HAPPINESS AN ART OF LIVING: A REPORT ON A QUESTIONNAIRE SURVEY

Dr. Nalabanda Prathyusha,
Lecturer,
Department of English,
St. Ann’s College For Women, Hyderabad,
Telangana, India.

Abstract:

Happiness can be defined as ‘A state of well-being and contentment’. The ultimate aim of any person is to be happy. Taking into the psychological and physiological aspects of happiness into consideration, a questionnaire was distributed to 250 students from different streams of St. Ann’s college for Women, Hyderabad. The researcher made an observation about the Happiness Quotient among the students, through the results of the questionnaire.

Index Terms: Happiness, Joy, St.Ann’s College for Women, Questionnaire

According to Merriam Webster dictionary(2011), Happiness can be defined as ‘A state of well-being and contentment’ or ‘a pleasurable or satisfying experience’ Layard(2005) further states that happiness is “…feeling good – enjoying life and wanting the feeling to be maintained”(p.11).

As mentioned in Stanford Encyclopedia of Philosophy, Philosophers discuss about “happiness” to be one of these two things, each equivalent to a different sense of the term:

• A state of mind
• A life that goes well for the person leading it

A state of mind is a psychological matter where thoughts about happiness or depression are questions of psychology, with answers explaining life satisfaction, pleasure, or a positive or happy emotional condition.

In the second case, the subject matter is a type i.e of well-being, welfare, efficacy or blooming.

“Happiness” in this context concerns what benefits a person more and makes them better off.

A survey on the topic Happiness was conducted in St. Ann’s College for Women, Mehdipatnam, Hyderabad on February 5th and 25th of 2020. A range of 250 students from various streams such as B.A, B.COM, B.B.M AND B.SC were surveyed. A questionnaire with few close and open end questions were included in the questionnaire. The results were tabulated, interpreted and then analysed.

The following are the questions mentioned in the questionnaire with their responses:

1. How are you doing today? (How happy are you today)

The answers can be rated from 1 to 5. 1 is extremely bad and 5 is very happy.
ANALYSIS:-

OBJECTIVE:
The objective of asking this question to students is to see how well the student is feeling on the day they did the survey which has an impact on individual happiness.

INTERPRETATION:
According to the results above, 32% i.e. 80 students have selected option ‘3’ on the rating list which shows that they are neither extremely happy nor highly sad, that means they are somewhere in stability. Because life is all about balance. “Everything you see as life is beautiful only when it is in a balance.” 10% i.e. 25 students have selected option ‘2’ which shows that not all have their things soughted which is completely acceptable and okay. What is not okay is staying somewhere where you aren’t happy, valued or loved.

2. How much in general do you enjoy your daily life?

Please note 1- not at all, 5- completely.

ANALYSIS:-

OBJECTIVE:
The purpose of asking this question is to see how happy and satisfied the students are with their daily routine life.
**INTERPRETATION:**

According to the findings of the survey, 36.2% i.e. 89 students have selected option ‘4’ on the rating list which shows that they are in contented happiness. Having contentedness and gratification in life is important as it helps in conquering any greed that might surface in our hearts. 2.4% i.e. 6 students have chosen option ‘1’ on the rating list which shows that they are not at all happy with their lives. Which is fine as most of us feel down in our lives for a period of time, because sometimes it takes a lot more just to be okay. And in these times, love and support from our close ones can do wonders.

3. Would you like to be.....
   A. Sad but fab
   B. Happy and fab

![Responses Chart]

**ANALYSIS:**

**OBJECTIVE:**

The purpose of asking this question is to see how a student’s inner state of emotion – happiness can have an effect on their external behavior.

**INTERPRETATION:**

According to the findings of the survey, 93.5% i.e. 230 students have selected the option ‘B’ which shows that they would want their internal and external emotions to be in sync. They want to be happy and fabulous to channel this mixed energy to conquer things. 6.5% i.e. 20 students have elected the option ‘A’ which shows that even if their inner emotion – happiness isn’t there, they would still like to be fabulous. This often happens when people fake their happiness at social gatherings, as it stereotypically accepted social norm to be happy when you meet people. “People cry/are sad, not because they are weak. It’s because they’ve being strong for too long.” --Johnny Depp


4. Do you feel that you have to work hard and be miserable now, in order to be happy later?
   A. Yes
   B. No
   C. Maybe
ANALYSIS:-

OBJECTIVE:
The purpose of asking this question is to see how students sacrifice their social lives for the betterment of their future.

