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An Exploratory Study on the Measurement of the Levels of Happiness in Students in Educational Institutions

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Abstract: ***Happiness isn't always simply the state of being glad, it is also a nation of well-being and contentment. Happiness isn't always simply an outside expression of pleasure and bliss however inner contentment as nicely. Happiness, being an expression, is proven and felt and additionally because of human beings, activities and situations. We regularly ask others; Are you glad?, however have you ever requested yourself? Are you glad? This paper is an try and positioned to check the Gross National Happiness formulated with the aid of using the Bhutan state to degree happiness. This index measures the collective happiness, nicely-being, and inner and outside improvement in Bhutan. As a scholar, we are facing a plethora of feelings, nice and poor. But, due to the depth of workload, we discover it tasking to stand a number of poor feelings like pressure, fatigue, impatience, anger, frustration and occasionally even depression. This paper poses as an sincere try and try to seize the proper ranges of happiness we college students reading in academic establishments revel in and outcomes expressed in metrics.***

I. INTRODUCTION

What we're searching withinside the academic end result is a few blessings intrinsic to the asynchronous switch approach of virtual training, that is to be had anywhere, anytime. This type of education paves the manner for virtual training and fashions so as to suit into busy schedules, giving freshmen the energy to research at their tempo and maintain the expenses related to coaching flow to classrooms "This new era of digitally savvy college students had been passively organized with the aid of using a long time of social media, e-trade and on-line pastime to have excessive-degree person training in any respect their virtual interactions, with out a exception for his or her academic establishments" The college is such an area that elevates and defines this fee of intellectual conversation as it's miles a domestic that lets in its college students to discover opposing viewpoints. What units this college aside isn't always the compelled integration of various ideologies, however the cautious attention and difference of socially nice mind and people that aren't. This query, then, isn't always whether or not political speech from the status quo is desired, however in what threshold of moral or intellectual fee, it will become negligent to be silent. Many analyses meted out up to now have tested that there is a proper away courting among people' happiness and components in their behaviours. That is to say, happiness features a nice courting with lifestyles excellent, process pride, aggression, self-efficacy ranges of people, vitality, optimism, unselfishness (self-sacrifice for the welfare of others whilst now no longer benefit), credibleness and self-compassion. The outcomes of the evaluation done with the aid of using Senturk, determines that the quantity of happiness should carry change in phrases of socio-demographic features, however it gives comparable outcomes. In his evaluation, Sarici set up that the quantity of happiness withinside the own circle of relatives features a nice effect at the exam outcomes. In an evaluation carried out with college college students, no significant difference some of the happiness, optimism and altruism ranges of students become decided in phrases of gender variable. However, an equal evaluation incontestable that there has been a meaty difference some of the happiness, optimism and unselfishness ranges of students in phrases of college variable. The present day evaluation pursuits to training session the instructional matters that construct college students glad and unhappy all through their academic lives.

II. THEORETICAL BACKGROUND

A. The Concept of Gross National Happiness

The idea of gross countrywide happiness (GNH) become advanced with the aid of using the Kingdom of Bhutan in reaction to pressures to apply Gross National Product because the number one intention and metric for the authorities (Ura et. al, 2012). In Bhutan, GNH is measured the use of the GNHI. The Bhutanese Gross National Happiness Commission (n.d.), has the mandate to make certain all improvement guidelines and plans are formulated and applied in step with the concepts of GNH (p. five). In 2015, the authorities issued its 0.33 GNH document, Compass Towards a Just and Harmonious Society (The Centre for Bhutan Studies & GNH Research, 2015), locating that components of wellness that had stepped forward blanketed intellectual nicely-being, bodily fitness, children literacy, participation in network activities countered with the aid of using will increase in running hours, pride with authorities performance, and experience of belonging.

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B. The Gallup World Poll

The information supply of World Happiness Report is the Gallup international Poll. Gallup " the corporation at the back of this sizable poll " interviews about 1,000 citizens in over one hundred fifty international locations across the international. They are randomly decided on, registered civilians and 15 years and older. Each respondent on this happiness survey is requested the equal questions in his or her language to supply statistically similar outcomes. This large information, at the side of different sources, is utilized by the Global Happiness Council to assemble the World Happiness Report.

C. Oxford Happiness Questionnaire

The Oxford Happiness Questionnaire become advanced with the aid of using psychologists Michael Argyle and Peter Hills at Oxford University. It is a great manner to degree your present day degree of happiness and also can be used it in destiny to compare.

D. PANAS

The Positive and Negative Affect Schedule (PANAS) is the maximum broadly and regularly used scale to evaluate nice and poor have an effect on. The PANAS has been tested in numerous languages, and it has proven terrific psychometric residences withinside the widespread populace and a few scientific samples, which includes forensic samples, substance users, and grownup ladies with fibromyalgia.

