



THE IMPACT OF GENDER AND HOME - ENVIRONMENT ON HAPPINESS AMONG ADOLESCENTS

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Abstract: *The present study intended to analyze the effect of gender and home environment on happiness among adolescents. A 2x 2 factorial design with two group of gender (Male and Female) x Home environment (Good and Poor) was used in the present study. A total of 120 adolescents (14-17 yrs) were randomly selected from urban area of Udham Singh Nagar, Uttarakhand. The happiness scale was applied to identify the level of happiness in adolescents. Result revealed that there is no significant effect of gender and happiness. Further, home environment and happiness level of adolescents was found significant.*

Keywords : *Adolescents, home environment, happiness.*

1. INTRODUCTION :

Happiness is a state of well-being and Satisfaction or contentment. The term happiness seems very vague and unmanageable. Seligman, (2012) proposed that the term could be decomposed into five scientifically manageable realms. There are positive emotion (pleasant life), engagement (engaged life), meaning (meaningful life), positive relationship and accomplishment. These terms are measurable, manageable and can be handling precisely. Happiness is a positive emotional state, are highly valued in present day competitive and struggling society (Bentham et. al, 2011). In comprises both an affective component. It is a combination of positive affect (in the absence of negative affect) and general life satisfaction i.e. subjective appreciation of life rewards (Diener,2000). Happiness starts within their conscious which relates to self-esteem, confidence and positive energy it is an important determinant of human behavior (James et. al, 2002).

In the age of adolescent's happiness is important, because in this period of life different events and transitions may influence children and adolescents development and well-being (Erikson 1968, Gonzalez, Casas & Coenders 2007). During adolescence, daily problems seem to be equally stressful experiences as major life events (McCullough Huebner & Laughin 2000). If adolescents are realistic about the degree of acceptance they can achieve and are satisfied with the people who accept & show affection to them their chances for happiness are greatly increased. Besides problems in academics, young people face issues that relate to the 'developmental tasks' of adolescence, which revolve around identity, independence, love, sex & unwanted teenage pregnancies, money, alcohol & various other drug issues, suicide, cyber bullying, unhealthy peer relationship etc. Positive mental health among adolescents is characterized by the achievement of developmental and emotional milestones, healthy social development, and effective coping skills. An average middle class family spends much of their time, money and other resources to educate and promote career prospects and future happiness of their children, It is believed that while society focus on the material aspects like academics and mental health of the children. Vitality and happiness are the most important factor to maximize human potential. Overall happiness can increase well-being, health, work performance, warmth, altruism, creative thinking, problem solving and reduce stress (Argyle 2001). Happy students have stronger immune system and have a longer life span than depressed and unhappy people. Happiness is the perfection of human nature. It depends on acquiring a moral character, where one displays the virtues of courage, seniority, justice, friendship and citizenship in one's life. Argyle,(2002) states that happiness consists of three basic components: "positive affection", "life satisfaction" and "Negative affection".

Healthy environment and experiences make people happy, but we still know little about how individual differences affect the relationship between home environment and happiness. This study also focuses on gender as the predictor of happiness and addresses the following question: Do female and male differ in the way they attain happiness



from home environment? Considering that research shows that female and male differ in how they process information, it is possible that they differ in how much they reflect on an environment too.

Suh, Lucus and Smith,(2015) believe that happiness rate is equal in males and females. There is positive relationship between social participation, social trust, neighborhood relations, family and friend's relations, self-believe, attitudes towards others, giving to strangers, social control, lack of deprivation and happiness.

Other important factor in this study is home environment. Home is the first institution that initiates socialization of a child. Generally home consists of father, mother and children. A child observes each and every thing thoroughly in the home. Family is considered as the smallest social unit and the main element of each society. Family environment is the first and most important factor that influences the individual's growth (Bahrami,2008). The foundation of development of individual lies in the womb of the family. The growth of child's personality depends upon the family atmosphere. Through family, he learns the norms of society, inter-relationships and become a competent and useful member of society. Parents are supposed to create a most congenial, happy, democratic, lucid and warm atmosphere through their parenting style and through this child develops his hidden potentialities and social interaction skill (Bharadwaj, 2013).

Home – environment is the quality and quantity of the cognitive, emotional and social support that has been available to the child within the home and connotes the psychological environment of home. The total home environment refers to both positive and negative condition which interact with each other, either favourably or unfavourably, to determine home – environment to be 'better' or 'poor'. Bradley (1995) demonstrates that, home environment shows generally stronger relation to cognitive development. Parent's behaviours are the important factor in creating the home environment.

