



## **HAPPINESS, PSYCHOLOGICAL WELL-BEING AND QUALITY OF LIFE AMONG EARLY ADULTS**

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### **Abstract:**

*The purpose of the study was to examine Happiness, Psychological Well-Being, and Quality of Life among early adults. The purposive sampling method was used for data collection. The sample consisted of 60 participants between the ages of 18 and 30. The tools used for measuring the variables included the Happiness Scale, the Psychological Well-Being Scale, and the Quality of Life Scale. The data collected on these variables were analyzed using a correlational research design. The results indicate that Happiness, Psychological Well-Being, and Quality of Life among early adults are positively correlated.*

**Keywords:** Happiness, Psychological Well-Being, Quality of Life Early adults.

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In our daily lives, we all face some problems, such as physical problems and economic problems. Social problems as well as mental problems. Some of the people actually knew how to handle the problems, and some didn't. They were confused and over thought the problem because they weren't aware of their mental state, level of happiness, level of psychological well-being, or quality of life. Happiness is commonly understood as subjective well-being, which includes life satisfaction, positive emotions, and a low level of negative emotions. It reflects how people evaluate their lives both cognitively and emotionally. Happiness is influenced by factors such as personality, relationships, achievements, and gratitude. When individuals feel fulfilled, supported, and hopeful, their level of happiness tends to rise. Although it fluctuates with life events, happiness remains an important psychological indicator of a healthy and satisfying life.

Happiness is a state that is defined by feelings of fulfillment and contentment with one's life or circumstances. Happiness is a more stable condition than pleasure, even though it's not always there. While pleasure can disappear in an instant, happiness typically lasts for more than a few moments at a time (Paul, 2015). Happiness and pleasure have the potential to strengthen or intensify one another, yet they can also totally contradict one another. For instance, you might experience happiness based on meaningful involvement and meaning that is unrelated to pleasure, or you might experience pleasure but battle with guilt as a result, preventing you from experiencing happiness simultaneously.

Psychological well-being is the subjective feeling of contentment, happiness, satisfaction with life's experiences and of one's role in the world of work, sense of achievement, utility, belongingness, and no distress,



dissatisfaction or worry, etc. The term psychological well-being (PWB) connotes a wide range of meanings. Usually associated with wellness. Most studies in the past defined 'wellness' as not being sick, as an absence of anxiety, depression or other forms of mental problems. The PWB includes meaning in life, absence of somatic symptoms, self-esteem, positive effect, daily activities, satisfaction, absence of suicidal ideas, personal control, social support, absence of tension, and general efficiency (Bhogle and Prakash, 1995). Psychological well-being focuses on deeper aspects of human functioning, such as meaning, purpose, autonomy, personal growth, and positive relationships unlike happiness, which highlights emotional experiences; psychological well-being emphasizes how well a person is functioning psychologically. Ryff's model explains six key dimensions: autonomy, environmental mastery, and personal growth, purpose in life, self-acceptance, and positive relations. Higher psychological well-being is associated with resilience, self-confidence, and effective coping with challenges. It reflects not just feeling good, but living well and realizing one's potential.

Quality of life is now given attention in the management of chronic illness. Quality of life has several components, specifically physical functioning, psychological status, social functioning, and disease or treatment-related symptomatology. Quality of life is a broader concept that includes physical health, psychological state, social relationships, and environmental conditions. It represents how satisfied individuals are with different aspects of their lives. Happiness and psychological well-being both contribute strongly to quality of life, as people who feel positive and function well tend to evaluate their overall lives more favorably. Quality of life also depends on external supports such as safety, resources, healthcare, and opportunities. Together, happiness, psychological well-being, and quality of life provide a comprehensive understanding of human wellness and life satisfaction.

#### **Objective of the study :**

1. To study the relationship between Happiness among early adults.
2. To study the Quality of life among early adults.
3. To study the relationship between Happiness, Psychological Well-Being and Quality of life among early adults.

#### **Hypotheses:**

1. There will be positive correlation between Happiness and Psychological Well-Being among early adults.
2. There will be positive correlation between Happiness and Quality of life among early adults.
3. There will be positive correlation between Psychological Well-Being and quality of life among early adults.

