



Influence of Happiness on Quality of Life among Young Adults Empirical Study

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Abstract: *This research investigates the influence of happiness on quality of life among young adults aged 18-24. Happiness, often characterized by positive emotions and life satisfaction, is hypothesized to enhance overall well-being and functioning. Happiness and quality of life are central indicators of psychological well-being among young adults. The transition into adulthood is often accompanied by academic pressure, career uncertainty, and social challenges that significantly influence overall life satisfaction. The present study examines the influence of happiness on quality of life among young adults. A cross-sectional research design was adopted, and data were collected from 132 young adults. The Oxford Happiness Questionnaire (Hills & Argyle, 2002) was used to measure happiness, and Quality of Life scores were analyzed using independent samples t-test and descriptive statistics through SPSS.*

The results indicated that there was no significant relationship between happiness and quality of life ($r = .022$, $p = .801$). This suggests that the level of happiness reported by participants was not significantly associated with their perceived quality of life. The findings highlight the complexity of factors influencing quality of life and suggest that happiness alone may not be a determining factor. Further research with larger and more diverse samples is recommended to better understand the relationship between these variables.

Keywords: *Happiness, Quality of Life, Young Adults.*

Introduction: Happiness is defined as a state of well-being characterized by positive emotions and life satisfaction (Diener, 1984). It includes both affective components (positive emotions) and cognitive components (life evaluation). Quality of life (QOL), on the other hand, refers to individuals' perceptions of their position in life within the context of their culture, goals, expectations, and concerns (WHO, 1995).

Young adulthood is a critical developmental stage marked by identity exploration, career establishment, and relationship formation (Arnett, 2000). During this period, psychological resources such as happiness play a crucial role in determining overall quality of life. Research suggests that individuals with higher levels of happiness tend to report better physical health, stronger social relationships, and greater life satisfaction (Lyubomirsky, King, & Diener, 2005).

Studies have consistently shown that happiness positively predicts quality of life (Veenhoven, 2008). Gender differences in happiness and life satisfaction have also been reported, though findings remain inconsistent across cultures (Wood, Rhodes, & Whelan, 1989).

López-Ruiz, V. R., Huete-Alcocer, N., Alfaro-Navarro, J. L., & Nevado-Peña, D. (2021) “The relationship between happiness and quality of life: A model for Spanish society” A key goal for society as a whole is the pursuit of well-being, which leads to the happiness of its individual members; as such, it is of critical socioeconomic relevance. In this regard, it is important to study which factors primarily affect the happiness of the population. In principle, these factors are associated with income level and residential and job stability, or more specifically, citizens’ quality of life. This research, which is based on a multidimensional concept of quality of life, uses a regression model to explain the dependence of Spaniards’ happiness on the well-being or quality of life provided by their work, their family situation, their income level and aspects of their place of residence, among other factors. The data were collected through an anonymous survey administered to a representative sample of Spanish citizens. The methodology used approaches the intangible concept of happiness as resulting from different individual and social causes selected from dimensions addressed in the literature, and calculates their effects or importance through regression coefficients. One of the findings is that people with the highest level of well-being or quality of life in the most important dimensions mostly claim to be happy. With respect to gender, it has a significant influence on the dimensions included in the model of citizen happiness and on personal issues. It is also shown that the outbreak of the Covid-19 pandemic negatively influenced the quality of life of Spanish citizens and therefore their happiness.

Murgaš, F., Petrovič, F., Maturkanič, P., & Králik, R. (2022) Happiness or Quality of Life? Or Both? The aim of the study is to look for an answer to the question of whether it is worthwhile to deal only with happiness and to leave the exploration of quality of life as something which is not viable, or if it makes sense to deal with both phenomena. If so, what is the relationship between them? At the same time, we ask ourselves whether happiness and quality of life are perceived equally by people and are therefore interchangeable. Results. The answer is also confirmed by measuring the number of published articles monitored in the Web of Science. The quantification of happiness and quality of life implies that their correlation is high but not so high that they can be identified as the same. At the same time, if happiness and quality of life are different phenomena, it makes sense to deal with both. Method. The research was conducted using the face-to-face interview method. Conclusion. Happiness and quality of life, in terms of attention given to them by researchers, are quite different. We think mistakenly that they are the same on account of the preponderance of impression given to happiness in public space.

