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To Study the Happiness of Undergraduate Students of Indore District (M.P)

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Abstract: ***Our young students are backbone of our nation; hence their understanding and awareness with regard to happiness might be very helpful for providing them relaxed and depression free and satisfied quality of life. During last 2 decades lots of research work is done in happiness all over the world but not much is done in india .the present study is taken with the aim to find out happiness among first year college going commerce students in indore which is business capital of madhya pradesh. It is carried out using standard questionnaire of satisfaction with life scale by diener, e., emmons, r. A., larsen, r. J., & griffin, s. (1985).since our world ranking in terms of this issue is also a factor to do something, because our national builders are less concern with what exactly happiness is ? Hence they blindly follow what is prevailing in their society? Whether its money? Momentarily joy with our families or friends? Or living materialistic life? Or something else ?***
Keywords: happiness, quality of life, depression, satisfaction, materialistic life

I. INTRODUCTION

Happiness can be derived by attaining a peaceful state of mind free from all worries .Happiness is employed within the context of mental or emotional states, as well as positive or pleasant emotions starting from happiness to intense joy. it's additionally employed in the context of life satisfaction, subjective well-being, eudemonia, flourishing and well-being. According to UN Sustainable Solutions Development Network in world happiness index India ranked 133 among 156 countries considering various factors like inequalities ,life expectancy, GDP per capita ,social freedom ,generosity. Happiness is defined according to various domains some of them are .

According to psychology it's a level for a enjoyable sensitive situation ,victory fulfillment, gratification, jubilation and joy .Aristotle -Happiness is not a position but an movement., how best one can give meaning to his living "a thing is best understood by looking at its end, purpose, or goal' 'for example medicine provides good health .the ethical aim of life(Luck)according to Socrates it is living a life which is with your soul not external joy, Pluto believes happiness is eudemonistic conception of ethics.

A. Happiness as Per Psychology

Happiness in its broad sense is that the label for a family of pleasant emotional states, like joy, amusement, satisfaction, gratification, euphoria, and triumph .It is terribly tough to outline since it varies from person to person and circumstance ,your materialist possession, family ,friend's etc. .

The brain responds to a pleasure stimulant by activating an award system. . The VTA (ventral tegmental area) releases monoamine neurotransmitter into the nucleus acumens (the pleasure center) and into the septum, the basal ganglion (part of our emotional response system), and therefore the anterior cortex (which is concerned in thinking) . why happiness is therefore vital ?is that it's very very important to our own goals in life and may facilitate North American nation come through several alternative cherished personal ambitions and goals.

Also, by being happy, we've got the potential to alter several alternative lives simply by being ourselves. Emotions merely are, even as feeling happy will be Associate in Nursing feeling we have a tendency to expertise at varied times in our day. It comes and it goes reckoning on what is going on on in this explicit moment

B. According to Bhgavat Geeta (Mythology)

Happiness is the state of being self-determining from the want for desire. "As the waters (of different rivers) enters the Great Ocean, which though full on all sides remains undisturbed, like wise a person who is not disturbed by the incessant flow of desires – can alone achieve peace, and not the man who runs after these desires & strives to satisfy such desires." Three kinds of happiness in which the embodied soul rejoices, and can even reach the end of all suffering." [2]

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1) Foot notes-1 https://www.business-standard.com/article/news-ani/india-ranked-133rd-in-world-happiness-index-2018-118031500485_1.html
2) Bhagavad Gita, Chapter 18, Verse 37, 38, 39
3) https://www.health.harvard.edu/healthbeat/the-happiness-health-connection
4) https://worlddatabaseofhappiness.eur.nl/hap_quer/introtext_measures2.pdf-