INTERPRETATION:
According to the results, 47.3% i.e 116 students have selected option ‘A’ which shows that students desire a good future and are willing to have their present at stakes. Anything when done excessively can become harmful in the long run. Stressing about the future endlessly and over-working ourselves can deteriorate our happiness. There's no point worrying about the future if doing so results in never being happy in the present. 32.7% i.e 81 students have opted option ‘C’ which shows that somehow they too believe in the notion of not living in the present. Sometimes living in the moment is also necessary. According to Satsuki Shibuya, "Living in the moment is being aware of the moment WE ARE IN. If our minds are in the past or future, we are not truly alive in the present.” Don’t wish away days waiting for the better ones ahead. Retrieved from https://www.awakenthegreatnesswithin.com/35-inspirational-satsuki-shibuya-quotes-on-success/

5. What is self-care according to you?
   A. It is enlightening of self and exfoliating of bad energy
   B. It should be a priority
   C. Something you keep working on everyday
   D. I don’t know what self-care is

   47.30% 32.70% 20%
ANALYSIS:

OBJECTIVE:
The purpose of asking this question is to see how students value themselves in their lives, as to what self-care is for them.

INTERPRETATION:

According to the results, 37.3% i.e 92 students have selected option ‘C’ which shows that self-care is something you work on everyday. Indeed self-care is important and needs to be taken care of, to have stable mental health, self-confidence and better self-esteem. Practicing self-care should be a priority. According to Buddha,”You, yourself, as much as anybody in the entire universe, deserve your love and affection.” 2.9% i.e 7 students chose option ‘D’ which shows that few don’t know what self-care is! Retrieved from https://www.brainyquote.com/quotes/buddha_164946

6. How calm are you in a stressful situation

Please note 1 is extremely bad like Shivering and what not... 5 is extremely good like I don't know what stress is!

![RESPONSES Chart]

ANALYSIS:

OBJECTIVE:
The intent of asking this question is to see how students remain calm and collected when they are face to face with pressure and stress.

INTERPRETATION:

According to the results, 39.8% i.e 98 students have selected option ‘3’ on the rating list which shows that they are a little nervous when it comes to stressful situations but all-in-all are collected and are under control. 6.5% i.e 16 students are exceptionally calm in pressured situations. Kudos to them!

7. Do you believe in the saying "JAAN HAI TOH JAHAAN HAI" (Translating to: Health comes first than anything in the world)?

A. Yes
B. No
ANALYSIS:--

OBJECTIVE:
The intent of asking this question is to see if students value their health, mental health and life more than the worldly pleasures and competitions.

INTERPRETATION:
According to the results, 91.8% i.e 229 students have selected the option ‘A’ which is YES! And it shows that students value their health, mental health more than the world because if there is no health, there is no life. If there is no life, there is no world. Being healthy physically can also induce happiness in people. It indeed justifies the quote HEALTH IS WEALTH. 8.2% i.e 21 students have opted the option ‘B’ which is a NO because sometimes health is not more important than world. For eg, a soldier might always think that their life is not more important than their country which brings a sense of pride and happiness in them.

8. Is Happiness for you, An Elixir of life?
A. YES!!!
B. No
C. Maybe
D. I don't know
ANALYSIS:

OBJECTIVE:
The intent of asking this question is to see how much a student values their individual happiness.

INTERPRETATION:
According to the findings of the survey, 45.5% i.e. 114 students think that their happiness is essential and indispensable. Sometimes happiness can be being content, being strong, being selfish etc. According to Mandy Hale,” Happiness is letting go of what you think your life is supposed to look like and celebrating it for everything it is.” Retrieved from https://livelifehappy.com/life-quotes/happiness-is-letting-go/ 5.8% i.e. 14 students don’t think happiness is a supposed elixir and they might derive their energy from somewhere dope too!

9. Why do you think your mental health is important? How is your mental health doing these days?
We got 224 responses for this question. For the sake of proportion, the responses are categorized in 2:

A. Good
B. Bad

Some of the conscientious and well-put responses for above question:

- Mental health is a concert which is yet to be accepted in our society nowadays. Without proper mental health a person cannot deal with his/her daily activities in an effective manner. I'm doing good so far.

