



Happiness across Developmental Stage and Gender

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ABSTRACT

The present study was designed to study differences in happiness across age and gender. The sample consisted of 100 youth (50 men and 50 women) and 100 elderly (50 men and 50 women). The age group for youth and elderly were 20-30 years (Mean=24.75; SD=3.85) and 60-75 years (Mean=68.32; SD=5.14), respectively. The participants lived in the housing societies in Delhi the capital of India. The measure used was Oxford Happiness Questionnaire. Results showed no significant difference in happiness for either age or gender groups. Further the total sample was divided into four groups. No difference in happiness was found between the four groups either. All of them were found to be similar in happiness.

Keywords: Happiness, Youth, Elderly

INTRODUCTION

Happiness is defined as the degree to which one evaluates positively the overall quality of his or her present life as a whole. It can have different meanings both objectively and subjectively. In an objective sense, happiness is living in good conditions, such as material prosperity, peace and freedom. In subjective sense happiness is a state of mind. The term happiness or SWB carries the same meaning and can be used synonymously.

Hedonic conceptions of happiness, define happiness as the enjoyment of life and its pleasures. In contrast, eudaimonic conceptions of happiness, define happiness as self realization, that is the expression and fulfilment of inner potential. Eudaimonic happiness has much in common with humanistic emphasis on the concept of self actualization (Maslow,1968) and the fully functioning person(Rogers 1961)as the criteria for optimal functioning and healthy development. This means that happiness results from striving towards self actualization-a process in which our talents, needs, and deeply held values direct the way we conduct our lives. Eudiamonia or happiness results from realization of our potential.

Many studies have found that age has little relationship to an individual's reported level of happiness (Diener add Lucas 2000; Diener & Suh, 1998; Inglehart, 1990) In a study based on interviews of about 170,000 people from 16 countries, it was found that every age group, from 15years to 65 years and beyond, people expressed almost identical levels of happiness and life satisfaction (Inglehart, 1990). Some studies have found age related declines in happiness and well being. These declines were very small and occurred only among the very old.

In research little evidence was found for the "empty nest syndrome"(Myres&Diener1995) Most mothers are indeed happy to see their children begin their careers, getting married and starting their family. Parents love and enjoy their freedom to carry out and engage in new interests and activities in their "life-after-kids". The "mid-life crisis" assumed to hit men during their 40s has not been found in the researches(Mc Crae & Costa,1990) Research suggest that older adults often enjoy greater well being, more contentment and less anxiety than young adults(Lawton,Kleban,&Dean,1993)

A research team found that consumers are happier when they spend on experiential purchases versus material ones. The paper, "Spending on Doing Promotes More Moment-to-Moment Happiness than Spending on Having," (Kumar, 2020) has discussed this. The basic finding from a lot of experiments is that people derive more happiness from their experiences than from their possessions. The elderly as well as the young have now started spending on experiences like travelling.

Inglehart (2002) found that gender differences in happiness levels were dependent upon age, whereas young (18-44) women are happier than young men, middle aged (45-54) women and men do not differ in terms of happiness, but older (55+) women are less happy than older men.

A recent study by Siamak Khodarahimi (2013) attempted to determine roles of age and gender on the constructs of psychological hardiness, emotional intelligence, self-efficacy and happiness. In this study, 200 Iranian adolescents and 200

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Effect of Yoga on Anxiety and Emotions

Nisha Jaiswal*

ABSTRACT

A study was carried out to study the effect of yoga on anxiety and emotions. Two breathing exercises namely nadishodhan pranayama and bhrahmiri pranayama were used in the study. Spielberger State-Trait Anxiety Inventory (STAI) and Positive and Negative Affect Scale (PANAS) were used to measure state and trait anxiety as well as positive and negative emotions. There were 86 participants in the age group of 17-55 years out of which 64 were female and 22 were males. These participants underwent 3 weeks of Yoga sessions and it was found that there was a significant decline in negative emotions and a significant increase in positive emotions post the intervention. Also, there was a significant reduction in the scores of state and trait anxiety after the intervention. Therefore, pranayama was found to be effective in reducing anxiety and negative emotions and increasing positive emotions in individuals.

Keywords: Anxiety, emotions, Bhrahmiri and Nadishodhan pranayama, Yoga

INTRODUCTION

Yoga

Yoga is an ancient system of philosophy, lifestyle and techniques that evolves the whole person. Yoga also known as Psychophysiological therapy refers to the philosophical, psychological, and spiritual knowledge that has developed in India and has been regarded as the foundation of the ancient Indian civilization (Moodley and West, 2005).

Yoga typically consists of eight steps. The first two steps are **Yama and Niyama**. They are social and ethical rules laid out in the first two limbs of Patanjali's eightfold path. They're like a map written to guide you on your life's journey. Simply put, the yamas are things not to do, or restraints, while the niyamas are things to do, or observances. The next three are **Asana** (consisting of yoga postures and exercises), **Pranayam** (breathing control) and **Pratyahara** (withdrawal of sense), which are methods to discipline the individual. Lastly, the three main steps are called **Dharana** (concentration), **Dhayana** (deep meditation) and **Samadhi** (deep absorption). These practices are all directly connected and one cannot exist without the other since these are the core of a yogi's meditation practice. Sitting quietly, allowing the mind to slow down, and then focusing on a single intention of what led to this practice. Pranayama, meditation and asanas are the most commonly used yoga techniques.

