



HAPPINESS AND STRESS AMONG ADOLESCENTS

Dr. Manoj S. Nikalje

Head & Research Guide
Department of Psychology
Arts, Commerce and Science College,
Bodwad, Dist. Jalgaon

Abstract

The present study is investigating the gender difference of male and female adolescents on happiness and stress. The sample consisted of 120 subject selected through the random sampling method. All sample selected in this study from Jalgaon city. The age range between of 14 to 19, included in these sample 60 male adolescents and 60 female adolescents respectively. For the purpose of these study two psychological tests is used. Happiness scale and Singh's Personal stress source inventory are used for this study. For the Statistical analysis t test is employed. Results indicate there will be significant difference between female and male adolescents on happiness. There will be significant difference between female and male adolescents on stress.

Keywords: Happiness and Stress

Introduction:

Happiness is a complex and personal emotion that can take many forms. It's often described as a feeling of contentment, joy, or satisfaction, but it can also be a deep sense of well-being or fulfillment. For some, happiness comes from moments of pleasure or success, while for others it's tied to meaningful relationships, a sense of purpose, or personal growth. Happiness among adolescents is a multifaceted topic that encompasses various psychological, social, and environmental factors. Understanding what contributes to or detracts from happiness in this age group is important for promoting mental well-being. Here are some key aspects to consider:

1. **Social Relationships:** Friendships play a crucial role in an adolescent's happiness. Supportive friendships can enhance self-esteem and provide a sense of belonging. Positive family relationships are also important. Support from parents and sibling relationships can contribute to a sense of security and happiness.



2. Mental Health: Adolescents with higher self-esteem tend to report greater happiness. Factors such as body image and social acceptance can significantly impact self-esteem. Effective coping strategies for dealing with stress, academic pressures, and life changes are vital for maintaining mental health and happiness.

3. Academic and Extracurricular Activities: Academic success and engagement in school can boost happiness, but excessive pressure or competition can have the opposite effect. Participation in sports, clubs, or creative activities can foster a sense of accomplishment and community, enhancing overall happiness.

Promoting happiness among adolescents requires a holistic approach that addresses emotional, social, physical, and environmental factors. Encouraging healthy relationships, fostering self-esteem, providing support in academics, and promoting a balanced lifestyle can contribute to improving happiness in this age group. It's crucial for parents, educators, and communities to work together to create environments that nurture the well-being of adolescents.

In psychology, stress is a feeling of strain and pressure. Small amounts of stress may be desired, beneficial, and even healthy. Positive stress helps improve athletic performance. It also plays a factor in motivation, adaptation, and reaction to the environment. Excessive amounts of stress, however, may lead to bodily harm. Stress can increase the risk of strokes, heart attacks, ulcers, and mental illnesses such as depression. Stress can be external and related to the environment, but may also be created by internal perceptions that cause an individual to experience anxiety or other negative emotions surrounding a situation, such as pressure, discomfort, etc., which they then deem stressful.

The word stress is derived from the Latin word "stringi", which means, "to be drawn tight". Stress can be defined as follows: In medical terms stress is described as, "a physical or psychological stimulus that can produce mental tension or physiological reactions that may lead to illness." When you are under stress, your adrenal gland releases corticosteroids, which are converted to cortisol in the blood stream. Cortisol's have an immune suppressive effect in your body.

Without stress, there would be no life. However, excessive or prolonged stress can be harmful. Stress is unique and personal. A situation may be stressful for someone but the same situation may be challenging for others. For example, arranging a world



level symposium may be challenging for one person but stressful to another. Some persons have habit of worrying unnecessarily. Stress is not always necessarily harmful. Hans Selye said in 1956, "stress is not necessarily something bad, it all depends on how you take it. The stress of exhilarating, creative successful work is beneficial, while that of failure, humiliation or infection is detrimental." Stress can be therefore negative, positive or neutral. Passing in an examination can be just stressful as failing.

Objectives of the study:

- 1) To study the status of happiness of male and female adolescents.
- 2) To study the level of stress of male and female adolescents.

Hypothesis:

- 1) There will be significant difference between female and male adolescents on happiness.
- 2) There will be significant difference between female and male adolescents on stress.

Sample:

The sample of the present study were consist of 120 male and female adolescents with the age group between 12 to 20 years from Jalgaon city which were classified equally in both sex's 60 male and 60 female adolescents. The random sampling techniques were used for selection the sample. The sample distribution is as follows.

Adolescents		Total
Male	Female	
60	60	120

Variables:

In the present study there were three variables included. Namely mental health and Stress these are the dependent variables. The independent variable is gender of adolescents.

Research Design:

Descriptive research design is selected for this study. First stage of this research mean and SD is calculated from the data. Second stage independent sample t test method is used for statistical analysis.

