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**INVESTIGATING THE IMPACT OF HAPPINESS ON THE STUDENTS MENTAL
HEALTH**

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ABSTRACT

This study aims at investigating the impact of happiness on the second-year students' mental health at high schools of Damavand City in scholastic year of 2014. The research has descriptive-correlative method. The statistical population consists of all 1124 second-year students at high schools of Damavand city and 286 ones are selected as the samples based on the simple random sampling. The mental health questionnaire by Kohlberg et al (1973) and Oxford Happiness Questionnaire (2002) are utilized to measure the variables applied in this study. The validity of questionnaires is confirmed by experts and advisors. Their reliability is obtained equal to 0.92 for mental health and 0.89 for happiness based on Cronbach's alpha coefficient. The descriptive statistical methods and inferential statistics (Pearson correlation, and stepwise regression) are utilized for data analysis. The research findings indicate that there is a significant correlation between the happiness and its dimensions (self regard, life satisfaction, satisfaction, positive mood, and positive energy) with mental health. The results of regression analysis also indicate that only the positive energy from dimensions of happiness has the ability to predict the mental health.

Keywords: Mental health, happiness, students

INTRODUCTION

The adolescence is a critical stage of growth which is determined by physical, social, and emotional changes. The growth period is not necessarily linear or coordinated in all areas. A teenager almost

always has different growth rates in different areas [8],The adolescence is primarily an unbalanced time because the progress in an area is not necessarily coordinated with others. Different

individual-environmental factors should be taken into account in justifying the inconsistency of adolescence period. Albert Bandura believes that the adolescent's behavior is resulted from the child's learning in house and society. The adolescents' behavior is not resulted only from the environmental factors, but the behavior reflects the process of mutual coercion [10],The mental health and happiness are the issues and problems with which the adolescents are faced.

The mental health is one of the most important indices of health in a community and is deeply considered and taken into account by psychiatrists, psychologists and other behavioral and social science scientists. According to the mental health, a person can properly do his routine activities, communicate with family members and environment, and does not show the inappropriate behavior in terms of culture and society. Therefore, the mental health is a knowledge and art which helps people to psychologically and emotionally adapt to environment by creating the proper methods and select the more favorable solutions to his problems because if the stressors continuously threaten a person, the human will be no longer lively, strong and capable in carrying out his social responsibilities [9].

On the other hand, the human development and vitality has been always taken into account by researchers due to the significant effect on all aspects of human personality and his different ways of behavior. Since the human being is not a one-dimensional creature, and his personality consists of the cognitive, emotional, physical, social and spiritual dimensions, and his mental and physical health is indebted to the comprehensive and coordinated development of these dimensions, the happiness is one of the leading factors for research [7],According to a basic review, we can conclude that the happiness leads to balanced human growth and health and paves the way for better and more extensive development. Therefore, the personal and social growth depends on this fact that to what extent this important issue is taken into account and the situation is operated [4].

Various factors can affect the human mental health. In this regard, numerous studies have indicated that most of the health problems and mental disorders have social origins [3],The happiness is among the factors which can affect the human mental health.

The happiness is considered as an important part of quality of life and above all types of wealth. In the previous literature, Plato considered the happiness as

the equilibrium and coordination among three elements of argument, emotion and desires and Aristotle considered it as the spiritual life. In new literature, for instance, Argyle et al have considered the happiness as a combination of positive affection and absence of negative emotion and life satisfaction. The way of achieving the happiness and strengthening it and the factors involved in achieving this vital need are the most important points in this regard. The factors which can have major effect on this phenomenon are as follows: Personality, self-regard, religious beliefs, social capital, the leisure activities, etc[6].

Considering the importance and necessity of research, this study investigates the correlation between the happiness and mental health among the second-year students at high schools of Damavand City.

MATERIALS AND METHODS

The research has descriptive-correlation method. The statistical population consists of all 1124 second-year students at high schools of Damavand city and 286 ones are

selected as the samples based on the simple random sampling. The mental health questionnaire by Kohlberg et al (1973) and Oxford Happiness Questionnaire (2002) are utilized to measure the variables applied in this study. The validity of questionnaires is confirmed by experts and advisors. Their reliability is obtained equal to 0.92 for mental health evaluations and 0.89 for happiness based on Cronbach's alpha coefficient. The descriptive statistical methods and inferential statistics (Pearson correlation, and stepwise regression) are utilized for data analysis.

RESULTS

First hypothesis: There is a significant correlation between the happiness and mental health in second-year students at high schools of Damavand City.

Pearson correlation method is applied to investigate the correlation between the happiness and mental health in second-year students at high schools of Damavand City. The results are presented in Table 1.

Table 1: The correlation between the happiness and mental health in second-year students at high schools of Damavand City

Variables	Type of correlation	Rate of correlation	(R) ²	Significance level
Happiness and mental health	Pearson	0.395	0.15	0.000

According to the table above, there is a significant positive correlation ($r=0.395$) between the happiness and mental health variables in second-year high school students in Damavand City and this correlation is significant at the alpha level

of 0.01. Furthermore, the calculated coefficient of determination indicates that the happiness variable explains 0.15% of variance in mental health variable.

Second hypothesis: There is a significant correlation between the dimensions of

happiness (self regard, life satisfaction, satisfaction, positive mood, and positive energy) and mental health in second-year students at high schools of Damavand City. Pearson correlation method is applied to investigate the correlation between the

dimensions of happiness and mental health in second-year students at high schools of Damavand City. The results are presented in Table 2.

