

**GIF**  
GLOBAL IMPACT FACTOR

0.876



pISSN 2321-5453  
eISSN 2347-5722

Available at: <http://itirj.naspublishers.com>

# INNOVATIVE THOUGHTS

## INTERNATIONAL RESEARCH JOURNAL

**Volume 4**  
**Issue 6**    **June 2017**

Indexed / Listed In



## A STUDY ON SUBJECTIVE HAPPINESS OF HIGHER SECONDARY SCHOOL STUDENTS

M.Deepa<sup>1</sup> and S. Parimala<sup>2</sup>

---

### Abstract

*Subjective well being researchers explore the full range of psychological well-being such that focus is upon factors that keep one from being depressed and factors that lead one to becoming elated. Emphasis is placed on understanding the processes which underline happiness, in turn people's goals, coping efforts, and dispositions are studied. This study attempts to measure the level of subjective happiness of higher secondary school students. The sample consists of 300 higher secondary school students. The Subjective happiness scale was standardized by Sonja Lyubomirsky. Survey method was employed to describe and interpret what exists at present. The findings reveal that higher secondary school students differ in their subjective happiness based on gender, medium of instruction, locale and type of family, did not differ based on their parental income.*

**Keywords:** *Subjective happiness, Higher secondary school students.*

---

### INTRODUCTION

Subjective well being researchers explore the full range of psychological well-being such that focus is upon factors that keep one from being depressed and factors that lead one to becoming elated. Emphasis is placed on understanding the processes which underline happiness, in turn people's goals, coping efforts, and dispositions are studied.

Since the Dawn of Civilization great thinkers have discussed the quality of human existence and the good life. To some individuals, the ideal state is one of wealth, to others having significant relationships, while some report helping those in need is central. These individuals vary in external circumstance yet they may share a subjective feeling of well being. The term subjective well - being (happiness) refers to people's evaluations of their lives - including cognitive Judgments, such as life - satisfaction and affective evaluations (moods and emotions) such as positive and negative emotional feelings. People are said to have high subjective well being, if they are satisfied with their life conditions. Subjective well being is a psychological term for "Happiness" and is preferred due to many connotations of the latter term.

Subjective well being is composed of several major components, including global life satisfaction, contentment with specific life domains, the presence of frequent positive affect and a relative absence of negative effect. Positive affect is commonly divided into Joy, elation, contentment, pride, affection, happiness and ecstasy. Negative affect is separated into guilt and shame, sadness, anxiety, worry, anger, stress, depression and envy. Life satisfaction is categorized by satisfaction with current life, satisfaction with post, satisfaction with future. Domain satisfaction is composed of work, family leisure, health finances self and one's group.

---

<sup>1</sup> M.Ed. Student, Sri Krishna College of Education, Arakkonam, Tamilnadu.

<sup>2</sup> Assistant Professor, Sri Krishna College of Education, Arakkonam, Tamilnadu.

## NEED AND IMPORTANCE OF THE STUDY

Happiness is commonly understood to be a fundamental goal in life. To create a better society, where happiness is ubiquitous, major efforts to understand the quality of the life is needed. Higher secondary school students are in the adolescent age group. And in this age, every individual should be filled with self - esteem and also with self-confidence which is based on one's acceptance of his real worth. The main significance of this study is only how the students at the higher secondary level are matured to accept themselves and adapt subjective happiness.

## OBJECTIVES OF THE STUDY

1. To find out the level of Subjective happiness of higher secondary school students
2. To find out the significant difference in the Subjective happiness of higher secondary school students based on gender, medium of instruction, locale, type of family and parental income.

## HYPOTHESES OF THE STUDY

1. The level of Subjective happiness of higher secondary school students is moderate in nature.
2. There is no significant difference in the Subjective happiness of higher secondary school students based on gender, medium of instruction, locale, type of family and parental income.

## METHODOLOGY

**Method:** Survey Method is used for the study

**Sample:** A stratified random sampling technique was adopted for the selection of sample. The school selected for this study is divided into different strata, government, aided and private schools. 300 students were taken for the study. The sample consists of 150 boys and 150 girls. The students studying in higher secondary schools in Vellore District of Tamil Nadu were chosen as the sample.

**Tool Used:** Sonja Lyumbomirsky's subjective happiness scale has been used in order to find the level of subjective happiness of students. The scale consists of 4 items, out of which 3 are positive and 1 is negative. It is 7 point scale ranging 1-7 for positive and 7-1 for negative.