- Mental health surpasses the importance of physical health sometimes and that itself shows how important mental health is.

- Yes absolutely, mental health is utmost important. If we are mentally sound, we can then also be physically. Mental health gives peace of mind to a person which in turn makes them feel lighter on mind and happy.

- Mental health is measured by how well we are emotionally and mentally. I believe that having good mental health is necessary because that's what keeps us going. Mine is pretty disturbed lately.

- Yes of course it is. Just like our physical health, mental health is important too. Sometimes, actually most of the times, my mind is burdened by a lot of stress and anxiety due to a number of reasons and of course studies stress is one among them.

- If a person is mentally relaxed and happy, they will find happiness in everything around them. Don't know how my mental health is going because it is not the same every day.
• It’s important because if there’s no peace within you, you’ll never be happy, you’ll never be confident and what not. To be honest, really bad. I’m stressed. I feel like isolating myself but there’s a lot on my plate so I’m pushing.

• My mental health matters a lot to me. It keeps me calm, happy, and focused each day. If in case I’m disturbed for some reason, my day, or even an entire week, passes by very depressingly. These days my mental health has become confusing. I don't feel anything. I'm not entirely happy is what I know. Something is troubling me but I don't know what. This stage will pass by, hopefully.

• Our mental health is the index of our state of being. So, it is very important for keeping our self-happy. Presently my mental health is too worse as I have been facing too much stress and dissatisfaction in my life with many personal problems. Even I couldn't properly pay attention in any task assigned to me.

• Jaan hai to jahaan hai and my mental health is first class!!

10. When was the last time you laughed out loud? What or who made you laugh?

We got 222 responses for this question. Some of the responses are as follows:

• I'm laughing right now, with my lil sis.
• Everyday, mostly when my friends are around.
• I laugh all most daily like a mad person.
• Mostly when I'm with my friends and family. I have a lot of fun and we laugh a lot.
• In English class on a certain self-joke.
• While watching a Korean drama. The scene made me laugh.
• Last time I laughed whole heartedly is during Christmas days with my cousins. And these days I smile but not really am happy because I don't like my friends, they are so annoying but I can't avoid them. I want to burst out.
• Long back.
• In a leisure period, with my group of crazy friends.
• I don't have a count.
• Probably two years ago I laughed heart fully and that day was a memorable day where I could see happiness everywhere. That moment made my day.
• I laugh very often; I guess memes make me laugh.
• Last year.
• I laugh daily. Small and minor things also make me laugh.

SUNDAY-EDITION SURVEY:-

1. How happy are you on a Sunday morning?

Please note that you can rate your answer from 1 to 5. 1 is extremely bad and 5 is very happy.
ANALYSIS:-

OBJECTIVE:
The objective of asking this question to students is to see how well they become cognizant of the visitor called Sunday.

INTERPRETATION:
According to the results above, 32% i.e 81 students have selected option ‘5’ on the rating list which shows that they are exceedingly happy. 2% of the students i.e 15 responders have chosen option ‘2’ on the rating list which shows that not all are on the “Sunday-Funday” team. Others have chosen the moderate options which are neither sad nor happy but somewhere in stability. Because the extremes like good and bad; happy and sad work together in balance, all you have to do is wait for the scales to settle.

2. You spend Sundays doing……
A. Stay in bed
B. Sports
C. Read a book
D. Other crazy stuff!
ANALYSIS:

OBJECTIVE:
The purpose of this question was to know how students spend their Sundays doing something they like which in turn inculcates happiness in them.

INTERPRETATION:
According to the above results, the outcome shows that 54.3% i.e 142 students do ‘Other crazy stuff!’ which is justified because not all our routines are the same, as some might be morning birds and the others are night owls. And in all honesty, the other crazy stuff students do might bring joy to their souls. Sports are the least selected option i.e only 0.4%. This shows the hectic college and life routine which makes a person apathetic to do exciting things. But inclusion of sports in our lives is necessary as it upgrades are competitive spirit and analytical skills.

3. How productive can you get on a Sunday?
Please note 1- not at all, 5- completely.

ANALYSIS:

OBJECTIVE:
The objective of this question was to know how fruitful and high-yielding can the students make their Sundays.

