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A COMPARATIVE STUDY OF HAPPINESS AMONG MALE AND FEMALE ADOLESCENTS

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ABSTRACT:

The present study made an attempt to investigate the gender difference among adolescents in terms of happiness. Oxford Happiness Inventory developed by Argyle M (2001) was employed on a total sample of 300 adolescents of both male and female age ranging from 15 to 18 years old. Results revealed that female adolescents perceived significantly more happiness as compared to their male counterparts.

KEYWORDS: Happiness, Male Adolescents, Female Adolescents.



INTRODUCTION:

People do differ in their concept and requisites of happiness. Everybody strives and search happiness. People find happiness in entertainment, prosocial behavior, hobbies like reading, writing etc. Happiness is very difficult to define and so also ease the case about 'Wellbeing'. Till today there is no worldly accepted definition by the psychologist about these two terms. There is no single definition of happiness that can be applied to one and all. So the idea surfaced to let people decide what is good for them. The view is truly democratic in a sense that it

gives individuals total freedom to decide what happiness means to him. This approach justifies the term Subjective-wellbeing. It is individual's affective and cognitive justification. The term subjective well-being signifies individuals affective and cognitive evaluations of his or her life compromising emotional responses, domain satisfaction and global judgments of life satisfaction.

We design our activities so as to maximize pleasure and minimize pain and misery and many times wait for something good to be happen. But in doing so it is very easy to lose sight of thousands of moment passing in front of our every eyes. Still, each of these moments is accessible or can be captured. The each one has

untapped potential to bless us with optimal experiences. The moment of our existence hold the potential for giving our lives pleasure and meaning. From positive psychology perspective, a day present us with 20,000 opportunities for engagement, for overcoming the negative and pursuing the positive. We just need to be aware of, adding a bit intentionality to avail the precious gift of happiness i e positive approach of life.

Happiness is like state of deep sleep at night. The way we feel happy in the sleepy mood we must feel the same state of happiness at every moments of our consciousness level. Subjective-wellbeing and happiness, in every terms, reflect

an individual's own judgment about the quality of his or her life. From subjective well-being perspective, economic and social indicators are incomplete. Happiness is a central component of people's conception of good life and good society (Diner, Oishi & Lukas, 2003). Happiness, or subjective well-being concludes people's evaluation of positive affect, lack of negative affect and life satisfaction (Diner, Oishi & Lukas, 2003).

Argil and Crossland (1987) suggest that happiness comprises three components: the frequency and degree of positive affect or joy; the average level of satisfaction over period; and the absence of negative feelings. What is happiness? Happiness is every one to wants to have you may be successful, but without happiness it will be meaningless. Happiness is the meaning and the purpose of life the whole aim and end of the human existence. Happiness is a central component of people's conception of good life and good society (Diner, Oishi & Lukas, 2003). Happiness, or subjective well-being concludes people's evaluation of positive affect, lack of negative affect and life satisfaction (Diner, Oishi & Lukas, 2003). There are many things that that can do that can cause happiness. Other become happy if they get miserable the life of others.

On the other hand money can't buy happiness. Hence, happiness is an objective dimension of all our experiences. Happiness is a mental, emotional state of well-being characterized by pleasant emotions. According to dictionary meaning of happiness is a state of well-being and pleasurable or satisfying experience's.

Ryan and Deci (2001) have organized this literature into two major orientations: hedonic happiness and eudemonics happiness. These two perspectives differ in terms of underlying philosophical orientation, basic conceptualizations, measures, and research paradigms. 1. Hedonic Happiness holds that the chief goal of life is the pursuit of happiness and pleasure, "Eat, drink and be merry" is the main principle of hedonic happiness. In hedonic happiness defining the good life in terms of personal happiness is the general thrust of the hedonic view of well-being (Kahanman, Diener, & Schwarz, 1993; Ryan & Deci, 2001; Waterman, 1993). 2. Eudaimonic Happiness: Eudaimonic conception of happiness defined as self-realization meaning the expression and fulfillment of inner potentials. It is depending on our true self and it results from striving from self-actualization processes in which our talent, needs and deeply held values direct the way we conduct our lives (Maslow, 1968).

Adolescence is a period of psychological and social transition between childhood and adulthood, when a child moves from dependency to independency in his behaviour. Adolescence is a cultural and social phenomenon and therefore the endpoints are not easily tied to physical milestone. The time is identified with the dramatic changes in the body, along with developments in a person's psychology and academic career which will lead him to live life in a contented and happy way. Adolescence is a very critical and important stage in the development of human being. Most of the physiological, psychological, and social changes within the person take place during this period of life. The period of adolescence can be looked upon as a time of more struggle and turmoil than childhood. Adolescents have long been regarded as a group of people who are searching for themselves to find some form of identity and meaning in their lives they struggle to find a meaning of self. Having meaning or purpose in life can solve the identity crisis that a person normally faces during this period. The present research focuses on happiness among female and male adolescents. The researcher assumed that the finding of this study will also encourage the happiness of our life span.

Objective: To study the gender differences among male and female in terms of happiness.

Hypothesis: "there is no significant difference between male and female adolescents in terms of happiness"

Method:

For the present study the sample comprised of 140 adolescents in the age ranging from 15 to 18 years. The sample was divided to have equal number of boys (n = 70) and girls (n = 70). The selected subjects were approached in the schools to assess their perception of happiness. Researcher used t-test.

Tools:

Oxford Happiness Inventory (Argyle, 2001) [2]: This questionnaire was administered to assess the perception of happiness among adolescents. It is a 29 item questionnaire measuring the global component of happiness. The test-retest reliability coefficient of the scale was 0.90.

RESULTS AND DISCUSSION:

The results of the present study are presented in the following way.

Table 1: Mean, S D and 't' ratio for both male and female adolescents in the perception of happiness

Description	Male Adolescent n1=150	Female Adolescent n2=150	't' Value
Mean	130.20	140.78	2.05 **
S. D.	21.87	16.90	

****p<0.05, (male: 150, female: 150)**

RESULT AND DISCUSSION

The above table shows the mean, S D and 't' for both male and female adolescents. The obtained mean for female is 140.78. and SD is 16.90. and the mean for male is 130.20 and S D is 21.87. The obtained 't' value is 2.05 which significant at .01 level. Thus. The hypothesis stating, "there is no significant difference between male and female adolescents in terms of happiness" is rejected. It means that there is significant difference between male and female adolescents in happiness. Females are better than male in their perceived happiness.

Thus, the respective variable and the present piece of work in the present study is related to the happiness which seems to be the part of the field of positive psychology. Positive psychology has emerged only within the last few years. This particular area of psychology focuses on how to help human being to prosper and lead healthy, happy lives while many other branches of psychology tend to focus on dysfunction and abnormality. Positive psychology is centered on helping people become happier. Psychology is not just the study of pathology, weakness, and damage; it is also the study of strength.

Gender differences in mean scores of happiness in this study, as perceived by the female adolescent perceived more happiness as compared to male adolescents. Argyle and Lucas (1990) also supported the present study stating that female's happiness is seems to be higher than male. Earlier in life, women are more likely than men to fulfill their goals (material goals and family life aspirations), thereby increasing their life satisfaction and overall happiness. However, it is later in life that men fulfill their goals, are more satisfied with their family life and financial situation, and, as a result, their overall happiness surpasses that of women.

CONCLUSION

Female adolescents perceived more happiness as compared to male adolescents.

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