



HAPPINESS AMONG FEMALE RESEARCH SCHOLARS OF HIMACHAL PRADESH UNIVERSITY AS RELATED TO CERTAIN DEMOGRAPHIC AND RESEARCH RELATED VARIABLES

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Abstract

The present study examines happiness among female research scholars of Himachal Pradesh University, focusing on selected demographic and research related variables. A sample of 95 participants was chosen through simple random sampling using Google Forms. Data were collected using the Happiness Scale (HS–RHMJ) developed by Rastogi and Moorjani (2017). Statistical techniques such as Mean, Standard Deviation, and t-test were employed for analysis. The findings indicate that variables such as academic stream, accommodation, marital status, research duration, and status of research work, fellowship status, and research approach did not show significant difference in happiness among the participants.

Keywords: Happiness, Research Scholars, Academic Stream, Research Duration, Status of Research Work, Research Approach, Fellowship, Marital Status, Type of Accommodation.

INTRODUCTION

Happiness can be understood as a psychological state of well-being that people might experience in two ways: either as an overall sense of life satisfaction or an episodic feeling of pleasure in specific contexts. Unlike emotions such as attachment, enthusiasm, gratitude and interest on the positive side, or anger, fear, anxiety and sadness on the negative side, happiness represents a unique form of emotional experience. A common outward indicator of happiness is the smile. Internally, this emotional state triggers the release of neurotransmitters such as dopamine and serotonin, which positively influence memory processes and learning efficiency.

Educators have defined happiness in many ways. Myers and Diener (1995) conceptualized as an emotional state in which individuals regularly experience positive emotions, rarely encounter negative emotions and are generally satisfied with life. Argyle and Hills (2002) defined happiness as a combination of overall life satisfaction and the balance of both positive and negative emotions, evaluated through the framework of subjective well-being (SWB). Carr (2004) explained happiness as a favorable psychological state characterized by being highly satisfied with life, where positive emotions dominate and negative emotions occurs very occasionally. According to Lyubomirsky (2007), happiness is experiencing joy, contentment and positive well-being, along with the perception that life is valuable, purposeful and worthwhile.

Happiness is a significant determinant of academic success in both educational and research contexts. Academic achievement depends on an environment that supports focus, resilience, and emotional well-being. For researchers, happiness serves as a key factor in sustaining mental health and motivation. Unfortunately, in today's competitive modern society, success is considered more important than happiness, which has resulted in stress and burnout among youth.

Singh and Kaur (2018) investigated how the pursuit of happiness relates to grit among a sample of 45 doctoral students and 55 college students. They proposed that engagement and meaning orientations to happiness would show positive associations with grit, while pleasure orientation would demonstrate a negative association. Their findings further revealed significant differences between doctoral and college students in both orientations to happiness and levels of grit. Jotangiya (2022) explored the correlation between PhD students' outlook on academic writing and their happiness. Using a validation of the questionnaire from the University of Helsinki, the study unveiled associations between traits such as perfectionism and procrastination and the experience of negative emotions, highlighting the psychological toll of scholarly writing. Byrom



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et al. (2022) examined stress and mental well-being among 431 doctoral researchers in the United Kingdom. The study revealed that supportive supervision, family support, good physical health, quality sleep, and low self-depreciation were positively associated with better mental well-being and reduced stress. Additionally, addressing career-related concerns, fostering confidence, overcoming impostor syndrome, and clarifying researchers' roles were identified as key strategies for improving doctoral students' psychological health.

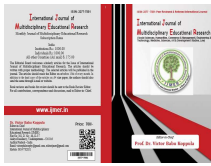
Swamy et al. (2023) carried out a comparative study of happiness among 57 tribal and 60 urban adults aged 20–80 years. Using random sampling and the Happiness Scale (HS-RHM), they assessed levels of happiness and dimensions of well-being. The findings revealed that tribal adults from the Jenu Kuruba community in Mysore district reported higher levels of happiness than urban participants, with no significant gender- or age-related differences observed within the tribal group. Feizi et al. (2024) examined perceived stress and well-being among 2,486 doctoral students. The study revealed that stress significantly influenced students' well-being, satisfaction with their programs, and their likelihood of attrition. The authors emphasized the importance of departmental support in stress management and role clarification to enhance student retention and overall well-being

OBJECTIVES OF THE STUDY

1. To study the significant difference in happiness among female research scholars of Himachal Pradesh University having science and social science streams.
2. To study the significant difference in happiness among female research scholars of Himachal Pradesh University in relation to their duration of research work.
3. To study the significant difference in happiness among female research scholars of Himachal Pradesh University in relation to their progress in research work.
4. To study the significant difference in happiness among female research scholars of Himachal Pradesh University in relation to fellowship for research work.
5. To study the significant difference in happiness among female research scholars of Himachal Pradesh University in relation to their research approach.
6. To study the significant difference in happiness among married and unmarried female research scholars of Himachal Pradesh University.
7. To study the significant difference in happiness among hostelers and day scholars female research scholars of Himachal Pradesh University.