III. LITERATURE REVIEW

A. Gross National Happiness Survey, Centre For Bhutan research, 2010

The domain names constitute every of the additives of the nicely-being of the Bhutanese human beings, and the time period wellness right here refers to satisfying situations of a desirable lifestyles as in keeping with the values and concepts laid down with the aid of using the idea of Gross National Happiness. It displays the proportion of Bhutanese who're glad and the proportion of domain names wherein now no longer-but glad human beings have finished sufficiency (headcount and depth)." "Men are happier than ladies on common. Of the 9 domain names, Bhutanese have the maximum sufficiency in fitness, then ecology, mental nicely being, and network vitality. Lately, the 4 pillars had been in addition categorised into 9 domain names to create a sizeable information of GNH and to mirror the holistic variety of GNH values.

B. Gross countrywide happiness as a framework for fitness effect evaluation, Michael Pennock, Karma Ura; Environmental Impact Assessment Review 31 (2011)

"Sixty five The cause of this paper is to suggest the Gross National Happiness framework as an inclusive conceptualization of wellness that consists of present day determinants-primarily based totally fashions of fitness effect evaluation inside a broader framework which higher helps intersectoral collaboration and whole-of-authorities processes to public coverage than present day fashions of HIA. The want for intersectoral collaboration has increased; the which means of "fitness" has grow to be much less clean; and the differences among fitness affects, environmental affects, and socio-financial affects have grow to be an increasing number of blurred. In conclusion, the GNH framework gives a promising conceptual strategy.

C. Inequalities in Life Expectancy and All-Cause Mortality withinside the United States with the aid of using Levels of Happiness and Life Satisfaction: A Longitudinal Study Hyunjung Lee, PhD, MPP, MBA, Gopal K. Singh, PhD, MS, MSc; INTERNATIONAL JOURNAL OF MCH AND AIDS (2020-07-01); Vol. nine, no. three

Despite having one of the maximum Gross Domestic Product (GDP) in keeping with capita ranges, the United States (US) ranks decrease in subjective nicely-being, such as happiness and lifestyles pride, as in comparison with European international locations. A meta-evaluation of ninety research discovered that subjective nicely-being, such as happiness and lifestyles pride, become related to a reduced danger of mortality. While its Gross Domestic Product (GDP) in keeping with capita ranked ninth maximum amongst 149 international locations, the United States has a decrease common lifestyles pride and a greater unequal distribution of happiness than European international locations with a decrease GDP in keeping with capita than the United States. Happiness displays the revel in of nice feelings, called powerful nicely-being, and lifestyles pride provides person decisions approximately the excellent in their lives, called evaluative nicely-being.

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D. *"The Status of Happiness and its Association with Demographic Variables some of the Paramedical Students " Hasan Siamian; Ommol Banin Naeimi; Afsaneh Shahrabi; Ramzan Hasanzadeh; Mohammad Reza Abazari; Mohammad Khademloo; Maryam Javadian Koutenaee*

Findings confirmed that the happiness of the scholars relies upon on their primary and degree of training, whilst different variables, namely, age, gender, and marital reputation had no enormous courting with happiness. Due to the significance of happiness in all dimensions of lifestyles, the existing have a look at aimed toward figuring out the reputation of happiness amongst paramedical college students. In latest years, at the side of the improvement of nice psychology, happiness has been the simple pivot of the research carried out on this area.

To decide the lifestyles of a courting among happiness and different influencing variables. This descriptive have a look at become carried out on 320 paramedical college students who have been decided on thru easy random sampling. The information have been accrued the use of Oxford Happiness Inventory.

E. *Happiness and fitness behaviours in Chilean university college students: A cross-sectional survey Jos A Piqueras, Walter Kuhne, Pablo Vera-Villarroel, Annemieke van Straten & Pim Cuijpers [2011]*

The fundamental goal of this have a look at become to affirm institutions among subjective happiness and perceived pressure and the connection among happiness and wholesome life and prudent fitness behaviours, like bodily activity, smoking, and alcohol consumption, and check relationships with different behaviours, particularly with 3 components of meals choice (fruit/vegetables, breakfast and lunch intake) and with frame index mass classes following the World Health Organization tips. The wholesome behaviours indexes assessed have been the frequency of day by day bodily exercise, fruits/vegetable intake, breakfast and lunch intake, smoking, alcohol and different tablets consumption.

F. *A Study on Happiness and Related Factors Among Indian College Students; Bidisha Chakraborty, Souparna Maji, Anamika Sen, Isha Mallik, Sayantan Baidya & Esha Dwibedi, Journal of Quantitative Economics quantity 17, pages 215 - 236(2019)*

It tries to reply whether or not and to what quantity the happiness of a scholar is extensively associated with components of social lifestyles which includes time spent with own circle of relatives, friends, being in a courting, logging into social networking sites; educational elements which includes process possibilities of the selected subject of have a look at and educational surroundings; and different non-public elements which includes fitness condition, overthinking or living on beyond horrific memories, dependancy to tobacco/drug/alcohol. This paper research the impact of inner and outside elements that impact happiness and if the impact outcomes in an outwardly extrade in Indian university and college college students elderly among 18 and 24 years have been surveyed.

