



Prosocial behaviour Enhances Happiness among Adults

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ABSTRACT

It has been a long-time endeavour to find out how happiness and prosociality are related in psychological research. Prosocial behaviour and Happiness are the key factors to determine the mental, physical, and social health of an individual. In general, Prosocial Behaviour is to assist somebody without expecting anything consequently preferring caring, money, cast, mindful, and so forth. Atkinson (1965) has defined it as any action performed to benefit another person. Happiness is an inherent feeling at any point of time that a person feels like joy, contentment, and satisfaction. These two ways of behaving influence the activities or actions of the person or an individual. The aim of the research was to investigate the relationship between Prosocial Behaviour and Happiness among male and female adults. A sample of 126 adults between the ages group 19-45 were included in the study. For this purpose, Prosocialness Scale for Adults (PSA) and Oxford Happiness Questionnaire were used. Findings show significant positive relationship and difference in males and females exist in their level of prosocial behaviour and happiness. Further, it was found that the prosociality in an individual is very vital during the growing stage as well and its foundation usually social interaction within family, peers, and friends.

Keywords: - *Prosocial Behaviour, Happiness, Well-being, Prosociality*

1. Introduction

1.1 Background

Prosocial behaviour has been an integral part of Indian society. It is an elusive topic in psychological research. This elusiveness is due to the complexities in the construct, which in addition to its common-sense meaning –voluntary actions are taken to help care for, assist or comfort others – also consists of a range of other characteristics.

The notion of Prosocial Behavior isn't new in India. India, the land of cultural diversity has the spirit of such behavior in the guts of cultural and non-secular practices in India. India may be a collectivistic culture in nature and hence focuses on the priority basis of the necessity to figure for the welfare of the society as an entire. In everyday life, we often hear from our elders, teachers, and parents that there is unity in diversity where every culture is based on the same moral values designed to help others.

Prosocial behaviors can be extracted from any religion through sayings, quotes, or events that have happened. Therefore, according to one holy book, i.e., Bhagwad Gita, which quotes that “gift which is given out of duty, at the right time and place, to a worthy person, and without expectation of return, is taken into account to be charity within the mode of goodness”. Also, in Sikhism. According to AdiGranth, it's quoted that “without selfless service are not any objectives fulfilled; in commission lies the purest action.”

Pro social behaviour and happiness are the key factors to determine the mental, physical, and social health of an individual.

1.2 Prosocial Behaviour

Sometime in the 1970s, the Prosocial Behaviour was presented or coined by sociologists as an alternative for antisocialist manners or actions. Defining prosocial and determining if it truly exists, has long been a subject of debate. Prosocial behavior has been an integral part of Indian society. Pro social Behaviour is to assist somebody without expecting anything consequently with preferring caring, money, cast, mindful and so forth. “A voluntary behavior meant to benefit another person is also classified as Prosocial Behaviour” (1979, Staub).

Steps of Prosocial Behaviour in Emergency Situations

There are 5 steps of Pro- social Behaviour which are given by (Darley & Latane, 1969) which are as follows: -

Noticing the Problem

In this first step, the bystanders first recognize that whatever is happening isn't normal, usual, or common. It's a problem. (Whether it is an emergency or not).

Interpreting the Problem as an Emergency

This step is followed by Step-2, which explains that after noticing the problem bystanders decide whether it's an emergency or not.

Assuming whether it's your Responsibility or not: -

This step is followed by both steps (step -1 & step 2) which explain whether it's a responsibility of helping the other which bystanders decide.

Knowing the problem

It was seen that when every one of the means are done, then, it is the responsibility of the person to do the same. And this step is always followed by Step -5.

Making the Decision to help

The last step, which should be already followed by performing all the above steps. This step explains that the person has decided to help. And then, eventually, they have to help, there is no other option for that person.

1.3 Happiness

The concept of true happiness is not a novel topic in this world. People around the globe, from ancient times, have been searching for the true meaning of happiness and how to attain it, as the primary goal of every person world, from the dawn of time human beings are desperately in search of the true meaning of happiness and how one can attain it as the primary goal of each human around the globe.

Happiness is an inherent feeling at any point of time that a person feels like joy, contentment, and satisfaction. These two behaviors affect the deeds or actions of an individual.

It is rightly stated by Mother Teresa that "Nothing makes you happier than when you mercifully care for a gravely injured person." Happiness can be understood in different aspects. According to positive psychology, happiness is a style or category of feeling characterized by joy, satisfaction, delight, and pleasure.

According to Oxford Dictionary, Happiness is defined as the "state of being happy" and Happy is defined as the "feeling or showing pleasure or contentment".

Happiness is a state, not a trait; in other words, it isn't a long-lasting, permanent feature or personality trait, but a more fleeting, changeable state.

