

Happiness among graduate and post graduate students

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ABSTRACT

The present study aimed to know the happiness among graduate and post graduate students. It also aimed to check happiness with reference to gender and type of degree. Happiness Scale (HS–RHMJ) by Himanshi Rastogi and Janki Moorjani (2017) was used. The sample constituted total 120 students out of which 60 were from boys students (30 graduate and 30 post graduate) and 60 from girls students (30 graduate and 30 post graduate). The data was collected from Ahmedabad City. The data was scored, analyzed as per the manual. ‘F’ test was being calculated. The result showed that 1. There is significant difference in the mean score of happiness among the boys and girls students. Therefore it could be said that, the girls students group is having more happiness than boys students group, 2. There is no significant difference in the mean score of happiness among the graduate and post graduate students and 3. There is no significant difference in the interactive effect of the mean scores of happiness with regards to gender and type of degree.

Keywords: *Happiness, Boys Students And Girls Students, Graduate And Post Graduate*

Happiness is primarily a subjective phenomenon “for which the final judge is whoever lives inside a person’s skin” (Diener, 1984). The ancients believed happiness was not achieved, but either god-given or due to chance. If happiness was experienced, it was not a function of the individual but rather was generously bestowed upon them by the cosmos (Bruhin et al, 2009).

People typically equate happiness with the yellow smiley-faced icon. Happiness, many maintain, is about feeling “good.” It is about massages, lazy Sundays, and poolside margaritas. Hershey’s has even recently marketed a dark chocolate bar that has happiness imprinted all over it. Consumers are presumably meant to believe happiness will engulf them with each morsel. After all, eating chocolate is followed by joy. However, happiness is not solely synonymous with intense pleasure; that is too shallow a conceptualization (Clark et al, 2008).

What is happiness?

It seems like an odd question, but is it? Do you know how to define happiness? Do you think happiness is the same thing to you as it is to others? What’s the point of it all? Does it even make

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a difference in our lives? In fact, happiness does have a pretty important role in our lives, and it can have a huge impact on the way we live our lives. Although researchers have yet to pin down the definition or an agreed-upon framework for happiness, there's a lot we have learned in the last few decades.

Azadeh Lesani, (2016) have studied the happiness among college students. The findings of the present study show that a happiness score among our sample study was slightly low and people with high happiness scores had a healthier lifestyle, i.e. more physical activity and less tobacco smoking. College students should be encouraged to do regular exercise as a way to increase the happiness level.

Objective

The objectives are:

1. To Study the happiness among boys and girls students.
2. To Study the happiness among graduate and post graduate students.
3. To Study of the interactive effect of happiness with regards to gender and type of degree.

METHODOLOGY

Hypothesis

1. There will be no significant difference in the mean score of happiness among the boys and girls students.
2. There will be no significant difference in the mean score of happiness among the graduate and post graduate students.
3. There will be no significant difference in the interactive effect of the mean scores of happiness with regards to gender and type of degree.

Sample

The sample of the present study constituted total 120 students out of which 60 were from boys students (30 graduate and 30 post graduate) and 60 from girls students (30 graduate and 30 post graduate).

Research Design

A total sample of 120 students' equally distributed between gender and type of degree from Ahmedabad City selected for the research study.

Showing the table of Sample Distribution

Gender	Gender		Total
	Boys	Girls	
Graduate	30	30	60
Post-graduate	30	30	60
Total	60	60	120

Variable

Independent Variable

1. **Gender** : Boys and Girls students.
2. **Type of Degree**: Graduate and Post-graduate.

Dependent Variable : Happiness Score.

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Tools

The Happiness Scale (HS–RHMJ) by Himanshi Rastogi and Janki Moorjani (2017). This scale consists 62 items divided into five areas–I. Subjective Well-being, II. Social Wellbeing, III. Career Well-being, IV. Emotional Well-being, V. Spritual Well-being. The reliability of the scale was calculated on the basic of Split Half (Odd-even method). It was calculated to be r=0.88. The validity correlation was calculated to be $r = 0.91$.

Procedure

The permission was granted from various colleges for data collection in Ahmedabad City after the establishment of rapport, personal information and the Happiness Scale was administrated the data was collected, scored as per the manual and analyzed. The statistical method ‘F’ test was calculated and results were interpreted.

RESULT AND DISCUSSION

Table : 1 The Table showing sum of variance mean ‘F’ value and level of significance of gender and type of degree.

Sum of Variance	Df	Mean	F-value	Sign. Level
SS _A	1	11960.03	7.67	0.01*
SS _B	1	3808.13	2.44	N.S.
SS _{A*B}	1	1442.13	0.92	N.S.
SS _{Error}	116	1559.92	—	—
SS _{Total}	119	198161.17	—	—

*0.05=3.92, **0.01=6.84, N.S.= Not Significant

A = Gender
 A₁ = Boys
 A₂ = Girls

B = Type of Degree
 B₁ = Graduate
 B₂ = Post-Graduate

Table : 2 The Table showing the Mean Score of happiness of gender.

	A (Gender)		‘F’ value	Sign.
	A ₁ (Boys)	A ₂ (Girls)		
M	262.93	282.90	7.67	0.01
N	60	60		

The above table no.2 shows the mean score of happiness among boys and girls students. The mean score of boys students group is 262.93 and girls students group is 282.90. The ‘F’ value is 7.67 is significant at 0.01 level. This means that the two group interaction effect under study differ significantly in relation to happiness and gender. It should be remembered here that, according to scoring pattern, higher score indicates more happiness. Thus, from the result it could be said that, the girls students group is having more happiness than boys students group. Therefore, the hypothesis no.1 that, “There is no significant difference in the mean score of happiness among the boys and girls students” is rejected.

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Table : 3 The Table showing the Mean Score of happiness of type of degree.

	B (Type o Degree)		'F' value	Sign.
	B ₁ (Graduate)	B ₂ (Post- Graduate)		
M	267.28	278.55	2.44	N.S.
N	60	60		

The above table no.3 shows the mean score of happiness among graduate and post- graduate students. The mean score of graduate students group is 267.28 and post-graduate students group is 278.55. The 'F' value is 2.44, which was found to be not-significant level at 0.05. Therefore the hypothesis no.2 that, "There is no significant difference in the mean score of happiness among the graduate and post- graduate students" is accepted.

Table : 4 The Table showing the interactive effect of the Mean Score of happiness of gender and type of degree.

			A		'F' value	Sign.
			A ₁	A ₂		
M	B	B ₁	253.83	280.73	0.92	N.S.
		B ₂	272.03	285.07		
N			60	60		

The above table no.4 shows the interactive effect of happiness among the gender and type of degree. The mean score of boy graduate students group is 253.83, boys graduate students group is 272.03, girls graduate students group is 280.73, girls graduate students group is 285.07. The 'F' value is 0.92 which was found to be not-significant level at 0.05. Therefore, the hypothesis no.3 that, "There is no significant difference in the interactive effect of the mean scores of happiness with regards to the gender and type of degree" is accepted.

CONCLUSION

1. There is significant difference in the mean score of happiness among the boys and girls students. Therefore, it could be said that, the girls students group is having more happiness than boys students group.
2. There is no significant difference in the mean score of happiness among the graduate and post graduate students.
3. There is no significant difference in the interactive effect of the mean scores of happiness with regards to gender and type of degree.

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Conflict of Interest

The author declared no conflict of interest.

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