A Study of Indian College Students' Happiness and Related Factors: A Review

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ABSTRACT: India is a fascinating case study in happiness. Because of its remarkable history, fast economic development, huge population, and ethnic, religious, and linguistic variety, it is a one-of-a-kind civilization. In this chapter, we look at happiness as both a "outside-in" and "inside-out" phenomena, and we put it in the context of India. We examine poll data on Indians' life satisfaction from the outside in, finding that they are moderately happy but may grow more so if policies are established to provide employment and infrastructure to more people. We look at the various ways that subtle culture influences individual happiness from the inside out. Finally, we provide suggestions for happiness-related treatments. The findings in this area are significant not just for their contribution to our knowledge of human behavior, but also for their policy implications. While Bhutan may very well have taken a risk by coining the phrase Using the phrase 'Gross National Happiness,' a play on the more often used term 'Gross National Product,' a growing number of economists are realizing that happiness surveys might help governments make better decisions.

KEYWORDS: Economy, Happiness, India, National, Research.

I. INTRODUCTION

Happiness was originally thought to be an ethereal idea, something that could not be seen before felt yet existed anyway. That hasn't stopped generations of psychologists from trying to figure out what it is. For a long time, happiness research was confined to the field of psychology. It is only recently that psychological study has been merged with economics in this sector. The economics of happiness is a method of evaluating pleasure that combines economists' and psychologists' viewpoints and is based on broader conceptions of utility and welfare than traditional economics. The findings in this field are important not just for contributing to our knowledge of human behavior, but also for policy implications. While Bhutan may have taken a chance by coining the term "Gross National Happiness," a play on the more often used phrase "Gross National Product," as a measure of a country's well-being, economists are increasingly realizing that happiness surveys might help governments make better decisions[1].

Easterlin's approach to happiness economics in 1974 is widely considered as revolutionary, despite the fact that it garnered little attention at the time. The measurement and etiology of reported subjective well-being generated great attention during a conference. Economists have been contributing to the empirical examination of linked aspects of happiness in various nations and times since the late 1990s. The idea of limited rationality argues that, in certain instances, preference cannot be reconstructed only by observing human behavior, even if it can be viewed firsthand. According to Frey and Stutzer (2002), an objective perspective limits the ability to comprehend and influence human well-being. These results suggest that, in addition to using an objective technique, economists should look at using a subjective approach to directly measure happiness. Concerns regarding non-sampling bias in subjective well-being are one of the key reasons economists have avoided utilizing subjective data. People may exaggerate their degree of satisfaction in order to retain their dignity in front of the interviewer; nevertheless, external elements such as mood and weather may have an affect on their reaction during the research[2].

Given these drawbacks, it's no surprise that academics are skeptical about the validity and reliability of self-reported well-being statistics. Happiness data, on the other hand, has been demonstrated to be highly correlated with other subjective data. Friends and family evaluations of a person's happiness, reports from spouses, reports from clinical professionals (Goldings (1954)), and memory tests in which individuals must recollect joyful vs. unpleasant events in their life have all been demonstrated to be significantly linked with self-reported happiness statistics. In the case of the non-sampling dilemma, it is thought that the respondent's culture impacts deterministic bias resulting from a person's desire to maintain a high level of satisfaction. As a result, as long as the cultural differences between the two groups aren't too great, reported subjective well-being might be utilized as a reasonable ordinal measure for real well-being. A variety of subjective well-being connections have also been discovered, all of which are very credible and consistent across populations and time[3].

Previous study has linked happiness to a range of economic variables. Kahneman et al. (2006) showed that high-income people had somewhat more tension and stress, but no higher happiness on average, in their study

