

# Examining the Relationship Between Anxiety and Subjective Happiness Among Young Adults in India

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## ABSTRACT

This study examines the complex link between happiness and anxiety in young people in India, a population that spans the age range of 18 to 40. Comprehending this correlation is crucial considering the growing incidence of mental health disorders and their significant influence on the welfare of adolescents. The study uses standardised questionnaires that are well-known for their validity and reliability to measure the degrees of anxiety and happiness in a sample of 101 young people utilising a quantitative research technique. In particular, the Subjective Happiness Scale and the Generalised Anxiety Disorder 7-item scale (GAD-7) are used to gauge happiness and anxiety, respectively.

Regression analysis is one of the statistical tools used to investigate the type and degree of link between these two psychological states. The study's conclusions add to the expanding corpus of research on mental health in India and provide insightful information for legislators and mental health practitioners. These understandings are essential for creating focused therapies meant to improve young people's mental health. The findings have important ramifications since they shed light on the relationship between happiness and anxiety and may help shape the development of better mental health practices and laws. In order to address the mental health issue and raise the general standard of living for young adults in India, such initiatives are crucial.

**Keywords:** Anxiety, Subjective Happiness, Young adult, India, Psychological well-being, Positive psychology, Quality of life, Mental Health.

## INTRODUCTION

### ANXIETY

A psychological and physiological state known as anxiety is typified by feelings of concern, trepidation, or distress around an unclear future. It might appear as anxiety or panic, frequently accompanied by physical symptoms such as sweating, shaking, elevated heart rate, and trouble focusing (American Psychiatric Association, 2013). Anxiety can have a substantial influence on everyday functioning and quality of life, ranging from mild and transient to severe and persistent (National Institute of Mental Health, 2018).

This condition can be a typical reaction to difficult or dangerous situations and can be brought on by a variety of stressors, including impending events, social interactions, or unclear scenarios (Craske et al., 2009). On the other hand, excessive or ongoing anxiety that interferes with day-to-day functioning could

be a sign of an anxiety disorder, necessitating medical attention and therapy (Kessler et al., 2005). Anxiety disorders comprise a spectrum of diseases that are typified by distinct symptoms and causes, such as panic disorder, social anxiety disorder, and generalised anxiety disorder (American Psychiatric Association, 2013).

### **IMPACT OF ANXIETY ON WELLBEING AND HAPPINESS**

Anxiety can have a significant impact on both wellbeing and happiness, as it affects various aspects of a person's life, including mental, emotional, and physical health. Here are some ways in which anxiety can impact wellbeing and happiness

**Mental and Emotional Health:** Anxiety can cause enduring concern, fear, and discomfort, which can exacerbate depressive, irritable, and frustrated sentiments. Chronic anxiety might eventually affect cognitive function, making it harder to focus, recall information, or make judgements. This may have an adverse effect on one's general emotional stability and mental clarity, which may reduce emotions of contentment and enjoyment.

**Quality of Life:** Anxiety can make it difficult to go about everyday tasks and activities, which can cause problems at work, in the classroom, in relationships, and in social situations. It could lead to avoidance behaviours, where people stop doing things or going in places that make them feel nervous, which limits their experiences and chances to learn and have fun. This may have an effect on general life fulfillment and satisfaction.

**Physical Health:** A number of physical health conditions, such as heart problems, gastrointestinal disorders, weaker immune systems, and sleep abnormalities, are linked to chronic worry. Chronic stress response system activation raises the chance of acquiring chronic diseases and lowers overall physical health by causing long-term wear and tear on the body.

**Social Relationships:** Anxiety can cause problems in communication, social disengagement, or confrontations with other people, all of which can strain interpersonal relationships. Anxious people may find it difficult to communicate their wants or feelings, which can result in miscommunication or a sense of loneliness. This may have a detrimental effect on social support systems and erode a person's sense of connection and belonging, both of which are crucial for wellness and pleasure.

**Self-Esteem and Self-Confidence:** People with chronic anxiety may question their skills, value, or worth, which can undermine their sense of self-worth and confidence. A person's sense of self-worth can be undermined and their general pleasure and life satisfaction can be reduced by engaging in negative self-talk and self-criticism, which can intensify feelings of inadequacy and insecurity.

