

ABSTRACT

Comparative Study of Cultural Study on Emotional Happiness in Chinese & Indian Adults

Background: From the ancient to modern times, happiness is always the ultimate goal of human life. And from since millennium researchers are trying to explore the question what “a good life is” and quantifying it with state of health, contentment, and state of happiness, and thus trying to definite the term what happiness is. In last few decades among researchers of social psychology started to focus on the state of happiness, contentment, state of well-being and quality of life. Most of the studies done compared overall happiness and subjective well-being was concerned with the absolute level of perceived happiness with satisfaction. And among the factors which affect emotional happiness level, ie, physical health condition, work, personal life, education background etc, we found that culture, may be another factor on emotional happiness, on which no previous study was conducted.

Aim: To study emotional happiness in Indian and Chinese adults and to find whether there is a Difference in happiness scale due to cultural differences.

Material and Methods: More than 300 adults from each population, Chinese and Indian, were given questionnaire, online and hard copy, to test their happiness level, from different aspects like physical, mental, social etc. The Data was collected through online by Wen Juan Xing, and manual hard copy. Then scoring was done manually and tabulated for analysis in SPSS version 20

(trial version). The standard scoring key for The Oxford Happiness Questionnaire was used for scoring.

Results: Of the total of 787 subjects, with male population 297 (38%) and of female population 490 (62%) ,Indian population there was a significantly higher happiness score observed in male population (4.14 ± 0.67) compared to female population (3.93 ± 0.51) with significance of ($P < 0.00^{**}$). Among Chinese population there was a significantly higher happiness score observed in female population (3.78 ± 0.39) compared to male population (3.71 ± 0.45) with significance of ($P < 0.00^{**}$). In-between group analysis, the distribution of happiness score was same across categories of groups of both the Countries ($P < 0.00^{**}$). Overall comparison among both genders, showed male population were happier than female population across both countries.

Conclusion: Culture has impact on emotional happiness level, and Indian adults are significantly happier than Chinese adults.