INTERPRETATION:
According to the results above, 44.9% i.e 111 students have selected option ‘3’ on the rating list which shows the probability of being productive sometimes and feeling lethargic sometimes. It again shows that there is a balance of sometimes being productive and sometimes not being productive which is completely fine and acceptable, as too much work can have harmful physical, mental and social effects. According to Lori Deschene, “LIFE IS ALL ABOUT BALANCE. You don’t always need to be getting stuff done. Sometimes it’s perfectly okay, and absolutely necessary, to shut down, kick back, and do nothing.”
The least amount of responders is for option ‘1’ i.e 7.9% which shows that nobody is entirely uninterested to get some work done.
Which quote implies Happiness for you?

A. The quote says: "When it rains, look for rainbows; when it's dark, look for stars." 🌈🌟
   - Oscar Wilde

RESPONSES

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<td>A.</td>
<td>58%</td>
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<td>B.</td>
<td>42.40%</td>
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**ANALYSIS:**

**OBJECTIVE:**

The intent of this question was to know how the students could connect their happiness to a quote with which they could relate their personal lives and could draw motivation from.
**INTERPRETATION:**

The findings of the results show that 58% i.e 147 students selected option ‘B’ which holds the quote of letting go of a bad yesterday for not ruining a good today. Which shows that many students believe in a good tomorrow and are HOPEFUL for a better future. Students especially should be optimistic towards coming days and not dwell on the past as this will help in building confidence, ambition and lower the stress levels of a being, because thinking about past mistakes (Making mistakes is a inevitable feature of a living being) can lower self-confidence, increase stress and form pessimistic thoughts. 42.4% i.e 103 students have preferred option ‘A’ which holds the quote of looking for rainbows when it rains and looking for stars when it’s dark. The quote when interpreted tells that when there is a problem look for ways to solve it or get through it. But when it’s dark meaning when you do mistakes - you take a lesson from it i.e finding of stars. Indeed, the students who chose ‘A’ have done it rationally.

5. Which picture implies happiness?

![Source:varvogli.com](image1)

![Source:dreamstime.com](image2)

**ANALYSIS:-**

**OBJECTIVE:**

The aim of this question was to know how the students could connect their happiness to a picture because everyone has a type of setting in their mind when they imagine happiness.

**INTERPRETATION:**

According to the results given above, 73.8% i.e 186 students have selected the option ‘B’. And 26.2% i.e 64 students have chosen option ‘A’.

Image Description(B): A group of people are sitting on a couch, enjoying each others company which is depicted by their happy faces.
Students who are of extroverted nature, outgoing and socially active must have chosen this option. Extroverts recharge themselves by sitting around those they love, sharing stories and meeting new people. Talking to other people not only broadens your perspective about various things but also makes you step out of your comfort zone which is needed for your self-growth.

Image Description(A): A girl sitting on the front porch of the house with a cat by her side and is surrounded by greenery.

Students of introverted nature, quiet, observant and thoughtful nature must have chosen this option. Introverts find happiness in calm and peaceful places as they feel deeply and would like to have meaningful conversations with few people. Enjoying your solitude and calmness of the nature can help you in exploring new things about yourself which is crucial for self-care and helps relieve stress. According to Michaela Chung, as mentioned in 3 Reasons Why Being An Introvert Is Awesome by Perez Anthony(2017), “A introvert’s desire for solitude is more than just a preference, It is crucial for our health and happiness.” They need some time alone to recharge themselves. Introverts are often criticised for being alone by themselves implying alone as LONELY. Being ALONE is not equal to being LONELY.

6. Do you want to eat Biryani on a Sunday (because Sunday is a presumed cheat day) or something light like oats because you also care about your health?

A. Biryani is my kin!!
B. Something light because health is wealth!
C. I Don’t eat on Sunday mornings
D. Other

![Pie Chart](chart.png)

**ANALYSIS:-**

**OBJECTIVE:**

The intention of this question was to know how Food/Eating habits can have an impact on happiness of the students.