II. TYPES OF HAPPINESS

As the waters (of completely different rivers) enters the one big Ocean, that the' full on all sides remains undisturbed, like wise someone. Similarly a person who isn't disturbed by the incessant flow of needs – will alone accomplish peace, and not the person who runs when these needs generate ; strives to satisfy such needs." .There are three varieties of happiness mentioned in Bhagvat Geeta particularly satvik rajasik and tamsik . Satvik(pure) that looks as if poison initially, however tastes like nectar within the finish, is alleged to be happiness within the mode of goodness. it's generated by the pure intellect that's placed in apprehension than comes rajasik (results)that is that the materialistic pleasure that's derived once the senses are available contact with external objects that make a sense of gratification. However, this sort of happiness is temporary and finally tamsik(slothful) this can be rock bottom variety of happiness and springs from sleeping or being lazy. The soul isn't nurtured through these practices nonetheless since there's a small sense of enjoyment related to it, individuals legally contemplate it to be a state of happiness.[2]

Famous psychologist Aristotle distinguished between four completely different levels of happiness. •Happiness level 1(happiness from material objects), Happiness level 2(happiness from comparison), Happiness level 3(happiness from doing wise for others)and Happiness level 4(happiness with a hunt for fullness and perfection while balancing other three types)

1) *Happiness Level 1:* Laetus. Happiness from material objects. .It's sensual gratification supported issues / one thing external. this type of happiness are usually intense but is passing.
2) *Happiness Level 2:* Felix. Ego gratification. you're feeling this type of happiness once you parenthetically win in sports or get a promotion. Happiness from comparison: being higher, plenty of dear than others etc. for some it's everything, for others it's merely very|a very|a extremely} minor and really short lived pleasure..
3) *Happiness Level 3:* Beatitudo. state. The happiness from doing wise for others and making the earth a far higher place. This level of happiness depends on the human want for association, goodness, meaning, compassion, relationship and unity. Some has summed it up as simply: "Love!" This happiness may be a ton of lasting and, for several people, provides a deeper feeling of which suggests than level one and a try of.
4) *Happiness Level 4:* stylish Beatitudo. Ultimate, sensible happiness. Level four happiness is that the foremost difficult to elucidate. It involves a hunt for fullness and perfection. it's to undertake to to with finding the proper balance between the other levels... so some. Psychologists have labelled this want for final happiness a requirement association to the larger universe or a sort of transcendence.

A. Why Happiness Important

If we are happy we make others life happier and so our society .we became more energetic and successful in our life and emotionally and physically stronger to face life challenges . can we bring happiness in ourselves yes of course by eliminating negative thought and living positive .it is proved scientifically that positive emotions make us our life longer and healthy.[3]

B. Components Of Happiness

Pleasure-seeking (*hedonic*) and welfare or Truth-seeking(*eudemonic*) are two important components of happiness .

Hedonic level of have an effect on is that the degree to that varied affects that someone experiences are pleasant in character. epicurean level of have an effect on isn't the identical as 'mood'. we have a tendency to expertise totally different forms of mood: elated moods, calm moods, restless moods, moody moods, etc. every of those moods is characterized by a special mixture of emotive experiences, one amongst that is 'hedonic tone' or 'pleasantness' person's average epicurean level of have an effect on are often assessed over totally different periods of time: Associate in Nursing hour, a week, a year, additionally as over a lifespan. happiness is that the degree to that a private perceives his/her aspirations are met. The idea presupposes that the individual has developed some conscious wants and has shaped a thought concerning their realization. The factual correctness of this idea isn't at stake. The idea issues the individual's subjective perception .When we assess the degree to that our desires are being met, we have a tendency to could look each backwards and forwards.[4]

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The state of an individual person not used to denote positive appreciation but a subjective appreciation of a life There is no given standard of happiness an intellectual activity for judgment 'Happiness' refers to satisfaction with life-as-a whole. It covers past, present and anticipated experiences. concerns the evaluation of one's own life, not of life in general. 'Favorableness' concerns the appreciation involved in all evaluations,

C. Pleasure and Happiness

There is a large difference between happiness and pleasure. Pleasure may be a momentary feeling that comes from something external — a decent meal, our stocks intensifying, lovemaking so on. Pleasure has got to do with the positive experiences of our senses, and with delicacies happening. Pleasurable experiences can give us momentary feelings of happiness, but this happiness doesn't last long because it's dependent upon external events and experiences. we've got to stay on having the great experiences — more food, more drugs or alcohol, more money, more sex, more things — so as to feel pleasure. As a result, many folks become addicted to these external experiences, needing more and more to feel a short-lived feeling of happiness.