In general, long-term anxiety can severely impair both subjective well-being and objective measures of happiness, such as overall quality of life, pleasant emotions, and life satisfaction. It is imperative that those who are suffering from anxiety seek out the assistance of mental health specialists and investigate practical coping mechanisms and treatments in order to control their symptoms and enhance their general well-being and contentment.

### **HAPPINESS**

Happiness is described by positive psychology as a condition of total well-being and fulfilment that is typified by a mix of positive emotions, life involvement, meaning, purpose, and contentment with one's circumstances (Seligman, 2002). According to this viewpoint, it's critical to develop happy, thankful, fulfilled, and contented feelings as well as a sense of meaning and purpose in life (Lyubomirsky, 2008). According to positive psychology, happiness is a condition of thriving and flourishing rather than only the

absence of negative emotions or issues. According to Ryff and Singer (2008), it entails pursuing personal development, forming enduring bonds with others, finding fulfillment in pursuits and encounters, and leading a life that is consistent with one's values and assets.

Happiness is the state of being pleased, content, and satisfied. An optimistic perspective characterises this state. But people's definitions of happiness might differ greatly from one another. For instance, while some people feel satisfaction in a filling dinner, others may not share this opinion. The level of enjoyment attained can differ based on individual expectations and choices (Diener et al., 1999). Feeling happy is an emotional state that belongs to the larger category of subjective well-being. Positive psychology defines subjective well-being as an individual's evaluation of their own life, emotions, and moods (Diener, 1984). External variables may or may not have an impact on subjective satisfaction. Our goal in this study is to look at a person's inner contentment while taking perceived happiness into consideration. A common definition of happiness is an emotional state that includes joy, cheerfulness, satisfaction, and delight. Happiness can be described in many different ways, but it always involves a spectrum of positive emotions. Many people talk about their experiences of happiness, including what makes them happy and how they feel at certain times (Myers & Diener, 1995).

## **THE RELATIONSHIP BETWEEN ANXIETY AND SUBJECTIVE HAPPINESS**

### **REVIEW OF LITERATURE**

Bajaj, B., & Pande, N. (2016). Mediating role of resilience in the impact of mindfulness on life satisfaction and affect as indices of subjective well-being. *Personality and Individual Differences*, 93, 63-67. Recent studies have demonstrated how mindfulness affects people's subjective well-being. By examining the potential mediating role of resilience in the influence of mindfulness on life satisfaction and affect as indicators of subjective well-being, we want to further the body of research on the subject in the current study. 327 Indian undergraduate university students were given the Mindful Attention Awareness Scale (MAAS), Connor-Davidson Resilience Scale (CD-RISC), Satisfaction with Life Scale (SWLS), and Positive and Negative Affect Schedule (PANAS). The results of structural equation modelling (SEM) indicated that the association between affect and life satisfaction and mindfulness was partially mediated by resilience. The results support the notion that resilience plays a significant role in mindfulness's positive effects. This study highlights the role of resilience as a mediator between mindfulness and subjective well-being, suggesting that resilience can enhance life satisfaction and affective states among individuals practicing mindfulness. Diener and Seligman (2002) examined the traits of exceptionally happy people in a previous *Psychological Science* publication and discovered that the group as a whole was characterised by strong social interactions. The study's popularity may have stemmed from the authors' emphasis on the happiest individuals rather than just correlations throughout the whole range of subjective well-being. Our results mostly confirmed previous research, which showed that social resources and meeting fundamental needs were necessary for high subjective well-being. In addition to having favourable personal circumstances, living in an affluent, happy society with strong social support is beneficial for achieving extremely high levels of happiness. Grover, Dutt, and Avasthi (2010) published a study titled "An overview of Indian research in anxiety disorders," which offers a thorough summary of the state of research on anxiety disorders in the Indian setting. This review paper, which was published in the *Indian Journal of Psychiatry*, summarises the results of several studies to describe the prevalence, clinical characteristics, available treatments, and cultural factors related to anxiety disorders in India. According to the study, anxiety disorders are quite common in India, with different studies reporting differing rates

of prevalence. According to prevalence rates from community-based surveys, there is a considerable burden of anxiety disorders in the general population, with rates ranging from 20 to 30 per 1,000 people. Although there are significant cultural differences, the clinical presentation of anxiety disorders in India is similar to global patterns. The study identifies a number of gaps in the body of knowledge, such as the lack of long-term studies, the absence of studies on the effectiveness of different treatment modalities in the Indian setting, and the lack of focus on the influence of socioeconomic factors on anxiety disorders. The review emphasises the significance of culturally aware, easily available, and all-encompassing mental health care for people with anxiety disorders in India and advocates for a multifaceted strategy to close the gaps in research and practice.