NADI SHODHAN PRANAYAMA

"Nadi Shodhan Pranayama" is a yogic breathing technique that involves alternate nostril breathing. This practice is believed to balance the flow of energy (prana) in the body and calm the mind.

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HOW AGE AND WORK PLACE ENVIRONMENT LINKED WITH GUILT PRONENESS AMONG BOTH PRE AND EARLY ADOLESCENTS

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Key words : Age, Work place environment, Guiltproneness, Early adolescents.

This study was conducted to ascertain the links of age and work place environment on guilt proneness as a personality trait on the 240 participants by employing '2x3' two factor factorial design. Empirical verification of the three hypotheses in the context was made with the statistical technique of 'Analysis of Variance'. Results indicated that average guilt proneness found to be a unique trait of personality among early adolescents and whatever significant difference exists were of degree and not of type. The most conducive environment for the growth of average guilt proneness found to be school environment. Early adolescents had greater guilt proneness than pre-adolescents. Pre-adolescents also had greater guilt proneness only in those working in hazardous environment or getting learning in school environment.

Guiltproneness as a personality trait has been indicative of a predisposition to experience negative feelings about his own misdeeds even when nobody knows about the committed misdeeds as they are absolutely personal. Guilt is an uncomfortable moral emotion, experienced when a person has transgressed a social norm but guiltproneness on the other hand involves a lower threshold of experiencing guilt even when a transgression is private or before, the individual has done a transgression (Miller, 2010). Therefore as being a personality trait, it anticipate worst feelings in a person, prior to doing something not good one and predispose a person to think, feel

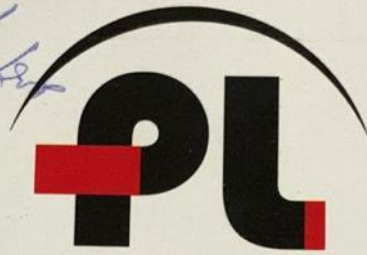
and act ethically (Tangney and Dearing, 2002; Tangney, Stuewig and Mashek, 2007). Children Personality Questionnaire (CPQ) constructed and standardized by Porter and Cattell (1979) has included the factor 'O' as a measure of untroubled adequacy 'O-' vs. guilt proneness 'O+', as a very important factor required for clinical assessments. It evinces from the scale items and description of both the dimensions that O+ children feels, over fatigued by exciting situations, has a sense of inferiority in meeting the rough daily demands of life, unable to sleep as worried, easily downhearted or remorseful and guilty. Feeling of inadequacy and loneliness were found to be very prominent

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INDIAN APPROACHES TO STRESS MANAGEMENT

Ritu Aggarwal

ABSTRACT

To bebom is the first Traumatic experience of man which Otto Rank termed as, "Trauma of birth." Upanishads propounded that the tranquil state of Purush (Chaitanya) gets active and disturbed by the joining of Prakrati with it when life begins. Being mainly a thoughtful animal, man is an anxious specie. That is why from the times of Vedas mythology greatly describes various human strifes. Buddhism propounded detailed programme to lessen the sufferings of humanity. Every ancient culture dealt with human pain in its own way. So there has always been strife and its feeling as stress in varying degrees which now a days is posing an epidemic phase because the rapid pace and complex demands of modern life is adding weight of that which is already on his shoulders. It underlines such diverse conditions as psychosomatic disease, heart disease and chemical dependency, and it is a major contributor to disturbance in ones emotional, social and family life. It inhibits creativity and personal effectiveness, and it is present in the sense of general dissatisfaction, the name of this condition is stress, and it has been called by medical researchers at Cornell University Medical College "the most debilitating medical and social problem in the U.S. Today."

INTRODUCTION

Etiology—Stress has been a topic of study and research for the behavioural scientists for quite a long time and more and more allied disciplines, are getting involved in it. Still it is not clear for example whether stress is a function of personality variables of intrinsic physiological responses to outer stimuli or of learned cognitive/behavioural patterns or the sole responsibility of the environment. So many theories and tests have been developed as regards stress correlates and their eradication. Three important theories are :

1. Personality Traits Theory,
2. Physiological Response theory,
3. Habit formation theory.

Friedman and Rosen-man (1974) correlate high degree of stress with pattern of personality characteristics which they label as Type A. The

Type B personality pattern demonstrates low or unalarming levels of stress.

CHARACTERISTIC BEHAVIOUR PATTERNS OF TYPE A AND B PERSONALITIES

Type A Behaviour :

1. Hurried speech.
2. Constant, rapid movement/eating.
3. Open impatience with the rate at which things occur and how others operate, chronic sense of time.
4. Thinking and performing several things at once.
5. An active attempt to dominate conversation, to determine the topics, and remain preoccupied with ones own thoughts while others are talking.
6. Vague guilty feelings during periods of relaxation, when doing nothing.

Ritu Aggarwal