The concept of true happiness is not a new topic in this world, since human beings in ancient times desperately searched for the real sense or real meaning of happiness and how it can be achieved since the main goal of every human being is to achieve happiness.

Components of Happiness

Satisfaction of Life

It states how much one is satisfied with his/her life and also, how one feels at various points of life like work; relationships; accomplishments; or where you observe that there are more significant or useful or major things in your day-to-day existence. which you observe that there are more significant things in my day-to-day existence.

Balance between emotions

It states what type of emotions (like positive or negative); moods; or feelings.

Types of happiness

There are various types of happiness. But, Aristotle (the Greek Philosopher); describes Happiness as a "form of living and faring well" in the Nicomachean Ethics. Happiness, to him; was synonymous with spiritual life. According to him, there are two types of happiness: -

Eudemonia

This is made out of the desire for virtue; and meaning. It is the. state wherein the person encounters satisfaction by playing out his ethical obligations well.

Hedonism

This is made out from the pleasure. The joy may include the immediate or short-term fulfillment of one's desires.

Psychology expert, "Martin Seligman" an American Psychologist, defined it as, "A state of happiness is a sense of enduring well-being including the fulfillment of pleasant life; good life; and in the meaningful parts of life" (2012). This model addresses the five central components of joy and prosperity.

PERMA Model fundamentally represents Positive Emotions; Engagement; Relationships; Meaning; and Accomplishments which are also the keystones or the building stone for PERMA (as one can see in Figure 1). Each acronym has its own further explanations. Elements, or Components of the PERMA Model are as follows: -

First is Positive Emotions. It states that being happy starts with positive emotions, which are the quickest route to being content. Positive emotions are a result of feeling good. This emotion is not limited to a person flashing a smile because anyone can do that; or, sadly; that can even be faked. Second is Engagement which is the second component of the PERMA Model, pertains to something that people can be engrossed with or absorbed in with something.

Third is Relationships which pertains to feeling upheld; cherished; and esteemed by other people. This includes every one of the different cooperation's people have with accomplices; companions; relatives; partners; managers, guides, bosses; and their local area in general.

Fourth is Meaning. This component says that; each individual is on the, the quest for significance and the needs for having a feeling of significant worth and worth. And every individual wants a "purpose in life "to live.

Fifth is Accomplishments. This component can be called by further names like competence; achievement; or mastery. According to Seligman, this component contributes to well-being as individuals can take pride in their lives and could be proud of themselves.

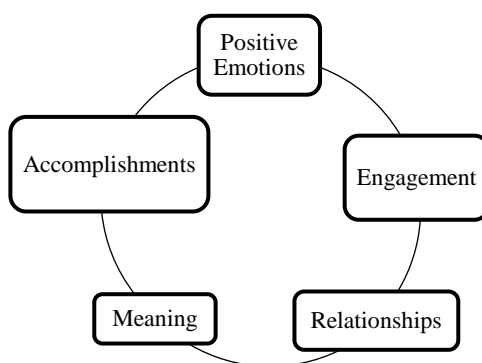


Figure 1: PERMA MODEL

2. Review of literatures

Chen, Tian, et al., (2020) conducted a longitudinal study on the bi-directional relationship between Prosocial behaviour in elementary school children and subjective well-being (SWB) in school students. The principle of this study is to examine, longitudinally, how SWB in school and Prosocial behaviour relate among elementary schooled children. 634 participants were taken from the Chinese elementary school. Results show that SWB and prosocial behaviour in elementary schools are positively correlated.

Chiva-Bartoll, O., Montero; et al; (2020) conducted a study on how service-learning affects teachers' education students' subjective happiness, professional learning, Prosocial behaviour, and physical education. The objective of this paper is to analyze the effects of a service-learning initiative on prosocial behavior (PB); professional learning (PL); subjective happiness (SH); perceptions of Physical Education Teacher Education (PETE) students and to examine their correlations. Quasi-experimental design of two non-equivalent groups (control and experimental) comparing pre-test and post-test data was used. According to results, SL had a significant effect on SH only when the students compared themselves with their peers. Despite this, influence of SL on how PB and PL are perceived was significant across several dimensions.

Newey; et al., (2019) conducted a study on what is the relationship between pro social behaviour and imitation. In this study, 153 participants participated. He suggests, that a relationship exists between prosocial behaviour, and, imitation. For instance, priming, and pro-sociality behaviour has been revealed to extend imitative tendencies in automatic imitation tasks.

Ding & Shao (2018) conducted a study on how moral judgment, moral identity, and moral elevation help in motivating Prosocial behaviour among Chinese young adults. In this study, 264 Chinese students (undergraduate and graduate) participated. The study proved that moral elevation mediated the effect of moral judgment on prosocial behavior, and moral identity moderated this mediation through interacting with moral elevation.

