



Research Paper

Self-Perception and Happiness among male and female adults

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Abstract

Background: Self-perception, frequently referred to as self-evaluation or self-concept, is the entirety of a person's thoughts and characteristics in a certain scenario. Being positive toward oneself is a disposition, whereas negativity toward oneself is a tendency to dismiss oneself. Positive self-perception helps people develop a sense of self-assurance and self-awareness, which in turn helps people come to personally hold the belief that they will grow into healthier adults. In addition to being defined on the basis of pleasure with life, which enhances numerous areas like good relationships with others, positive well-being, and coping with everyday stressors and traumas, happiness is a worldwide assessment of positive and negative emotions. Happiness is influenced by a variety of elements, one of which is one's image of oneself. One's perception of himself or herself has a significant impact on how happy they are. Adults who have a good self-perception are happier than those who have a negative one. **Objective:** The purpose of this research paper is to assess adults' levels of happiness and self-perception. **Method:** Study on the self-perception and happiness of 240 Indian men and women, aged between 21 and 40. The sample was chosen using the purposive sampling technique. **Results and Conclusion:** The study's findings show that an individual's self-perception significantly impacts their happiness level. Happiness did not differ between either gender. Adults who possess a positive self-perception are happier than those who don't.

Keywords: Self-Perception, Happiness, Adults

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I. Introduction

The self-concept, self-knowledge, and social self of an individual define their self-perception. A person's self-perception is an assortment of beliefs about who they are, including aspects like racial identity, gender roles, and sexual orientation. Past, present, and future selves are all included in self-perception. Future selves are people's projections of what they want to become, what they would like to become, or what they fear becoming in the future. One's expectations, worries, standards, aspirations, and threats for their current selves are reflected in these several selves. This is essential to molding and growing as a person. These factors influence how one views themselves.

Female school instructors scored higher on self-acceptance and happiness than male teachers, according to Nayanika Singh and Ibadat Khan's 2013 study.

In 2015, Singh and Sharma discovered that teenagers were content with how they perceived their physical appearance and sense of style.

The personal and societal identities that one perceives about themselves might quickly change. Self-perception is the self-evaluation or self-concept that sums up a person's views and characteristics in a particular scenario (Rayan & Deci, 2000).

According to Rotter (1956) and Hyatt (1980, 2009), positive self-perception is the propensity to evaluate oneself highly, whereas negative self-perception denigrates oneself. Positive self-perception has the added benefit of enabling the individual to develop a sense of self-assurance and self-awareness, which in turn helps to forge a personal conviction about one's own healthier adulthood.

Even though male participants had a higher disease burden than female participants, Sood, Jenkins Sood, and Clark in 2019 discovered that male and female individuals had similar self-perceptions of health.

Positive self-perception frequently lessens the effects of harmful occurrences, according to Clinic (2009). As per Miranda (2012), negative events can aggravate depression and anxiety levels, which over time results in low levels of self-perception. Additionally, inadequate social support from family and friends, particularly bad peer relationships and peer groups, has been linked to depression, anxiety, low self-esteem, and finally, low self-concept (Ahluwalia, 2002).

Bowlby and Goldfarb (1940, 1944, 1945) hypothesized that extreme material hardship would cause long-term psychological harm. Many people who have poor levels of self-perception experience and manifest the changes in depression levels.

As stated by numerous researchers, self-perception is associated with people's happiness and mental health (Jahoda, 1958). According to Singh and Junnarkar (2015), demographic factors like age, place of residence, and gender have also been linked to people's happiness and mental health. Self-perception is a collection of beliefs one has about oneself, including things like racial identity, gender roles, and sexuality. Self-perception encompasses the past, present, and future selves. Self-perception is the self-evaluation or self-concept that sums up a person's views and characteristics in a particular scenario (Rayan & Deci, 2000).

Contentment, love, satisfaction, pleasure, or joy are characteristics of a happy state of mind or emotional experience. Independently, it has been discovered that gender has a significant impact on self-acceptance and satisfaction. A happy person and one who feels good emotions like joy, happiness, pride, and interest are both considered to be happy. Happiness, however, is a subjective quality that can vary from person to person.

It was found in a study conducted in 2022 by Komarudin, Bukhori, Karim Haqqi, and Yullikhah that self-acceptance significantly functions as a mediating variable in social support, spirituality, and gratitude for happiness. A strong correlation exists between happiness and self-acceptance.

A study carried out in 2021 by Rahmawati, Mokete Nyaphisi, and Mohamad Saripudin discovered a correlation between self-acceptance and happiness and work-family balance.

According to Veenhoven (1988), happiness is defined as the degree to which a person assesses the overall desirability of his or her existence. This refers to how much the person values and appreciates his or her life (Veenhoven, 1997). According to Lyubomirsky (2005), happiness is experiencing delight, gratification, and the significance of life (Lyubomirsky, 2001). Pursuant to this concept, happiness is an ephemeral and individualized state, and each person has a special framework for interpreting their experiences in a way that makes them feel joyful (Lyubomirsky, 2001). A study conducted by Piqueras, Kuhne, Vera-Villaruel, Van Straten, and Cuijpers (2011), happiness is linked to a rise in the number of actions that students engage in that support their mental health. A study by Veenhoven (2008), happiness increases mental health, improves mental health, and increases the lifespan of healthy people in society. It also helps to reduce mental health issues and improve mental health. The findings of Lyubomirsky's study from 2001 showed that changes in psychological health and well-being can be predicted by changes in happiness (Lyubomirsky, 2011). The study by Asady, Tasaddoghiz, and Tavakoli (2013) revealed that self-concept and self-esteem in student-athletes were positively and meaningfully related.

