

HAPPINESS OF FEMALE HIGHER SECONDARY STUDENTS

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Abstract: Happiness is a concept which has become of high importance for the past years (Ghasempour et al., 2013). Heizomi et al. (2015) stated that Happiness is the sign of mental integrity and students who are happy in their life indicate better school performance and higher level of success in their life. Therefore the main purpose of this study is to investigate the Happiness of Female Higher Secondary Students in West Garo Hills district of Meghalaya. The material used for this present study is a self-constructed and standardised Happiness Scale. Appropriate statistical technique like percentage, t-test and One-way ANOVA method was used for analysing the data. The findings of the study are discussed in the light of the objectives formulated.

Key words: *happiness, higher secondary students.*

Introduction

Happiness is a concept which has become of high importance for the past years (Ghasempour et al., 2013). It has recently received increased attention from both researcher and policy makers (Guomundsdottir and Sigfusdottir, 2012). Heizomi et al. (2015) stated that Happiness is the sign of mental integrity and students who are happy in their life indicate better school performance and higher level of success in their life. Therefore it is the main goal: most individuals reach out for a happy life and many policy makers aim at greater number (Veenhoven, R. 2012). Burns (2012) stated that happy people are healthy people and they live longer and enjoy a greater quality of life.

While reviewing studies on Happiness we found that in most cases females are happier than males. Therefore the main purpose of this study is to investigate the Happiness of Female Higher Secondary Students in West Garo Hills districts of Meghalaya.

On approaching the previous literatures with respect to Happiness, Nair and Haripriya (2013) found that the level of Happiness was found to be greater in the case of govt. school students. Tabbodi, et al. (2015) founded that the student's happiness was not satisfactory and the mean score of happiness among female students is more than the male students. Further it is also found that there is a significant positive relationship between happiness and the progress of students. Kirmani et al. (2015) in their study found that the female adolescents have a relatively an average subjective wellbeing. Suthar (2016) found that there is no significant difference in happiness and satisfaction among student of general stream and science stream

students. Rymbai and Sungoh (2016) studied on Hope and Happiness which are the psychological variables among female post graduate university students, and found that there is a significant relationship between Hope and Happiness of female post graduate students and female students have an average Happiness. Lumontod, R. (2018) found that Students have a high level of Happiness and female students were happier than male students.

Objectives of the study: The objectives of the study are as follows

1. To find out the Happiness of Female Higher Secondary Students.
2. To find out the difference of Female Higher Secondary Students in Happiness between governments aided and private aided Higher Secondary schools.
3. To find out the difference of Female Higher Secondary Students in Happiness among the different streams.

Hypotheses of the study: The hypotheses of the study are as follows

Ho1: There is no significant difference of Female Higher Secondary Students in Happiness between governments aided and private aided Higher Secondary schools.

Ho2: There is no significant difference of Female Higher Secondary Students in Happiness among the different streams.

Method

The descriptive survey method is used in the present study. The stratified random sampling is used and the participants consist of 270 Female Higher Secondary Students studying in Higher Secondary schools that are government aided as well private aided. The statistical techniques used for analysing the data in the study are percentage, t-test and one-way ANOVA method.

Material used

The material used in the present study is a self-constructed Happiness Scale which was standardised the reliability of the scale was tested by two methods that is the cronbach alpha= 0.833 and the split half method= 0.805. The Scale consists of 42 items and it has both the positive and negative items.

Results and Findings: The collected data of Female Higher Secondary Students were analysed and the result are shown as follows:-

Analysis of objective 1: To find out the Happiness of Female Higher Secondary Students

Table 1

Levels of Happiness of Overall female, government aided, private aided, arts, science and commerce

Levels of Happiness	Overall Female		Government aided		Private aided		Arts		Science		Commerce	
	N	%	N	%	N	%	N	%	N	%	N	%
Very High Happiness (167 and above)	50	18.5	14	14.9	36	20.4	22	15.3	24	27.2	2	5.3
High Happiness (156-166)	67	24.8	24	24.5	44	25	34	23.6	21	23.8	11	28.95
Average Happiness (146-155)	69	25.6	28	28.7	42	23.9	30	20.83	25	28.4	12	31.5
Low Happiness (136-145)	49	18.2	14	14.9	35	19.9	32	22.22	13	14.7	8	21.05
Very Low Happiness (135 and below)	35	12.9	17	17	19	10.8	26	18.05	5	5.9	5	13.2
Total	270	100%	94	100%	176	100%	144	100%	88	100%	38	100%

As per the analysis, with regard to objective 1, it is found that 25.6% overall Female Higher Secondary Students have an average Happiness, 24.8% have high Happiness, 18.5% have very high Happiness, 18.2% have low Happiness and 12.9% have very low Happiness. The Female Higher Secondary Students studying in government aided schools have an average Happiness of 28.7%, 24.5% have high Happiness, 17% have very low Happiness and 14.9% have both high and low Happiness. Also the Female Higher Secondary Students studying in private aided schools have high Happiness of 25%, 23.9% have an average Happiness, 20.4% have very high Happiness, 19.9% have low Happiness and 10.8% have very low Happiness. Further with regard to arts students 23.6% have high Happiness, 22.22% have low Happiness, 20.83% have an average Happiness and 18.05% have very low Happiness. Again for science students, 28.4% have an average Happiness, 27.2% have very high Happiness, 23.8% have high Happiness, 14.7% have low Happiness and 5.9% have very low Happiness. Similarly for commerce students 31.5% have an average Happiness, 28.95% have high Happiness, 21.05% have low Happiness, 13.2% have very low Happiness and 5.3% have very high Happiness respectively.

