Relationship Among Happiness, Life Satisfaction and Resilience in University Students

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Abstract

The present study seeks to explain the interactive and relative effects of happiness, life satisfaction and resilience among university students in Pakistan. Basic objective of this research was to find out the relationship between happiness, life satisfaction and resilience, further to investigate the level of resilience, happiness and life satisfaction among male and female students. Disproportionate stratified sampling technique was used to select 400 university students (male=200, female=200) from the universities of Rawalpindi and Islamabad. The study was conducted in two phases. In phase-I pilot study was conducted and in phase-II main study was administered. The data for the study was collected through stratified random sampling technique and three reliable instrument used were; Oxford Happiness Scale (1990), Life satisfaction scale (1985) and Resilience Scale (1993). Data was analyzed using statistical techniques like Pearson correlation; Independent sample t-test was used. Results of the study indicated a significant inverse relationship between the variables of resilience and happiness (r=-.472[**]) where female students were happier than male students (M $\pm$ SD= 109.8442 $\pm$ 15.45855) and a significant inverse relationship between life satisfaction and resilience (r=-.112[*]) among male and female university students. The results also indicated that females are more satisfied with life than males (M $\pm$ SD= 23.3810 $\pm$ 5.64858). It was also found that there were significant gender differences in university student's scores on resilience scale (M $\pm$ SD= 79.4201 $\pm$ 26.55817). Males were found to be more resilient than females. The findings of the present study have implications for students' counseling, awareness and therapy. It was recommended that the training of the students should also be done so that they deal with life events and circumstances effectively while maintaining their psychological health.

Keywords: happiness, life satisfaction, resilience.

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Introduction

Recently positive psychology emerged strongly; various studies have been conducted on the aspects of happiness, resilience, satisfaction, and their effects on people's quality of life (Selgiman, 2000). If a person is happy or satisfied with life that person must be resilient. Resilience can be described as a strong power or will to come back to normal life or situation after experiencing hard time. A resilient person cannot be broken down by difficult circumstances. A person who is motivated and resilient enough is always ready to take on risk and new challenges in life. Resiliency as person's aptitude and capability settling down moreover dealing with negative experiences. Resilience acts as a predictor of happy and satisfied life.

Happiness, outlined as the expertise of constructive influence coupled with high lifestyles delight (Diener E. , 1984), has positive penalties throughout lifestyle domains: work, interpersonal relationships, and wellness (Lyubomirsky S. L., 2005a).

Life satisfaction is the judging and cognitive ability (Diener E. E., 1985) of a person to assess the best of life established upon different norms. Person's viewpoint and overall assessment of the life entirely also few life domains like family, matrimonial, and occupational life. Life contentment act as an equilibrium among one's desires and needs in addition person's current situation of existence. So we can say that this balance or gap between individual's desires and present state is directly linked to life satisfaction the greater the gap the lower the satisfaction (Diener E. D., 2009).

The concept of resilience has been investigated in the past years in different cultures. It is a topic of great interest and importance in the field of positive psychology. (Prince-Embury, 2015). Scholars consider resilience as one of the most important criteria of mentally healthy individuals. It determines the extent of mental stability or health of the psychologically healthy person. Resilience is a dynamic factor which shows flexibility and variability with the changing situations (Waller, 2001).

Researches provide support for the extent of satisfied life quality that is an ingredient of achieving happiness (Boroooah, 2006). Moreover here subsist an in directive association among self-esteem and happiness. In contrast outlook as well as explosive characteristics (introvert, extrovert), social relationship (having a purpose in life, satisfied with personal relations) and general life satisfaction are mediators of pleasure (Lyubomirsky S. e., 2006). Also social status, achievements in life and matrimonial status is related with happiness and life satisfaction.

In Asian cultures it is seen that the variables of happiness, satisfaction with life and resiliency are closely related and have positive effect upon one another. Considering the effect of resilience at hand is diversity involving both gender to life pleasure however there is no variation related to resilience among gender (Khal"atbari, 2010). Additionally, life satisfaction plus happiness is predicted by resilience (Jowker, 2007).

Rationale of the Study

Academic life is the critical period of life with multiple biological, environmental and social changes which can have an impact on the mental health and social adjustment of the students. There is a limited number of published data set from Pakistan assessing the role of happiness, life satisfaction and resilience in this group. The present research will investigate both the population of male and female in our culture because the previous studies investigated only the female population in academic settings. So the present study will contribute in evaluating the role of positive psychology in social well-being of the individual/students.

