

# A Study on the Relationship of Personality Traits with Happiness of Students

**Keenika Arora**  
Assistant Professor,  
Department of Management  
Science, Tecnia Institute of  
Advanced Studies, Delhi, India  
(1kinsaini@gmail.com)

**Dr. Jitender Singh**  
Assistant Professor,  
SOMC, Sanskriti University,  
Mathura, Uttar Pradesh, India

**Surbhi Pahuja**  
Assistant Professor,  
Department of Management  
Science, Tecnia Institute of  
Advanced Studies, Delhi, India

## ABSTRACT

Happiness is a mental state that results from fulfilling one's goals. Happiness has risen to prominence as one of the most significant indicators of societal advancement. Happiness has now established itself as one of the most important indices of societal progress. The significance of happiness is magnified by two when it comes to university students. All personality traits and happiness have a significant connection, according to the research. Extraversion has the strongest relationship to happiness, followed by neuroticism. The impact of gender on happiness has been studied, and the findings reveal that there is no vital variance between male or female student happiness levels, despite the fact that male students are happier on average. Male students are happier than female students, according to happiness statistics from undergraduates, graduates, and postgraduate students. The main purpose of this research is to examine the influence of happiness on student happiness as well as to compare the happiness levels of male and female students. Several studies have been conducted in this area, but more will be required in the future.

## KEYWORDS

Graduate, Happiness, Post Graduate, Personality, Students, Under Graduate.

## 1. INTRODUCTION

Happiness is a modern term derived from the Greek word Eudemonia, which literally means good existence. Aristotle relates "good life" with "pleasure" in his ethics, saying that "good life" originates from a person's inside thought as well as their outer beauty and virtue. The most crucial aspect of human success is living a dignified and pleasurable life in a decent community where all members benefit. Even our interior traits are used to define beauty [1]. Despite the huge corpus of literature on happiness, psychologists and social scientists have only recently been interested in the subject. Personality traits play a significant effect in the incidence of happiness. Many personality models, such as the Big 5 model, have been produced to date. This model has been used in a number of personality studies. Neuroticism, extraversion, openness, conscientiousness, and agreeableness are the five elements of the Big Five model. Extraversion is the tendency for people to be talkative, sociable, and forceful. Warmth, pleasant conduct, friendliness, and sympathy are examples of agreeableness within social interactions that help to avoid interpersonal disputes. Trustworthiness and willfulness are both highlighted by conscientiousness. Individual variations in anxiety, despair, wrath, shame, emotions, concern, and insecurity are shown by neuroticism. Ultimately, individual variances in intelligence, interests, or creativity are referred to as openness.

The earliest scientific investigations were undertaken in the 1960s and 1970s when a group of prominent United States (US) psychologists or sociologists attempted to identify pleasure markers using developed concepts inspired by the Cultural Revolution. Positive psychology has recently reexamined happiness. The purpose of the positive psychology movement is to assist individuals in accepting and appreciating human existence. They try to assist individuals in achieving true happiness in their everyday lives. It is said that the desire to be happy is natural [2]. This branch of psychology focuses on the adaptability of human personalities. Although situational factors (income, marriage, health, age,) have an impact on people's perceptions of happiness, it is widely accepted that happiness is ultimately an innate (mental) phenomenon involving inner feeling, opinions, perception, as well as evaluations of the situation, which are more important than the situation itself [3]. The important question, though, is why some individuals are happier than others. There is clear evidence that disparities in the level of happiness or sadness may be used as long-term inner markers to anticipate, there are important studies that show that many people are happier or more pleased than others, regardless of their living circumstances. The fact that most people are happier than others shows that temperament factors play a part in happiness. Personality characteristics are now thought to predict happiness 50% of the time. It has been discovered that 50% of personality characteristics are inherited. This theory is supported by a study of 1000 twins. Happiness, according to Hans Eysenck, is sustained extraversion [4].