G. *Happiness in Higher Education, Alex Elwick Sara Cannizzaro [2017]*

These findings suggest that flourishing, contentment and nicely being must be seemed as valid dreams of better training, along pride and associated financial consequences which can be presently promoted throughout educational and coverage literature, college scores and the National Student Survey.

It reveals that there may be a actual dearth of literature referring to profound happiness in better training: plenty of the literature the use of the phrases happiness and pride interchangeably as though one have been tantamount to the different. This paper investigates the better training literature surrounding happiness and associated notions: pride, despair, flourishing and nicely being.

H. *Happiness in India, Robert Biswas-Diener, Louis Tay, Ed Diener [2012]*

From the outside-in perspective, they evaluation survey information at the lifestyles pride of Indians, suggesting that they may be mildly happy however can also additionally grow to be greater in order guidelines are advanced to supply jobs and infrastructure to greater human beings.

In this chapter, we discover happiness as each an outside and inside phenomenon and region this dialogue withinside the Indian context. It is a completely unique society due to its uncommon history, speedy financial growth, huge populace and its ethnic, spiritual and linguistic diversity.

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I. *Does Education Affect Happiness? Evidence for Spain, Juncal Cuado and Fernando Prez de Gracia, Social Indicators Research quantity 108, pages 185-196(2012)*

In this paper, they have a look at the effect of training on happiness in Spain the use of person-degree information from the European Social Survey, thru estimating Ordinal Logit Models. That is, they discover that human beings with a better training degree have better earnings ranges and a better possibility of being employed, and thus, document better ranges of happiness. Second, and after controlling for earnings, labour reputation and different socio-financial variables, they discover that training has a nice (and direct) effect on happiness.

J. *Education and Happiness: A Further Explanation to the Easterlin Paradox? Stefano Castriota [2006]*

Using information from the World Banks World Value Survey on greater than 118,000 people it reveals that the better the training degree is, the much less applicable absolutely the earnings degree for self-declared lifestyles pride. Since the common training degree has risen plenty over the years and is plenty better in superior international locations, this could make contributions to give an explanation for why better absolute earnings degree has now no longer implied better lifestyles pride throughout international locations and through the years.

K. *How Education Enhances Happiness: Comparison of Mediating Factors in Four East Asian Countries, Wan-chi Chen, Social Indicators Research Volume 106, pages 117-131(2012)*

Although each financial and non-financial elements play a function in explaining the connection among training and better reviews of happiness, a financial aspect is surprisingly unimportant while non-financial elements, which includes interpersonal community and diploma of cosmopolitanism, account for a enormous a part of the affiliation among training and happiness.

L. *Cross-National Pattern of Happiness: Do Higher Education and Less Urbanization Degrade Happiness? Donghwan Kim, Applied Research in Quality-of-Life quantity thirteen, pages 21-35(2018)*

Traditionally, happiness has been diagnosed because the end result of a nice courting with one's earnings degree. Generally, urbanization undoubtedly impacts happiness withinside the cross-usa evaluation, however happiness has a poor correlation with training degree. Lastly, in Europe, urbanization and training aren't enormous elements in phrases of happiness, however the financial degree is the maximum critical aspect.

M. *Does Higher Education Increase Hedonic and Eudaimonic Happiness? Boris Nikolaev, Journal of Happiness Studies quantity 19, pages 483-504(2018)*

An growing wide variety of research recommend that the connection among better training and subjective nicely-being is both insignificant or poor. People with better training are much more likely to document better ranges of eudaimonic and hedonic SWB. However, the SWB profits from acquiring a graduate diploma are plenty decrease compared to getting a university diploma.

N. *Education, Happiness and Wellbeing, Alex C. Michalos, Social Indicators Research Volume 87, pages 347-366(2008)*

The 3 fundamental variables may be used to assemble a huge variety of checking out scenarios. The effect of training on happiness is prompted with the aid of using public guidelines which can be minimally depending on whichever have a look at situation is used. Most favored is an intensive description of the 3 concepts.

O. *Adventures in Higher Education, Happiness, And Mindfulness, Peter H. Huang, British Journal of American Legal Studies Volume 7: Issue 2 [2018]*

This essay recounts the writer's wonderful studies in better training. The writer frankly famous how he executed long-time period happiness thru mindfulness practise. This essay examines whether or not regulation colleges must train regulation college students approximately happiness and mindfulness.

IV. STATEMENT OF THE PROBLEM

The courting among training and happiness has now no longer obtained plenty interest but. Frey and Stutzer pledged that "the excellent of training, therefore, has little to do with happiness. The want for happiness is positive and not anything much less than the want for academic establishments in India. This paper seeks to have a look at the extent of happiness that scholars revel in in academic establishments in India.

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V. RESEARCH GAP

In a rustic that makes use of traditional exams to reap scholar success, gives a constrained wide variety of seats at pinnacle universities and units excessive expectations, instructors had been seeing the consequences on intellectual fitness. This shape ignores the improvement of innovative and social abilities. Apart from the quantity of studies performed on college students with the aid of using their love of paintings, the topics they'll have a look at, the instructors' reaction and so on, the attention in their happiness and nicely-being has been so delicate that it has nearly been forgotten. The have a look at pursuits to degree whether or not college students are in reality glad, now no longer regularly as people, however in establishments as college students.