on the impact of actual money on happiness. Blanchflower and Oswald (2002), Easterlin (1995), and Frey and Stutzer (2002) discovered that richer Americans reported higher levels of happiness in their studies. Di Tella and MacCulloch (2003) show that happiness equations rise in wealth monotonically from the 1970s to the 1990s, using data from Europe and America. Two studies are found in the context of the emerging economy. According to some scholars, happiness in rural China is based on the notion of subjective well-being. Money has an influence on people's well-being in India, according to another author, and relative income has a big impact on people's life happiness, but an increase in absolute income over a certain threshold level may not offer further joy[4]. Easterlin's groundbreaking 1974 study created the pleasure paradox, which asserts that happiness and wealth are related at a certain moment in time within nations. Happiness, on the other hand, does not seem to rise in lockstep with a country's economic growth. Easterlin's results on the long-term association between happiness and real GDP in the United States have been backed up by other research. Economists such as Easterlin (2003), Duesenberry (1949), and Frank (1999) have highlighted relative income rather than absolute wealth as a determinant of pleasure. Furthermore, some writers have lately included psychological variables (personality traits, other psychological resources) in the utility function of an individual. A number of recent research have utilized this method to construct happiness indices using dispositions as an explanatory variable, and they have shown a substantial link between happiness and a positive attitude. Happiness is a human feeling that is impacted by one's attitude toward life, according to these studies. As a consequence, having a positive attitude becomes an essential covariate of personal happiness. Mohanty (2014) discovered that the association between personal happiness and a positive attitude is stronger than the link between income and happiness in a study based on longitudinal data from the United States. An HT-MaRS happiness survey of 5400 people in 16 cities in India found that smaller cities, rather than metropolises, had higher levels of happiness in terms of health, financial assets, and personal life. The 60+ age group is the unhappiest in terms of money and health of all age groups. This might have serious consequences for our country's social security system, particularly because studies in other nations show that elderly people are generally content. According to the report, Indian housewives are happy with their money than working women[5].

This study is motivated by the fact that young people, particularly college and university students, are an important component of a country's population. King, Rebecca et al. (2014), Proto, Sgroi et al. (2010), Mahaarcha & Kittisuksathit (2010), Abecia (2014), Y.Zhou (2013), Weaver (2010), Chan et al. (2005), Demirbatir et al. (2005), Demirbatir et al. (2005), Demirbatir et al. (2005), Demirbatir et al. (2005), Demirbatir et (2013). However, little study has been done on Indian students. In India, roughly 46% of the young people under the age of 24, but in the United States, just 33% of the population is under the age of 24. Because India is so heavily populated with young people, finding a suitable job is quite difficult. Academic success is often

necessary in order to get a respectable job. As a consequence, a typical student's life in India is distinguished by high academic pressure and fierce competition, both of which are certain to have an impact on their overall health.

In addition, in this era of the internet and social networking, Indian culture is rapidly evolving in both urban and suburban areas. Joint families are being displaced by nuclear households. Even Nevertheless, the chunk of The population see spending time with family and friends as a vital part of their social life. As a consequence, their social life and personal situations will almost certainly affect their overall happiness. According to studies, the 15-29 age group in India has the highest suicide rate. In this setting, it is critical to investigate the elements that influence young Indians' happiness. However, this has been noted that few similar happiness studies have focused on students in India. This study examines the characteristics that are significantly linked to the happiness of college and university students using actual data obtained from a sample survey[6].

This study uses OLS, OLOGIT, and statistical tests to see whether aspects of social life, such as time spent with family and friends, being in a connection, and logging in to the social networking websites; academic factors, including such employment options in the chosen field of study and academic environment; as well as other personal factors, including such health, overthinking or dwelling on past bad memories, and tobacco/drug/alcohol addiction, are significantly related to college and university enrollment. This article also investigates if a student's pleasure is influenced by his or her wealth and gender.

II. LITERATURE REVIEW

Ahmed M. Abdel-Khalek in his paper discloses about the goal to look at the degree of happiness among a group of Kuwaiti students. There are few cross-cultural studies in this area, and studies in this field with Arab participants are rare. Meleis investigated Kuwaiti women's reactions to modernity. Unfortunately, the average level measured is not reported in this paper. It also doesn't specify the precise pleasure scale that was utilized. Veenhoven conducted a study of 34 countries in the early 1990s in terms of quality of life in an individualistic society (1999). The statistics reveal a strong positive correlation: the more individualistic a country is, the more people like their lives. This connection seems to be dependent on educational attainment and economic success [7].

Yiwei Zhou reveals the sources of people's happiness in China in his research, which analyzes a countrywide sample of adults from the Chinese General Social Survey 2008. (CGSS). The thesis looks at happiness as a concept, discusses fundamental happiness theories, and compares and contrasts happiness studies from the West and China. The following are the four major research issues addressed in this thesis: 1) 2) How subjective evaluation of events in life impacts one's happiness in China; 3) Whether drawing parallels (with one's past life and others) usually affects one's happiness in China; and 4) Whether subjectivity of life events and comparisons moderate the effects of assets on happiness in China. According to the present research, the most significant

predictor of happiness in China is self-assessment of life, which mediates the impact of different resources on happiness. Happiness is not guaranteed by having more money or a higher social standing. Despite the fact that social comparison is a powerful predictor of happiness, it has little bearing on the effect of wealth on happiness. Expected and unanticipated findings, the study's limits, suggestions for future research, and the work's ramifications are all thoroughly discussed[8].

