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## A Comparative Study of Happiness Index between Adults and Old Age People

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### **Abstract**

*The present study aimed to see the difference of happiness index between adult and old age people. Total 50 samples (25 adults and 25 old age people) from Patna district were taken by purposive sampling method. The Oxford Happiness Questionnaire (Argyle & Hills, 1989) was used for obtaining data. Current study showed that there are no significant differences between Old people and Adults among Happiness index.*

*Keywords: Happiness, Adults, Old age people.*

**Introduction:** According to Wordnet (2011) "Happiness is a mental or emotional state of well being defined by positive or pleasant emotions ranging from contentment to intense joy. Variety of biological, psychological, religious, and philosophical approaches have striven to define happiness and identify its sources". Various research groups, including positive psychology, are employing the scientific method to research questions about what "happiness" is, and how it might be attained.

According to Lyubomirsky (2008), "Happiness is a range of positive emotions, including joy, pride, contentment, and gratitude". But to understand the causes and effects of happiness, researchers first need to define it. Many of them use the term interchangeably with "subjective well-being," which they measure by simply asking people to report how satisfied they feel with their own lives and how much positive and negative emotion they're experiencing.

A variety of biological, psychological, religious, and philosophical approaches have striven to define happiness and identify its sources. Various research groups, including positive psychology are employing the scientific method to research questions about what "happiness" is, and how it might be attained (Wallis & Claudia 2005). The United Nations declared 20 March as the International Day of Happiness to recognize the relevance of happiness and well being as universal goal. Philosophers and religious thinkers often define happiness in terms of living a good life, or flourishing, rather than simply as an emotion.

Happiness is a fuzzy concept and can mean many different things to many people. Part of the challenge of a science of happiness is to identify different concepts of happiness, and where applicable, split them into their components. Related concepts are well being, quality of life and flourishing. Some define happiness as contentment (Graham & Michael, 2014). Stossel, (2013) states that some commentators focus on the difference between the hedonistic tradition of seeking pleasant and avoiding unpleasant experiences, and the eudemonic tradition of living life in a full and deeply satisfying way.

So it can be concluded that, Happiness is that feeling that comes over people when people know that his/her life is good and joyful.

### **Objectives:**

1. To compare the happiness index scores between adults and the old age people.

- To identify and examine the factors that contributes to happiness among both age groups.

### Hypothesis:

- There will be no difference of happiness Index between Old age people and Adults.

**Methodology:** This study has been conducted on 50 people (25 adults and 25 old age people) from Patna district of Bihar. The participants have been selected through a purposive sampling method. The obtained data has been analysed by using different statistical techniques like Mean, SD and t ratio.

### Tools:

- Oxford Happiness Questionnaire: This questionnaire developed by psychologists Michael Argyle and Peter Hills (2001) at Oxford University. This tool gives a range of scores between 29 and 145, with higher scores representing greater happiness.
- PDS (Personal Data Sheet): Prepared by the researcher and is used for collecting necessary information about the respondents.

### Result and Discussion:

#### Table-1

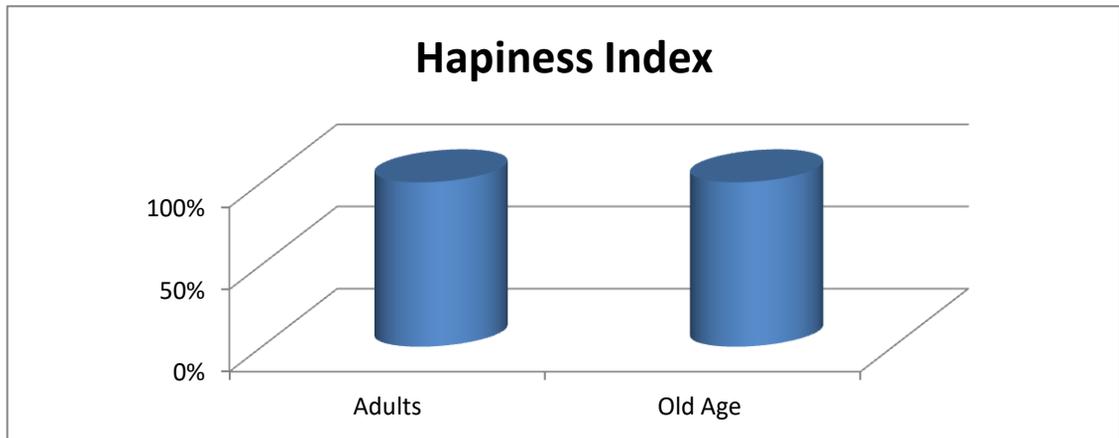
#### Interpretation of Happiness Questionnaire

Score	Meaning
1-2	Not Happy
2-3	Somewhat Happy
3-4	Not Particularly Happy or Unhappy
4	Somewhat Happy or Moderate Happy
4-5	Rather happy; Pretty Happy
5-6	Very Happy
6	Too Happy

Table 1

	N	Mean	SD	T
Adults	25	4.51	0.181	0.038
Old age people	25	4.49	0.133	

Graph- 1



The result revealed that the adults have scored (4.51) and old people have scored (4.49) at happiness questionnaire. But there are no significant differences between both groups. Hence according to Table-1 both groups come in rather happy; Pretty Happy section.

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