



A COMPARATIVE STUDY OF HAPPINESS QUOTIENT AMONG ADOLESCENTS ITS NEED AND IMPORTANCE FOR THE EMPOWERMENT OF FUTURE LEARNER

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Abstract

The present study investigates to compare happiness quotients among adolescent's male and female students in secondary school. For this purpose a sample of 30 secondary students, 15 male and 15 female, residing in the Mumbai district of the state of Maharashtra was taken. An improved instrument, Happiness Questionnaire (HQ), were used to measure Happiness of students. In order to find out the difference between means of adolescents girls and boys on present variable, t-test was applied. The result shows that 'T' value is 3.54 that is significant at 0.01 level. Results showed significant difference between girls and boys at the levels of Happiness. At the end of this study researcher also suggested some measures to improve the happiness amongst the adolescents for the positive growth and empowerment which is essential for better academic performance.

Keywords: *Adolescents, Happiness quotients, Empowerment, Future learner.*

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Introduction

The importance of adolescent's happiness can be understand as a determining factor in academic performance, especially in the context of today's virtual classroom. However, teachers can be sanctioned in their roles as holistic mentors and become positive Gurus for their students, providing appreciation, empathy and reinforcement. This is vigorous in an effort to "re-humanize" learning, retreating and contributing to the happiness of students and in turn improving their academic performance. They should initiate a mutual sense of "practical happiness" between themselves and their students. Additionally, they can also train pupils in developing their emotional resilience. This should be given particular prominence in this day and age, where students are gradually vulnerable to the undesirable effects of tedium, stress and obstruction in student happiness. It can be said that a truly cheerful student is likely to shine in their academic quest. Present study focusing on the happiness amongst the adolescents and compare the difference between the happiness level of male and female students and at the end of the paper some important suggestion prescribed for the teaches that how they can enhance the happiness of students which directly affected their academic performance.

Happiness quotient (HQ) plays an important role in many areas of life of adolescents. It plays an acute part in every phase of the quality of our professional and special existence. It enables the adolescents to develop very good interpersonal relationships and to have better social support. Happiness quotient in adolescents and its



needs and importance is an effective way to understand the behaviour of students their perspective towards new change of technology of today's world. Happiness is also like a state of mind just as sadness is. It is just as any other emotions is. Happiness is a choice and you only had to make it. You cannot let your circumstances define your state of mind. You cannot assign your state of mind to materialistic pursuits you have to be the master of your feelings.

Happiness quotient, in the form of joy, appears in every typology of "basis" human emotion. Being happy is of great importance of most people. And happiness has been found to be highly valued goal in most societies (Diener, 2000). The adolescents can become more productive and successful at what they do by increasing their Happiness quotient (HQ). A happiness quotient adolescents who is self-aware and essentially motivated will certainly have good academic performance and have good relationship with everyone also not have conflicts with peer group.

Operational definition

Happiness quotient (HQ) is a concept that measures approximately, the measure of happiness each person has achieved in his life. Happiness is a mental or emotional state of well-being defined by positive or pleasant emotions ranging from contentment to intense joy. Happy mental states may also reflect judgement by a person about their overall well-being.

Objective:

To study the amount of happiness quotient among adolescent.

Hypothesis:

The following null hypothesis formulated keeping in view the objectives of the study.

- There is no significant difference between the score of happiness quotient of male and female secondary school students.

Research Method:

The researcher used survey method for collecting data from a predefined group of respondents to gain information related with happiness quotient. Descriptive statistical method used for analysing the data and concluding the result.

Sample: Purposive sampling technique used for collective data

Variables: Independent: Adolescents Students

Dependent: Happiness Quotient.

Tool for data collection

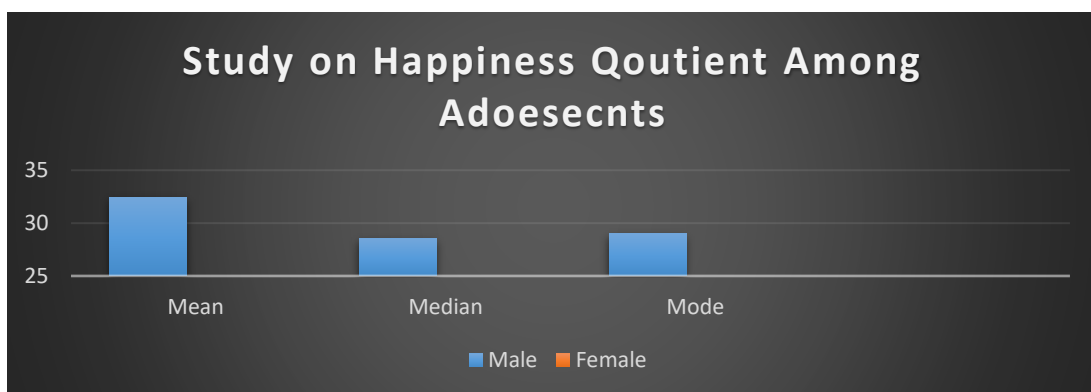
The questionnaire used is purely based on the Maslow's Theory of Personality developed by Eugene Mathes and his colleagues at Western Illinois University .Constructed this Scale to test elements of Abraham Maslow's theory of personality. It determines The Moments of Joy among Adolescents, a competence based on measure relating to importance of happiness of adolescents. Happiness is a term used to describe the way in which we handle both our own nature and those of others and the impact they have on both ourselves and others. In this questionnaire the factors such as "physiological", "belonging and love", 'social needs", or "esteem", and "self-actualization", to describe the pattern through which human motivations generally move. In each factor, 10-20

questions are given. In the questionnaire, you have to agree or disagree yourself with regard to certain observable behaviors; as this is self-assessment you should clearly respond as honestly as possible. The object is to help you identify areas of relative strength and those areas with the potential for development. In this you have to agree and disagree on the given questions asked to you. As in such situations occurs in your life. In this method there is no rating scale is used. It is a survey method whether students agree or disagree with the given phenomena.

