

A Study On Happiness Among Secondary School Students In Relation To Some Select Variables

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ABSTRACT

Happiness in Indian scriptures such as the Vedas, Happiness is a state of well-being and contentment. It is a pleasurable or satisfying experience of mind. The present study tries to investigate the happiness of the secondary school students. The main objectives of the study are to check happiness of students comparing of the basis of Gender in Government and private schools. In this study total of 210 secondary students (class XII) were selected from Nalbari district in Assam as a sample through a simple random technique. The data was collected through Happiness scale (HS-RHMJ) developed by Himanshi Rastoogi and Janki Moorjani in 2017. The results were analysed by using Mean Standard Deviation and t-test. The result showing that the difference in Happiness between Government and private school students interaction effects under study differ significantly with happiness and the types of students. Insignificance difference is observed in the mean score of happiness among the male and female students. Insignificant difference of Happiness between Science and Arts secondary school students .

Key Words - Happiness, Government and Private secondary school students.

INTRODUCTION:

Upanishads and Srimad Bhagavat Gita and other scriptures, as well as Indian philosophers, have extensively explored the concept of happiness. Originally happiness comes from the Sanskrit word 'Anand', which literally means bliss or happiness. In the Hindu Vedas, Upanishads and Bhagavad Gita Anand signified eternal bliss of individual, where the individual becomes free from sins , doubts, desires, actions, pains, suffering and ordinary mental pleasures . According to the Bhagabad Gita and Dvaita Vedant, Anand is the state of sublime delight when the jiva becomes free from all sins and Anand is derived from good thoughts and good deeds. In the Dhammapada, an early collection of Buddha's saying also addressed about suffering and happiness. For Buddha the path of Happiness starts from understanding of the root cause of suffering.

- The concept of happiness is accepted all over the world but in India it is prevalent from the time of the Vedas, Upanishads and paranas.
- According to happiness can be achieved every day by good sleep, good food etc. if a person's basic requirements get fulfilled than the person can think of inner pleasure.
- There is scope to know the concept happiness in students life and it is important to study unexplored views of happiness mentioned in Indian philosophy.

Happiness is essentially a subjective experience that varies from individual to individual. Basically Happiness depends on an individual's feeling, perspectives and ideas at a given time. Happiness is each person's unique and is expressed differently based on people's own experiences, satisfaction and own perspective. Happiness defined as a positive emotion and considered crucial for every one's well-being. Through the observed that individual varies in the amount of happiness an individual experiences in their life as well as in their capacity to experience of happiness. Some people find the happiness with earning money than some people take pleasure in earning their self esteem. Similarly, students also find happiness in difference aspects like visiting the canteen or watching movies, while others find fulfillment in academics achievements, receiving goal medals in schools or colleges. Happiness plays a crucial role in the context of shaping their ability to success

in student's academic achievements. When students experience happy, they are they are likely to feel positive about their life and future prospects. Various researches have shown that happy students are more engaged in their learning, and they have better problems solving skills. They are also more likely to have higher level of confidence and self esteem, which can help their academic achievements.

Types of Happiness that may observe an individual in their live –

- Joy: Feeling joy comes from yourself in the present moment and appreciate what we have. Joy can be found in many aspects of our life with the right attitude and perspective.
- Excitement: Excitement is last longer than joy, it can be motivating factor like motivate you to work harder, motivate you to put more effort in working.
- Gratitude: It is a positive emotion and it can have a lasting impact on our well-being and many research shown that individuals who regularly experience feelings of gratitude, they happier and healthier than those who do not.
- Pride: Pride is personal accomplishments in our gratitude and it can help us to recognize and appreciate the progress we have made.
- Optimism: It focus on possibilities and have a combination of gratitude and pride .it can lead to better mental and physical health, improved relations and well-being.
- Contentment: It means being us happy with what we have in a powerful way to sustain contentment.
- Love: Love and happiness are also considered interchangeable. Love can be found all around us like family, friends, special persons and these relationships can enhance our well-being.