**Tools use for data collections:-****1. Happiness Questionnaire; Hills and Argyle, 2002**

This scale consists of 29 items; each presented as a single statement which can be endorsed on a uniform six-point Likert scale. This scale consists of 29 items; each presented as a single statement which can be endorsed on a uniform six-point Likert scale. It is used to measure the happiness quotient of an individual. Items marked (-) was scored in reverse. It indicates components of the OHQ short scale. His sum of the item scores is an overall measure of happiness, with high score indicating greater happiness. Reliability of the scale is $\alpha = 0.92$; since this scale was originally developed outside India so the internal consistency of the scale has been found out, with $N = 124$, and the Cronbach alpha value is 0.832.

2. Personal Stress Source Inventory (PSSI):

It is developed by Singh et al. It consists of 35 items and each item has three possible answer options, namely, seldom, sometimes and frequently. The scores describing stress levels are namely, mild (0-30), moderate (31-79) and high (80 and above). For the present study, Manual for Personal Stress Source Inventory PSSI was used for measuring the stress of adolescents. The important factor for using this scale was the basic concept of stress level adopted by this scale. Internal consistency reliability by odd-even method was found to be .78 (corrected to full length) which was highly significant. Thus PSSI possessed a sufficient degree of reliability. A group of experts ($N=10$) provided a high level of consensus regarding suitability of items in terms of being important indices or sources of personal stress. The coefficient of concordance (correlation), among the ranking of 10 judges was .62 which, in terms of chi-square test of significance, was significant ($X^2 - K (N - 1) W$). Therefore, the PSSI also possessed a sufficient degree of content validity.

Results & Discussion:

The total data sets obtained for happiness and Personal Stress source inventory prepared scoring. For the each subjects initially data of age group were separately tabulated by employing frequency distribution and descriptive statistics. Find out the gender wise differences using a mean scores comparison and 't' test were and suitable

statistical technique and calculations were carried out with the help of calculated and SPSS software was used.

Table No. 1.

Mean SD and T value of the adolescents on happiness & stress.

Variable	Gender	N	Mean	SD	t value	Sig.
Happiness	Male	60	98.70	19.99	4.09	0.01
	Female	60	112.20	16.84		
Stress	Male	60	59.85	16.93	4.19	0.01
	Female	60	47.50	15.33		

Above table shows mean differences of dependent variable happiness among male and female adolescents. The result shows that the happiness means score of the male and female adolescents respectively 98.70 and 112.20. The difference between two Mean is highly significant at the level of 0.01 ($t' = 4.09$, $df = 118$) that's means Hypothesis No. 1. 'There will be significant difference between male and female adolescents on happiness,' is accepted. That's mean female adolescents happiness is better than the male adolescents. Previous study done by the Parmar, K N & Vyas, R M results indicate that there is significant difference in happiness of Girls and Boys adolescents

Second dependent variable in this study is stress. Table No. 1 shows that the mean score of the male and female adolescents on stress is respectively 59.85 and 47.50. The difference between two Mean is highly significant at the level of 0.01 ($t' = 4.19$, $df = 118$) that's means Hypothesis No.2. 'There will be significant difference between male and female adolescents on stress level.' is accepted. That's mean male adolescents are high level of perceived stress than the female adolescents. Previous research done by the Moljord, I. E., Moksnes, U. K., Eriksen, L., & Espnes, G. A. (2011) concluded significant two-way interaction of sex by age was found on both stress and happiness. Singh R. & Kumari V. (2022) in their study results shows that the boys were more sensitive to stress than girls

**Conclusion:**

1. There is significant difference between male and female adolescents on happiness. That's mean female adolescents happiness is better than the male adolescents.
2. There is significant difference between male and female adolescents on stress level. Male adolescents are high level of perceived stress than the female adolescents.

References:

- Haleh Heizomi, Hamid et.al. (2015). Happiness and its relation to psychological well-being of adolescents. *Asian Journal of Psychiatry*, Volume 16, pp. 55-60.
- Lesinskienė, S., Šambaras, R., Ridzvanavičiūtė, I., Jūraitytė, I., Skabeikaitė, S., Stanelytė, U., & Kubilevičiūtė, M. (2025). Sense of Happiness and Wellness Among Adolescents and Their School Environment. *Children (Basel, Switzerland)*, 12(1), 68.
- Moljord, I. E., Moksnes, U. K., Eriksen, L., & Espnes, G. A. (2011). Stress and happiness among adolescents with varying frequency of physical activity. *Perceptual and motor skills*, 113(2), 631–646.
- Nidhi Pathak, & Prof. Beer Singh. (2022). Stress Management Through Psycho-Yogic Therapy. *International Journal of Indian Psychology*, 9(4).
- Parmar, K N & Vyas, R M (2018). A comparative study of happiness among adolescents. *International Journal of Indian Psychology*, 6(2), 78-82.
- Priyamvada Shrivastava, Gayatri Jay Mishra and Mahendra Kumar (2020). Factors of Happiness among Indian Adolescents. *Indian Journal of Public Health Research & Development*, Vol. 11, No. 01, pp 490-495.
- Singh AK, Singh AK, Singh A. 2005. Personal Stress Source Inventory (PSSIss). National Psychological Corporation, Agra.
- Singh R. & Kumari V. (2022). Understanding Stress among Adolescents: An Empirical Study. *International Journal of Indian Psychology*, 10(1), 1214-1218.