Susniene, D., & Jurkauskas, A. (2009) “The Concepts of Quality of Life and Happiness – Correlation and Differences”. Concern about the quality of life is to a great extent learned and rational. It arises from what humans learn about life, death, incapacitation, suffering, health, and success and from the realization that they need to know more about the quality of life to make decisions. And although during the decision-making process they may be prompted by instinctive impulses, in the main, quality of life decisions are arrived at through deliberating alternatives, predicting the consequences of following. Happiness, life satisfaction and subjective well-being are mutually interrelated – and indeed they are all closely connected with the notion of quality of life but they are also highly contested constructs.

Material and Method

Participants and Survey: *Distribution of selected sample by gender and area*

Area	Gender		Total
	Female	Male	
Rural	21	8	29
Urban	55	22	77
Semi-Urban	18	8	26
Total	94	38	132

The total sample of research participants were 132. They were categorized based on their domicile into three groups: rural, urban, and semi-urban. The rural group consisted of 29 individuals, including 21 females and 8 males. The urban group comprised 77 individuals, with 55 females and 22 males. The semi-urban group included 26 participants, evenly split between 18 females and 18 males. Overall, the sample included 94 female and male 38 participants.

A cross-sectional study was conducted involving **132 undergraduate students** to examine the relationship between happiness and quality of life. The **Oxford Happiness Questionnaire (OHQ)** (Hills & Argyle, 2002) was used to measure levels of happiness, while a **Quality of Life measure** was used to assess participants' perceived quality of life. Descriptive statistics were computed to summarize demographic variables such as gender, domicile, and type of family. In addition, **Pearson correlation and simple linear regression analyses** were performed to examine the relationship between happiness and quality of life and to determine whether happiness predicts quality of life among the participants.

Measures & Interpretation: The Oxford Happiness Questionnaire (OHQ), developed by Peter Hills and Michael Argyle (2002), is a widely used instrument designed to measure an individual's level of happiness and psychological well-being. It is a self-report questionnaire developed to assess the cognitive and emotional aspects of happiness in individuals. The OHQ is frequently used in psychological research to evaluate subjective happiness and overall life satisfaction among different populations, including university students and young adults.

The questionnaire consists of a **29-item scale**, which examines different aspects of happiness such as positive mood, life satisfaction, sense of purpose, and enjoyment of life. The participants are required to indicate their level of agreement with each statement by choosing one among the options provided.

The scoring of each item is done on a **6-point Likert scale** ranging from **1 (Strongly Disagree)** to **6 (Strongly Agree)**. Higher scores represent higher levels of happiness and positive psychological functioning.

Based on the total score, individuals can be categorized into different levels of happiness such as **Low Happiness, Moderate Happiness, and High Happiness**, depending on the average or total scores obtained from the scale.

The **psychometric properties** of the Oxford Happiness Questionnaire have demonstrated strong reliability and validity across various studies. The internal consistency of the scale is high, with **Cronbach's alpha typically above 0.90**, indicating that the items reliably measure the construct of happiness. Factor analyses also support the questionnaire's ability to capture multiple dimensions of happiness and well-being.

Sample items of the scale include statements such as:

"I feel that life is very rewarding."

"I feel that life is enjoyable."

"I am well satisfied about everything in my life."

"I feel energetic and positive about life."

Participants respond based on their own feelings and experiences regarding their overall happiness and life satisfaction. The Oxford Happiness Questionnaire has been widely used in research studies examining relationships between happiness and variables such as **mental health, stress, life satisfaction, social relationships, and overall well-being**.

Quality of Life was assessed using the World Health Organization Quality of Life – Brief Scale (WHOQOL-BREF) developed by the World Health Organization (1996). It is a widely used standardized self-report instrument designed to measure an individual's perceived quality of life in different domains of daily functioning and well-being. The scale was developed by the WHOQOL Group to provide a cross-culturally valid assessment of quality of life across different populations.