Table 2: The correlation between the dimensions of happiness and mental health in second-year students at high schools of Damavand City

Predictive variables	Criterion variable	Rate of correlation	(R) ²	Significance level
Life satisfaction	Mental health	0.330	0.10	0.000
Satisfaction		0.257	0.06	0.000
Self-regard		0.310	0.09	0.000
Positive mood		0.376	0.13	0.000
Positive Energy		0.485	0.23	0.000

The table above indicates that there is a significant positive correlation between each dimension of happiness (life satisfaction, satisfaction, self-regard, positive mood, and positive energy) and mental health in second-year students at high schools of Damavand City and this correlation is significant at the alpha level of 0.01. The correlation coefficients of each dimension of happiness and mental health utilized to investigate the impact of each component of happiness (self-regard, life satisfaction, satisfaction, positive mood,

are equal to 0.330, 0.257, 0.310, 0.376 and 0.485, respectively.

Third hypothesis: Each dimensions of happiness (self-regard, life satisfaction, satisfaction, positive moods, and positive energy) have the ability to predict the mental health in second-year students at high schools of Damavand City.

The stepwise regression analysis is and positive energy) on predicting the students' mental health.

Table 3: Results of stepwise regression method for investigating the correlation between dimensions of happiness and predicting the mental health in second-year students at high schools of Tehran

Steps	Predictive variables	R	R ²	B	Beta	T	P
First step	Positive Energy	0.48	0.23	0.174	0.485	9.35	0.000

The stepwise regression is utilized to respond to the research question whether each dimension of happiness (self-regard, life satisfaction, satisfaction, positive mood, and positive energy) has ability to predict the mental health as well as

determining the contribution of each predictive variable on predicting the mental health. Based on the regression analysis (Table 3), it can be concluded that from the components of happiness only the positive energy dimension as the predictive variable

has the criterion for inclusion in final regression equation to explain the changes in mental health (criterion variable). As shown in the table above, the correlation coefficient is equal to 0.48 in the first step where the positive energy dimension is included in the equation. In other words, the positive energy dimension is able to explain 0.23 of variance in mental health.

Table 4: The results of stepwise regression method for investigating the correlation between dimensions of happiness and predicting the mental health in second-year students at high schools of Tehran

Steps	Predictive variables	R	R ²	B	Beta	T	P
First step	Positive Energy	0.48	0.23	0.174	0.485	9.35	0.000

The stepwise regression is utilized in response to the research question, whether each dimension of happiness (self-regard, life satisfaction, satisfaction, positive mood, and positive energy) has the ability to predict the mental health, as well as determining the contribution of each predictive variable in predicting the mental health. Based on the regression analysis in Table (4), it can be concluded that among the components of happiness, only the positive energy dimension as the predictor variable has the criterion for inclusion in the final regression equation to explain the changes in the mental health (criterion variable). As shown in the table above, the correlation coefficient is equal to 0.48 in the first step where the positive energy dimension is included in the equation. In other words, the positive energy dimension

Furthermore, for determining the contribution of each component of happiness (self-regard, life satisfaction, satisfaction, positive mood, and positive energy) in predicting the mental health in students based on the regression coefficients (beta), it can be argued in the first step that the positive energy dimension has the contribution of 0.48 in predicting the mental health in students.

is able to explain 0.23 of variance in mental health.

Furthermore, for determining the contribution of each component of happiness (self-regard, life satisfaction, satisfaction, positive mood, and positive energy) in predicting the mental health in students based on the regression coefficients (beta), it can be argued in the first step that the positive energy dimension has the contribution of 0.48 in predicting the mental health in students.

DISCUSSION

The findings of first hypothesis indicate that there is a significant positive correlation between happiness and mental health variables in second-year students at high schools of Damavand City. In other words, the happiness increases the students' mental health. This finding is consistent with the results of research by

Tamannaefar et al [11], who have concluded that there is a significant correlation between the mental health and happiness. The more a person has higher mental health, the more his happiness will be increased. According to the studies, the happiness can improve the physical health regardless of how it is obtained. The happy people feel much safer, decide easier, have more cooperative spirit, and feel more satisfied than those who live with [2].

According to the findings of second hypothesis, there is a significant positive here is a significant negative correlation between the sense of happiness and mental health problems, somatic symptoms, anxiety and depression in male and female students.

The happiness ensures the physical and mental health in person, increases his morale, makes him satisfied with life and quickly teaches the new skills. The happiness affects the physical health and longevity in person. The lack of happiness may have the physical symptoms such as the fatigue, shortness of breath, headache, low appetite, dyspepsia and nausea. More seriously, this dissatisfaction can lead to the diseases such as the gastrointestinal ulcers, swollen joints, high blood pressure, alcohol consumption and drug abuse, stroke and heart attack. Furthermore, the lack of happiness leads to the issues such as the

correlation between the dimensions of happiness and mental health in second-year students at high schools of Damavand City. In other words, each dimension of happiness increases the students' mental health. This finding is consistent with the results of research by Anasori [1], who has found that there is a significant correlation between the mental health and happiness. The results are also consistent with the research by Khoshkonesh and Keshavarz Anasori [1], who have concluded that t

anxiety, depression, stress, problematic personal relationships, anger over the less-important issues, annoying sensitivities, forgetfulness, inability to make decisions and the lack of concentration [2].

The findings of third hypothesis indicate that among the components of happiness, only the positive energy dimension as the predictive variable has the criterion for inclusion in the final regression equation to explain the changes in mental health (criterion variable). Furthermore, for determining the contribution of each happiness component (self-regard, life satisfaction, satisfaction, positive mood, and positive energy) in predicting the students' mental health based on the regression coefficients (Beta) in the first step, it can be argued that the positive energy dimension has the contribution of

0.48 in predicting the mental health in students.

The students, who have the components of happiness such as the proper positive energy, like their duties and enjoy it, have friendly relations with other students, and have the sense of belonging and an interest in their schools and enjoy working in their organizations; thereby their mental health will be enhanced.

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