Happiness meaning has evolved through time, and translating it into different languages is a difficult task. Happiness has been defined as chance, success, and desirable sentiments in prior Oxford English dictionary entries dating back to the 16th century. Happiness is described as "a good chance tool fortune, pleasure, contentment, compatibility, appropriateness, cheerfulness, and well-being" in the Webster encyclopedia [5]. The English word "hap" comes from the Middle English phrase "happy", which means "prosperity". Happiness is the ability to completely experience, express, or perceive emotions. "Happiness belongs to a collection of phrases that anybody understands their meaning but no one can define", says Howard Mumford. "While happiness has varied connotations for different individuals, there is agreement that it is a wide term". Many psychologists have been interested in mental well-being, which is described as a collection of good internal sensations as well as the greatest satisfaction and "at most motivator" for all human acts. "Having a nice sensation, enjoying life, and demanding the durability of such a mood", says Layard. People feel that happiness is the possibility of and compatibility with one's existence. For their definition, they opted to use the term

subjective well-being. They define happiness as a mix of life satisfaction and a healthy balance of good and negative emotions [6].

### 1.1. Aspects of Happiness

Emotion and intellect, according to theorists, have a role in happiness. The affective theory emphasizes feelings and emotions more than the cognitive approach. In 1992, Ekman identified and categorizes six primary effects: fury, hatred, fear, pleasure, sadness, surprise, and wonder. In cognitive theory, life pleasure is also emphasized more. According to this hypothesis, cheerful individuals see occurrences as more desirable and agreeable than others. It implies they find even neutral events to be very pleasant [7]. People can manage their thoughts and thereby boost their pleasure. Perceiving life satisfaction, good emotions, and nonnegative feelings are the three basic components of happiness. The first component emphasizes intellect, while the other two components focus on emotions. Happiness may be described as a multifaceted structure. Some happiness measures place a greater emphasis on emotion, while others place a greater emphasis on intellect. The remaining ones are mixed and create a general happiness measure. In terms of mixed scales, the Oxford scale is seen to be the best [8].

### 1.2. Psychology of Happiness

The central nervous system is a non-closed system that is affected by both geographical and biological factors. Its relationship with well-being is crucial in determining two forms of positive feelings: Eudemonic and Hedonic well-being. Eudemonic refers to psychological and personal development, while Hedonic refers to positive emotions like victory and fulfillment. Eudemonic refers to happy genetic factors directly, while hedonic focuses on objective social situations [9]. The current research focuses on eudemonic since personality is a key predictor of happiness.

### 1.3. Models of Happiness

As factors of happiness, three conceptual frameworks are proposed:

- Personality model.
- Model-based on evaluating the effects of life experiences.
- An environment adaptable model.

Happiness is seen as a long-term attribute based on an individual's personality, and numerous qualities are introduced as happiness forecasters on this premise. According to the life events model, some people's levels of happiness might alter over time. As a result, both bad and good experiences have a significant impact on happiness. According to the adaptive model, individuals quickly adapt to their circumstances, even when they are negative and have an impact on happiness. A question arises: which of the aforementioned models are deemed to be the most effective predictors of happiness? According to the adaptable model, agreeableness is a component of the Big-5 model, and pleasant individuals exhibit characteristics such as charity, flexibility, empathy, a predisposition to trust, and a desire to avoid disputes, all of which are presented as the foundations for joyful activities [10]. This study is based on the hypothesis that personality, as well as happiness, are linked to work success, as well as prior research results. As a result, the researcher devised this study on teaching quality in light of its implications for successful teaching career advancement. As indicated in Figure 1, the study's conceptual paradigm is as follows.