A. Research Objective

In brand new society, growing literacy and numeracy abilities isn't always enough, and college students have to discover ways to assume critically, engage effectively, and paintings collaboratively. Also, with growing worldwide challenges, which includes earnings inequality, poverty, and growing suicide costs of college students, there was a developing awareness on selling scholar happiness and nicely-being (Twenge, Cooper, Joiner, Duffy, & Binau 2019). This is regular with the imaginative and prescient for India's training gadget as mentioned withinside the New National Education Policy 2019, in addition to the worldwide Sustainable Development Goal four. The high goal of this have a look at is to try and degree the ranges of happiness in our college students and to conclusively offer tips primarily based totally at the outcomes obtained.

B. Research Questions

The questionnaire is an excerpt of the authentic questionnaire of the Gross National Happiness Index which we've used for the research we're undertaking. Please discover the questionnaire we utilized in its entirety withinside the annexure section.

C. Hypothesis Formulation

Here, we are attempting to apply the methodology used in the GNH index and find out if:

1) The students are really happy
2) If the gender and the level of educational qualification affect the level of sufficiency and happiness among the students.

H0: Gender has no significant difference/ impact on the level of happiness
H1: Gender has a significant difference/ impact on the level of happiness

H2: Educational qualification has no significant difference/ impact on the level of happiness

H4: Educational qualification has a significant difference/ impact on the level of happiness

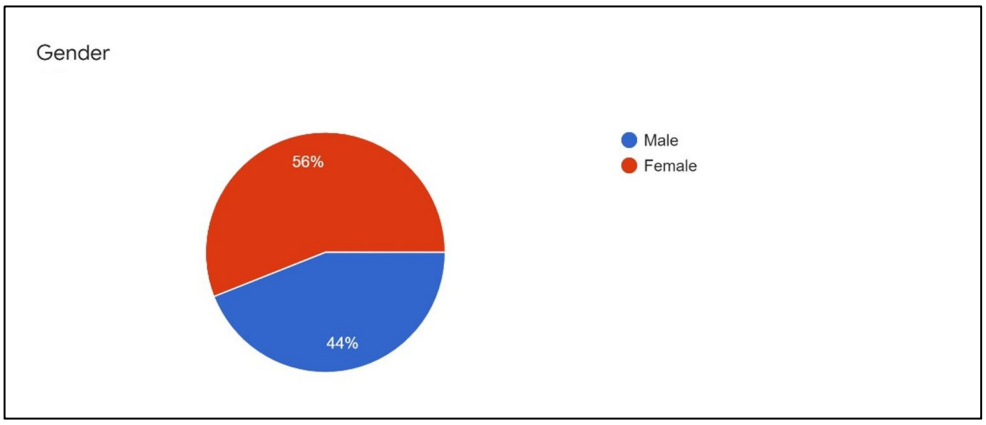
VI. METHODOLOGY

1) *Data Collection Method:* Primary Data
2) *Sample Characteristics:* Students both UG and PG [both pursuing and completed]
3) *Sample Size Determination:* Convenience and time-bound
4) *Measuring Instruments:* Structured Questionnaire [Sample Size – 200 respondents]
5) *Sample Geographic Area:* Students in India

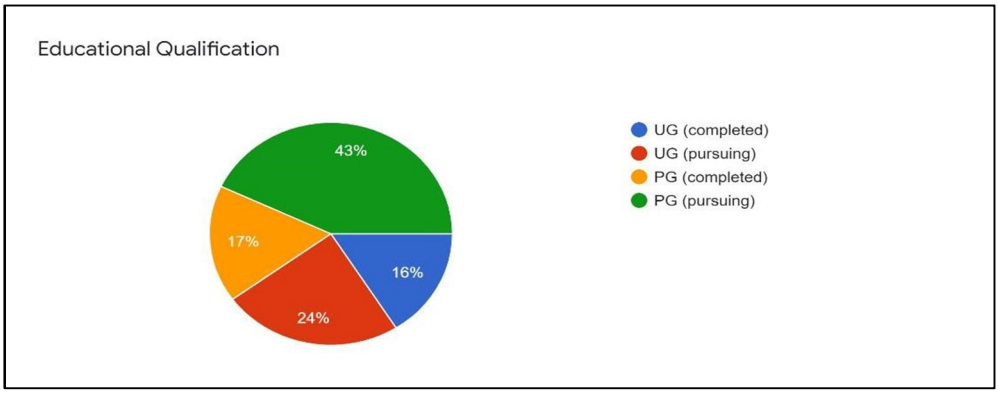
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VII. DATA ANALYSIS AND INTERPRETATION