Study conducted by Kushwaha, Chaudhary, and Agarwal (2014) reveals notable variations in anxiety levels between students who are professionals and those who are not, and they attribute these variations to demands from the classroom and expectations for their careers. The study highlights how crucial it is to address mental health concerns in school settings in order to support every student's academic progress and general well-being.

Cui, j. (2011) in his study "Research on High School Students" English Learning Anxiety" revealed that students indeed had comparatively high anxiety in English learning. Males have higher anxiety about English classes than females. And it was also found that high anxiety plays a somewhat debilitating role in high school students' language learning.

Hakimi, H. (2011) in his study "On the relationship between test anxiety and academic performance" despite that students studying in lower degrees are more anxious than those who are more familiar with the test taking process in an academic environment.

Kaya, O. et.al.(2010) in his study "Measurement of secondary school students" test-anxiety levels and investigation of their causes" found that the students had mid-level test anxiety, and girls had higher test anxiety level than boys.

The Subjective Happiness Scale (SHS) was first introduced as an instrument to assess subjective happiness in the research paper "A measure of subjective happiness: Preliminary reliability and construct validation" by Lyubomirsky and Lepper (1999). The study's main goals were to create and validate the Subjective Happiness Scale (SHS), a viable indicator of subjective happiness, and to evaluate the SHS psychometric qualities in relation to various demographic groups. The study made it easier for people to accept the measure of subjective happiness as a useful instrument in psychological research and practice by demonstrating its efficacy across a variety of samples.

The study "Psychosocial stress and coping strategies among adolescents in Kerala" by Mathew and Nano, S. (2013) looks at the coping mechanisms that teenagers in Kerala, India use as well as how common psychosocial stress is among them. The study's primary goals were to evaluate the psychosocial stress levels that teenagers in Kerala encounter and to look at the coping mechanisms they employ to deal with these stressors. Teenagers from different groups and schools in Kerala participated in the study. The demographics of the participants and the sample size were probably chosen to represent the variety of the teenage population in the area. The study by Mathew and Nano, S. sheds light on the variables affecting the mental health and well-being of teenagers in Kerala by providing important information regarding psychosocial stress and coping methods.

A thorough analysis of the Satisfaction with Life Scale (SWLS), a popular tool for gauging subjective well-being and life satisfaction, may be found in Pavot and Diener's (1993) study. The theoretical frameworks that guide the creation of the SWLS and the conceptual foundations of life satisfaction are

first described by the writers. They go into the history of the scale, including how it was first modified from Diener's previous research on subjective well-being.

The SWLS is a useful tool for assessing subjective well-being and providing insights into people's overall life satisfaction and its determinants, as highlighted by Pavot and Diener's review. Their study makes an important contribution to the field by emphasising the applicability of the scale in assessing quality of life across varied groups and combining existing studies.

Gupta, P., and Sahu, P. (2014). an investigation into college students' experiences with stress. *International Journal of Social Sciences and Management Research*, 3(4), 1–15.

This study investigated the incidence of stress and its effects on the academic performance and general well-being of Indian college students. The researchers collected information from a sample of college students using standardised questionnaires to measure stress levels.

The survey offers insightful information about the stress levels of Indian college students. Limitations do exist, nevertheless, such as the possibility of self-reporting bias and the requirement for a more thorough evaluation of stressors other than academic achievement.

The high levels of stress experienced by college students suggest that educational institutions need to implement effective stress management programmes.

Shukla, A., and K. Srivastava (2017). A comparative study of young adults' happiness. 145–150 in *Journal of Psychological Research*, 62(2).

The purpose of this comparison study was to evaluate young adults' happiness in India using standardised metrics. It examined the degree of enjoyment in various socioeconomic and demographic categories. Although the study offers useful information on happiness levels, it might have overlooked contextual and cultural elements that affect how happy people perceive themselves. More examination might be given to the sample size and representativeness of the various socioeconomic classes. Subsequent investigations may explore the cultural factors that influence pleasure in various Indian settings.