Dunn et al; (2014) conducted a study on how using money benefits others pays off and how it affects happiness and Prosocial behaviour. The research shows that the people who use their money for the benefit of others rather than their wishes and needs are happier and more contented. They observed that how people spend their money also matters for their happiness. They gave individuals \$ 5 or \$ 20 to spend on a college campus before the day ended. They asked half of them to spend it on themselves and the other half were asked to spend it on others. People who were asked to spend money on others reported that they felt happier throughout the day. On the contrast, people who were asked to spend on themselves informed that they were less happy during the day. A surprising finding was that it did not make any difference whether individuals could spend \$ 5 or \$ 20.

3. Methodology

3.1 Aim

To investigate the relationship between Prosocial Behaviour and Happiness among adults.

3.2 Objectives

1. To study the relationship between Prosocial Behaviour and Happiness among adults
2. To study the difference in Prosocial Behaviour and Happiness among male and female adults.

3.3 Hypotheses

1. There will be a significant positive relationship between Prosocial Behavior and Happiness among adults.
2. There will be a significant difference in Prosocial Behavior and Happiness among male and female adults.

3.4 Design

In this research paper, Correlational Design is used. The correlational approach examines relationships between variables without manipulating or controlling any of them. There is a correlation between two variables (or, more) if the two are related to each other systematically. The correlation can be either negative (- ve) or positive (+ ve).

3.5 Variables

Two variables are used in this study which are Prosocial Behaviour and Happiness.

3.6 Sample

A sample of 126 adults between the age group of 19-and 45 will be taken. To compare the significant difference in Prosocial Behaviour and Happiness in males and females for those 60 males and 66 females were used in this research project. Purposive sampling will be done. As a form of non-probability sampling, Purposive sampling is also called judgmental sampling, subjective sampling, or selective sampling.

3.7 Description of tools

Prosocialness Scale for Adults (PSA)

It was developed by Caprara (2005) and was used to measure Prosocial Behaviour among Adults. It consists of a total of 16 questions. It is on a scale of 5-point. Response possibilities range from 1(Never/Rarely), 2 (Rarely), 3 (Occasionally), 4 (Often), and 5 (Always/Almost Always).The questionnaire (PSA) reliability coefficients were found, 0.70 for the, former; and; 0.91 for the, latter. The validity of this questionnaire is reliable, and valid, instruments to examine the Prosocialness behaviour in adults.

Oxford Happiness Questionnaire (OHQ)

OHQ was developed by two psychologists, Michael Argyle; and; Peter Hills in 1989 at Oxford University. It consists of a total of 29 questions in which respondents were asked to measure their happiness scale. It is on a scale of 6 points. Response possibilities range from 1 (Strongly disagree), 2 (Moderately disagree), 3 (Slightly disagree), 4 (Slightly agree), 5 (Moderately agree), and 6 (Strongly agree). Higher scores demonstrate a proportion of wide joy. This questionnaire has a high scale alpha reliability of 0.91. the inter-item correlation range of -0.04 to 0.65. The personality variables tend to correlate strongly with the questionnaire OHQ (Hills and Agyle, 2000). Based on its construct validity, the questionnaire OHQ seems to be the preferred assessment method. (Hills and Argyle, 2002).

3.8 Procedure

Firstly, the rapport formation was done with the participant and was made sure by the researcher that the participant is comfortable and understood the instructions properly. After that, the questionnaire were given to participants, and were asked to fill ,The respondents were also instructed that the responses will be kept confidential; and there are no correct that are right or wrong answers. There is also no time limit. After that, the answered responses were put together and were taken for scoring and results.

3.9 Statistical Analyses

Data was assessed using the statistical tool. In this study, the various statistical tools which were used are as follows: -

1. Mean
2. Standard Deviation (SD)
3. Correlation between Prosocial Behaviour and Happiness is evaluated.
4. The comparison is also done between males' and females' Prosocial Behaviour; and Happiness; with the T-test's help.

4. Results:

Table 1: The following table shows the Mean and SD of variables under study.

Variables	Mean	SD
Prosocial Behaviour	63.36	7.7
Happiness	4.32	0.6

Graph 1: The following graph shows the mean and standard deviation of prosocial behavior and happiness of 126 respondents males and females.