Edward Diener in his book examined that cultural relativism is a possible issue in researching SWB across cultures: if societies have different values, individuals of those communities would use different criteria to evaluate their society's success. By analyzing such parts of SWB as whether people are feeling they are living appropriately, whether they enjoy their lives, and if others close to them think they are living well, SWB may represent the degree to which individuals in a community are achieving the goals they hold dear. Contributors look at SWB in relation to money, age, gender, democracy, and other factors. One of the most surprising findings is that, although rich nations are on general happier than poor countries, individual do not get happier as the wealth of a wealthy country grows[9].

III. DISCUSSION

A main sampling procedure of Indian college and university students aged 18-24 years was used to get the data. The bulk of these youngsters attend college and university in India's major cities. We think that the demographics of the population under investigation contributed to the effectiveness of online surveys. The approach proved to be substantially quicker than standard questionnaire distribution in terms of response rates. In 2014, a survey was conducted. We gathered information from students at India's higher education institutes. The sample included respondents of both sexes, from various socioeconomic categories, and from various areas of study. We used the Questionnaire technique to gather the necessary data from the samples under consideration. Our total sample size is 449 people, with 400 of them coming through an online survey and the remainder from traditional questionnaire distribution. These students were studying a variety of subjects, including Social Sciences, Liberal Arts, Engineering, Law, Medical Sciences, Basic Sciences, Journalism & Media Studies, and Commerce. There were 229 men and 220 girls among the 449 pupils polled[10].

A. The Questionnaire

There are five parts to the questionnaire. In Section 0 of the survey, respondents are asked for their gender, age, course of specialization, college/university, current standard of knowledge, family size, and monthly family income category (below INR 10,000, INR 10,000 – INR 25,000, INR 25,000 – INR 50,000, INR 50,000 – INR 1,00,000, and Above INR 1,00,000). These classifications were had used to analyze happiness across income levels, enabling researchers to see whether happiness is connected to money. We also looked at happiness in men and women and see whether gender has an effect on a student's happiness. The student must react to assertions in the first section by selecting one of three options:

agree, partially agree, or disagree. All of the parts after that (sections 2, 3, and 4) contain statements to which the student must reply using one of the following options: 'Yes' or 'No,' or 'agree' or 'disagree.'

The goal of section 1 is to determine the responder's overall happiness. We've picked questions/statements from of the Oxford Happiness Questionnaire, a pre-existing satisfaction indexing questionnaire developed by Oxford Brookes University, to assist us with this. We were unable to accept the above-mentioned questionnaire in its whole refers to the long of our questionnaire, which contains supplementary components to gather information on many more subjects. We had to cut some questions to keep our questionnaire short, but it still has extra sections to harvest information on a variety of other topics. These assertions are life generalizations. Overall happiness (as measured by the summed responses from section 1) ranged from 5 to 25, with male samples ranging from 5 to 8 and female samples ranging from 5 to 25.

The second half of the poll asks about the respondents' social lives. This portion has several questions about friends, family, relationships, and social networking, and the responder is asked to rank these four components in order of significance in affecting her or his social life at the conclusion of the segment. The third section of the questionnaire asks about their academic environment and future ambitions. Section 4's purpose is to assess all of the many components of their condition. It includes information on his or her health problems, traumatic previous experiences, tobacco/alcohol/banned drug addiction, and financial circumstances. The responder must rate three criteria (mental and physical health, leisure, and financial circumstances) in order of priority in determining his or her happiness with his or her personal situation at the conclusion of this section[11].

B. Happiness and Related Factors

To overcome the challenges stated in the paper's introduction, we use regression of overall happiness on dummy variables reflecting economic classes, gender, and other characteristics of social life, personal life, academic environment, and prospects.

C. Happiness Level Across Genders

Guys are often happier than girls, as according a few well-known studies done at the macro level (Stevenson and Wolfers, 2009). Graham and Chattopadhyay (2012) and Tiefenbach and Kohlbacher (2013) concluded that women are happier than males in certain nations, such as Japan, based on macro-level data. Men are more likely than women to commit suicide in India, according to statistics. As a result, the relationship between happiness and gender varies between nations and age groups.