A. Percentage Analysis

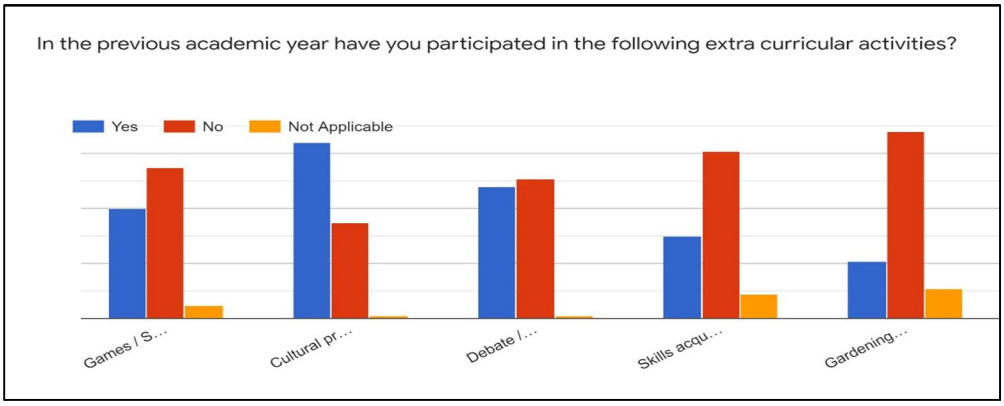


The sample consisted of 56% female and 44% female students.



The sample had 43% students who are pursuing their PG, 17% who have completed their PG, 24% pursuing their UG and 16% who have completed their UG.

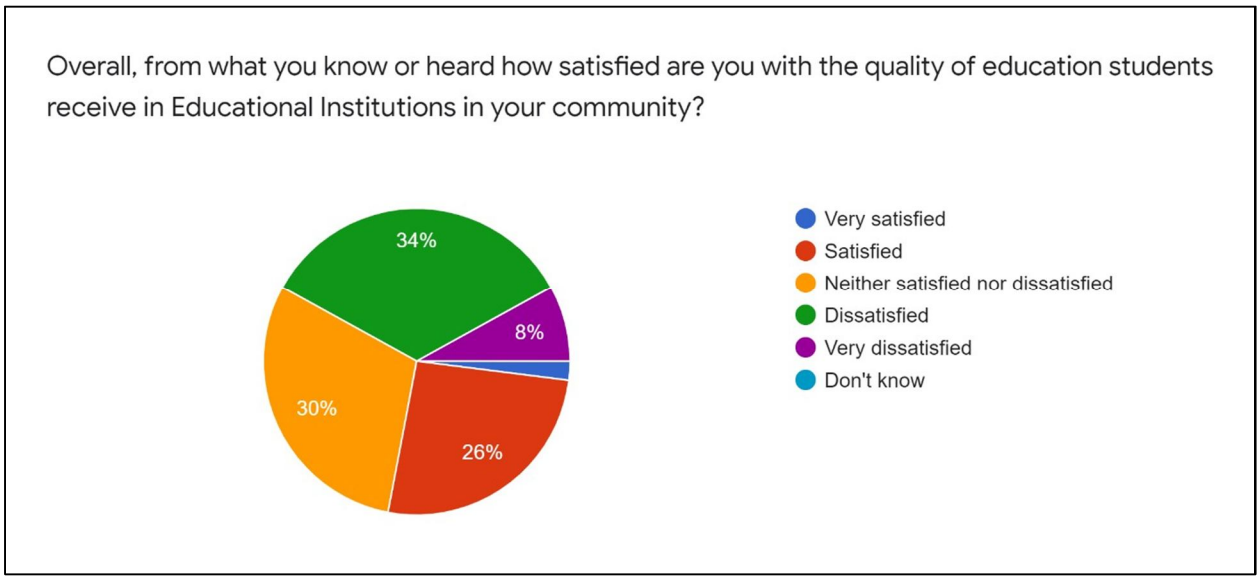
B. Categorization of Happy and Unhappy Students



As we can see, the ratio of YES:NO is 1:4 which states that the students have not participated, not given the opportunity to participate or their institutions have a lack of extra-curricular activities.

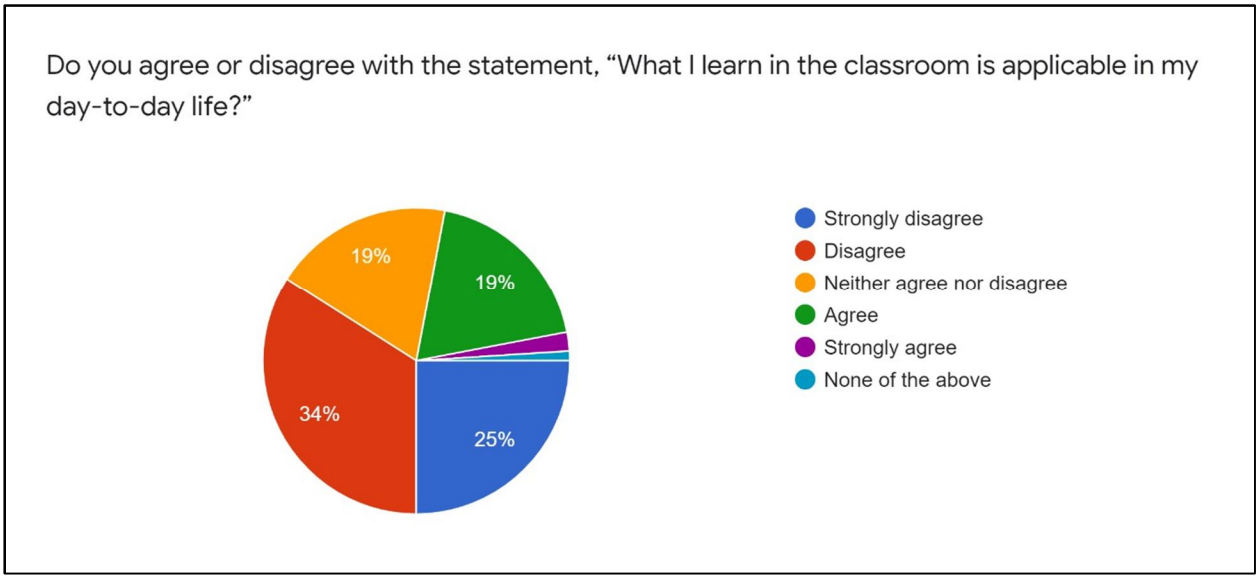
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When the % No is greater than %Yes, the students are **UNHAPPY**.



