

BCM College of Education

Sector 32-A, Urban Estate, Chandigarh Road, Ludhiana

DISTINCTIVENESS (Research on Happiness Among Adolescents)

2022-2023

During Session 2022-23, institute conducted a study on Happiness among adolescents. The present study aimed to measure adolescents' Happiness on a sample of secondary and senior secondary school students. The psychological inquiry into happiness is important because happiness is not only associated with improved physical health and even longevity, but it is also a priority for people – across the world. Happiness has been rated as being more important than other desirable outcomes including living a meaningful life physically and psychologically. The sample consisted of 400 (200 of IXth class and 200 of XIth class) randomly selected male and female students of Private schools of Ludhiana District. The Oxford Happiness Questionnaire (OHQ, Hills & Argyle, 2002): An improved instrument, the Oxford Happiness Questionnaire (OHQ), has been derived from the Oxford Happiness Inventory, (OHI) was used for the present study t-test was used to ascertain the difference between mean scores of the variable under study.


Objectives of the Research

- To study and compare the Happiness of adolescents studying in IX and XI class.
- To study and compare the Happiness of male and female adolescents studying in IX class.
- To study and compare the Happiness of male and female adolescents studying in XI class.
- To study and compare the Happiness of female adolescents studying in IX and XI class.
- To study and compare the Happiness of male adolescents studying in IX and XI class.

ANALYSIS AND INTERPRETATION OF DATA

Table: 1 Significance of the difference between mean scores of Happiness of IX and XI class Adolescents.

Variable	Class	N	Mean	S.D.	t-value	df	Level of Significance
	IX	200	123.65	21.60			Not Significant


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Happiness	XI	200	120.67	20.01	1.43	398	
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Table: 1 reveals that the means scores of Happiness of IX and XI class students is 123.65 and 120.67 respectively and their standard deviation is 21.60 and 20.01 respectively. The t- ratio is 1.43 with degree of freedom 398 which is not significant at 0.05 level of confidence. This revealed that no significant difference exists in mean scores of Happiness of IX and XI class students. The results show that male and female adolescents of IX and Xi class do not differ significantly in terms of Happiness.

Table: 2 Significance of the difference between mean scores of Happiness of male and female adolescents of Class IX.

Variable	Class	Gender	N	Mean	S.D.	t -value	df	Level of significance
Happiness	IX	Male	102	122.51	23.98	0.76	198	Not Significant
	IX	Female	98	124.84	18.85			


Table 2 shows that the means scores of Happiness of male and female adolescents of IX class is 122.51 and 124.84 respectively and their standard deviation is 23.98 and 18.85 respectively. The t- ratio is 0.76 with degree of freedom 198 which is not significant at 0.05 level of confidence. This revealed that no significant difference exists in scores of Happiness of male and female adolescents of class IX.

Findings are not supported with the results of studies conducted by Manish and Joshi (2023), Anmol & sangeet (2022), Parmar & Vyas (2018), Jayant & Haripriya (2013) and Maljord, Moksner & Erickson (2011) as they found gender differences in happiness in their respective studies.

Table: 3 Significance of the difference between mean scores of Happiness of male and female adolescents of Class XI.

Variable	Class	Gender	N	Mean	S.D.	t -value	df	Level of Significance
Happiness	XI	Male	106	122.04	19.15	1.03	198	Not Significant
	XI	Female	94	119.08	20.96			

Table 3 shows that the means scores of Happiness of male and female adolescents of XI class is 122.04 and 119.08 respectively and their standard deviation is 19.15 and 20.96 respectively. The


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t- ratio is 1.03 with degree of freedom 198 which is not significant at 0.05 level of confidence. This revealed that no significant difference exists in scores of Happiness of male and female adolescents of XI class.

Table :4 Significance of the difference between mean scores of Happiness of female adolescents of class IX and XI.

Variable	Class	Gender	N	Mean	S.D.	t- value	df	Level of Significance
Happiness	IX	Female	98	124.84	18.85	2.0	190	Significant *at .05 level
	XI	Female	94	119.08	20.96			

Table 4 shows that the means scores of Happiness of IX and XI class females is 124.84 and 119.08 respectively and their standard deviation is 18.85 and 20.96 respectively. The t- ratio is 2.0 with degree of freedom 190 which is significant at 0.05 level of confidence. This revealed that a significant difference exists in scores of Happiness of female adolescents of class IX and XI. The study further revealed that IX class female adolescents are happier than the XI class females as the mean score of IX class females is higher than XI class female adolescents.

Table:5 Significance of the difference between Mean scores of Happiness of male adolescents of class IX and XI.


Variable	Class	Gender	N	Mean	S.D.	t value	df	Level of significance
Happiness	IX	Male	102	122.51	23.98	0.15	206	Not Significant
	XI	Male	106	122.04	19.15			

Means scores of happiness of IX and XI class males is 122.51 and 122.04 respectively and their standard deviation is 23.98 and 19.15 respectively. The t- ratio is 0.15 with degree of freedom 206 which is not significant at 0.05 level of confidence.

Results of the Research


On the basis of the study, the following results have been drawn:

1. No significant difference was found in scores of Happiness of IX and XI class adolescents.
2. No significant difference was reported in Happiness of male and female adolescents of IX class.
3. No significant difference in Happiness of male and female adolescents of XI class.
4. A Significant difference is found in Happiness of female adolescents of IX and XI. Further, IX class female adolescents are happier than the XI class females
5. No significance difference in Happiness of male adolescents of IX and XI class was found.


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EDUCATIONAL IMPLICATIONS

Keyes (2002) mentioned in his work that overall, happiness as a positive affect could be the key indicator of adolescent psycho emotional well-being, quality of life, or even future success. These results suggest that a sufficient level of happiness at a young age could be a predictor of health behavior and later health outcomes. Therefore, the assessment of happiness and efforts to increase it should be an important public health concern, as it relates to both the current and future physical and mental health of a population. The results of the present study show no difference in the happiness of IX and XI class male and female adolescents. But a significant difference is found in the Happiness of IX and XI class female adolescents. Study further reveals that IX class female adolescents are happier than the XI class female adolescents. The reason may be that after senior secondary class students have to select various streams and they have to make adjustments with the changing environment and streams. Keeping in mind that happiness lays the foundation to the success of an individual in his educational and professional life. Therefore, School should organize various skills oriented seminar, extension lectures and talks for students where experts can help and encourage them to involve them in various activities of their interest.


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