LITERATURE REVIEW:

Gujral, et al. (2019) a study was conducted to determine the level of happiness among students of higher education institutions and this study focused on future employees, well being, with the aim of increasing organizational effectiveness. The result of this study explains the current happiness level among the students. The study suggested measures for establishing a psychological contact with employees well being, organization can strengthen, resulting to increased trust and stability within the organization.

Chakraborty, et al. (2019) a study was conducted on relationship among student's happiness and various aspects of their academic factors such as job factors, social life like time spent with family, friends and personal characteristic. The findings of this study shows that among different aspects such as times spent with family , friends are significant and the study found that happiness of Indian college students was not influenced by their income and Gender.

Kalhari et al. (2017) conducted a study at Kermanshah university of medical science to explore the link between students life styles and satisfaction. Data was collected using a life style questionnaire and Argyle's updated Oxford happiness scale .the study highlighted relationship between lifestyle and happiness, and emphasizing their impacts on good health. This study suggested that collaborative efforts between university counseling and cultural departments to develop strategies for improving students lifestyles through seminars and workshops.

SIGNIFICANCE OF THE STUDY:

In India, as per report by Wion(2023), every day, more than 35 students end their lives. As per electronic media report after declaration of class XI and XII examination result, some students are committed suicide in every year in India. Report reveal that a rise of 4.5 Percent from the 12,526 deaths in 2020 with 864 out of 10,732 suicides due to failure in examinations. These students have also revealed that suicide place mostly among young children aged 15 to 24 years. According to UNESCO, learning can be a key ingredient of joyful school experience, therefore making virtuous circle that links happiness and learning.

STATEMENT OF THE PROBLEM:

This study is entitled "A STUDY ON HAPPINESS AMONG SECONDARY SCHOOL STUDENTS IN RELATION TO SOME SELECT VARIABLES".

OPERATIONAL DEFENITION OF THE STUDY:

Happiness: Happiness is a state of well – being and contentment. It is pleasurable or satisfying experience of mind. It is the degree to which an individual judge the overall quality of his or her own life as a whole.

Higher secondary school: Higher secondary stage is after the completion of 10 examination. In the present study, the higher secondary students are those who are studying in class 12th standard.

OBJECTIVES OF THE STUDY:

The objectives are-

1. To study the difference in the level of happiness between Government and private school students.
2. To study the happiness among male and female students.

3. To study the Happiness of Science and Arts secondary school students.

HYPOTHESIS:

Ho- 1 There exist no significant difference in the level of happiness between Government and private secondary school students.

Ho- 2 There exist no significant difference of happiness among male and female secondary school students.

Ho- 3 There exist no significant difference of Happiness between Science and Arts secondary school students.

DELIMITATIONS OF THE STUDY:

i. Secondary school students were included in this study.

ii. This study was limited to class 12th standard students of the secondary school students in Nalbari District.

METHODOLOGY OF THE STUDY:

The present study is descriptive survey in nature and based on Primary data collected through used the scale (HS-RHMJ).

Populations

The populations of the study consist of all class Xii secondary school students of Nalbari District in Assam.

Sample

The sample of the present study constituted total 210 secondary school students from Nalbari District, In this study 'Simple Random Sampling Technique' was used to select the samples, out of which 105 samples were from the Government school students (male and female) and other 105 samples from private secondary school students (male and female).

Showing the table of sample Distribution:

Government schools	Private Schools	Total
105	105	210

Variables:

Independent variable-

Types of schools- Government and Private schools

Gender- Male and Female students

Steam- science and Arts

Dependent variables-

Happiness score

TOOLS:

Five facet happiness scale developed by Himanshi Rastogi and Janki Moorjni (2017) English medium. This scale consists 62 items divided into five areas-

a) Subjective well-being, b) social well-being, c) Emotional well being, d) Career well being, e) Spiritual well - being.

