

## A Study on Happiness of Government and Private Bank Employees of Ahmedabad City

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### ABSTRACT

The present study aimed to know the happiness of government and private bank employees. It also aimed to check happiness concerning gender. The happiness Scale (HS–RHMJ) by Himanshi Rastogi and Janki Moorjani (2017) was used. The sample constituted a total of 120 bank employees out of which 60 were government employees (30 male and 30 female) and 60 from private employees (30 male and 30 female). The data was collected from Ahmedabad City. The data was scored, and analyzed as per the manual. ‘F’ test was being calculated. The result showed that the private bank employees group is having more happiness than the government bank employees group. There is no significant difference in the mean score of happiness among the male and female bank employees. There is no significant difference in the interactive effect of the mean scores of happiness with regards to the type of employees and gender.

*Keywords: Happiness, government and private employees, male and female.*

**H**appiness is something that people seek to find, yet what defines happiness can vary from one person to the next. When most people talk about the true meaning of happiness, they might be talking about how they feel in the present moment or referring to a more general sense of how they feel about life overall.

Happiness is an emotional state characterized by feelings of joy, satisfaction, contentment, and fulfillment. While happiness has many different definitions, it is often described as involving positive emotions and life satisfaction. Because happiness tends to be such a broadly defined term, psychologists and other social scientists typically use the term 'subjective well-being' when they talk about this emotional state. Just as it sounds, subjective well-being tends to focus on an individual's overall personal feelings about their life in the present. (Kendra Cherry, 2022).

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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. From the past for many decades many researchers have pondered on the meaning of happiness and how it might be attained. Philosophers and religious thinkers often define happiness in terms of living a good life, or flourishing, rather than simply as an emotion. Chekoladefined happiness as the harmonious satisfaction of one's desires and goals. Shin and Joshson (1978) defined happiness as the global assessment of a person's quality of life according to his chosen criteria. According to Waterman (1993), there are two aspects to happiness. One is "personal expression" and the other is "hedonic enjoyment." Personal expression is self-actualization, i.e., using our talents, taking on meaningful challenging projects, working hard and guided by our values, and feeling confident and satisfied. Hedonic enjoyment is having fun, i.e., satisfying our needs, feeling relaxed, excited, happy, content, etc., and being able to forget our problems. In the view of Martin Seligman, individuals seem happiest when they have Pleasure (tasty foods, warm baths, etc.), Engagement (or flow, the absorption of an enjoyed yet challenging activity), Relationships (social ties have turned out to be an extremely reliable indicator of happiness), Meaning (a perceived quest or belonging to something bigger), and Accomplishments (having realized tangible goals).

Two key components of happiness (or subjective well-being) are:

- **The balance of emotions:** Everyone experiences both positive and negative emotions, feelings, and moods. Happiness is generally linked to experiencing more positive feelings than negative ones.
- **Life satisfaction:** This relates to how satisfied you feel with different areas of your life including your relationships, work, achievements, and other things that you consider important.

### Signs of Happiness

While perceptions of happiness may be different from one person to the next, there are some key signs that psychologists look for when measuring and assessing happiness.

Some key signs of happiness include:

- Feeling like you are living the life you wanted
- Going with the flow and a willingness to take life as it comes
- Feeling that the conditions of your life are good
- Enjoying positive, healthy relationships with other people
- Feeling that you have accomplished (or will accomplish) what you want in life
- Feeling satisfied with your life
- Feeling positive more than negative
- Being open to new ideas and experiences
- Practicing self-care and treating yourself with kindness and compassion
- Experiencing gratitude

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- Feeling that you are living life with a sense of meaning and purpose
- Wanting to share your happiness and joy with others

Types of happiness that may fall under these three main categories include:

- **Joy:** A often relatively brief feeling that is felt in the present moment
- **Excitement:** A happy feeling that involves looking forward to something with positive anticipation
- **Gratitude:** A positive emotion that involves being thankful and appreciative
- **Pride:** A feeling of satisfaction in something that you have accomplished
- **Optimism:** This is a way of looking at life with a positive, upbeat outlook
- **Contentment:** This type of happiness involves a sense of satisfaction

Nayanika Singh and Ibadat Khan (2013) had finding that private sector bank employee is higher on psychological capital than government sector bank employee's stands proved, the private sector bank employee will be higher on happiness than government sector bank employees stands proved.

### *Objective*

The objectives are:

1. To Study the happiness among government and private bank employees.
2. To Study the happiness among male and female bank employees.
3. To Study the interactive effect of happiness with regards to the type of employees and gender.

