



A Comparative Study in Subjective Happiness between Male and Female Adolescents

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ABSTRACT

For humans, happiness is a subjective experience with a higher purpose. According to psychological research, subjective happiness involves both emotional and cognitive components and may be quantified with accuracy. The perception of happiness reflects an overall assessment of life. The idea of subjective happiness derives from the "hedonic" viewpoint, which views happiness or well-being as maximizing pleasure and minimizing or avoiding sorrow. Adolescence is a very important stage of life. Whatever a person acquires in adolescence affects him for the rest of his life. In this research, the subjective happiness of adolescents has been measured. In this research, 30 boys and 30 girls have been taken, who are students of 9th and 10th. The subjective Happiness Scale (Lyubomirsky, S., & Lepper, H., 1999) has been used to measure Subjective Happiness.

Keywords: Subjective Happiness, Adolescents.

INTRODUCTION

The stage of development between childhood and adulthood is known as adolescence. There are major physical changes as well as changes in how young person interacts with their environment. Any person between the ages of 10 and 19 is considered an adolescent on behalf of the World Health Organization (WHO). Due to the several physical, erotic, intellectual, communal, and children and their families can experience excitement and fear in the sensitive changes that happen during this time. "It is easier to build strong children than to heal damaged men," Frederick Douglass once stated. And it's accurate. Thus, we see that adolescence is a very important stage that is very influential throughout the subsequent life of an individual. All human beings have a basic desire to lead a happy life. When people ask what the biggest thing in their lives is, they tend to reply "Happiness". It is possible to recognize subjective happiness as one of the key tenets of positive psychology (Diener, Lucas, & Oishi, 2002). The perception of happiness reflects an overall assessment of life. Aristotle defined happiness as "a thriving human life," which he defined as "A way of life that is dynamic, includes everything of inherent value, and is complete, implying that it contains everything it needs to be richer or better." (Nussbaum, 2005). The key to happiness has remained a topic of intense interest from Aristotle and the writers to the contemporary philosophers, statesmen, novelists, and authors of popular psychology. Happiness has gained special attention in recent years among psychologists and health experts. Happiness is defined differently in different societies, and this is typical because of differences in culture, values, and beliefs. Considering India's economic size, education level, and national income, these results are shocking and need various efforts and attention to increase people's happiness numbers. "We can all name individuals who continuously experience happiness despite adversity or individuals who consistently experience sadness even in the most ideal of circumstances" (Myers and Diener, 1995). With the rise of positive psychology, there is increasing interest in investigating human strength and potential and the factors that contribute to human well-being, satisfaction, and abundant life. This interest has given rise to empirical research focusing on human positive cognition and emotions, and a representative research area is a human happiness. Early studies on happiness were interested in whether people with objective factors were happier, but demographic factors or objective indicators such as age, marital status, and income were not the main factors determining human happiness that have been reported. Therefore, it is desirable to understand the subjective sense of happiness, which is to ask each individual whether they are enjoying a happy life, in order to ascertain the degree of individual happiness since a highly objective life condition is not necessarily happy life. Subjective happiness refers to the overall feeling that a person experiences in their life, and it refers to a person's perceived happiness. In more recent cognitive theories of subjective well-being, happiness is viewed as a state in which a person positively evaluates and judges his or her life. It is believed that happiness can be experienced when interpreted positively and optimistically. Major organizations around the world are emphasizing measuring social welfare, development, and happiness and its ranks are also being released. The World Happiness Report 2022 has estimated the happiness of 146 countries in which the happiness scale has been set from 1 to 10. According to the World Happiness Report 2022, India is ranked 136th in the ranking of 146 countries, which is a very worrying topic. The average happiness of an Indian was estimated at 3.777. In this study, Finland, Denmark, and Iceland topped the list, with averages of 7.821, 7.636, and 7.557, respectively.