PROCEDURE:

Various schools in Nalbari district granted permission for data collection after establishing rapport, Personal information and the happiness scale were administered and the data was collected, scored according to the manual and analysed. In this study the statistical method was based on t-test and the result were interpreted.

Testing of Hypothesis (Ho) 1:

Table:1 The showing the mean scores of the happiness of Government and Private secondary school students.

Secondary schools	N	Mean	SD	t value	level significant of
Government	105	56.25	13.92	3.02	0.01
Private	105	61.15	9.21		

The above table:1 shows the mean score of happiness among the government and private secondary school students. The mean scores of the government secondary school students is 56.25 and the private secondary school students mean score is 61.15 .the standard deviation(SD) of government secondary school students is 13.92 and the SD of private secondary school students is 9.21 . Our calculated t-value is 3.02 which is greater than the critical value 2.58 at 0.01% level of significant. Therefore the null hypothesis no.1 there is no significant difference between Government and Private secondary school students is rejected. This means

that the Government and Private Students interaction effects under study differ significantly with happiness and the types of students. The conclusion drawn from the data analysis is the Government and private secondary school students of Happiness is significant .

Testing of Hypothesis (Ho) 2:

Table:2 - The table showing the interactive effects of the Mean score of happiness of types of students and Gender.

Gender	N	Mean	SD	t value	level significant of
Male	98	56.25	13.92	1.64	0.05
Female	112	59.5	14.64		

The above table no.2 shows that the Mean score of Happiness among Male and Female students. The Mean score of the male students is 56.25 and the female students mean score is 59.5 . The SD of male students is 13.92 and the SD of female students is 14.64 . Our calculated t-value is 1.64 which is less than the critical value 1.96 at 0.05% level of significant. Therefore the null hypothesis no.2 there is no significant difference of happiness among male and female students of secondary school students is accepted. This means that the male and female secondary students interaction effects under study Insignificant with Happiness and the Gender difference. The conclusion drawn from the data analysis is the Gender difference of happiness among secondary school students is Insignificant.

Testing of Hypothesis (Ho) 3:

Table 3 – The table showing the mean score of Happiness between Science and Arts secondary school students.

Steam	N	Mean	SD	t value	level significant of
Science	82	59.1	13.51	0.92	0.05
Arts	128	57.26	14.89		

The above table no.3 shows that the mean score of Happiness between Science and Arts secondary students. The mean score of the Science students is 59.1 and the Arts students is 57.26. The SD of science students is 13.51 and the SD of arts students is 14.89. Our calculated t-value is 0.92 which is less than the critical value 1.96 at 0.05% level of significant. Therefore the null hypothesis no.3 significant difference of happiness between science and arts students of secondary students is accepted. This means that the science and arts students interaction effects under study non significant with Steam difference. The conclusion Drawn from the data analysis is the Steam difference of Happiness between secondary students is Insignificant.

CONCLUSION:

The happiness is consider as a positive factor to improve student's academic achievement. Happiness also has positive impact on life of students, If a person is happy then he can make his surrounding happy. Education institutions should consider integrating happiness in curriculum, similar to the one implication in Delhi to foster the well being of students. Delhi's happiness curriculum is designed to strengthen the foundations of happiness and well being for all students. Happiness curriculum and the school over 8,00,000 students. Education should emphasis the importance of goal orientation is students. Encouraging students to set and pursue their goal can help them stay focused, utilize their time efficiently and reduce likelihood of succumbing to pressure or making impulsive decision. Educational institutions can also organize workshops for parents to educate them about various parenting styles and effect on children. This could help parents adopt more effective and supportive parenting strategies.

The finding in relation to the difference in Happiness between Government and private school students interaction effects under study differ significantly with happiness and the types of students and drawn from the data analysis is the Gender difference of happiness among secondary school students is Insignificant. At conclusion Drawn from the data analysis is the Steam difference of Happiness between secondary students is Insignificant.

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