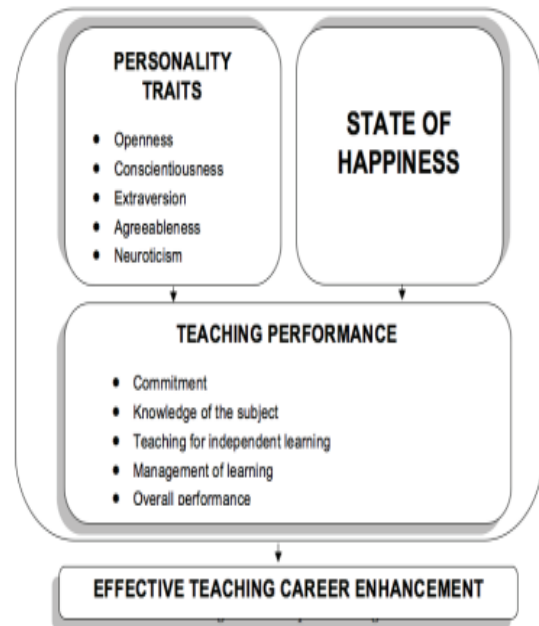


Figure 1: Demonstrate the Theoretical paradigm of the investigation. Such as personality traits, state of happiness, teaching performance, and effectiveness of teaching career enhancement [11]

## 2. LITERATURE REVIEW

The relationship between five personality factors including student satisfaction was explored by Mohamad Khaledian et al. A samples size of 100 children (boy or girl) was selected using the conventional random selection process. Data was collected using the 60-item Neo Big-5 Personality Test as well as the 29 items Oxford Happiness questionnaires. This data too was evaluated using the Pearson correlation. According to the statistics, happiness has a substantial and positive link with agreeableness, extraversion, openness, or conscientiousness, whereas it has a significant negative relationship with neuroticism. Given that happiness is interpreted differently in various cultures, there are multiple notions of happiness, or most definition are derived from the western sources, qualitative study on diverse concepts of happiness in the nation is advised. Scholars from other schools are also encouraged to look at this important topic [12].

Research on personality or happiness amongst college students was conducted by N Thamanna Shireen, et al. Identity is a dynamic system of frame for this research inside a person that gives rise to the individual's own patterns of thoughts, feelings, including behaviors. Happiness is the mental state that arises from achieving one's objectives. It's a situation, not a trait; in other words, it's a more temporary, fluctuating state than a long terms, stable feature or personality trait. The purpose of this research was to investigate the relationship among personality as well as happiness among both male and female college students. The Subjective Happiness Inventory as well as the Eysenck Person Analysis Revised Abbreviated were completed by the participants. The data was analyzed using the mean, standard deviation, Kruskal-Wallis test, or Spearman rank correlation. According to the findings, there is no link between personality characteristics as well as happiness. Personality, depending on these findings, does not create any framework in which pleasure may exist. The study was quantitative, with a between-group design utilized to identify personality attributes among college students of different genders. The study's findings reveal that there is no link between personality

characteristics on happiness amongst college students, regardless of gender [13].

Sweta Bhattacharya et al. investigated the Indian high school systems or characteristics that influence the decision to pursue a teaching profession in IT education. India is a nation with excellent educational ideals, with a strong student body that is technically competent, motivated, and diligent, as well as committed faculty personnel. At the same time, such brilliant faculty personnel is in limited supply throughout India's universities and associated institutes. The goal of this research is to look at the various factors that influence IT engineering graduates as well as post-graduates' teaching career selections, as well as to pinpoint the most important ones. This study's statistics is based on surveys of Graduate and Postgraduate students at a private Indian institution. The study looks at motivation, perspective, interest, professional along with financial stability, job decision based on knowledge or abilities, but also ultimately, research inclination. In addition, the research examines the current advanced education landscape in India or connects the variables that influence teacher shortages and career choices from an Indian viewpoint. The report offers a list of suggestions based on the statistical analysis findings that would be useful and would inspire more people to choose a teaching profession [14].