**INTERPRETATION:**

According to the results given above, 50% i.e 125 students have selected the option ‘A’ which shows how Biryani has an influence on the happiness of the students as it is one of the most loved dishes in Hyderabad. Happiness and food are highly connected, as GOOD FOOD is often equated to GOOD MOOD. Unhappy people are often asked to have refreshing food to fill the hole in their lives. As some would like to say it as “Eat the spagetti, to forgetti, your regretti.” 12.8% i.e 32 students have chosen option ‘C’ which holds the statement, “I don’t eat on Sunday mornings.” Which shows that the least amount of students sleep in on Sundays and consider having a brunch. Which is fine and sometimes necessary but continuing that for a long time can have a toll on our health both physically and mentally.
7. How bad does the arrival of a Monday affect you?

Please note 1- not at all, 5- completely.

![RESPONSES](image)

**ANALYSIS:-**

**OBJECTIVE:**
The intention of this question was to know how the coming of a work day and going back to the routine of long classes and learning can have an impact on happiness of the students.

**INTERPRETATION:**
According to the findings of the results, 32% i.e 81 students have selected option ‘1’ on the rating list which shows that most of them enjoy learning and look forward to the arrival of a Monday. As Monday is the first day of the week students should have a fresh set of goals to achieve which can motivate them to do more. The least selected option is ‘4’ on the rating list showing not every Monday is getaway to a fruitful future but can sometimes overwhelm people with negative thoughts and shun their confidence by the anticipation of boring routine-like life.

8. Tell us a spry-sweet Sunday story?

**Some of the conscientious and well-put responses for above question:**

- According to me the sweet things which I do on Sunday is watering the plants, have fun with siblings, do sketching and help my mom in her work🤗

- I like it when I wake up to the quiet in the room because silence is a scarce treasure in a joint family. Then going about my day, probably chilling. A good and calm morning makes the most difference for me.

- When there is no exam or deadlines on Monday, it’s Netflix all day which makes it a perfect Sunday.

- Sunday, let's make it a "Famday".👨‍👩‍👧‍👦👨‍👦

- Waking up in the morning with a view of greens really makes my Sunday way more lively. And doing all the crazy stuff with friends. Spending a quality time with my father is the soul of my Sunday. This is how my Sunday story ends.

- Sundays are usually a bit discipline for me cause I have to meet my grandmother, but when we go to meet her she makes the best smelling sweets for us and feed us until we get full. I love Sunday cause they make me feel happy.
• I am kinda a loner. I love spending time with myself and don't really have much people around me. So there isn't a spry-sweet Sunday story until now. Most of my sunday are waking up late, pampering myself with some face mask, go to a long drive in the city or go shopping. That's it.

• Every Sunday we have a tradition at home that my dad makes biryani and my mom has to make the curry.

9. Tell us about your forever happy place? (It could be anything from a place you have been to, a fictional one or a place you want to go to!)

We got 210 responses for this question. Some of the responses are as follows:

• My home

• A place which has greeneries with the open sky where I can see sunrise and sunset 🌻

• My village is my happiest place.

• I don't think any place is forever happy place in this world. We are always tested with trials. Eternal happiness is in heaven.

• Well, where do I begin from? I have so many of em! 1. HOGWARTS: The school of Magic and Wizardry. 2. BAG-END (THE SHIRE): If you have watched Hobbit, you'll know what I am talking about. It's a green-filled place, full of love. 3. Makkah and Medina 😇��

• An open road when you can go for a ride.

• Death... It's peaceful 😌

• I'm always somewhere in an exceptionally fictional daydream, a wandering lonely teenager. I'll always be found sitting alone in peaceful places.

• Harry Potter's Hogwarts school of Witchcraft and Wizardry.

• My imagination 😝

• Home with sisters and family; otherwise going out with friends.

**ANALYSIS:**

And I urge you to please notice when you are happy, and exclaim or murmur or think at some point, 'If this isn't nice, I don't know what is.' (p. 36)

*This quote by Kurt Vonnegut A Man Without a Country*

is indeed exceptional as Students desire knowledge; love; compassion; companionship and in the end a work job. This survey showcases that students are mostly happy with what they have and those who aren’t happy are willing to keep going because “A happy life consists not in the absence, but in the mastery of hardships.” by Helen Keller. Taking up challenges and not falling down makes us stronger.

**CONCLUSION:**

The finding of this survey indicates that most students are happy in their life; some are having a balanced life of both good and bad; and some are ardently trying to figure out their lives which is totally acceptable and we should be welcoming it, “because better late than never”!
References


  Goodreads. Quotable quote, Shannon Shields.