III. LITERATURE REVIEW

Aghili M. et.al.(2008) investigated the connection between non secular angle and subjective well being among Iranian and Indian professional employees. The sample consists 1491 staff of that 744 were males and747 were feminine. Non secular angle was lived by mistreatment Rajmanickam's non secular angle Scale and happiness was measure with The Oxford Happiness form by Hills & Argyle. The main findings of their study was that all the subscales of and total non secular angle were found to be extremely correlated mirthfully Bolier L.et.al.(2013) conducted a scientific literature search reviewing forty articles in which 6,139 participants, met the standards for inclusion. The end result measures used were subjective well-being, psychological well-being and depression. Positive science interventions enclosed help interventions, cluster coaching and individual therapists meta-analysis show that positive science interventions may be effective within the improvement of subjective well-being and psychological well-being, additionally as in serving to cut back depressive symptoms. Delle Fave A.(2010) in a study using epicurean and eudaimonic elements of happiness through a mixed technique approach combining each qualitative and quantitative analyses. Information were collected from 666 participants in Australia, Croatia, Germany, Italy, Portugal, Spain, and South Africa. a significant aim of the study was to look at definitions and experiences of happiness exploitation open-ended queries. The Satisfaction With Life Scale (SWLS) was conjointly administered to quantitatively assess the epicurean dimension of happiness. Results showed that happiness was primarily outlined as a condition of psychological balance and harmony. Among the various life domains, family and social relations were conspicuously related to happiness and significance. The quantitative analyses highlighted the link between happiness, significance, and satisfaction with life, moreover because the totally different and complementary contributions of every part to well-being. Easterlin Richard A. (2003) argue that neither the prevailing psychological nor economic theories properly measure in step with accumulating survey Proof on happiness, and supported this analysis, author try and sketch the outlines of a much better theory. His empirical work takes, for the foremost half, a life cycle approach, applying the demographer's technique of cohort analysis to survey information. during this procedure, a similar cluster of persons (a birth cohort) is sampled from one year to ensuing because it moves through adulthood. Generalizations concerning life cycle expertise square measure obtained here by following every of many cohorts over the 28-year span between 1972 and 2000 coated by the GSS(General Social Survey). As a result of some cohorts square measure at the start of the adult life cycle in 1972, whereas others square measure in their middle or later years, it's potential to infer patterns over the total adult life by transfer along the various segments of life cycle expertise portrayed by younger and older cohorts. the full sample size of the annual surveys is often ≈1,500, except when 1994 after they square measure nearly double as nice. I generally use 3- or 5-year averages to attenuate the matter of little sample size that arises once one subdivides the full sample by characteristics akin to age, gender, health, and standing} or work status. The three-option happiness question, once it's used, is scaled from three = terribly happy to too happy, to calculate mean happiness for numerous population subgroups. Howells A.et.al.(2016) presents implications for happiness seeking ways within the globe while showcasing a dynamic technique of intervention delivery which will profit a smartphone based randomized controlled trial was conducted with a various self selecting pool with associate through empirical observation supported heedfulness intervention n =57 or an impression intervention n =64 for results of recurrent measures of ANOVA. Findings support the viability of smartphone based interventions to considerably enhance parts of well being underscoring the importance of application content and therefore.

Lawrence E. M et al. (2015) noticed that there is association amongst contentment and transience in U .S. adults employing General Social Survey-National Death Index from 1978 to 2002 to mortality information GSS survey response rates ranged from 70% to 82%

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Linseen R. et .al .(2011) concluded in their study that people have a tendency to tried to disentangle the link between subjective well-being associate degreed relative consumption by explaining variations in individual subjective well-being victimization consumption as an informative issue. victimization knowledge on 697 people from 375 rural low financial gain households in Bharat, we have a tendency to take a look at expectations on the consequences of relative financial gain and consumption on subjective well-being. The results of the multi-level regression analyses show that people World Health Organization spent additional on consumption report lower levels of subjective well-being.