Objectives

The objective of research is:

1. To investigate relationship between resilience and happiness.
2. To determine the relationship between resilience and life satisfaction.
3. To determine the resilience, happiness, and life satisfaction among male and female students.

Method

Descriptive study plan is undertaken for the present research i-e "Relationship among happiness, life satisfaction and resilience in university students" based on survey method. The data for the study was collected through stratified random sampling method.

Participants

Participants of study consist of 450 undergraduate students which includes both male and female students of different universities of Rawalpindi and Islamabad. A total of 450 university students filled out the modified version of Oxford Happiness Scale, Satisfaction with life Scale and Resilience Scale along with the demographic sheet.

Instruments

The following questionnaires are use as instrument in the study.

Oxford Happiness Argyle (1990)

This scale is use to measure happiness in the research. The scale was developed by Argyle and Lu in 1990 considering Argyle and Crossland theory related to happiness (Argyle, 1990). The scale consists of 29 items ranging from 1-6 point likert scale where 1=strongly disagree along 6=strongly agree. Before finding total scores twelve items on the scale requires reverse scoring. (Peter Hills, 2002).

The scale has a reliability of 0.90 reported by Argyle et al. (Argyle, 1990). Scale reliability for current study (Cronbach's alpha) is calculated and is found out to be .71 which is satisfactory.

Life Satisfaction Scale (1985)

Scale consists of 5 items which is developed in by Diener (Diener E. E., 1985). The scale has the reliability of 0.89 determined through convergent, differential method. All items will be measure using 7 point (likert scale) where 1 =strongly disagree (score 1) and 7= strongly agree *(*score 7). Originally designed for measuring the construct of life satisfaction of adolescents and adults in academic institutions. Scale reliability in current study (Cronbach's alpha) is calculated and is found out to be .77 which is satisfactory.

Resilience Scale (RS) by Wagnild & Young (1993)

Scale consisting twenty five items which id developed in by Wagnild along with Young (Gail M. Wagnild, 1993) . All items will be measure using 7 options where 1 =strongly agree to 7 =strongly disagree. It is translated into various languages like Persian and Urdu versions. Scale reliability was 0.91 for initial sample. α ranges between 0.73 to 0.95 reported in additional researches (Gail M. Wagnild, 1993) and in this study it is calculated as .87.

Procedure

For collecting a sample of 400 individuals studying in different programs of bachelor level were selected from twin cities. Before collecting data researcher take them in confidence and their consent was taken from each participant who volunteers to participate to study. They were briefed about the objectives of the present study and provided with three questionnaires containing the questions regarding happiness, life satisfaction and resilience. Then researcher explained how to fill demographic form and the questionnaires about happiness, life

satisfaction and resilience. Demographic sheet was constructed to collect information from these participants regarding their age, gender, department and their academic status. There was no time limit set for them to fill out the questionnaires. Participants were instructed to fill the demographic sheet and questionnaires honestly. During the data collection, the research was present to handle any query. After filling the questionnaires the responses of each participant were entered into the SPSS sheet and tabulated, analyzed and interpreted through the application of SPSS.

Results

For the present research, SPSS (v.20.0) has been used for statistical analysis. Descriptive statistics were computed for demographics such as gender, age, department and their academic status etc. Pearson correlation and independent sample t-test were computed to assess the variables of happiness, life satisfaction and resilience and their level among male and female university students.
Table 1 represents the correlation values between resilience and happiness also between resilience and life satisfaction among university students. Furthermore, there is significant inverse relation of happiness and life satisfaction with the variable of resilience. So it is identifies that resilience acts as a predictor of happy and satisfied life.

Table 1
Pearson correlation and significance between resilience and happiness

		TOTALR	TOTALH
TOTALR	Pearson Correlation	1	-.472[**]
	Sig. (2-tailed)		.000
	N	450	450
TOTAL H	Pearson Correlation		1
	Sig. (2-tailed)		
	N		450

**. Correlation is significant at the 0.01 level (2-tailed)

The sample of present research comprised of 400 undergraduate university students. The results identifies alpha coefficient of resilience and happiness is -.472. Hence results in the above table shows that resilience is negatively correlated with the happiness as the value of the correlation is -.472. Hence the value is 0.00 means less than 0.05 so it is

significant. So there is an inverse significant relationship between resilience and happiness.