## ANALYSIS AND INTERPRETATION OF THE DATA

Table 1. Frequency and Percentage for the Variable Subjective Happiness of Higher Secondary School Students

Variable	Levels	Frequency	Percent
Subjective Happiness	Low	96	32.0
	Moderate	115	38.3
	High	89	29.7
	Total	300	100.0

From the above table it is observed that the level of subjective happiness among the higher secondary school students is moderate in nature. Hence the null hypothesis is accepted.

Table 2. N, Mean, S.D. and t- value of Subjective Happiness of Higher Secondary School Students based on their Gender, Medium of Instruction, Locale, Type of Family and Parental Income

Sl. No.	Variable		N	Mean	Std. Deviation	t-value	Level of significance
1	Gender	Boys	150	12.59	6.086	7.686	0.01
		Girls	150	17.21	4.124		
2	Medium of Instruction	Tamil	200	15.40	5.640	2.147	0.05
		English	100	13.91	5.661		
3	Locale	Rural	200	15.93	5.058	4.588	0.01
		Urban	100	12.84	6.294		
4	Type of family	Nuclear	207	14.26	5.811	2.944	0.01
		Joint	93	16.32	5.129		
5	Parental Annual Income	Up to 2,00,000	124	15.33	5.179	1.103	Not Significant
		Above 2,00,000	176	14.60	6.005		

From the above table it is observed that there is no significant difference in the subjective happiness of higher secondary school students with respect to their parental income. Hence the null hypothesis is accepted.

Similarly, it is also found that there is significant difference in subjective happiness of higher secondary school students based on their gender, medium of instruction, locale and type of family. Hence the null hypothesis is rejected.

## DISCUSSION

The finding of study clearly states that there is no significant difference in the subjective happiness of higher secondary school students with respect to their parental income. Similarly, there is significant difference in subjective happiness of higher secondary school students based on their gender, medium of instruction, locale and type of family. The boys' students have lesser subjective happiness than the girls' students; the students from rural area and also from joint families have more subjective happiness than the students from urban area and nuclear families.

## CONCLUSION

Our particular interest is in the possible benefits of high subjective happiness and corresponding costs of low subjective happiness. This is not only possible theoretical perspective, but it is the one that has characterized the subjective-happiness movement indeed our own initial interest is subjective happiness. Does high subjective happiness make life

better? Should parents, teachers or anybody others seek to boost subjective happiness, whenever possible? High subjective happiness may be the result of doing well in school. People high in subjective happiness regard themselves as better liked and more popular than others, but most of these advantages exist mainly in their minds, and objective data generally fail to confirm them.

#### **REFERENCES**

- Argyle, M. (1999). Causes and Correlates of Happiness, In D.Kahneman.
- Brickman, P., Coates, D., & Janoff-Bulman. R. (1978). Lottery winners and Accident victims: is Happiness Relative? *Journal of personality and social psychology*, 36, 917-927.
- Larson, R. (1978). Thirty years of research on the subjective well-being of older Americans. *Journal of Gerontology*, 33, 109-125.
- Magnus, K., & Diner, E. (1991). A longitudinal analysis of personality and life events and subjective well-being. Paper presented at the sixty third annual meeting of the mid western psychological Association, Chicago (May 2-4).

### Miscellany

#### Scope of Innovative Thoughts International Research Journal (ITIRJ)

The ITIRJ provides a forum for scholarly discussion on topics in a multidisciplinary aspect.

Manuscripts can be on any topic and subject of study such as Physical Sciences, Life Sciences, Chemical Sciences, Social Sciences, Medical sciences, Pharmacy, Engineering, Pedagogical Sciences, Applied Research areas, Languages and Literature etc. In addition, the Journal publishes research articles, book reviews, editorials, guest articles, comprehensive literature reviews, and reactions to previously published articles. The ITIRJ publishes articles written in Six Languages; English, Hindi, Arabic, Urdu, Tamil and Malayalam.

#### Review Process

Each article submitted to us is undergone through a Peer Review process. The review report will be sent to the author along with Acceptance/ Rejection/ Modification letter.

#### Manuscript Submission Guidelines

An electronic version in Microsoft Word format on email should be submitted online at [www.naspublishers.com](http://www.naspublishers.com). Thus submitted articles will immediately be displayed under the link 'New Arrivals' on the web. It is mandatory to enter the correspondence postal address with PIN and Contact telephone numbers while submitting the articles. Every article should have an abstract just under the title and all the references should be arranged as per the APA. It may be needed to send a hard copy of the same if requested later with the destination address. Authors will have to remit the publication fee only after receiving the acceptance letter.

