



A Comparison of Happiness Among Men and Women College Teachers in Bengaluru

KEYWORDS

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"Happiness is a butterfly which, when pursued, is always just beyond your grasp but which, if you will sit down quietly, may alight upon you."

- Nathaniel Hawthorne

INTRODUCTION:

Education in India is provided by the public sector as well as the private sector, with control and funding coming from three levels: central, state, and local. The Nalanda University was the oldest university-system of education in the world. Education in India falls under the control of both the Union Government and the states, with some responsibilities lying with the Union and the states having autonomy for others. The various articles of the Indian Constitution provide for education as a fundamental right. Most universities in India are controlled by the Union or the State Government.

In higher education students are facilitated by the lecturers in the process of learning. These lecturers not only carry out research activities in universities and some colleges, they also guide the research scholars. They teach academic or vocational subjects to undergraduate and postgraduate students aged 18 and above. Teaching methods include lectures, seminars, practical in the laboratory, project work and so on. Innovative teaching methodologies are also followed by few experts.

The responsible lecturers do perform their role efficiently with respect to teaching, conducting examinations, analyzing student performance, preparing the course work, steering the students in pursuit of their future, undertaking personal research, representing oneself and the institution, at professional conferences and seminars etc

HAPPINESS

There have been many definitions of happiness proposed over the decades through common use and research enquiry. Various dictionary definitions of happiness include "a state of well-being and contentment" (Merriam-Webster, 2005), "the condition of feeling or showing pleasure or contentment" (Oxford University, 2007) and the Word Net lexical database's definitions of a "state of well-being characterized by emotions ranging from contentment to intense joy" and "emotions experienced when in a state of well-being" (Princeton University, 2006).

Happiness can be defined in terms of

- a mental state of satisfaction and contentment
- positive feelings/emotions
- a harmonious homeostasis
- achievement and hope
- freedom from ill-being.

Happiness is a harmonious state of existence, under the following conditions:

- the individual is satisfied or content
- the individual is the agent of his own happiness
- spiritual enrichment is emphasized more than material satisfaction

(d) the individual maintains a positive outlook for the future.

The relationship between happiness and unhappiness is dialectical. These two distinct entities are locked in a never-ending relationship of interdependence: each depends on the other for contrast and meaning. Moreover, this relationship between the two opposites is also dynamic and constantly changing.

Happiness can be achieved, provided that one has the following abilities:

- the wisdom of discovery
- the wisdom of contentment and gratitude
- the wisdom of giving
- the wisdom of self-cultivation.

Results of Happy Planet Index 2012 shows that India is in the 32nd position in happiness.

LITERATURE REVIEW

Ogier-Price in his study investigated whether happiness can be taught through an intervention programme aimed at increasing levels of subjective wellbeing as measured by scales of self-reported happiness and depression. Participants attending a course based on research into Positive Psychology that included the practice of multiple validated interventions made up the experimental group (N=33), and participants in other community education courses made up the control group (N=41). A pre-intervention, post-intervention and follow-up design was used, with participants completing sets of questionnaires designed to test levels of happiness and depression, and additional questionnaires capturing demographic information and signature character strengths. The results of this study suggested that the intervention had a positive effect on increasing happiness and reducing symptoms of depression.

Previous research had found little effect on happiness of differences in age (Peterson, 2006), gender (Andrews & Withey, 1976; Inglehart, 1990; Myers & Diener, 1995), income level (Argyle, 2001; Diener, Suh, Lucas, & Smith, 1999; Myers & Diener, 1996), and whether participants have children (Gilbert, 2006; Peterson, 2006).

Here an attempt is made to understand the relationship between the happiness, satisfaction and the demographic variables: education, age, gender, educational qualification, marital status, income, and length of service

Aim: To study Happiness among college men and women teachers with respect to demographic variables.

Objective: To study the gender differences in Happiness among college teachers.

Hypothesis: There will be a significant difference in happiness among the teachers in relation to the demographic variables.

Variables: Independent variable: Selected demographical variables - Age, Gender, Educational Qualification, Marital Status, Income and length of service.

Dependent variable: Subject's responses on Happiness scale.

Design: Between group Design was opted for the study.

Sample: Random purposive sample of hundred college teachers i.e., 30 men and 30 women were involved in the present study.

Tools: The Oxford Happiness Questionnaire (2001) by Michael Argyle and Peter Hills.

The Oxford Happiness Questionnaire has been devised with from 29 multiple choice items that respondents may answer the teachers in relation to the demographic variables.

	Demographic details	Mean Score	SD Score	t Value	Interpretation
Age	30-45	4.5	0.5	0.16	Pretty Happy
	46-60	4.7	0.4		Pretty Happy
Gender	MEN	4.5	0.4	0.15	Pretty Happy
	WOMEN	4.7	0.5		Pretty Happy
Educational qualification	P. G	4.6	0.4	0.38	Pretty Happy
	P. G +	4.6	0.5		Pretty Happy
Marital Status	MARRIED	4.6	4	0.16	Pretty Happy
	UNMARRIED	4.5	0.5		Pretty Happy
Income (In Rupees)	35 000- 75 000	4.6	0.5	0.31	Pretty Happy
	76 & ABOVE 1 LAKH	4.7	0.4		Pretty Happy
Length of service (In Yrs)	1- 16	4.6	0.5	0.32	Pretty Happy
	17-32	4.6	0.4		Pretty Happy

With respect to happiness similar feeling is found out through out the sample. Every member feels pretty happy in their life. It can be said that irrespective of age, gender, qualification, marital status, income and length of service on has happiness in life. There seems a tendency to develop happiness in the present generation as compared to the generation of 70's and 90's which is been found out by research workers.

Conclusions:

There are no differences between men and women teachers with respect any demographical variables and happiness

on a uniform six-point Likert scale. OHQ demonstrated high scale reliability with 0.91. Internal consistencies were highly significant, $P < 0.001$ making a valid contribution to the measurement of overall happiness.

Procedure:

After establishing rapport with the subject Oxford Happiness Questionnaire was administered to the subject. Though there is no time limit, the subject is expected to work fast and give honest, frank and spontaneous response to each item. When the subject responses all the items, the responses are scored and interpreted according to the scoring keys and norms.

Statistical Analysis: Mean, standard deviation, 't' test and correlation tests are applied & the results are analyzed to find out the level of significance between the two group.

Hy: There will be a significant difference in happiness among

Limitation:

1. This study may be repeated with a large and randomized purposive sample.
2. Classification of groups based on age, educational qualification, marital status, income and length of service should be narrowed down.
3. Sample consists of only urban government college

Suggestions:

1. Rural colleges, aided, unaided colleges should be included.
2. Other demographic variables like religion, work status, number of dependents should be included.