HYPOTHESES OF THE STUDY

1. H01: There exists no significant difference in happiness among female research scholars of Himachal Pradesh University having science and social science streams.
2. H02: There exists no significant difference in happiness among female research scholars of Himachal Pradesh University in relation to their duration of research work.
3. H03: There exists no significant difference in happiness among female research scholars of Himachal Pradesh University in relation to their progress in research work.
4. H04: There exists no significant difference in happiness among female research scholars of Himachal Pradesh University in relation to fellowship for research work.
5. H05: There exists no significant difference in happiness among female research scholars of Himachal Pradesh University in relation to their research approach.
6. H06: There exists no significant difference in happiness among married and unmarried female research scholars of Himachal Pradesh University.



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7. H07: There exists no significant difference in happiness among hostelers and day scholar's female research scholar of Himachal Pradesh University.

VARIABLES OF THE STUDY

For this study, the independent variables include academic stream, accommodation, marital status, research duration, status of research work, fellowship status, and research approach and happiness has been considered as the dependent variable.

SAMPLE AND SAMPLING TECHNIQUE

The population in the present investigation consisted of all female research scholars enrolled in different department of Himachal Pradesh University, Shimla. From this population, a sample of 95 female research scholars, representing different departments were selected through simple random sampling.

METHODOLOGY

Aligned with the objectives and hypotheses of the present study, the researcher used the survey method under descriptive research. The data was collected using an online google form based on the standardized tool, The Happiness Scale (HS–RHMJ) developed by Rastogi and Moorjani (2017), consisting of 62 items with reliability ($r = 0.88$) and validity (0.91). For the analysis of the data, both the descriptive statistics (mean, standard deviation) and inferential statistics (t-test) were applied.

ANALYSIS AND INTERPRETATION OF DATA

The happiness scores of female research scholars of Himachal Pradesh University varied from 84 to 307 showing the range of 223. Mean and Median of overall happiness of female research scholars are 248.42 and 254.0 respectively, which are quite proximate to each other. The mean of overall happiness was found to be 248.42, which lies between P25 and P75 i.e. female research scholars of Himachal Pradesh University possessed average level of overall happiness.

Descriptive Statistics	Value	Descriptive Statistics	Value
Mean (M)	248.42	Median (Md)	254.00
Standard Deviation (SD)	37.79	Range	223.00
Skewness	-2.074	Kurtosis	5.932
P ₂₅	239.00	P ₇₅	275.00

In order to study happiness among female research scholars of Himachal Pradesh University in relation to their stream, t-values were calculated. The mean scores of happiness among female research scholars of Himachal Pradesh University along with their standard deviations and t-values are given in table 1.



Table 1

Difference in Happiness among Female Research Scholars of Himachal Pradesh University having Science and Social Science Streams

Sr. No.	Stream	Mean	S.D.	N	t-values	df	Sig.
1.	Science	251.62	36.68	37	0.6557	93	NS
2.	Social Science	246.38	39.00	58			

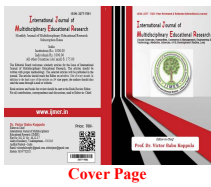
From table 1 it is evident that computed t-value for happiness among female research scholars of Himachal Pradesh University having science and social science streams came out to be 0.6557, which is less than table value (1.98). Hence, the null hypothesis HO1 that “There exists no significant difference in happiness among female research scholars of Himachal Pradesh University having science and social science streams”, was accepted. Therefore, it may be inferred that female research scholars of Himachal Pradesh University having science and social science streams possess almost same overall happiness.

Table 2

Difference in Happiness among Female Research Scholars of Himachal Pradesh University in relation to Duration of their Research Work

Sr. No.	Research Duration	Mean	S.D.	N	t-values	df	Sig.
1.	Less Than & Equal to 2 year	521.73	36.35	55	0.9943	93	NS
2.	More Than 2 year	243.88	40.18	40			

From table 2 it is evident that computed t-value for happiness among female research scholars of Himachal Pradesh University in relation to their duration of research work came out to be 0.9943, which is less than table value (1.98). Hence, the null hypothesis HO2 that “There exists no significant difference in overall happiness among female research scholars of



Himachal Pradesh University in relation to their duration of research work”, was accepted. Therefore, it may be inferred that female research scholars of Himachal Pradesh University in relation to their duration of research work possess almost same overall happiness.