## **METHODOLOGY**

### *Hypothesis*

1. There will be no significant difference in the mean score of happiness among the government and private bank employees.
2. There will be no significant difference in the mean score of happiness among the male and female bank employees.
3. There will be no significant difference in the interactive effect of the mean scores of happiness with regards to the type of employees and gender.

### *Sample*

The sample of the present study constituted total 120 bank employees out of which 60 were from government employees (30 male and 30 female) and 60 from private employees (30 male and 30 female).

**Research Design :** A total sample of 120 bank employees equally distributed between the type of employees and gender from Ahmedabad City was selected for the research study.

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### Showing the table of Sample Distribution

Gender	Type of Employees		Total
	Government	Private	
Male	30	30	60
Female	30	30	60
<b>Total</b>	60	60	120

### Variable

#### Independent Variable

1. **Type of Employees** : Government and Private.
2. **Gender** : Male and Female.

**Dependent Variable** : Happiness Score.

### Tools

The Happiness Scale (HS–RHMJ) by Himanshi Rastogi and Janki Moorjani (2017). This scale consists of 62 items divided into five areas–I. Subjective Well-being, II. Social Wellbeing, III. Career Well-being, IV. Emotional Well-being, V. Spiritual Well-being. The reliability of the scale was calculated on the basis 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 banks 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 the results were interpreted.

## RESULT AND DISCUSSION

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

Sum of Variance	Df	Mean	F-value	Sign. Level
SS <sub>A</sub>	1	5894.01	5.90	0.05*
SS <sub>B</sub>	1	2439.01	2.44	N.S.
SS <sub>A*B</sub>	1	156.41	0.16	N.S.
SS <sub>Error</sub>	116	998.87	—	—
SS <sub>Total</sub>	119	124357.99	—	—

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

A = Type of Employees

B = Gender

A<sub>1</sub> = Government

B<sub>1</sub> = Male

A<sub>2</sub> = Private

B<sub>2</sub> = Female

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**Table: 2 The Table showing the Mean Score of happiness of type of employees.**

	A (Type of Employees)		'F' value	Sign.
	A <sub>1</sub> (Government)	A <sub>2</sub> (Private)		
M	167.15	181.17	5.90	0.05
N	60	60		

The above table no.2 shows the mean score of happiness among government and private bank employees. The mean score of the government bank employees group is 167.15 and the private bank employees group is 181.17. The 'F' value is 5.90 is significant at a 0.05 level. This means that the two group interaction effects under study differ significantly with happiness and type of employees. It should be remembered here that, according to a scoring pattern, a higher score indicates more happiness. Thus from the result, it could be said that the private bank employees group is having more happiness than the government bank employees group. Therefore hypothesis no.1, "There will be no significant difference in the mean score of happiness among the government and private bank employees" is rejected.

**Table: 3 The Table showing the Mean Score of happiness of gender.**

	B (Gender)		'F' value	Sign.
	B <sub>1</sub> (Male)	B <sub>2</sub> (Female)		
M	178.67	169.65	2.44	N.S.
N	60	60		

The above table no.3 shows the mean score of happiness among male and female bank employees. The mean score of the male bank employees group is 178.67 and the female bank employees group is 169.65. The 'F' value is 2.44, which is not significant. This means that the two group interaction effects under study do not differ significantly in happiness and gender. Therefore hypothesis no.2, "There will be no significant difference in the mean score of happiness among the male and female bank employees" is accepted.

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

			A		'F' value	Sign.
			A <sub>1</sub>	A <sub>2</sub>		
M	B	B <sub>1</sub>	172.80	184.53	0.16	N.S.
		B <sub>2</sub>	161.50	177.80		
N			60	60		

The above table no.4 shows the interactive effect of happiness among the type of employees and gender. The mean score of the male government bank employees group is 172.80, female

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government bank employees group is 161.50, male private bank employees group is 184.53, and female private bank employees group is 177.80. The 'F' value is 0.16 which was found to be a not-significant level at 0.05. Therefore hypothesis no.3, "There will be no significant difference in the interactive effect of the mean scores of happiness with regards to the type of employees and gender" is accepted.

### CONCLUSION

1. The private bank employees group is having more happiness than the government bank employees group.
2. There is no significant difference in the mean score of happiness among the male and female bank employees.
3. There is no significant difference in the interactive effect of the mean scores of happiness with regards to the type of employees and gender.

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### ***Conflict of Interest***

The author declared no conflict of interest.

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