Chia-Hsin Hu et al. investigated personality, leisure activities, or happiness. Leisure satisfactions then contentment were examined in a typical samples of Chinese university students (n = 423). They discovered that: (1) extraversion positively and significantly correlated with almost all types of leisure involvement, whereas neuroticism did not; (2) extraversion positively and significantly correlated with leisure satisfaction, whereas neuroticism significantly negatively related to leisure satisfactions; or (3) while extraversions, like neuroticism, was an important predictor of happiness, leisure satisfaction seemed to have incremental effects after those factors were taken into account. The impact of these findings on the evolution of Chinese leisure psychology was investigated. A more precise domain satisfaction measure might still explain more of the difference in leisure satisfaction or happiness. Finally, our study of university students should be seen as a beginning point; systematic inquiries with community members would be more advantageous to the development of Chinese leisure psychology [15].

The Trait Meta Mood or Subjective Happiness: A seven weeks prospective Study was investigated by Natalio Extremera et al. Self-report measures of trait meta mood or subjective happiness were completed by 192 undergraduate students (155 females). 155 students finished the subjective happiness measure again after 7 weeks. Cross-sectional investigation revealed that meta-mood characteristics were marginally associated with subjective happiness levels. Next, they discovered that, in addition to initial level of the individual happiness, meta mood dimension predicted future levels of subjective happiness throughout seven week follow-up period. These results give some early support for Meta mood dimension potential relevance as important individual variations in the maintenance of emotional well-being markers. Examining the efficacy of therapies focused on enhancing personal belief in the connection to exact perceptions, clear labeling, or effective management of our emotions as a potential approach to

promotion of personal wellbeing was an intriguing study path [16].

Research question:

- How to categorize the respondent's level of happiness?

### 3. METHODOLOGY

#### 3.1. Design

Investigate personality components, mixed scale from two Big-5 or MBTI models is used which evaluate conscientiousness, neuroticism, extraversion, openness to experience, emotions and affects, sensationism as well as judgment. The validity of the questionnaire is authorized by judgments of 12 elites. The reliability of the questionnaire was determined as 85 percent by employing an alpha test.

#### 3.2. Sample

For conducting the research it takes 312 samples of the students who belong from different parts of India. Oxford's happiness questionnaire was used to measure the happiness extent.

#### 3.3. Instrument

The tool utilized in this study is Alpha testing, it is the initial end-to-end testing of a product to confirm it fits the business requirements or performs appropriately. It is often undertaken by internal staff and executed in a lab/stage setting. An alpha test confirms the product genuinely functions and performs what it's meant to do. While "unit testing" including "smoke testing" of different individual components or features may have been undertaken throughout the development process, an alpha test is an early chance to assess the performance and full functioning of a specific product release

#### 3.4. Data Collection

This is a monthly study and it is applied research in terms of its purpose and is descriptive and surveys one in terms of technique. Its population encompasses includes undergraduates, graduates, and postgraduate students. Therefore, the sample contains 312 male and female students of the institution, as shown in Table 1:

**Table 1: Illustrate the Sample volume model according to their, Educational level/gender**

| Educational level /Gender | Male | Female | Total |
|---------------------------|------|--------|-------|
| Under Graduate            | 71   | 138    | 209   |
| Graduate                  | 45   | 35     | 80    |
| Post Graduate             | 22   | 5      | 27    |
| Total                     | 138  | 178    | 312   |

The data is gathered according to educational levels, such as undergraduate, graduate, as well as post-graduate, and even the percentage level of happiness presented according to their gender, such as all students, female students, boy's students, as shown in Table 2.