Kamnatha S et.al. (2018)who conducted his studies on medical students at Meerut India using Oxford Happiness questionnaire and applying descriptive and chi square test noticed that l the medical students were found to be happy and majority of them never consumed drugs

Kahneman D.and Deaton A. (2010) raise the question of whether or not cash buys happiness, one by one for these 2 aspects of well-being. we have a tendency to report Associate in Nursing analysis of over 450,000 responses to the Gallup-Healthways Well-Being Index, a daily survey of 1,000 U.S. residents conducted by the town Organization. we discover that emotional well-being (measured by questions on emotional experiences yesterday) and life analysis (measured by Cantril's Self-Anchoring Scale) have totally different correlates. financial gain and education ar additional closely involving life analysis, but health, care giving, loneliness, and smoking ar comparatively stronger predictors of daily emotions. once premeditated against log financial gain, life analysis rises steady. Emotional well-being conjointly rises with log financial gain, however there's no more progress on the far side Associate in Nursing annual financial gain of ~$75,000. Low financial gain exacerbates the emotional pain related to such misfortunes as divorce, ill health, and being alone. we have a tendency to conclude that top financial gain buys life satisfaction however not happiness, which low financial gain is associated each with low life analysis and low emotional well-being.

Mangeloe E. and . Hirvonen T.(2007)revealed in their studies that most important encouragements on college students' levels of satisfaction are communal interactions, possessions and also the instructional setting, personal goal achieving and additional activities outside the class room

Tomyn A. J. et.al .(2013) inspected the psychometric uniformity of the teenage and grown-up practices of the personal wellbeing index (PWI) using multiple-group positive aspect study. They conducted three self-regulating studies included 1,029 Victorian high-school adolescents (aged 11–20) . The grown up sample comprised 1,965 Australian drawn from the Australian Unity Wellbeing Index. The results revealed strict factorial invariance between both types, signifying that the PWI measures the same fundamental concept in teenage and grownup populations

Wang F. et.al .(2012) collected Data from the National Population Health Survey cycles conducted between 1994/1995 and 2008/2009 (cycles 1 through 8) were analyzed. Happy respondents were classified as physically active or inactive at baseline then were followed up in subsequent cycles to look at their probability of turning into sad. people WHO modified their activity level additionally were examined. when dominant for potential unsupportive factors, the authors for inactive respondents were additional doubtless to be older, female, obese, widowed/separated/divorced, not operating for a minimum of one year before the study, below the low-income cutoff, and daily smokers; to not be regular drinkers; and to lack social supported that leisure-time physical activity (LTPA) was related to reduced odds of unhappiness when a pair of years and four years. Their results show that in cycle one (1994/1995), . The findings of this study indicate that, among happy participants, LTPA is related to a weakened probability of turning into sad. Moreover, LTPA additionally would possibly facilitate to take care of happiness over time. This protecting association is related to continuity of LTPA, and alter in LTPA is related to subsequent changes in happiness a pair of years and four years later

WHOQOL SRPB Group,(2006)carried out associate international study in 18 countries to look at however spirituality, faith and private beliefs (SRPB) relate to quality of life (QoL). SRPB is assessed victimisation the planet Health Organization's QoL Instrument (the WHOQOL), wherever eight further aspects were enclosed to a lot of totally address these problems as they pertain to QoL, together with physical, social, psychological and environmental domains.the findings showed that SRPB was extremely related to with all of the WHOQOL domains (), though the strongest correlations were found with psychological and social domains and overall QoL. once all of the domain scores were entered into a stepwise graded multivariate analysis, all of the domains contributed to overall quality of life (), explaining sixty five of the variance. once this was continual for those folks that according poor health (), it absolutely was found that solely four domains justify fifty two of the variance. the primary was the extent of independence, followed by atmosphere, SRPB and physical. Gender comparisons showed that despite showing lower scores for aspects within the psychological domain, like negative feelings and poorer cognitions, girls still according larger feelings of religious affiliation and religion than men. Those with less education according larger religion however were less hopef

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IV. OBJECTIVES

To study the happiness of undergraduate students in Indore (M..P.)