Table 2
Pearson correlation and significance between resilience and life satisfaction

		TOTALR	TOTALH
TOTALR	Pearson Correlation	1	-.112[*]
	Sig. (2-tailed)		.018
	N	450	450
TOTALLS	Pearson Correlation		1
	Sig. (2-tailed)		
	N		450

*. Correlation is significant at the 0.05 level (2-tailed).

It identifies alpha coefficient of resilience and life satisfaction is -.112. Hence the value 0.018 means less than 0.05 so it is significant. So there is an inverse significant relationship between resilience and life satisfaction.

Following results were obtained for analyzing the gender difference for the three variables of happiness, life satisfaction and resilience independent sample t-test was computed.

Table 3
Group statistics including total number of male and female, mean, standard deviation and standard error mean of Happiness
Group statistics

	Sex	N	Mean	S.D	Std. Error Mean
TOTALH	Male	219	108.4795	16.91379	1.14293
	Female	231	109.8442	15.45855	1.01710

Table 4
Group statistics including total number of male and female, mean, standard deviation and standard error mean of Life satisfaction

	Sex	N	Mean	S. D	Std. Error Mean
TOTALLS	Male	219	22.7489	6.21525	.41999
	Female	231	23.3810	5.64858	.37165

Table 5
Group statistics including total number of male and female, mean, standard deviation and standard error mean of Resilience
 Group statistics

	Sex	N	Mean	S.D	Std. Error Mean
TOTALR	Male	219	79.4201	26.55817	1.79463
	Female	231	76.4199	23.63088	1.55480

Discussion

The current research intended to investigate the phenomenon of happiness, life satisfaction and resilience in university students. The main aim of research was checking relationship involving happiness, life satisfaction and resilience along with that the study also explore the resilience, happiness and life satisfaction amongst males as well as females in the context of Pakistan. Accordingly on the basis of these objectives hypothesis were formulated.

The current study was carried out in two separate phases. In phase-I reliability and validity of the scales (oxford happiness, life satisfaction furthermore resilience scales) were determined on the sample (N=50).

In phase-II actual study was conducted to meet the objectives of the study and to investigate the hypothesis formulated by using statistical assessment using latest version of SPSS. In actual study data is assembled from sample of 400 university students from 7 universities of Islamabad and Rawalpindi.

Present research core aim is determining relationship among happiness, life satisfaction and resilience in university students. From the basic objective that is "to determine the relationship between resilience and happiness" two hypothesis were formulated the first hypothesis made was the null one that says "noteworthy correlation involving resilience and happiness will be there". The second hypothesis which was alternative hypothesis states that" life satisfaction has a significant relationship with resilience". To recognize the relationship between these three variables correlation coefficient was computed. Correlation between the variables of resilience and happiness is** -.472   which was inversely significant. The results showed that resilience is negatively correlated with the happiness. The results prove our hypothesis which says it is inverse noteworthy correlation involving variables of happiness, life satisfaction and resilience.

The reason for the inverse association linking happiness, life satisfaction as well as resilience is that cultural context in which this research is conducted does matter. In our culture individual are trained very differently from the beginning to face the hardships of life, stressful

events and circumstances. Individual differences also matters a lot as every persons has a different perspective and interpretation of happiness, life satisfaction and resilience.

Previous studies showed that happiness is significantly affected by life satisfaction also vice versa (Nemati, 2016)

According to results of another research people in various phases like societal in addition to economical condition is faced by means of special issues while facing existence clashes (Nemati, 2016). Facing these state of affairs individual's happiness or else life satisfaction is affected negatively; at time while the individual is a university student, interval where parson's joy in addition to life satisfaction is faced through life disputes as a results for insistence for accomplishing academic goals, as well as obtaining advanced phases or else acquiring post otherwise partner, edification (Nemati, 2016).

Final objective for research study was to determine the resilience, happiness, and life satisfaction among male and female students. From this final objective of the study the hypothesis made was that "there will be significant gender difference on resilience, happiness and life satisfaction". To check that if significant difference exists between the two genders t-test analysis is applied. Outcome for t-test analysis showed that females are happier than males. Variation in computed score is there on the oxford happiness scale among males and females so we will prove the hypothesis that females are happier than males.

In order to determine the level of life satisfaction and resilience among females and males t-test analysis was applied. The results of analysis clearly showed that females are more satisfied with the life than males proving the hypothesis.