Applying the same logic as the previous analysis, the ratio of SATISFIED:DISSATISFIED is

0.6:1, considering the total satisfied (satisfied and very satisfied) and the total dissatisfied (dissatisfied and very dissatisfied).
30% of the students do not have a clear level of satisfaction/dissatisfaction and hence will be clubbed along with the not so happy category, which makes the % satisfied much lesser than the % dissatisfied.
Hence the students are **UNHAPPY**.



As we may clearly comprehend, the ratio of AGREE:DISAGREE is 0.3:1, considering the total agree (agree and strongly agree) and the total disagree (disagree and strongly disagree). 34% of the students do not have a clear level of agreeableness/disagreeableness and hence will be clubbed along with the not so happy category, which makes the % agree much lesser than the % disagree.
Hence, the students are **UNHAPPY**.

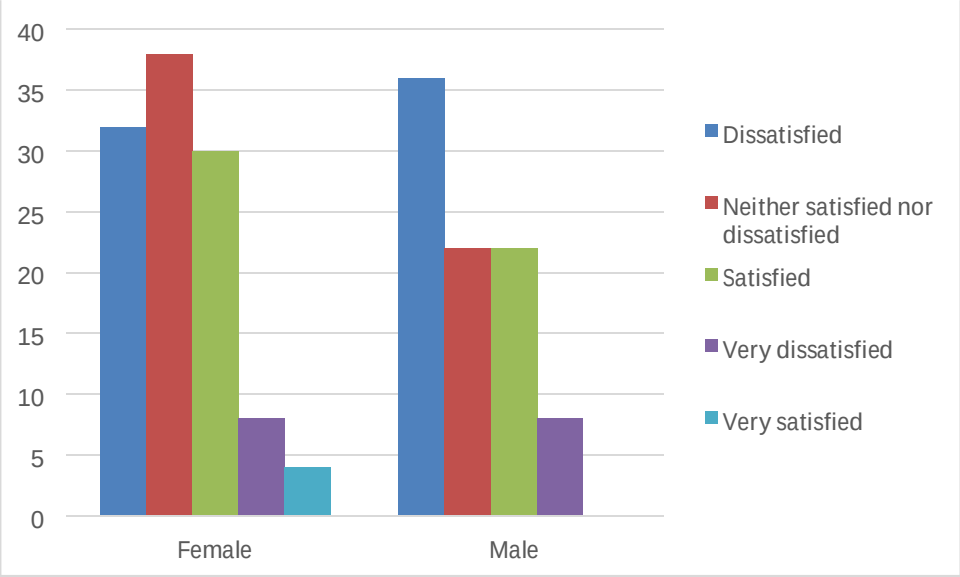
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VIII. CROSSTABULATION AND GRAPHICAL ANALYSIS

A. Relationship Between Gender and Satisfaction

H4: Gender has a significant impact on the level of satisfaction.

GENDER v. SATISFACTION						
	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very dissatisfied	Very satisfied	Grand Total
Female	32	38	30	8	4	112
Male	36	22	22	8		88
Grand Total	68	60	52	16	4	200



The tabulation shows that on average, regardless of the gender, the students seem generally unhappy. But with a close investigation, we can comprehend that female students are more diplomatic and the male students are comparatively clear in their choice.

Therefore, H4 is ACCEPTED.