The descriptive statistics of *Overall female*, Government aided, private aided, arts, science and commerce Female Higher Secondary Students are given in Table 2.

Table 2

Happiness descriptive statistics of Overall female, Government aided, private aided, arts, science and commerce

	Groups	N	M	SD
Happiness	Overall Female	270	152.73	15.56
	Government aided	94	151.13	16.17
	Private aided	176	153.60	15.21
	Arts	144	150.12	16.55
	Science	88	156.72	14.39
	Commerce	38	153.39	12.30

From Table 2, the Happiness descriptive statistics of the overall female Higher Secondary Students have a $M=152.73$ ($SD=15.56$), government aided have $M=151.13$ ($SD=16.17$), private aided have $M=153.60$ ($SD=15.21$), arts students have $M=150.12$ ($SD=16.55$), science students have $M=156.72$ ($SD=14.39$) and commerce students have $M=153.39$ ($SD=12.30$).

Analysis of objective 2: The difference of Female Higher Secondary Students in Happiness between government aided and private aided Higher Secondary schools is stated in the following Table 3. The Null hypotheses is stated as

Ho1: There is no significant difference of Female Higher Secondary Students in Happiness between governments aided and private aided Higher Secondary schools.

Table 3

Difference in Happiness between government aided and private aided higher secondary schools

	Group	N	M	SD	df	t-value	Sig.
Happiness	Governments aided	94	151.13	16.17	268	1.24	0.21
	Private aided	176	153.60	15.21			

From Table 3, it is observed that there is no significant difference of Female Higher Secondary Students in Happiness between government aided and private aided. An independent sample t-test showed the difference in Happiness between government aided (N=96, M=151.13 and SD= 16.17) and private aided (N=176, M=153.60 and SD= 15.21) was statistically not significant, $t(268) = 1.24$, $p = 0.21$, Hence the null hypothesis is accepted at .05 level of significant.

Analysis of objective 3: The difference of Female Higher Secondary Students in Happiness among the different streams is stated in the following Table 4. The Null hypothesis is stated as

Ho2: There is no significant difference of Female Higher Secondary Students in Happiness among the different streams.

Table 4

Difference in Happiness among different streams of Female Higher Secondary Students

Category	N	M	SD		Sum of Squares	df	Mean Square	F	Sig.
Arts	144	150.12	16.55	Between Groups	2400.046	2	1200.023		
Science	88	156.72	14.39	Within Groups	62758.283	177	235.0498	5.1054	0.00667
Commerce	38	153.39	12.30	Total	65158.329	269			

From Table 4 above, a One-Way analysis of variance (ANOVA) was conducted to evaluate the null hypothesis that there is no difference in Happiness amongst the different streams that is arts, science and commerce of Female Higher Secondary Students. The result of the study revealed that there is a significant difference between the different groups as determined by one-way ANOVA, $F(3.029597) = 5.1054$, $p=0.00667$. Hence the null hypothesis is rejected at .05 level of significant.

Discussion

On observing the findings of the study, it was found that majority of the Female Higher Secondary Students have an average Happiness and this finding is in line with the findings of (Kirmani et al., 2015; Rymbai and Sungoh. 2016) who founded that female adolescents have relatively an average subjective wellbeing and this finding is in contrasts to the finding of Lumontod, R. (2018) who found that Students have a high level of Happiness. Further the study also revealed that there was no significant difference in Happiness between government aided and private aided Higher Secondary Schools but the mean score of private aided Higher Secondary Schools is more than the government aided which shows that female Higher Secondary Students of private aided schools are happier than the government aided, however this finding is in contrasts to the finding of Nair and Haripriya (2013) who found that the level of Happiness was found to be greater in the case of govt. school students than private schools students. Moreover, the study founded that there was a significant difference in Happiness among the different streams that is arts, science and commerce and when we compare the Means we can see that the Mean score of science students where $M=156.72$ is much higher than the commerce students where $M=153.39$ and arts stream students where $M=150.12$. Thus this finding is in contrast to the finding of Suthar (2016) who found that there is no significant difference in Happiness and satisfaction among student of general stream and science stream students.

Conclusion

It may be concluded that the study had mainly focused on the Happiness of Female Higher Secondary Students and in finding out the difference in Happiness between the different groups. The finding of the study reveals that majority of the female Higher Secondary Students have an average Happiness which may not be satisfactory because students with higher Happiness may probably have a better school performance thus this finding is in line with the finding of Tabbodi, et al. (2015) who found that there is a significant positive relationship between Happiness and the progress of students, thus this indicates that Happiness is a very important factor for student's achievement and success in life.

The finding in relation to the difference in Happiness between government aided and private aided Higher Secondary Schools indicates that students going to private schools are found to be happier than students going to government schools, thus the probable reason may be when comparing the schools we can observed that private schools are more well equipped, have better schools infrastructure, classrooms are better equipped, better laboratories, proper toilets, clean school environments, teachers are more regular and teaches well than the government schools which lacks proper school buildings, poor sanitation, unhealthy school environment, irregular classes etc. Further the finding in relation to the difference in Happiness among the different streams revealed that science students are happier than commerce and arts students, therefore the probable reason may be that they are more aware of what they want to do in life and are Happy with their performances

The above findings indicate that new practices should be developed and encourage students to have higher Happiness and lead a happier life. Also, from the result it may be concluded that there is a need and call for the people concern which are in direct contact with the students to help them in being Happy by organizing different Happiness programs in schools, by giving them proper guidance and counseling on different programs of life skills and also provide a healthy and pleasant environment in the family, school and society. Since a well function individual contributes more productively to the society.

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