RELATED WORK

“Due to the negative effects caused by diverse circumstances encountered throughout life, the phenomena of happiness, which has long been the subject of investigation, has developed into a concept that needs much more in-depth investigation,” says one researcher (Baysal & Aka, 2013). “In truth, the concept of happiness, which varies from person to person, might take the place of concepts like efficiency, happiness, well-being, contentment with the quality of life, and subjective well-being.” (Bülbül & Giray, 2011; Gumus & Isik, 2018; Işık, Gümüş, Okudan, & Yılmaz, 2014). “Happiness develops with each person's emotional state, interests, desires, and requirements, and each person's demands are unique” (Köse, Uzun, Ozlü, Celik, & Erbaş, 2019). According to the definition of happiness, “someone is happy when they feel good more often than they feel bad and are generally satisfied with their lives” (Argyle, Martin, & Crossland, 1989). In addition, “Happiness is a term that is directly tied to how a person views himself.” (Eryılmaz, 2010).

Methodology

The Subjective Happiness Scale (Lyubomirsky, S., & Lepper, H., 1999) has been used to measure Subjective Happiness. In this research, 30 boys and 30 girls have been taken, who are students of 9th and 10th.

I. Operational Definition:

Subjective Happiness- A way of life that is dynamic, includes everything of inherent value, and is complete, implying that it contains everything it needs to be richer or better. The perception of happiness reflects an overall assessment of life.

Adolescents- The term adolescence refers to the stage of development between childhood and adulthood. On behalf of the WHO, any person aged 10 or 19 years is considered to be an adolescent.

II. Purpose of the study:

- To study Subjective Happiness among male and female adolescents.

III. Aim:

- To find the difference in Subjective Happiness among male and female adolescents.

IV. Hypothesis:

- There will be a significant difference between male and female adolescents on Subjective Happiness.

V. Variable

- Age (Adolescence 14-17 years)
- Male/Female
- Class 9th & 10th

VI. Sample of the study & Procedure of data collection:

The sample size will comprise 60 from Rajasthan and Punjab. A purposive sampling method will be used. Online data was collected by creating a Google form of the Subjective Happiness Scale.

- The sample size of Adolescence is 60 (Ages 14-17) both Male/Female.

VII. Subjective Happiness Scale (Lyubomirsky, S., & Lepper, H., 1999)

A 4-item self-report tool called the Subjective Happiness Scale (SHS) was created to gauge a person's overall level of happiness as determined by self-evaluation. Ratings might be anything between 1.0 and 7.0, with higher scores indicating happier respondents.

VIII. Statistical Analysis-

Several statistical procedures were used to obtain the mean, standard deviation, and "t" test after scoring.

IX. Result & Discussion-

X. Table comparing the Subjective Happiness of male and female adolescents by Mean, SD, and "t" value.

	Group	N	Mean	SD	df	T	Significance level
Subjective Happiness	Female	30	19.30	3.22	58	5.07	.01
	Male	30	22.76	1.88			

- In the preceding table, the average scores of subjective happiness for males and females are 19.30 and 22.76, respectively, with respective SDs of 3.22 and 1.88. The “t” value is 5.07 with df 58 which is significant at a .01 level of confidence. The result table shows a considerable difference between the mean scores for males and females in terms of subjective happiness. Therefore, the hypothesis that there will be a significant difference in Subjective Happiness between males and females was accepted.

Conclusion of study -

The data analysis and interpretation revealed the following findings:

Males were found to have a higher mean score on the factors relating to subjective happiness than females. In the Study, we can say that subjective happiness is higher in male adolescents because male adolescents can easily come out of the house, and there are fewer restrictions on them than female adolescents. When girls' rights are compromised, their happiness suffers. In India, it is not considered safe for female adolescents to stay outside of the house for a long time, due to which there is a lot of restriction on their going outside, due to this their freedom interferes which reduces their happiness. The logical conclusion is that once girls' rights improve, their subjective happiness levels will increase.

Acknowledgment: My sincere gratitude to everyone who contributed significantly to this work. We cannot, however, mention his name. We apologize for this.

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