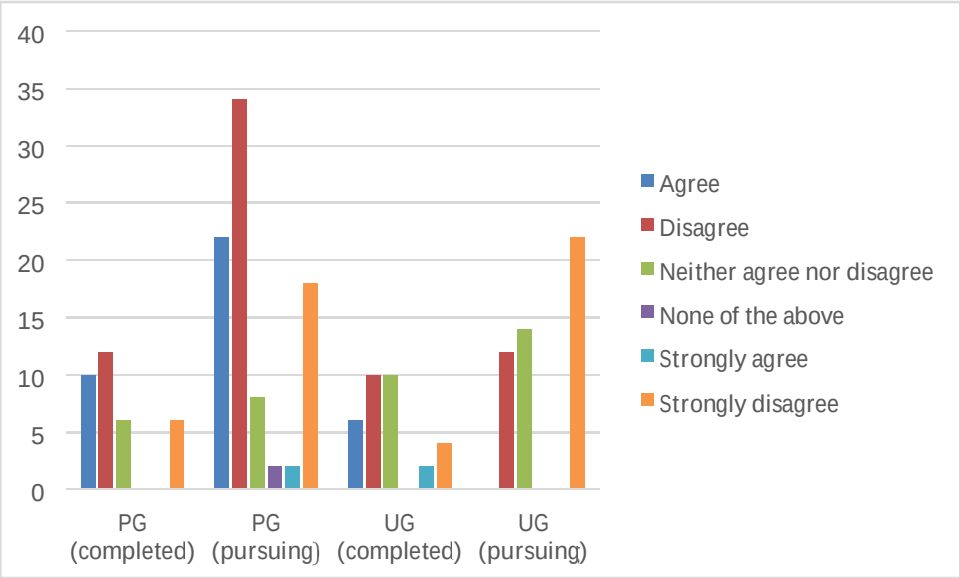
GENDER HAS A SIGNIFICANT IMPACT ON THE LEVEL OF SATISFACTION.

B. Relationship Between Educational Qualification And Daily Application Of What Is Taught In The Educational Institutions

H5: Level of educational qualification has a significant impact on the agreeableness of application of what is taught

Edu Quali vs. Daily application							
	Agree	Disagree	Neither agree nor disagree	None of the above	Strongly agree	Strongly disagree	Grand Total
PG (completed)	10	12	6			6	34
PG (pursuing)	22	34	8	2	2	18	86
UG (completed)	6	10	10		2	4	32
UG (pursuing)		12	14			22	48
Grand Total	38	68	38	2	4	50	200

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The tabulation shows that students who are currently pursuing education [UG and PG] do not find the application of what is taught to them in their institutions and the students who have completed their education [UG and PG] comparatively find the application of their studies to daily activities.

It is also found that with the increase in the level of educational qualification, the level of agreeableness also increases.

Hence, H5 is ACCEPTED.

LEVEL OF EDUCATIONAL QUALIFICATION HAS A SIGNIFICANT IMPACT ON THE AGREEABLENESS OF APPLICATION OF WHAT IS TAUGHT

IX. SUMMARY OF FINDINGS

A. The students are UNHAPPY with their educational institutes on a high majority

B. There is a significant impact of the variables over the level of happiness across the domains in the students surveyed

X. LIMITATIONS

A. The sample was chosen on a non-probability and convenience basis and hence may not represent the actual population in its entirety

B. The survey was exploratory and the results apply to only 200 samples

XI. SCOPE

A. A similar study may be conducted in every educational institute across India to have more concrete results

B. The application of the GNH index is widespread. This may be applied to work, teachers and coaches and in the industry as well

XII. CONCLUSION

Students spend over 15 years of their lives in educational institutions and it is only fair that they are treated in such a manner that they are satisfied with what is being offered to them and their dissatisfaction should not push them to shift institutions. The happier the student, the better the educational institution. The shrine where knowledge is imparted is evaluated majorly on the feedback given by current students and pass outs and this factor will bring in new applicants to the institution.

The level of happiness of the students fundamentally impacts the desirability and the operation of any educational institution.

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ANNEXURE

QUESTIONNAIRE

Measurement of The Level of Happiness Among Students in Educational Institutions Are you REALLY happy?

Good day!

We, the students of XIME Bangalore request two minutes of your time to help us finish our survey for YOUR benefit. We have just one major question that we will find the answer to, through your valued responses. The question is: "Are you really happy being a student in the institution you are studying at?"
Help us measure your happiness and improve the standard of education for you!
Buckets of gratitude,
Janani and Kasturi
*Required

Gender *
Male
Female Other:

Educational Qualification *
UG (completed)
UG (pursuing)
PG (completed)
PG (pursuing)

In the previous academic year have you participated in the following extracurricular activities? * Yes
No Not Applicable
Games / Sports
Cultural programs
Debate / Quiz
Skills acquiring activities (home science, knitting, weaving, carpentry, etc.) Gardening/plantations

What is the highest education level you aspire to accomplish? *
Some Diploma
College Degree
Post Graduate and above
Don’t know

Overall, from what you know or heard how satisfied are you with the quality of education students receive in Educational Institutions in your community?
Very satisfied
Satisfied
Neither satisfied nor dissatisfied
Dissatisfied
Very dissatisfied
Don't know

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From what you know or heard, how satisfied are you with the following aspects of the education system in your community? *
Very Satisfied Satisfied Neither satisfied nor dissatisfied Dissatisfied Very Dissatisfied Don't know
Prepare students for employment
Contents of courses
Cultivating compassion
Cultivating Discipline
Cultivating honesty
Cultivating hard work
Cultivating respect for the environment and nature