Results

Amount of happiness quotient among adolescents.

Sample	Mean	Median	Mode
Total	32.42145	28.5	29



The table and graph given below above clearly indicates the high Happiness Quotient of adolescents during the survey. The HQ score were based on these three central tendency Mean, Median, and Mode. The table and the graph given above represents the HQ scores of both male and female adolescents together and mean is 32.42 which is very high, hence the adolescents are having high level of happiness amount in their lives.

Testing of Hypothesis:

There is no significant differences between the score of happiness quotient of male and female adolescents

HQ Scale	A	B	TOTAL
n	30	30	60
Σx	35617.25	70221.25	73782
Σx^2	17808.625	35110.625	52918
Mean	32.42125	41.0817	39.3667
SD	431.5458	258.3104	1243.73454
Mean A- Mean B	--	--	17.3
t	--	--	3.54
df	--	--	16
A	--	--	<0.0001
B	--	--	<0.0001

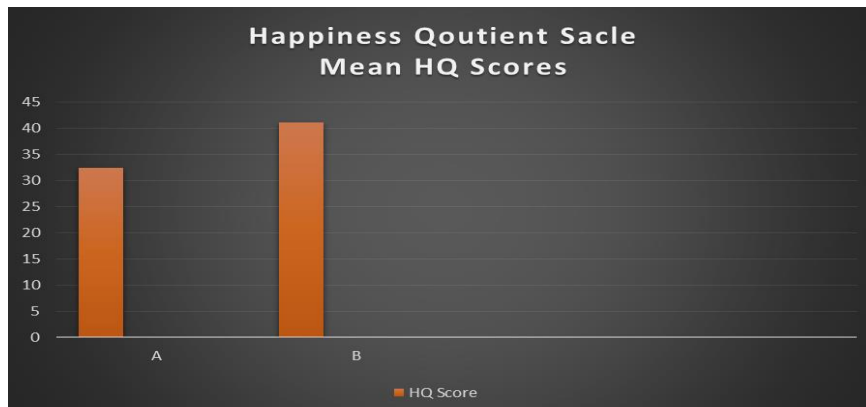


Table and the chart given above indicates that there is significant differences between the happiness level of male and female adolescents mean. The mean of male is 32.42 and female is 41.08 which clearly indicates that there is significant amount of difference between the happiness quotient of male and female students. The *t*-test values obtained is 3.54 which significant is 0.001 level of significant. Hence, the hypothesis i.e., on “There is no significant difference between the score of happiness quotient of male and female secondary school students” has been rejected.

Discussion

Adolescents can be happy any time or their behaviour change. There are many different methods that can be used to help them develop their happiness like explore their thoughts and think from different point of views. Teacher should encourage and motivate the adolescents to learn and develop their positive attitude and feel the happiness of life.

From this research paper it is observed that during adolescence, the female adolescents had a greater effect on their happiness quotient as compare to male adolescents and thus their HQ level increased at a higher rate. A teacher can use different innovative ideas and unconventional methods to make their teaching more effective. This may keep the students more interested and attentive in the class. A positive attitude of a teacher motivates and encourages the students for better performance in academics and social life. A humble sign from an educator can motivate and make a pupil happy. Similarly, an undesirable comment can crease self-confidence and motivation to learn. Hence, the results of study indicates that there is significant differences in happiness of male and female adolescents. Our new era females were significantly happier than male because of they can enjoy the same educational and career opportunities as boys and they are treated equally by their parents and teacher.

Limitation

- This study is limited to the secondary school students who are from class VIII in academic.
- It covers only urban area students
- Socio economic background not included in this study.
- Any happiness related remedy or intervention not given to adolescents
- This study may not be applicable for all the adolescents and time period was too less.



Recommendations for teachers for future practices

To be fruitful in a rapidly changing situation of virtual learning, teachers face demands and challenges beyond “just teaching”.

To be effective teachers, educators will have to

- Deliver a value-added content to students and encourage them to apply it in their life’s this may help in the development of students’ emotional intelligence as well as happiness level.
- Design learning activities which capture the attention as well as touched the emotional dimension and upturn the participation of students
- Challenge students with ideas, quizzes, examples and solutions beyond online content.
- Inspire with knowledge, empathy and understanding.
- Provide an inspiring and fetching learning experience.
- Cherish “viable happiness” within the teacher-student relationship.

The above list may look like much more than teaching and learning but this is teaching and mentoring in the new learning environment. This list is possibly to be more extended in future. Coming future of teaching will be much more than just teaching. The teacher will be an architect and more importantly, a supporter and coach.

Conclusion

Researcher with the adolescents work shows that happiness quotient mainly focus on taking ownership of thoughts and behavior. Their happiness helps them to get rid of from anxiety, deal with mood swings and avoid depressions, it will give them direction in creating a fulfilling of life. It is a powerful skill that helps us recognizing their own feelings thus helping them making a connection and gaining trust within themselves. Happiness quotient in adolescents is considered as an essential dimension not for only academic but also for the development and encouragement of their positive personality and growth. This paper also states that adolescents are very much influenced by their mentor and they can help them in the development positive and happy personality.

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