Gupta, R., and Verma, A. (2019). Anxiety and its effects on Indian young folks' quality of life. 24(5), 595–602 in *Journal of Health Psychology*.

This study looked into how common anxiety is among young adults in India and how it affects their quality of life. It used validated scales to assess indices of quality of life and anxiety levels.

The study provides important new information about the relationship between young adults' anxiety and quality of life. However, the study's cross-sectional design and other methodological flaws could restrict how far the results can be applied.

Longitudinal studies are necessary to comprehend the course of anxiety symptoms and their long-term effects on young adults' quality of life in various Indian contexts. N. Sharma and P. Sharma (2013). The correlation between young adults' life satisfaction and psychological well-being. 8(4), 56–64 in *Journal of Psychological Studies*.

This study investigated the connection between young adults' life satisfaction and psychological well-being in India. It evaluated both constructs and looked at how they interacted using verified scales.

The study offers insightful information about the variables affecting young adults' psychological health and sense of fulfilment in life. It might, however, profit from a more thorough investigation of the cultural influences that form these conceptions.

The relationship between life satisfaction and certain aspects of psychological well-being (such as resilience and self-esteem) in various groups of young adults in India is not well understood. Among young adults in India, psychological well-being has a major impact on life satisfaction. Subsequent

investigations ought to examine the influence of contextual and cultural factors on these associations. In 2018, Saxena, S., and Kaur, D. The psychological health of university attendees. 9(2), 177–182 in Indian Journal of Health and Well-Being.

In summary, this study investigates Indian college students' psychological health. It looks at things that affect their mental health and finds common problems.

The study offers insightful information about college students' mental health, but because of sample limitations and a regional emphasis, it might not be very generalizable.

More research may be needed in this area as the study may not have gone as far as it might in examining particular anxiety-related components or the diagnostic standards for anxiety disorders. Targeted interventions are necessary to support mental health among college students around the country. The study emphasises how critical it is to discuss psychological health in educational settings.

Singh, S., and Shekhar, S. (2015). Indian adolescent urban mental health. 11(1), 18–23, Journal of the Indian Association for Child and Adolescent Mental Health.

This study examines prevalence rates and related determinants for mental health disorders among Indian urban teenagers.

Offers insightful epidemiological information, but because it focuses mostly on more general mental health issues, it could miss subtleties unique to anxiety.

Singh, S., and Srivastava, K. (2014). Quality of life and psychological health among young adults. Indian Health Psychology Journal, 8(1), 39–46.

the study investigates the psychological health and life satisfaction of young adults in India, looking into the elements that influence subjective well-being.

Provides information about overall wellbeing but might not go into great detail about clinical implications or anxiety-specific metrics. The study emphasises the value of comprehensive strategies for mental health.

Steptoe, A., Wardle, J., O'Donnell, K., and Marmot, M. (2008). Good mood, psychological health, and restful sleep. 409–415 in Journal of Psychosomatic Research, 64(4).

This study Examines and illustrates the connections between positive affect, psychological health, and the quality of one's sleep.

Offers thorough insights into mental health's positive elements, yet anxiety may not be covered in great detail as the main focus.

To allow for more in-depth research, the study might be extended to incorporate anxiety-specific measurements and their impact on positive affect and sleep.

In conclusion, improving general psychological well-being requires fostering pleasant affect and sound sleep.

Verma, P., and Suri, S. (2015). Youth in India: psychological well-being and life satisfaction. 112-116 in Indian Journal of Positive Psychology, 6(2).

The study investigates life satisfaction and psychological health in young Indian people, looking at the elements that lead to subjective happiness.

It offers insightful information about youth well-being, however it might not fully address disorders or factors linked to anxiety.

In conclusion, improving psychological health is essential for fostering youth life pleasure. The study promotes all-encompassing mental health practices.

Verma, S., & P. Gehlawat (2014). Youth in India suffer from stress, anxiety, and depression. 5(12), 1414–1418, Indian Journal of Health and Well-Being.