A. Hypothesis

1) H1- There is no significant differences in the conditions of life of undergraduate students.
2) H2-There is no significant difference in the satisfaction of undergraduate students.
3) H3-There is no significant difference in getting important things by undergraduate students .

V. RESEARCH METHODOLOGY

To test the satisfaction with life scale on happiness measurement we use standard questionnaire using convenient sampling (Ed Diener ,Robert A Emmons ,Randy J. Larsen and Sharon Griffin) with sample size of 40 undergraduate students ,who were just first year of their degree were included .The responses of students were tested using independent t test and are summarized here .Proper consent is taken from the students before survey to do this survey using Hindi version also done to have good understanding .

VI. RESULTS AND DISCUSSIONS

The findings are summarized in mentioned table it is found that in majority of questions the students response is more towards disagree continuum which is not significant while tested with t test except question no second which tells that the conditions of students present life is excellent whose response is towards agreeable continuum .

For question no one which tells that "in most ways my life is close to my ideal" since majority of students don't knew what is their ideal (friend ,relatives or mere dream)hence they are unable to decide their responses so the average score of response is 4.15 which is less than hypnotized mid level so insignificant so we have not included in faming hypothesis and majority of them responded close to hypnotized value .

For question no 2 which tells that" the conditions of students life are excellent "and students responses are more than mid value on an average 5.5 which is towards agreeable continuum one reason might be whatever they received through their families and environment they thought its enough ,hence results are significant so hypothesis one is accepted .

For question no three which tells that " I am satisfied with my life "the response of students are close to agreeable 4.9 but not exactly agreeable continuum one reason might be that students are not able to decide properly what brings them satisfaction and elements of satisfaction for them what they have are approximate close enough but not enough . Hence hypothesis no 2 is rejected

For question no 4 which tells that "so far I have gotten the important things I want in my life "the response of students are 3.05below average one reason for this response might be they don't knew what is important things(career, marriage ,family, welfare ,achievement) in their life or they have to live longer and get most of the things in their life since they are mere first year of their undergraduate course hence hypothesis 3 is rejected .

For question no 5 which tells that "I could live my life over ,I would change almost nothing "so one reason for students poor response below mid value (2.75)is that being undergraduate they have to live a long life and to fulfill their dreams so it is also not included in framing hypothesis but students response is strongly disagree

It is also important to know that the average response of students are found to be 4.35 which is again slightly above mid value but not in agreeable continuum(5)hence it can be said that looking to age and qualification of students they are not sure what is happiness exactly is what they get in their prevailing society /parents/environment or something else specially in a developing country like India where physiological needs are more important to survive so whatever and wherever students belongs and get he/she feels satisfaction as and when they learns more live more then they very well understood its not external but internal but it takes a long journey for them .

Qestionnare	Average Responses	Results
1- In most ways my life is close to my ideal.	4.15	not significant
2- The conditions of my life are excellent.	5.5	significant
3-I am satisfied with my life.	4.9	close to significant
4- So far I have gotten the important things I want in life	3.05	not significant
5- If I could live my life over, I would change almost nothir	2.75	not significant

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1) *Limitations and Scope for Future Studies*: The present study is confined to Indore (M.P) only and it can not be generalized to our country .the sample size is merely 40 it can be increased as we know more sample size gives better results .Lastly the present study is not longitudinal and it is also not gender based which can be carried out in future . we can include element so f satisfaction like money ,friends ,promotion ,travelling , spending time with family for future studies .