E-mail: [naspublishers@gmail.com](mailto:naspublishers@gmail.com)

1. The articles must be either in .DOC or .DOCX format and be submitted online at [www.naspublishers.com](http://www.naspublishers.com)
2. All manuscripts must be 1 ½ line spaced and must adhere to the guidelines published in Publication Guidelines of the American Psychological Association (5th Edition). Tables and figures, however, should be imbedded within the text itself rather than at the end of the document.
3. All figures and artwork must be scaled to fit within the page size (4.5" column width) and included electronically within the document.
4. The paper should be prefaced by a short Abstract.
5. References should be listed at the end of each paper in alphabetical order of authors and arranged as per APA format.
6. Papers already published elsewhere will not be accepted for publication in this journal.
7. Papers published in this Journal cannot be reproduced elsewhere without the permission of the Publisher.

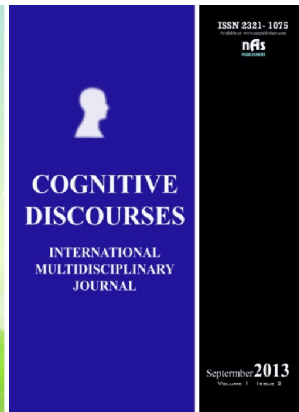
#### Subscription Charges:

Journal Title	Single Issue	Half an year	One year
Conflux Journal of Education (monthly)	₹500 for Institutions/Libraries. ₹400 for individuals. (\$25 for Foreign subscribers)	₹2000 for Institutions/Libraries. ₹1800 for individuals. (\$120 for Foreign Subscribers)	₹3600 for Institutions/Libraries. ₹3500 for individuals. (\$240 for Foreign Subscribers)
Cognitive Discourses International Multidisciplinary Journal (bi-monthly)	₹ 500 for Institutions/Libraries. ₹400 for individuals. (\$25 for Foreign Subscribers)	₹1000 for Institutions/Libraries. ₹900 for individuals. (\$60 for Foreign Subscribers)	₹1800 for Institutions/Libraries. ₹1750 for individuals. (\$120 for Foreign Subscribers)
Innovative Thoughts International Research Journal (bi-monthly)	₹ 500 for Institutions/Libraries. ₹400 for individuals. (\$25 for Foreign Subscribers)	₹1000 for Institutions/Libraries. ₹900 for individuals. (\$60 for Foreign Subscribers)	₹1800 for Institutions/Libraries. ₹1750 for individuals. (\$120 for Foreign Subscribers)
Journal of Pedagogic Researches and Renovations (bi-annual)	₹500 for Institutions/Libraries. ₹400 for individuals. (\$25 for Foreign subscribers)	₹ 500 for Institutions/Libraries. ₹400 for individuals. (\$25 for Foreign Subscribers)	₹800 for Institutions/Libraries. ₹750 for individuals. (\$50 for Foreign Subscribers)

## PEER REVIEWED RESEARCH JOURNALS



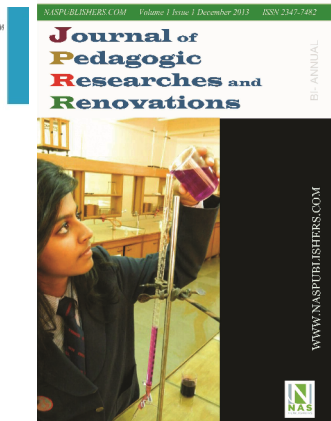
INNOVATIVE THOUGHTS  
International Research Journal  
pISSN 2321-5143  
eISSN 2347-5722  
Bi-monthly, Print/online  
<http://itirj.naspublishers.com>



COGNITIVE DISCOURSES  
International Multidisciplinary Journal  
pISSN 2321-1075  
eISSN 2347-5692  
Bi-monthly, Print/online  
<http://cdimj.naspublishers.com>



CONFLUX  
Journal of Education  
pISSN 2320-9305  
eISSN 2347-5706  
Monthly, Print/online  
<http://cjoe.naspublishers.com>



JOURNAL OF  
PEDAGOGIC  
RESEARCHES AND  
RENOVATIONS  
ISSN 2347 - 7482  
Bi-annual, Print only

Submit articles at  
**[www.naspublishers.com](http://www.naspublishers.com)**





Perinthattiri P.O, Cheloor, Malappuram Dt. Kerala, India, Pin - 676 507

Ph: 09745073615, 08907162762

Email: [naspublishers@gmail.com](mailto:naspublishers@gmail.com), web: [www.naspublishers.com](http://www.naspublishers.com)



 /9745073615  /NasPublishers