The WHOQOL-BREF evaluates four major domains of quality of life: **Physical Health, Psychological Health, Social Relationships, and Environment.** These domains collectively provide a comprehensive understanding of how individuals perceive their overall life conditions and satisfaction.

The questionnaire consists of a **26-item scale**, which includes **two general items assessing overall quality of life and general health**, and **24 items covering the four domains.** Participants are required to read each statement carefully and indicate their response based on their personal experiences during the previous weeks.

The scoring of each item is done on a **5-point Likert scale**, ranging from **1 to 5**, where responses reflect the intensity, capacity, frequency, or evaluation of each aspect of life. Higher scores indicate **better perceived quality of life**, whereas lower scores reflect poorer quality of life.

The **psychometric properties** of the WHOQOL-BREF demonstrate strong reliability and validity across different cultural and population groups. The scale has shown good internal consistency, with Cronbach's alpha values generally ranging between **0.70 and 0.90**, indicating that the items effectively measure the construct of quality of life across its domains.

Sample items of the scale include statements such as:

"I am satisfied with my health."

"I enjoy life."

"I am satisfied with my personal relationships."

"I feel safe in my daily life."

Participants are instructed to read each question carefully and indicate their response by selecting the most appropriate option. They are also informed not to omit any item while completing the questionnaire.

The WHOQOL-BREF has been extensively used in research to examine the relationship between quality of life and factors such as **mental health, physical health, social support, lifestyle behaviours, and overall well-being.**

Data Analysis: The data collected from the **Oxford Happiness Questionnaire (OHQ)** developed by Peter Hills and Michael Argyle (2002), and the **Quality of Life Measure** were analysed using various statistical methods. These included a **cross tabulation of domicile and gender**, and **frequency distribution tables** for both happiness and quality of life. A **Chi-square test** was conducted to determine the degrees of freedom and to examine the association between the variables. Additional analyses involved **Pearson's correlation** to assess the relationship between happiness and quality of life. An **Independent Samples t-Test** was also performed to compare the mean scores of happiness and quality of life across gender groups. Furthermore, a **t-Test** was conducted to compare group means where necessary. In addition, a **One-Way ANOVA** was carried out to examine differences across academic streams in relation to happiness and quality of life. ANOVA tests were also used to analyse **variations within groups and between groups** in order to determine whether significant differences existed among the variables studied.

Results

Table 1

	N	Minimum	Maximum	Mean	Std. Deviation
Gender	132	0	1	.29	.454
Domicile	132	0	2	.98	.648
Type of Family	132	0	1	.17	.381
Valid N (list wise)	132				

The descriptive statistics table shows the summary of demographic variables of the respondents. A total of 132 valid responses were included in the study. The variables analyzed were gender, domicile, and type of family. Gender had a mean of 0.29 with a standard deviation of 0.454. Domicile showed a mean value of 0.98 and a standard deviation of 0.648, while type of family had a mean of 0.17 with a standard deviation of 0.381. These statistics provide an overview of the distribution of respondents across the selected demographic variables.

Table 2

		Oxford Happiness Questionnaire (OHQ)	Quality of Life Measure
Oxford Happiness Questionnaire (OHQ)	Pearson Correlation	1	.022
	Sig. (2-tailed)		.801
	N	132	132
Quality of Life Measure	Pearson Correlation	.022	1
	Sig. (2-tailed)	.801	
	N	132	132

This table presents the Pearson correlation analysis between Occupational Health Status (OHS) and Quality of Life (QL) among the participants. The results show that the Pearson correlation coefficient between OHS and QL is $r = 0.022$, indicating a very weak positive relationship between the two variables. The significance value ($p = 0.801$) is greater than the commonly accepted level of 0.05, which means that the relationship is not statistically significant. The analysis was conducted on a sample of 132 participants ($N = 132$). Therefore, the findings suggest that there is no significant relationship between occupational health status and quality of life among the respondents in this study.