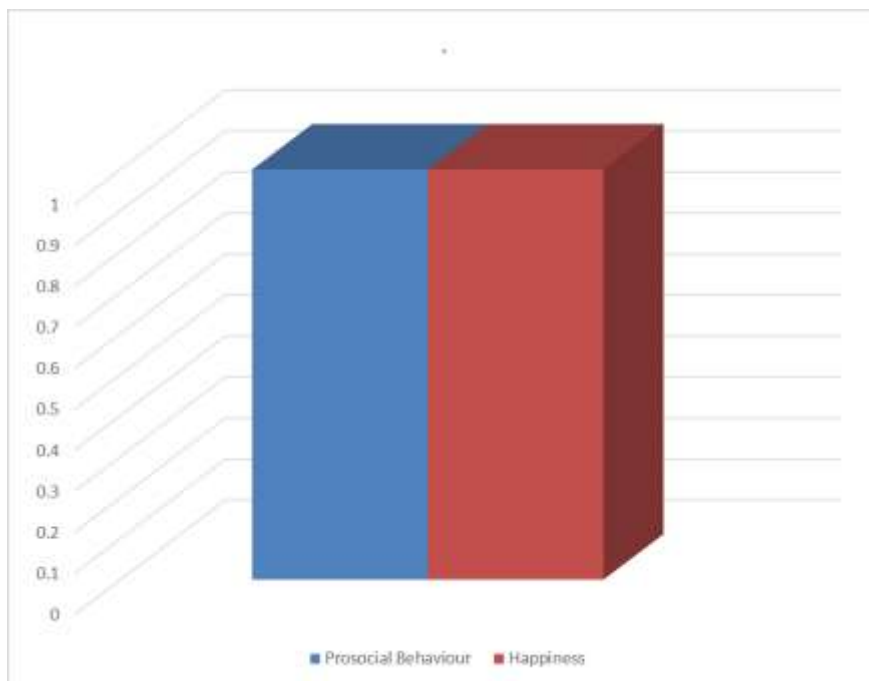


Table 2: The following table shows the correlation between Prosocial behavior and Happiness at 0.01 level.

Correlations			
		Prosocial	Happiness
Prosocial	Pearson Correlation	1	.274**
	Sig. (1-tailed)		<.001
	N	126	126
Happiness	Pearson Correlation	.274**	1
	Sig. (1-tailed)	<.001	
	N	126	126

**. Correlation is significant at the 0.01 level (1-tailed).

Table 3: The following table shows the t-value (t-test) of the variables.

Group	Variable	t-test value	t-test(p-value)	Significance level
Male	Prosocial Behaviour	2.40379	0.017706	0.05
Female				
Male	Happiness	0.86847	0.386817	0.05
Female				

Discussion

The research aims to investigate the relationship between Prosocial Behaviour and Happiness among adults. Prosocial Behaviour is to assist somebody without expecting anything consequently with preferring caring, money, cast, mindful and so forth. On the contrast, Happiness is an inherent feeling at any point of time that a person feels like joy, contentment, and satisfaction. The research was conducted on the sample population of 126 of which 66 were females and 60 were males. Results indicate positive relationship between the variables that is those who are prosocial will be happier in comparison to those who are not.

In Table 1, the mean of the Pro social Behaviour was found out to be 63.36 and for Happiness was 4.32. Also, from the above same table, we could see that the Standard Deviation (SD) of Pro social behaviour was 7.70 and the SD for Happiness was 0.60 for 126 participants of which there were 66 females and 60 males.

The first objective of the research was to study the relationship between Prosocial Behaviour and Happiness among adults was found to be positive. Table 2 shows the correlation between Prosocial Behaviour and Happiness among adults. Prosocial Behaviour is positively correlated with happiness significant at 0.01 level.

There are many studies that shows that wealth or capital cannot purchase happiness or any kind of joy. There is a positive relationship between Prosocial Behaviour and Happiness as people who spent their money on others are found to be happier and merrier than those who have the capacity but do not spend money on others. Dakin &, Bastian. (2022) in their study found that modification of sense of prosocial behavior in ones' subjective experience was specially connected with both happiness and meaning of daily life. Further, self- mentioned prosociality bring about an increase in happiness in daily life.

The second objective of the research was to study the difference between Prosocial Behaviour and Happiness in male and female adults. Table 3 shows Prosocial behaviour has a significant difference in females and males among adults at 0.05 level which is p-value = 0.017 and t value = 2.40 .Same has been supported in a research work of Eagly(2009) that males tend to be more helpful than females. On the same lines Kret and De Gelder(2012) did a research and found that when they included the pictures of boys and girls in their stimuli to investigate the potential influence of gender on children's need-of-help recognition, gender played role in the same. On the other hand, in the research no major difference in the level of happiness of female and male adults. A study of Chui & Wong (2016) about gender differences in Happiness and Life Satisfaction revealed that gender had no role in establishing one's level of happiness, but other factors have like life satisfaction, achievement, self-esteem, and purpose in life.

Conclusion

To help or not to help is something we all deal with at various points in our life. The purpose of this study was to assess the relationship between Prosocial Behaviour and Happiness in adults. Findings have proven that there is a significant positive relationship between these and a significant difference in Prosocial Behaviour among male and female adults. Eagly (2013) also found in his survey research that human's tendency to help and prosocial behaviour is dependent on the gender as well. Although no major difference was found in Happiness among male and female adults.

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