



HAPPINESS AND FAMILIAL TYPE

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ABSTRACT

To explore the level of happiness based on the type of family among young adults (18 - 26, 114 postgraduate students from the State University, Tamil nadu has been chosen using convenient sampling. The type of family in which the adults live in was obtained through the personal data sheet while the level of happiness was assessed using the Oxford Happiness Questionnaire by Hills & Argyle (2001). Results were statistically insignificant but those adults who live in nuclear family were found to be happier.

KEYWORDS : Happiness, Type of Family and Young adults.

INTRODUCTION

A variety of biological, psychological, economic, religious and philosophical approaches have striven to define happiness and identify its sources. Various research groups, including positive psychology and happiness economics are employing the scientific method to research questions about what "happiness" is, and how it might be attained.

The United Nations declared 20 March the International Day of Happiness to recognise the relevance of happiness and well-being as universal goals.

The 2012 World Happiness Report stated that in subjective well-being measures, the primary distinction is between cognitive life evaluations and emotional reports (John, Richard, 2012). Happiness is used in both life evaluation, as in "How happy are you with your life as a whole?", and in emotional reports, as in "How happy are you now?" and people seem able to use happiness as appropriate in these verbal contexts. Using these measures, the World Happiness Report identifies the countries with the highest levels of happiness.

SOCIAL TIES AND HAPPINESS

The Relationships as social ties have turned out to be extremely reliable indicator of happiness.

Happiness is increasingly being considered as the proper measure of social progress and the goal of public policy, says the UN. The tiny Himalayan kingdom of Bhutan measures prosperity by gauging its citizen's happiness levels, not the GDP.

The Annual World Happiness Report, compiled by the UN since 2012, has just released for 2017. Its analysis is based chiefly on individual life evaluations, roughly 1000 per year in each of more than 150 countries.

It also measures six other factors: Income, healthy life expectancy, having someone to count on in times of trouble, generosity, freedom and trust, and GDP. Expectedly, not a single Asian nation ranks among the top 10.

YOUNG ADULTS AND THEIR FAMILIAL TYPE

Adults often look back at their time at university or college as the best years of their life. They often forget that being a student can be really tough. And today students are under more pressure than ever before. The happiness is also has an influence on the different family living of an adult such as nuclear family, extended/ joint family and extended-to-nuclear family.

No matter what they are studying, it's guaranteed that at some points during the course, whether undergraduate or postgraduate, like when writing papers, performing on stage or preparing for exams, will need high levels of cognitive control, emotional

regulation and self-awareness. And ironically it's often striving so hard for those things that make them harder to attain. At present, the urbanization transformed the extended familial type into nuclear family. The extended family system is rare to witness nowadays. Indeed, the family is one of the best social supports in distressing the young adults.

REVIEW OF LITERATURE

In a survey that included question about type of family they belonged to and their support. The young adults were asked about the level of happiness and well being.

Careful perusal of the family literature in India dispels the belief that the Indian family was basically joint, and that following industrialisation and urbanisation, the nuclear family replaced it (Premilla D'Cruz and Shalini Bharat, 2001)

Few family studies have investigated the subjective rewards that adults experience at home, which may build toward positive developmental outcomes. **The family has the important influences on growth, such as the full utilization of potential, and the achievement of a sense of self-determination and creativity** (Amabile, 1983; Csikszentmihalyi & Csikszentmihalyi, 1988; deCharms, 1976; Deci & Ryan, 1985; Dewey, 1913; Groos, 1898; Harter, 1978; Maslow, 1968; White, 1959). Identifying which factors enhance momentary experience may stimulate new ideas on how to improve adult's life, and therefore aid the structuring of enjoyable and effective developmental contexts. Hence, it focuses on one dimension **essential for healthy families-the experience of happiness.**

RESEARCH METHODOLOGY

The present study attempts to verify the association between familial type and happiness among university post graduates.

OBJECTIVES

- To find the level of happiness among the (young adults) university post graduates.
- To know the type of family they belonged to.
- To find the significant difference among university post graduates in the level of happiness based on their type of family.

Hypothesis: There is significant difference among university students in the level of happiness based on their family type.

Method of Data Collection: This study adopted survey method.

Sample: Using the method of convenient sampling, 114 post graduate students belonging to various disciplines of the State University in Tamil nadu were chosen to be the sample.

Tool Used: Along with the personal data sheet, The Oxford Happiness Questionnaire by Hills & Argyle (2001) with reliability (0.91) was used to collect data.

RESULTS AND DISCUSSION

Table 1: shows family type of the young adults

Family Type	N	Percent
Nuclear Family	85	75
Extended Family	29	25

Table 2: shows average level of happiness among the sample

Variable	N	Mean	SD
Happiness	114	118.38	17.580

From table 1 and 2, it reveals that the average level of happiness among the sample was 118.38 and out of 114 samples 75% lived in a nuclear family and 25 % lived in an extended family.

Table 3: shows the difference in level of happiness based on the type of family

Variable	Nuclear Family (N=85)		Extended Family (N=29)		"t"-value
	M ₁	SD ₁	M ₂	SD ₂	
Happiness	119.54	17.28	114.97	18.28	1.21 ^{NS}

NS-Not Significant

From the table 3, there is no significant difference among the university post graduate students in the level of happiness based on the family type. Hence, the hypothesis – “there would be significant difference in happiness based on their family type” is not accepted. Even though the findings are not significant, the young adults who lived in nuclear family were found to be happier.

CONCLUSION:

The Young adults those who live in nuclear family are found to be much happier.

Recommendation for future research

1. Large population based study is recommended
2. Qualitative research is to be incorporated.

Limitations of the current study

1. The sample size is small.
2. The tool used for the study has not multiple dimension of measure.

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