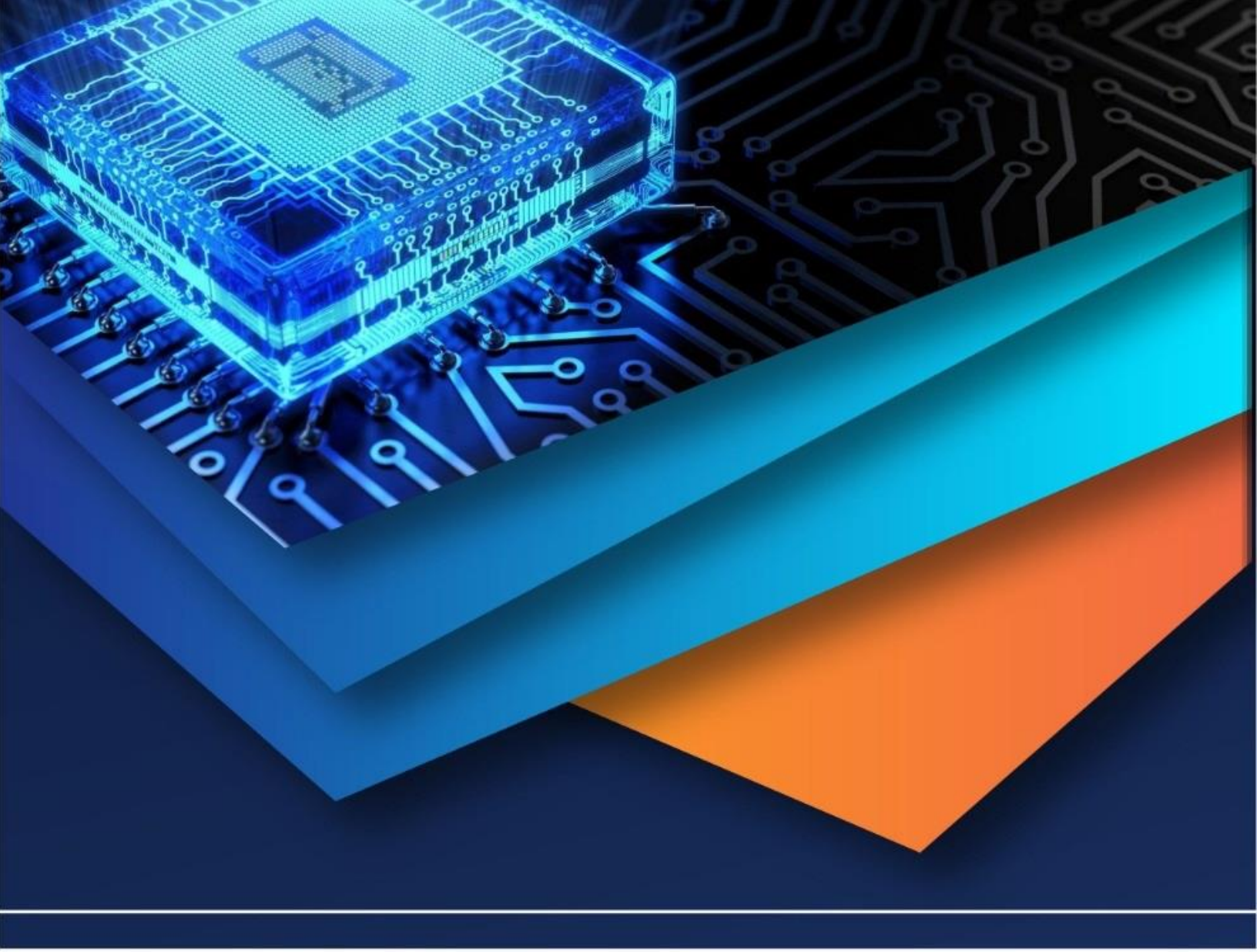
VII. CONCLUSION

It has been taught through centuries in moral teachings in Indian culture that students that desire is main cause of all evil .our students are true builder of our nation and they are merely following what is prevailing in their society . But can one left their strong ambition ?Really its very difficult for young students who has just started dreaming and facing challenges of life since they are at the verge of their career .Therefore their responses tells that the conditions of their life are excellent. Hence majority of students are satisfied except few areas where they would need some improvement .only time will teach them what happiness exactly is ? since happiness is not external like we travelled a lot through sea and find its within us to stop endless journey.

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