A close perusal of review of studies evinced the damaging consequences of Home - environment on happiness. Kaur J., (2015) conducted a study that focus on exploring the impact of school and home environments on the lives of adolescents, the study revealed that a poor environment in the home can have a negative impact on the adolescent lifestyle; there is a need to give importance on emotional, cognitive and social support within the home environment. As well as Hovland J. et al. (2023) found that social support and societal inclusion are vital for establishing a sense of harmony, health, and well-being in teenager. Therefore, home environment was selected another variable for present study.

2. Objectives:

The objective of the present study was to investigate the impact of gender and home environment on happiness among adolescents.

2.1 Hypothesis:

On the basis of above objective, following hypotheses were formulated. It was hypothesized that;

- The gender (Boys & Girls) would show no difference on happiness level.
- The effect of home environment (good and poor) would show differences on happiness level.

3. Method:

Design:-

The present study was based on a 2x2 factorial design with two level of Gender (boys & girls) and two level of home environment (good & poor environment).

Participants:-

A total sample of 120 children, age range 14-17 grade 10 to 12th standard, enrolled to different schools of Udham Singh Nagar (Uttarakhand) participated in present study . Stratified random sampling technique was used for sample selection

Measures:-

1.Home Environment Inventory (HEI) :-The home environment inventory (1989) constructed by Mishra K.Shankar. HEI has 100 items related to ten dimension of home environment. The HEI has five point scale. Response of each item were scored following 4, 3,2,1,0. The scored could range from 0 to 400. Its re-test reliability was also found to be high (r=0.73 to 0.95).



2.Happiness Scale (H-Scale):

The happiness scale (2017) by Dr. R. Lochan and Dr. P. R. Das. This adaptation of the questionnaire contains 28 items. Each item was answered on a 5 point scale. Its theoretical validity has been estimated between a range of .84 to 88.

Procedure:-

In this study, participants (adolescents) were contacted in school setting and they were introduced about problem of the study. After receiving the initial willingness their background information was collected on the basis of personal data sheet (PDS) .The home environment inventory (HEI) was administered one by one they were requested to respond carefully. Children were assured that their response would be keep confidential. Afterwards In the 2nd phase of the study, the participants were given Happiness scale. After completing their responses, they were thanked for cooperation. Data were scored and subjects to computer analysis using SPSS version.

4. RESULT

In this section includes the responses obtained on various measures were scored and treated in terms of Means, S.Ds, ANOVA. Obtained results are displayed in Tables reported in proceeding section to understand the effect of gender and home-environment.

TABLE 1. MEAN AND S.D AS A FUNCTION OF GENDER AND LEVEL OF HOME ENVIRONMENT ON HAPPINESS.

GENDER LEVEL OF HOME ENVIRONMENT	MALE		FEMALE	
	HIGH	LOW	HIGH	LOW
MEAN	189.66	163.77	193.17	185.50
S.D	10.26	21.37	20.93	15.41

TABLE 2. SUMMARY OF ANOVA FOR THE SCORES OF HAPPINESS AS FUNCTION OF GENDER AND LEVEL OF HOME-ENVIRONMENT .

SOURCE OF VARIATION	SUM OF SOURCE	d.f.	Mean of square	F-Value
GENDER (A)	1434.137	1	1434.137	3.421
LEVEL OF HOME ENVIRONMENT(B)	2537.70	1	2537.70	6.054*
AXB	747.669	1	747.669	1.784
WITHIN GROUP	48624.81	116	419.179	

*P <.05

It is apparent from the result (Table1&2) happiness differs across the level of home environment. Main effect of home environment [F(1,116)=6.054,p<.05] was significant ,which reveal that good home environment (M=191.43) show high level of happiness then poor home environment (M=179.63). However, the role of gender in happiness was found non-significant.

5. Discussion :

Present findings evinced the significant effect of home environment on happiness. More specifically, good home environment of adolescents show high level of happiness as compared to poor home environment (Table1&2). Present findings have proved that family factors play important role in influencing the psychosocial adjustment particular the positive mental health and happiness of Chinese adolescents Shek, (1997).As well as Sahu & Singh (2015) to shows the importance of family setting and adaptation in the lives of adolescents. It draws the significance of a happy and healthy family where everyone respects each other and gives equal attention and rights. The output of our research shows that level of happiness does not depend on the gender rather than it depends on their own sets of behaviour and habits as well their definition of happiness and mental health. Previous researches which have been done by various researcher, Pandey,(2024) showed that happiness quotient mainly focus on taking ownership of thoughts and behaviour. Their happiness help them to get rid of them from anxiety, deal with mood swings and avoid depression, it will give them



direction in creating happiness in life. So according to it, the level of happiness among adolescents is same or the level of happiness doesn't depend on gender.

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