment. Interpersonal relationships are formed in the context of social, cultural and other influences. The context can vary from family or kinship relations, friendship relations with associates, work, clubs, neighborhoods, and places of worship. They may be regulated by law, custom, or mutual agreement, and are the basis of social groups and society as a whole.

The study of interpersonal relationships involves several branches of the social sciences, including such disciplines as sociology, psychology, anthropology, and social work. Interpersonal skills are vital when trying to develop a relationship with another person. Biswas *et al.* (2014) conducted a study on pleasure. Their findings revealed significant relationships between personality, gender, age and culture respectively with pleasure. Han (2014) conducted a study on social capital and subjective happiness. The results indicate that different types of social capital at different levels may operate differently to happiness. The current study contributed to the empirical social capital literature by simultaneously considering the individual, household, and administrative-area levels and examining each one's association with happiness while controlling for various control variables at multiple levels. Stauffer (2011) examined that happiness improves health and lengthens life. Results revealed happy people tend to live longer and experience better health than their unhappy peers they have anxiety; depression, a lack of enjoyment of daily activities and pessimism all are associated with higher rates of disease and a shorter lifespan. Roysambet *et al.* (2003) conducted a study on happiness and health. Results revealed a differentiated view of SWB-health relations, and imply that both genes and environment play important roles in the associations between well-being and health.

HYPOTHESES

1. There would be significant difference found between the mean scores of happiness in boys in comparison to girls.

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2. There would be significant difference found between the mean scores of interpersonal relationship in boys in comparison to girls.
3. There would be significant difference found between the mean scores of happiness and interpersonal relationship.

Sample

In the present study 100 subjects were selected among 25 boys and 25 girls in happiness group and 25 boys and 25 girls in interpersonal relationship.

Measuring tool

In the present study subjective happiness scale constructed by Sinja Lyubomirsky was used, the scale has 4-item. The reliability of the test was found 0.55 to 0.90 by the test retest reliability method and self administrated interpersonal scale was used.

RESULTS

The main purpose of the present study was to study the level of happiness and interpersonal relationships among boys and girls. The obtained scores were assigned for different response according to the item. Mean value, S.D. value, and t. value of each group is shown separately in giving tables.

Table- 1 Showing mean, S.D, and t. value of happiness boys and girls.

| Groups | N | Mean | S.D. value | df | t. value |
|--------|----|-------|------------|----|----------|
| Boys | 25 | 10.76 | 5.30 | 48 | 1.67* |
| Girls | 25 | 13.32 | 5.74 | | |

*Significant at .05 level of confidence.

Table- 2 Showing mean, S.D, and t. value of interpersonal relationship boys and girls.

| Groups | N | Mean | S.D. value | df | t. value |
|--------|----|------|------------|----|----------|
| Boys | 25 | 5..6 | 1.2 | 48 | 2.00* |
| Girls | 25 | 6.44 | 1.74 | | |

*Significant at .05 level of confidence.

Table- 3 Showing mean, S.D, and t. value of happiness and interpersonal relationship boys and girls.

| Category | N | Mean | S.D. value | df | t. value |
|----------------------------|----|-------|------------|----|----------|
| Happiness | 50 | 12.04 | 5.67 | 98 | 0.77 |
| Interpersonal relationship | 50 | 6.02 | 1.55 | | |

t value is found insignificant at 0.5 level of confidence .

DISCUSSION

The mean scores of happiness of boys were found 10.76 and mean score of girls were found 13.32, S.D. value of boys and girls were found 5.30 and 5.74 respectively, t. value was found 1.67 with df 48 Which is found significant at 0.05 level of confidence thus our hypothesis that there would be significant difference found between the mean scores of happiness in boys in comparison to girls is accepted.

In the present study the mean score of interspersed relationship of boys and girls were found 5.6 and 6.44, S.D. Value of boys and girls were found 1.2 and 1.74 respectively, t. value was found 2.00 with df 48 which was found significant at .05 level of confidence. Thus our hypothesis there would be significant difference found between the mean scores of interpersonal relationship boys in comparison to girls is also accepted.

The mean score of happiness and interspersed relationship were found 12.04 and 6.02 respectively S. D. value of happiness and interspersed relationship was found 5.67 and 1.55 respectively, t. value was found 0.77 with df 98 which is found insignificant at 0.05 level of confidence thus our hypothesis that there would be significant difference found between the mean scores of happiness and interpersonal relationship is rejected. Thus we can say there is no significant difference between the mean scores of happiness and interpersonal relationship.

CONCLUSION

Results shows that there is significant difference between the mean scores of happiness boys in comparison to girls similarly significant difference is found between the mean scores of interpersonal relationship boys in comparison to girls. Insignificant difference was found between the mean scores of happiness and interpersonal relationship.

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Conflict of Interests

The author declared no conflict of interests.

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