#### **Method:**

#### **Participants:**

In the present study, a purposive sampling technique was used. A total of 60 participants were selected from colleges, offices, and other areas in Baramati, such as Vidya Pratishthan College of Arts, Science and Commerce, Baramati; Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati; Kasaba Baramati; Laxmi Narayan Nagar, Baramati; and Baramati Agro Private Limited, Baramati. The age range of all participants was between 18 and 30 years.



**Instruments:**

**Happiness Scale:** - The Happiness Scale developed by Dr. Himanshi Rastogi and Dr. Janki Moorjani (2017) was used to assess the level of happiness among participants. The scale consists of 20 items, each rated on a five-point Likert-type response format ranging from strongly agree to strongly disagree. Higher scores on the scale indicate a higher level of happiness in individuals. The scale has a reliability coefficient of 0.88. Face validity and content validity were established for this measure. The scale is suitable for individuals aged 18 to 40 years and can be administered to both males and females.

**Psychological Well-Being Scale:** - The Psychological Well-Being Scale developed by Dr. Devendra Singh Sisodia and Ms. Pooja Choudhary (2012) was used to measure the level of psychological well-being among participants. The scale consists of 50 items, each rated on a five-point Likert-type response format ranging from strongly agree to strongly disagree. Higher scores on the scale indicate better psychological well-being in individuals. The scale has a reliability coefficient of 0.90. Face validity and content validity were established for this tool. Norms for various age groups are available for the scale.

**Quality of Life Scale:** The Quality of Life Scale developed by S. K. Verma, Padma Dwivedi, and B. L. Dubey (2009) was used to measure the level of quality of life. The scale has 62 items with response options ranging from “strongly agree” to “strongly disagree.” The reliability of the scale is 0.87. Face validity and content validity were established for the scale. Norms are available for males and females between the ages of 20 to 54 years.

**Statistical analysis:**

For the present study Mean, and S.D. used as a part of descriptive statistics. To find out the correlation between Happiness, Psychological Well-being and Quality of life Pearson correlation coefficient was used.

**Results :**

**Table 1: Statistical indices of Happiness, Psychological well-being and Quality of life**

| Variables                | N  | Mean    | Standard Deviation |
|--------------------------|----|---------|--------------------|
| Happiness                | 60 | 253.933 | 23.63              |
| Psychological Well-Being | 60 | 189.256 | 18.56              |
| Quality of Life          | 60 | 75.98   | 9.39               |

Table 1 presents the descriptive statistics for Happiness, Psychological Well-Being, and Quality of Life among the sample (N = 60). The results indicate that participants reported moderately high levels of happiness (M = 253.93, SD = 23.63). Psychological well-being scores were also within the average range (M = 189.25, SD = 18.56), suggesting that most individuals experienced a moderate degree of positive psychological functioning. In addition, quality of life scores showed relatively low variability (M = 75.98, SD = 9.39), indicating that participants' perceived life satisfaction and environmental quality were fairly consistent across the sample.



Overall, the descriptive statistics show that all three constructs—happiness, psychological well-being, and quality of life—fell within average to moderately high levels in the studied population, with acceptable variability across individual scores.

**Table 2: Pearson Correlation matrix test to examine the relationship between personality and its dimension with locus of control**

| Variables                | Happiness | Psychological Well-Being | Quality of Life |
|--------------------------|-----------|--------------------------|-----------------|
| Happiness                | 1         | 0.51                     | 0.60105         |
| Psychological Well-Being | 0.        | 1                        | 0.44            |
| Quality of Life          | 0.60      | 0.44                     | 1               |

Table 2 provides the Pearson correlation coefficients among Happiness, Psychological Well-Being, and Quality of Life. There was a moderate, positive correlation between happiness and psychological well-being,  $r = .51$ , indicating that individuals reporting higher levels of happiness also tended to exhibit higher psychological well-being. A strong, positive association was found between happiness and quality of life,  $r = .60$ , suggesting that greater happiness is linked to better perceived life quality. Psychological well-being also demonstrated a moderate, positive correlation with quality of life,  $r = .45$ , indicating that individuals with higher psychological well-being generally reported better quality of life.

Taken together, the results show that all variables are positively related, consistent with prior research suggesting that emotional satisfaction, mental well-being, and perceived life quality are interconnected psychological constructs.

#### **Conclusion:**

1. Moderate positive correlation found between happiness and psychological well-being.
2. Strong positive correlation was found between happiness and quality of life.
3. Psychological well-being also demonstrated a moderate, positive correlation with quality of life.

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