In order to determine the level of life satisfaction and resilience among females and males t-test analysis was applied. The results of analysis clearly showed females are less resilient as compared to males in addition males are more resilient as compared to females against proposed hypothesis.

Results of the previous investigations demonstrated that students who show high resilience are those who are more satisfied with their life so life satisfaction is the forerunner of resilience (Nemati, 2016).

Moreover resilience intensity in male also female students is noteworthy who are living with their parents as compared to those living separately from their parents. Other variables such as poverty, gender, living with a single parent and school type also predict the resiliency level (Sipahioglu, 2008).

Table 3 shows the summery of these comparisons between genders. The mean scores for the male and female in terms of happiness were 108.4795 and 109.8442 respectively. Table 4 shows the summery of these comparisons between genders. The mean scores for the male and female in terms of life satisfaction were 22.7489 and 23.3810

respectively. Table 5 shows the summery of these comparisons between genders. The mean scores for the male and female in terms of resilience were 79.4201 and 76.4199 respectively.

The result infers that male subjects have higher mean score for the resilience variable than females. Thus there is minor difference among male and female for the level of happiness moreover life fulfillment but it is a significant diversity of resilience level among male as compared to female.

According to the results of the previous study author (Nemati, 2016) is of view that individual's view of happiness in addition to life satisfaction be a cognitive state that comes because of person's understanding of life events and circumstances. Appearing here subsets reciprocal correlation involving resilience, happiness plus life satisfaction: optimistic understanding about existence situations along with admitting reality people constantly encounter troubles in addition to disputes, generate cognitive development plus mental attempts consisting resilience assisting individuals counting university students for encountering existence problems. Taking into account the attained outcomes of the previous study, recommendations involve cause for individual's discontent for being is studied along with suitable precautions must adopted, as being contentment be able to shape individual's happiness by influencing resilience also standards for being contented (Nemati, 2016).

If a person is happy or satisfied with life that person must be resilient. Resilience can be described as a strong power or will to come back to normal life or situation after experiencing hard time. A resilient person cannot be broken down by difficult circumstances. A person who is motivated and resilient enough is always ready to take on risk and new challenges in life. Resiliency as person's aptitude and capability settling down moreover dealing with negative experiences. Resilience acts as a predictor of happy and satisfied life.

Conclusion

Current research is conducted for indicating relationship involving happiness, life satisfaction and resilience in university students in Pakistan. The research is performed in 2 separate phases. Results of try-out indicates that all these scales; oxford happiness scale, life satisfaction scale and resilience scale are reliable and valid to use in second phase for main research to test the objectives of the study and hypothesis formed to test those objectives.

In phase-II actual study was conducted to meet the objectives of the study and to investigate the hypothesis formulated by applying statistical test using latest version of SPSS. In actual study data is assembled from

sample of N=400 university students from 7 universities of Islamabad and Rawalpindi.

Following were the main findings based on the objectives of research:
1. Inverse correlation is found involving happiness plus resilience which is noteworthy and also between resilience and life satisfaction.
2. Variation observing mean difference for happiness and life satisfaction among both gender students is found.
3. Among male as well as female noteworthy distinction involving mean difference for resilience. Males have higher mean scores on resilience than females.

Recommendations

The outcomes of the current study pinpoint noteworthy inverse relationship among happiness, life satisfaction and resilience in university students the level of resilience among male students is more than female students as compared to the variable of happiness and life satisfaction.

Following are the main recommendations for further research
1. As the present study was restricted to the universities of Rawalpindi and Islamabad security issues and time constraints so it is recommended to widen it to universities of other cities of Pakistan for making comparison among students of different cities.
2. Moreover future studies on this topic can be repeated by using qualitative methods e.g. interviews, observations etc.
3. In future researches can also be conducted to find out how happiness is shaped by life satisfaction straightforwardly also by way of mediating role of resilience.
4. A study should also be conducted among employed and unemployed to measure these three variables at industrial and organizational level.

Following are the recommendation for the target population:
1. Training programs and seminars should be conducted in universities to improve self esteem to enhance resilience among male and female students.
2. Awareness should be created by arranging Islamic seminars and conferences to cultivate and emphasize the importance of having balance between modern scientific and Islamic life styles and teachings.
3. Counseling must be provided to students on how to overcome and mange their problems in their university life effectively.

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