Rationale of the current study: This study is designed to investigate and describe the effect and relationship among self-perception, and happiness between male and female adults. The purpose of the study is to explore whether male and female adult's self-perception is significantly related to happiness or unhappiness. The majority of the prior research study explores the effect of self-perception on specific mental health problems and in a few cases, connections with the level of happiness. There is as such limited research exploring the details of self-perceptions of individuals in the context of happiness. Self-perception is defined in this research as self-regard and self-acceptance, and there is very few that express the relationship of self-perception with happiness in context with psycho-social factors. Thus, this study is an attempt to explore the effect of self-perception and happiness and also evaluate their relationship with the gender of adults.

Objectives of the study:

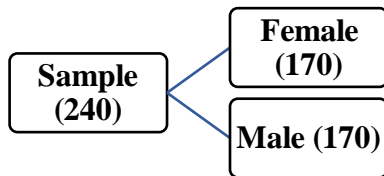
1. To estimate the relationship between self-perception and happiness among adults.
2. To evaluate the effect of self-perception and happiness among adults.

Hypothesis

1. Self-perception would have a significant impact on happiness among adults
2. There would be significant differences among adults on self-perception.
3. There would be a significant difference on the happiness scale among adults.

Research Method

Sample: -The sample would comprise of 240 (N=240) adult people of age ranging from 21 to 40 years. Sample would be drawn from different locations of Bihar. Purposive sampling methods will be used for the selection of the sample. The sample would be randomly selected.



Research design

Between-group design was applied in this present study.

Tools used

Self-perception scale: This scale was developed by K.G Agarwal in 1991. This scale has two dimensions and those are self-acceptance and self-regard. It has 40 items of which 24 item belongs to the self-acceptance dimension and 16 from the self-regard dimension. Reliability is 0.75 (self-regard), 0.80 (self-acceptance), and 0.73 (self-perception). It can be applicable to all adults.

Happiness scale: This scale was developed by R.L. Bharadwaj and Poonam R. Das in 2017. It has 28 items. Its age range is 10 to 40 years of individuals. Reliability is 0.79 and validity is 0.84.

Procedure: The sample was collected through Incidental- cum- Purposive Sampling technique with the help of a structured questionnaire. Their responses were kept confidential. The ethical guidelines of APA were strictly followed while working with the human participants of the study. After data collection data was analyzed using SPSS.

II. Results

Result table1. showing statistical regression of self-acceptance on happiness

Variable	Predictor	Beta coefficient	R	R ²	Adj. R2	P
Happiness	Self-perception	0.531	0.58	0.282	0.279	0.001

The result of regression analysis indicated that self-perception as a predictor variable predicts 28% of the variance of happiness (R²=0.282, p<0.001). It shows that self-perception has an impact and effect on happiness among adults. Adults may be happier if they have better self-perception. Self-perception could be a key to happiness.

Result table2. showing correlation among gender, self-perception, and happiness

Variables	Gender	Self-perception	Happiness
Gender	1		
Self-perception	0.238*	1	
Happiness	0.303*	0.58*	1

Result Table 2 illustrates that there was a positive and meaningful relationship between self-perception and happiness (r= 0.58, p<0.01). This result indicates that if the self-perception of an individual is good then their happiness will eventually increase. From the above result table, it can also be observed that gender also has significant positive association with self-perception (r=0.238, p<0.01) and happiness (r=0.303, p<0.01).

Result Table 3: showing descriptive and inferential statistics of happiness and self-perception among male and female

Variables	Sample type	N (240)	Mean	SD	t-value
Self-Perception	Male	170	23.50	7.04	2.435*
	Female	170	19.83	4.56	
Happiness	Male	170	81.86	14.89	6.208**

Female	170	90.70	17.74
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From the result, it can be said that on the self-perception variable male adult counterparts scored higher (Mean=23.50, SD=7.04) than female (Mean=19.83, SD=4.56). the difference between the two means is statistically significant ($p < 0.01$). Therefore, males have better self-perception than females. They have more positive opinion and view about self than females. On the happiness scale, females scored more (Mean=90.70, SD=17.74) than male counterparts (Mean=81.86, SD=14.89). This result indicates that females are happier than males.

III. Discussion

The key purpose of this study is to see the impact of self-perception on happiness and the effect of self-perception and happiness among adults. For that purpose, some hypotheses were formulated. Formalized hypotheses were supported by the findings of this study.

The psychological health and well-being of an individual can be predicted by happiness (Lyubomirsky, 2001) and from above mention result happiness can be predicted by self-perception. If an individual has better self-perception about his/her self, thus it can be predicted that, that person could be happy. For low self-perception, some mental health conditions like depression and anxiety are responsible (Miranda, 2012). From the result, it can be said that males have better self-perception than female adults, but Sood, Jenkins Sood, and Clark (2019) found that males and females have similar self-perceptions of health. Self-perception and happiness are associated with each other (Jahoda, 1958).

It can be observed from the result tables that females scored better than male counterparts on happiness. In some research, it was also found that gender is somehow linked with happiness (Singh & Junnarkar, 2015).

IV. Conclusion

The present study was undertaken the effect of self-perception on happiness among adults' population. Also, to see the effect of gender on self-perception and happiness.

Psychometrically sound tool was used as per need of the present study which included, socio demographic form was used and self-perception Scale, and happiness scale were used to measure the self-perception and happiness among adults.

Further appropriate inferential and descriptive statistics were applied on the data to test the hypotheses framed.

The discussion of the results has led to following conclusions:

- The result of regression analysis indicated that self-perception as a predictor variable predicts 28% variance of happiness among women.
- There is positive and meaningful relationship between self-perception and happiness
- Gender also has a significant positive relationship with self-perception and happiness.
- Females are happier than male counterparts
- Male adults scored higher on self-perception than female adults
- All three hypothesis had been accepted

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