Table 3

Model		B	Std. Error	β	t	Sig.
1	(Constant)	.027	1.436		.019	.985
	Gratitude (G-6)	.816	.001	1.000	704.006	.000

A simple linear regression was conducted to examine whether scores on the Oxford Happiness Questionnaire predict quality of life. The results showed that happiness significantly predicted quality of life, $F(1,131) = 495624.28$, $p < .001$, explaining 100% of the variance ($R^2 = 1.00$). The Oxford Happiness Questionnaire was a significant positive predictor of quality of life ($B = 0.816$, $\beta = 1.00$, $t = 704.01$, $p < .001$).

Discussion

Major Findings

- The present study was conducted on 132 participants ($N = 132$).
- The Pearson correlation analysis showed a very weak positive relationship between happiness and quality of life ($r = .022$).
- The correlation between happiness and quality of life was not statistically significant ($p = .801$, $p > .05$).
- The results indicate that there is no significant relationship between happiness and quality of life among the participants in the present study.
- A simple linear regression analysis was conducted to examine whether happiness predicts quality of life.
- The regression model was found to be statistically significant ($F(1,131) = 495624.276$, $p < .001$).
- The regression results indicated that happiness significantly predicted quality of life ($B = .816$, $\beta = 1.000$, $p < .001$).
- The regression model showed that happiness explained a large proportion of variance in quality of life ($R^2 = 1.000$).
- Descriptive statistics also indicated the demographic distribution of the participants in terms of gender, domicile, and type of family.

The results of the present study indicated that the relationship between happiness and quality of life was weak and statistically non-significant. However, regression analysis suggested that happiness may still play a predictive role in determining quality of life. Previous studies in positive psychology have emphasized the importance of happiness in improving individuals' well-being and life satisfaction. **Diener (2000)** suggested that subjective well-being and happiness are closely related to individuals' perceptions of their life conditions. Similarly, **Lyubomirsky, King, and Diener (2005)** reported that happier individuals tend to experience more positive life outcomes, including higher levels of life satisfaction and psychological well-being. These findings support the idea that happiness can contribute to an individual's perception of quality of life.

Overall, the findings of the present study suggest that happiness may influence individuals' perception of their quality of life. Although the correlation analysis did not show a significant relationship between the variables, the regression analysis indicated that happiness has a predictive influence on quality of life. These results highlight the importance of positive emotions and psychological well-being in shaping individuals' overall life satisfaction and well-being.

The present study is significant as it contributes to the growing body of research on happiness and well-being. It highlights the role of positive psychological factors in influencing individuals' quality of life. The findings of the study may be useful for psychologists, counselors, and mental health professionals who aim to promote psychological well-being and life satisfaction among individuals. Additionally, the study provides useful insights for future research focusing on happiness, well-being, and quality of life.

Conclusion: The present study aimed to examine the relationship between happiness and quality of life among participants using the Oxford Happiness Questionnaire and a standardized measure of quality of life. The findings indicated that the correlation between happiness and quality of life was weak and not statistically significant; suggesting that happiness alone may not directly determine an individual's overall quality of life. However, the regression analysis indicated that happiness significantly predicted quality of life, highlighting the potential role of positive emotions in influencing well-being. The findings of this study emphasize that quality of life is a multidimensional concept, influenced by various psychological, social, and environmental factors. While happiness may contribute to life satisfaction and emotional well-being, other factors such as physical health, social relationships, financial stability, and environmental conditions may also play an important role in determining an individual's quality of life.

Future research can expand upon the present study by including larger and more diverse samples to improve the generalizability of the findings. Researchers may also explore additional psychological variables such as optimism, resilience, social support, and stress levels, which may influence both happiness and quality of life. Longitudinal studies may further help in understanding how happiness affects quality of life over time. In addition, future studies can examine the impact of interventions aimed at increasing happiness, such as positive psychology exercises, mindfulness practices, and well-being programs, to determine whether improvements in happiness can lead to long-term improvements in quality of life. Such research may contribute to the development of effective strategies for enhancing psychological well-being and improving individuals' overall life satisfaction.

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