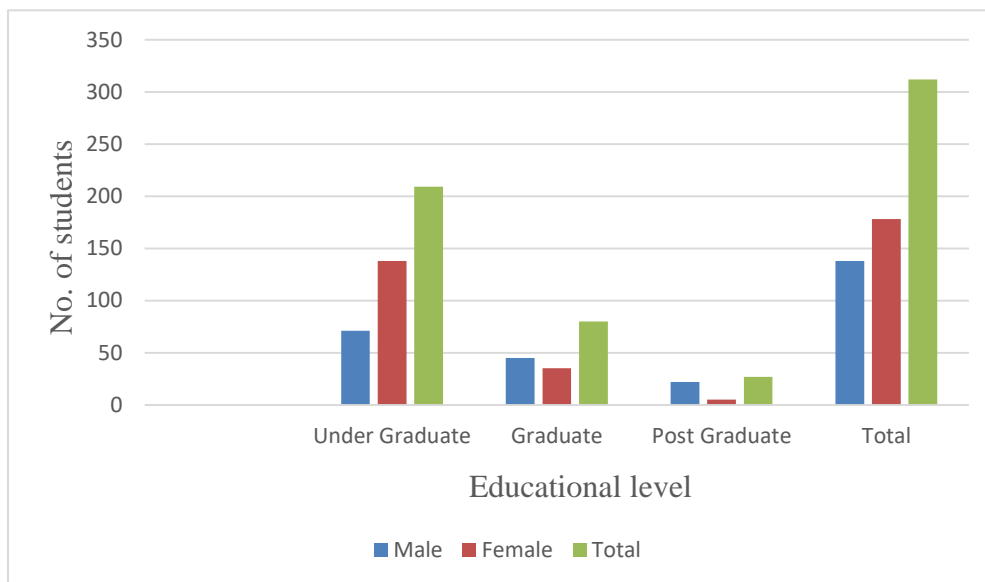
**Table 2: Illustrate the level of happiness in percentage, according to their educational level**

| Educational Level | Gender        | Number of samples | Level of happiness in percentage |
|-------------------|---------------|-------------------|----------------------------------|
| Undergraduate     | All student   | 50                | 100                              |
|                   | Girls student | 20                | 40                               |
|                   | Boys students | 30                | 60                               |
| Postgraduate      | All students  | 50                | 100                              |
|                   | Girls student | 20                | 20                               |
|                   | Boys student  | 30                | 80                               |
| Graduate          | All students  | 50                | 100                              |
|                   | Girls student | 20                | 50                               |
|                   | boys student  | 30                | 50                               |

### 3.5. Data Analysis

The replies were scored on Likert scales ranging from a little satisfied to highly ecstatic. The Oxford happiness questionnaire was established to evaluate people's overall happiness and to supplement Bek's depression questionnaire. It examines mental well-being or inner happiness by employing specific options in

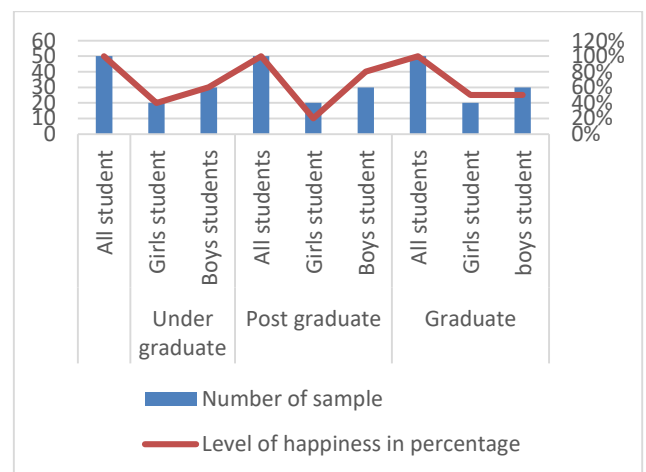
reverse and some supplementary alternatives. Higher scores on this quiz imply greater pleasure. This questionnaire has been translated multiple times, and the data demonstrate that it has a decent degree of validity and reliability. This research indicates that male students are more pleased than female students in their academic lives. As shown in Figure 2.