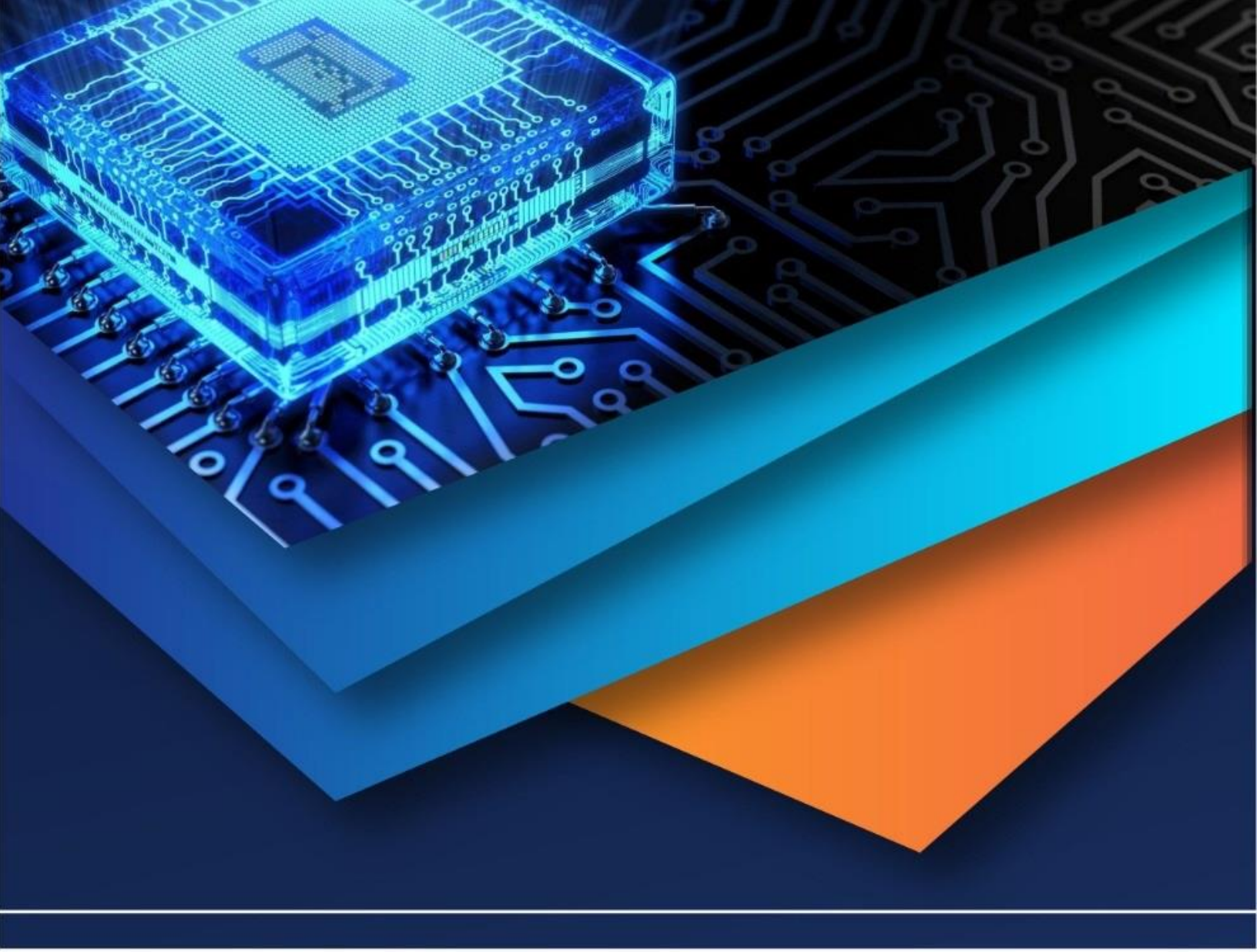
From what you know or heard, how satisfied are you with the following aspects of Educational Institutions in your community? *
Very Satisfied Satisfied Neither satisfied nor dissatisfied Dissatisfied Very Dissatisfied Don't know
Classrooms (ventilation, size and lighting)
Toilet facilities (adequacy, cleanliness)
Library facilities (library books, reading spaces)
Sports facilities (including football ground etc.)
Drinking water (adequate and safe)
Furniture (adequate chairs, tables, blackboards etc.)
Textbooks (sufficient and in good conditions)

From what you know and heard, are the following issues, a concern in the Educational Institutions in your community? *
A Major concern Of Some Concern A Minor Concern Not a Concern Don't know
Smoking
Alcohol
Drug use
Pregnancy
Lack of respect for traditions and customs
Lack of respect for teachers
Lack of physical fitness
Poverty in students' families
Ragging /bullying / fighting

Do you agree or disagree with the statement, "What I learn in the classroom is applicable in my day-to-day life?" *
Strongly disagree
Disagree
Neither agree nor disagree
Agree
Strongly agree
None of the above

In the past year, have you ever moved from an Educational Institution you found unsatisfactory to another Educational Institution? *
More than twice
Twice
Once
Never

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