According to the Appendix A.2 summary data, there isn't much of a difference in overall overall happiness between male and female college students. According to the regression findings in table 1, the calculated gender dummy coefficients are substantially inconsequential for both male and female samples. This finding is confirmed using the Z-test. Appendix A.5 contains the findings of the Z-test. The findings of the hypothesis testing show that there is no big variation in happiness between males and females.

In this study article, I set out to answer the following questions: Is a student's happiness related to elements of his or her community engagement, such as time spent with friends, time spent in a relationship, and frequently trying to log into social networking sites; academic considerations, including such job prospects and academic environment; and other individual characteristics, such as health, taking up residence on bad memories, and substance abuse to tobacco/alcohol? We also investigated if a student's satisfaction is related to their financial status or gender.

We used regression analysis (OLS and OLOGIT) to answer our research questions and found that time spent with friends, as well as employment opportunities in the selected area of study, are positive factors of a student's happiness. Being in a relationship, on the other hand, is adversely connected with male students' happiness, while addiction to cigarettes, alcohol, or forbidden drugs is negatively correlated with female respondents' happiness. Overthinking on painful memories has a negative impact on both male and female respondents' happiness.

Indian pupils, on the whole, come from close-knit families with emotionally interdependent family members. The need to spend time with family is the driving factor behind the desire to participate in social activities. For years, India has maintained a joint family structure, but as the country has become more urbanized, traditional joint families have broken apart into nuclear families. On the other side, students choose to settle down. Making friends is also an important component of life for college or university students. The negative link between happiness and being in a relationship might be related to the respondents' young age group (18-24 years), when the majority of people are unprepared to deal with a relationship. As we've seen, most people's lives aren't dominated by internet contact. This result is rather unexpected, given the demographics of our sample and the growing amount of time students spend on social networking sites in recent history. It does, however, show that, no matter how appealing the digital world may look, nothing can really replace a social life in the actual world. The findings of this research also reveal that overall satisfaction is substantially connected to future career opportunities in the selected subject of study, with the largest positive connection, for the total group. India is noted for having one of the world's youngest populations, with about half of the population under the age of 24. According to India's demographics, students in higher education understand that they must get a decent job in order to support themselves and their families. Because India is so heavily populated with young people, finding a suitable job is quite difficult. As a result, it is clear that career prospects are linked to happiness. Overthinking unhappy memories, on the other hand, is most strongly and adversely associated to happiness. Another conclusion in this research is there was no statistical significance difference between male and female students in terms of overall satisfaction. This was observed during the first assessment of our field survey results, and it was then confirmed using a hypothesis test statistic and a male dummy predictor. So, although male and female students have distinct perspectives on particular aspects of their life, their overall contentment is not that diverse.

The researchers used regression analysis and statistical testing of hypotheses to discover that a student's pleasure is independent to his or her money. According to regression models, income and happiness are not highly linked. Statistical testing of hypotheses were used to back up the previous results. The average levels of customer satisfaction among students from different socioeconomic classes do not differ significantly, according to hypotheses testing. Many people would like to believe that money can buy happiness, thus the relationship between wealth and happiness is of great interest. This study of Indian students, on the other hand, shows that this is not the case. The overall contentment of Indian students, who are mostly from metropolitan regions, is unaffected by their income. This isn't to suggest that money isn't essential; it just implies that having a lot of money doesn't necessarily equal pleasure.

The Easterlin Paradox (1974) is one that may help us understand our findings. Richard Easterlin demonstrated in the mid-1970s that, despite being more prosperous than their parents and grandparents, succeeding generations of individuals were not growing any happy. He revealed via a time series study that, although wealthy individuals in a society like to be happy more than poor people, opulent civilizations were not much better than destitute societies.

IV. CONCLUSION

There are a few limitations to this study. Our sample size is restricted to 449 sample units due to a lack of time. We haven't considered both directions of causality. While we found that aspects of a student's social life, career prospects, and personal conditions such as overthinking about bad memories and substance/alcohol addiction concerns are positively associated to happiness, we did not investigate whether happiness has a role in these factors. A person who is happy will have a more active lifestyle, more job opportunities, and a higher personal status. In addition to the explanatory variables mentioned, other factors such as genetics, attitude, the respondent's state of mind when filling out the questionnaire, and so on may have been overlooked. In several studies, positive attitude has emerged as a crucial covariate of personal happiness. We don't have access to information on the respondent's attitude in our research. As a result, we were unable to use attitude as an explanatory variable in our research. Despite these restrictions, our initiative tries to address a number of India-related topics that have received little attention in earlier research.

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