**Figure 2: Show the Sample volume model based on their educational level and gender**

## 4. RESULT AND DISCUSSION

The findings of statistical analysis using the Pearson correlation test demonstrate that there is a link between all dimensions of personality and happiness. It verifies our original hypothesis. The findings of regression analysis suggest that roughly 45 percent of happiness changes are predicted by personality factors stated in this study. In the regression model, the much more significant happiness predictor is affected followed by extraversion, conscientiousness, affects as well as judgment. Agreeableness, openness to experience, and sensationism are no such major happiness indicators. As shown in Figure 3, the data is collected according to educational levels, such as undergraduates, graduates, and postgraduates, as well as the percent level of happiness, displayed according to genders, such as all students, girl's students, and boy's students. This demonstrates that male students are happier in their academic lives than female pupils.



**Figure 3: Illustrate the level of happiness in percentage**

#### 4.1. Net Explosive Quantity five factors questionnaire

This 60 questions survey examines the five features of a typical personality. Extraversion, agreeableness, openness, or conscientiousness, and neuroticism are the five dimensions. On a five-degree Likert scale, the participant must express his agreement or disagreement with regard to self-awareness. (1 = completely disagree, 5 = completely agree). As seen in Table 3, greater scores indicate more neuroticism, agreeableness, extraversion, experience, or conscientiousness.

**Table 3: Student's happiness or personality traits are described using descriptive indices**

| Variable             | Mean  | Standard deviations |
|----------------------|-------|---------------------|
| Openness             | 28/25 | 4/10                |
| Agreeableness        | 33/27 | 5/41                |
| Neuroticism          | 21/49 | 5/88                |
| Conscientiousness    | 34/59 | 6/68                |
| Extraversion         | 28/35 | 6/50                |
| Feeling of happiness | 41/28 | 11/5                |

The goal of this study is to investigate the association between both the five traits and happiness. According to the results, there is a negative relationship between neuroticism overall happiness, and also a positive relationship amongst happiness and some other personality qualities that are compatible with the report's results. Given these results, it's logical to assume that pleasure is comparable to mental recovery. Everyone wants to feel at ease and avoid pain.

As a result, pleasure stands in stark contrast to neuroticism, as well as the existence of one implies the lack of the other. Furthermore, the study's results suggest a positive relationship between extroversion and feelings of happiness. Extroverts usually have a strong connection to movement and conversation, which leads to acceptance, group, especially addressee orientations. Extroversion is closely linked to positive emotions and the ability to create pleasant environments. When discussing the positive relationship between agreeableness and happiness, it may be said that pleasant people are more joyous and cheerful because they can adapt to a variety of situations.

#### 5. CONCLUSION

Some of the research's limitations include a lack of availability to the students' intellectual capabilities, which are precise based on culture and economic status, but also their impacts on personal characteristics, as well as a lack of joy or understanding that they will benefit from academic training, and a denial of availability to the students' emotional difficulties. Because happiness is understood differently in different cultures and there are several concepts of happiness, the majority of definitions derive from western sources, a qualitative research of the country's varying viewpoints on happiness is necessary. Scholars from other universities should also look at this important topic.

The most significant predictor of happiness, followed by extraversion, conscientiousness, emotions, or judgment. Agreeability, openness to new experiences, even sensationalism aren't as significant as they used to be in determining happiness. Researchers revealed that successful

students are less pleased on average than other students when they were compared to other pupils. According to the Alpha test, the difference is significant. As a consequence, the idea that cheerful students are successful is disproved. The impact of gender on happiness has been investigated, and the results imply that there is no significant difference between male and female students, even though comparing male and female students' happiness averages implies that male students are happier. According to happiness statistics from undergraduate, graduate, and postgraduate students, male students are happier than female students. The main objective of this research examining student happiness in both male and female pupils. The major goal of this study is to look at the impact of happiness on student happiness and to compare male and female students' happiness levels. In this field, several research have been undertaken, but more will be necessary in the future.

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