Table 3

Difference in Happiness among Female Research Scholars of Himachal Pradesh University in relation to their Progress in Research Work

Sr. No.	Synopsis	Mean	S.D.	N	t-values	df	Sig.
1.	Approved	243.51	38.95	43	1.1470	93	NS
2.	Not Approved	252.48	37.08	52			

From table 3 it is evident that computed t-value for happiness among female research scholars of Himachal Pradesh University in relation to their progress in research work came out to be 1.1470, which is less than table value (1.98). Hence, the null hypothesis HO3 that “There exists no significant difference in overall happiness among female research scholars of Himachal Pradesh University in relation to their progress in research work”, was accepted. Therefore, it may be inferred that female research scholars of Himachal Pradesh University in relation to their progress in research work possess almost same overall happiness.

Table 4

Difference in Happiness among Female Research Scholars of Himachal Pradesh University in relation to fellowship for their Research

Sr. No.	Scholarship	Mean	S.D.	N	t-values	df	Sig.
1.	Yes	247.65	35.48	57	0.2413	93	NS
2.	No	249.58	41.96	38			

From table 4 it is evident that computed t-value for happiness among female research scholars of Himachal Pradesh University in relation to fellowship for research work came out to be 0.2413, which is less than table value (1.98). Hence,



the null hypothesis HO4 that “There exists no significant difference in overall happiness among female research scholars of Himachal Pradesh University in relation to fellowship for research work”, was accepted. Therefore, it may be inferred that female research scholars of Himachal Pradesh University in relation to fellowship for research work possess almost same overall happiness.

Table 5

Difference in Happiness among Female Research Scholars of Himachal Pradesh University in relation to Research Approach

Sr. No.	Study	Mean	S.D.	N	t-values	df	Sig.
1.	Experimental	247.68	39.12	37	0.1519	93	NS
2.	Descriptive	248.90	37.61	48			

From table 5 it is evident that computed t-value for happiness among female research scholars of Himachal Pradesh University in relation to their research approach came out to be 0.1519, which is less than table value (1.98). Hence, the null hypothesis HO5 that “There exists no significant difference in overall happiness among female research scholars of Himachal Pradesh University in relation to their research approach”, was accepted. Therefore, it may be inferred that female research scholars of Himachal Pradesh University in relation to their research approach possess almost same overall happiness.

Table 6

Difference in Happiness among Married and Unmarried Female Research Scholars of Himachal Pradesh University

Sr. No.	Marital Status	Mean	S.D.	N	t-values	df	Sig.
1.	Married	249.09	41.78	22	0.0938	93	NS
2.	Unmarried	248.22	37.09	73			



From table 6 it is evident that computed t-value for happiness among married and unmarried female research scholars of Himachal Pradesh University came out to be 0.0938, which is less than table value (1.98). Hence, the null hypothesis HO6 that “There exists no significant difference in overall happiness among married and unmarried female research scholars of Himachal Pradesh University”, was accepted. Therefore, it may be inferred that married and unmarried female research scholars of Himachal Pradesh University possess almost same overall happiness.

Table 7

Difference in Happiness among Hostellers and Day scholars Female Researchers of Himachal Pradesh University

Sr. No.	Accommodation	Mean	S.D.	N	t-values	df	Sig.
1.	Hostellers	248.58	42.13	43	0.0372	93	NS
2.	Not Approved	248.29	34.68	52			

From table 7 it is evident that computed t-value for happiness among hostellers and day scholars’ female researchers of Himachal Pradesh University came out to be 0.0372, which is less than table value (1.98). Hence, the null hypothesis HO7 that “There exists no significant difference in overall happiness among hostellers and day scholars’ female researchers of Himachal Pradesh University”, was accepted. Therefore, it may be inferred that hostellers and day scholars’ female researchers of Himachal Pradesh University possess almost same overall happiness.

CONCLUSION

The empirical evidence from the present study indicated that female research scholars at Himachal Pradesh University generally experience high and stable levels of happiness. This stability in happiness observed across academic and personal variables such as academic stream, research duration, status of research work, fellowship status, research approach, residential status, and marital status, reflects the presence of a supportive and balanced academic environment. The results further imply that these variables (academic and personal variables) may exert less influence on happiness than anticipated. The findings highlight the critical role of cultivating an enabling research environment that supports both happiness and academic achievement.

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