A study of Happiness level among urban and rural students studying in college of mahisagar district

1. Introduction:

Today, we can expect to live decades longer than any generation before us. Dire poverty and many forms of oppression are on the decline. So we should be at our happiest. 'A remarkable fact' asks the question: what makes us feel happy? Many studies have been carried out to decide a benchmark for happiness. In a Gallup World Poll, Denmark tops the list of happy countries. In terms of daily experience (how pleasant or emotionally rewarding life is) Panama wins. The essentials of a good life are available even to people who don't own much: time spent with loved ones, physical and mental health, and interesting things to do.

How can we define happiness? We could say, to be happy is to have a favourable emotional condition. Is this a good definition? 'What is happiness?' suggests that this provides a useful starting point to a study of what happiness is, although there are alternatives available. Happiness can be divided into three elements: a state of attunement (feeling safe and secure), engagement with a situation (enjoying activities), and an endorsement of life (feeling that life is positively good). Tranquillity could be argued as the cornerstone of happiness. To complicate the picture, it seems that happiness includes not just experienced emotions and moods, but the nonconscious aspects of our emotional condition as well.

Can happiness be measured or is it too elusive and complex to measure? 'Measuring happiness' looks at the issues associated with trying to measure happiness. Measures of happiness can be accurate. Measuring happiness is no more mysterious or fraught than measuring depression and anxiety. When reading about scientific studies of happiness, it is advisable to consider three caveats: what is the study measuring? Do the groups being compared tend to answer happiness questions differently? If the study claims that some group of people is 'happy', what is the evidence for this? Measures of happiness between groups tell us a lot about relative happiness levels but they can't tell us much about how many people actually are happy.

2.Objective:

1.To study of happiness level of urban and rural students of mahisagar district

2.To study of Happiness level of below 25 years and above 25 years students of mahisagar district .

3. Hypothesis:

1.There is no significant difference between the mean score of urban and rural students towards Happiness level.

2.There is no significant difference between the mean score of below 25 years and above 25 years students Toward Happiness level.

4.Method:

1.Sample:

In the present study sample was selected randomly. We taken 30 rural students and 30 urban students from mahisagar district. So, Total 60 sample was selected in this study.

Approximately 100 sample was selected in each category for the research study. After disposing off incomplete and unclear details, a total of 60 sample was selected as per primary planning.

Brake up of the sample:

		Area of residency (A)		
		Urban Students(A1)	Rural Students (A2)	Total
Age (B)	Below 25 years(B1)	15	15	30
	Above 25 years(B2)	15	15	30
TOTAL		30	30	60

2.Tools:

In order to happiness level of urban and rural students , we have used Oxford Happiness Questionnaire(2002) developed by Michel Argle and peter hills at oxford university . There are 29 Items in this inventory. The retest reliability is at the rate of 0.92 and The validity of the scale of Oxford Happiness Questionnaire is very high. This inventory is majored current level of happiness.

3. Variables:

In Present research work the nature of various variables is given in the following table.

Sr.No	Name of Variables	Nature of variables	Number of level	Area of level
1	Area	Independent	2	1.Urban Students 2.Rural Students
2	Age	Independent	2	1.Below 25 Years 2.Above 25 Years
3	Happiness Level	Dependent	1	level of happiness

5. Statistical Calculation:

Obtained information analyzed as per mean, SD &'t' Test method. And hence, internal effect on the independent factors was examined.
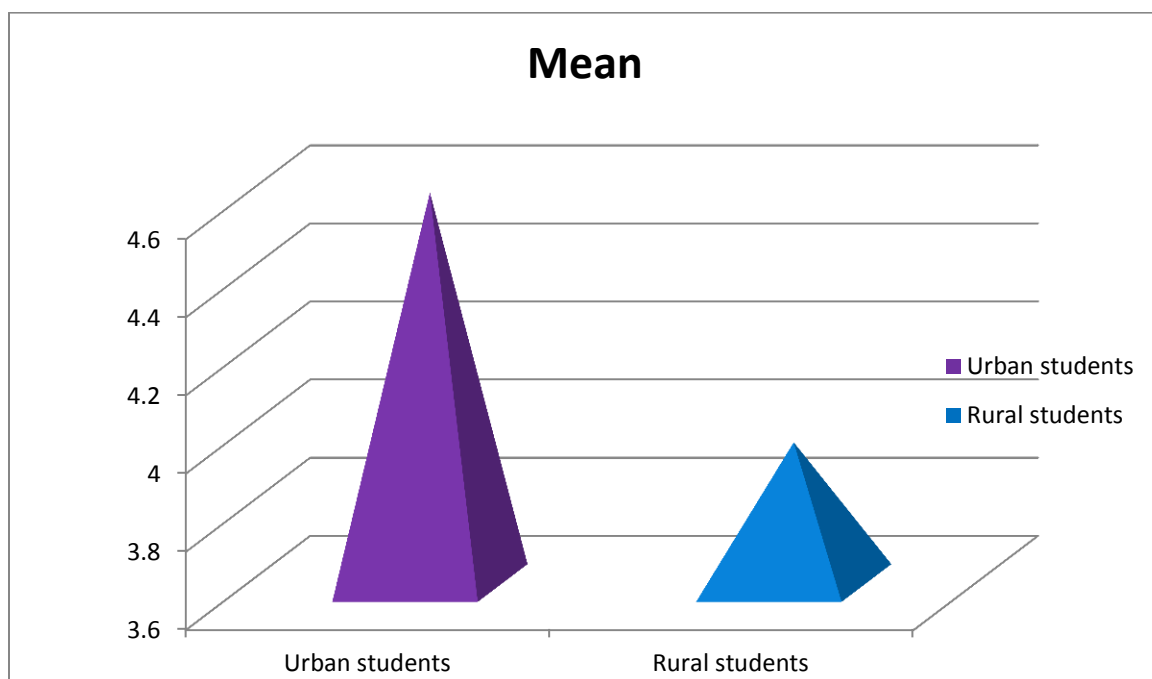
6.Result and discussion:

1. Table-1:

Showing Mean, SD &'t' value of happiness level of students in relation to their area of residency.

| Sr. No	Group	N	Mean	SD	't' Value	Table Value	Level of Sign.
1	Urban Students	30	4.60	0.494	3.975	2.00	0.05
2	Rural Students	30	3.96	0.532			

As can be seen from table that 't' value of 3.975 is significant at 0.05 level. This means that the two groups under the study differ significantly in relation happiness level. The mean score of urban students group is 4.60 as against the mean score of 3.96 of the rural students group. It should be remembered here that, according to scoring pattern, higher score indicate very good happiness level. Thus from the result according to the mean it could be said that the urban students are very happy than the rural students. The hypothesis that "There is no significant difference between the mean score of urban and rural students towards Happiness level" is rejected.

Graph No.1:

2.Table-2:

Showing Mean, SD &'t' value of happiness level of students in relation to their age.

Sr. No	Group	N	Mean	SD	't' Value	Table Value	Level of Sign.
1	Below 25 years	30	4.22	0.6.23	2.470	2.00	0.05
2	Above 25 years	30	4.64	0.468			

As can be seen from table that 't' value of 2.470 is significant at 0.05 level. This means that the two groups under the study differ significantly in relation happiness level. The mean score of below 25 years students group is 4.22 as against the mean score of 4.64 of the above 25 years students group. It should be remembered here that, according to scoring pattern, higher score indicate very good happiness level. Thus from the result according to the mean it could be said that the above 25 years students are very happy than the below 25 years students. The hypothesis that "There is no significant difference between the mean score of below 25 years and above 25 years students Toward Happiness level" is rejected.

Graph No.2:
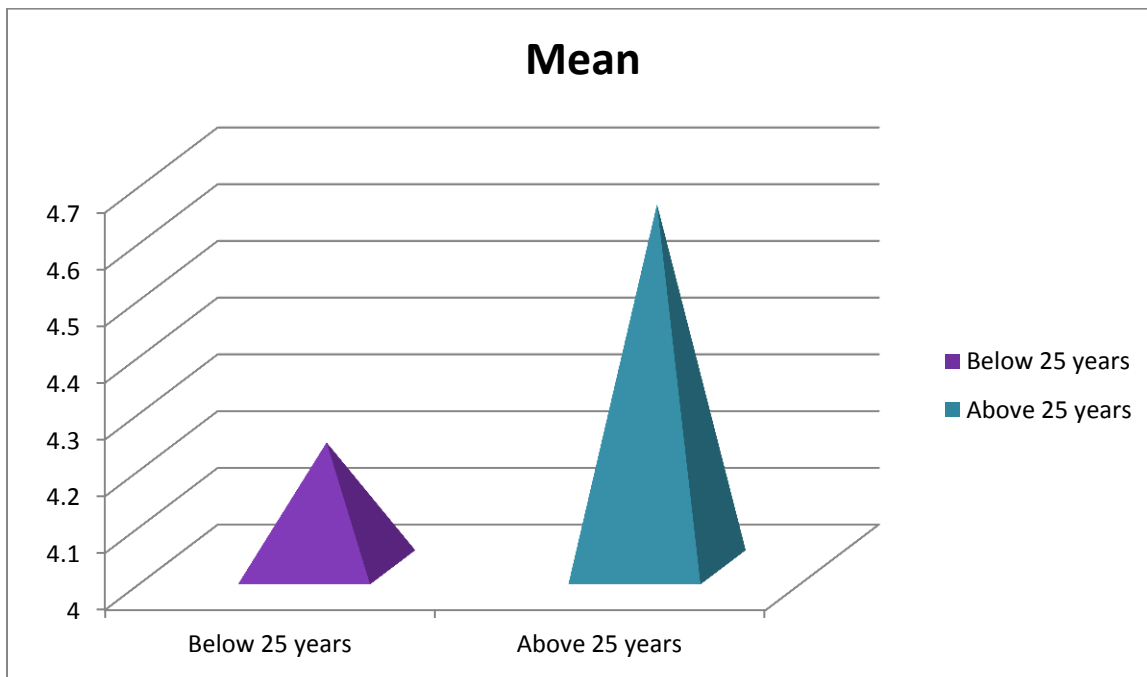
7- Conclusion:

1- There is significant difference between the mean score of urban and rural students towards Happiness level. Urban college students are happier than the rural students.

2- There is significant difference between the mean score of below 25 years and above 25 years students Toward Happiness level. Above 25 years college students are happier than the below 25 years students.

8- Referance:

1. **Michel Argle and peter hills** (2002) Oxford Happiness Questionnaire. Oxford University.
2. **Easterlin, R.A.** "Will Raising the Incomes of all Increases the Happiness of all?", Journal of Economic Behavior and Organization, (1995), pp. 35-47.
3. **Bartram, David** (2010), "International migration, open borders debates, and happiness." International Studies Review, 12, 339–361.
4. **Dave C.B and Sons** (1986) : Statistical psychology, Viral Publishers, Ahmedabad.

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