The purpose of this study was to evaluate the prevalence and severity of stress, anxiety, and depression in young people in India. The Depression Anxiety Stress Scale (DASS-21) and other standardised measures were employed by the researchers to assess these psychological constructs in a group of young Indian people.

The study highlights high levels of stress, anxiety, and depression and offers insightful information on the mental health issues that young people in India encounter. However, the study's cross-sectional design, which restricts the ability to draw inferences about causality, and possible sample biases are drawbacks. In conclusion, the results highlight the necessity of focused mental health interventions for young people in India, with an emphasis on lowering the incidence and consequences of stress, anxiety, and depression. Watson, D., and L. A. Clark (1984). Negative affectivity is the propensity to feel unpleasant emotions. 465–490 in *Psychological Bulletin*, 96(3).

The idea of negative affectivity as a dispositional element impacting the perception of adverse emotional states is explored in this groundbreaking review. It compiles research on the relationship between personality qualities and emotional suffering.

To improve cross-cultural comprehension of emotional responses, more research is required to validate the application of negative affectivity frameworks in non-Western countries, such as India.

In their 2020 study, Freire and Ferreira seek to determine the correlation between positive self-worth and life satisfaction, gender, age, and negative discomfort associated with several variables such as stress, anxiety, and depression in addition to subjective happiness. A total of 910 teenagers (mean age of 13.89 years; 51% female) make up the sample. They provide answers for measures of subjective happiness, self-worth, life control, depression, anxiety, and stress. According to the results, girls experience greater distress symptoms and have lower levels of life satisfaction and self-esteem than boys. More subjective happiness was associated with being a girl, being smaller, showing less indicators of depression, and having high levels of life satisfaction and self-esteem. Between subjective joy and depression, life satisfaction was the neutral ground.

Yadav, S., & Singh, V. (2014). Stress, despair, and anxiety are common among Indian college students. 105–109 in the *Journal of Psychology and Behavioural Science*, 2(2).

Using self-report measures and demographic data, this study examines the prevalence and correlates of stress, anxiety, and depression among Indian college students.

The study advances knowledge of mental health problems in a particular Indian population of college students. However, the findings' generalizability can be impacted by their dependence on self-report measures and other sample biases.

In order to create efficient mental health support programmes, more study could examine protective variables and coping processes unique to Indian college students.

Samuel Monteiro (2018) investigated the relationship between the potential precipitate of job well-being and factors such as joy, subjective happiness, self-worth, and physical and mental health. In this study, 971 adult Portuguese-speaking participants take the lead. While expressing dissatisfaction with regards to pay and greater prospects, the majority of candidates expressed high levels of well-being with their coworkers, the nature of their work, and leaders. The findings demonstrated the persistence of the relationship between job well-being and health, joy, subjective happiness, and self-worth, as well as the importance of maintaining a good work-related grade.

The impacts of office management practices that prioritise employee well-being may, as a normal consequence, lead to improvements in workers' subjective happiness, joy, health, and self-worth.

Positive affect, a component of happiness, has been found to predict improved immunological function and lower levels of stress hormones, suggesting a protective impact against anxiety (Pressman, S. D., & Cohen, S., 2005).

Zhang, W., & Howell, R. T. (2011). Do time views go beyond personality factors to predict distinctive variety in life satisfaction? 50 (8), 1261-1266; *Personality and Individual Differences*. In order to determine whether time perspectives can predict unique diversity in life happiness in addition to personality factors, this study looks at the association between time perspectives (such as future orientation) and life satisfaction.

The study sheds light on how future orientation affects life satisfaction predictions and highlights the importance of this finding for frameworks pertaining to psychological well-being. Cultural differences in temporal perceptions, however, are not well examined.

Further studies should look into how different cultures view time, as well as how these concepts relate to varied groups like young adults in India.

Kumar, R., & Singh, A. (2016). Young adults' mental health and well-being in metropolitan India. 38(1), 63-70; *Indian Journal of Psychological Medicine*.

In summary, this research investigates the mental health and overall well-being of young adults living in India's cities, evaluating the variables that influence psychological discomfort and subjective well-being. By stressing the effects of urbanisation and socio-economic issues, the study provides insightful information about the mental health of urban adolescents in India. Regional differences in urban environments, however, are not well studied.

(2008) Lyubomirsky, S. *The How of Happiness: A Methodical Approach to Achieving Your Dream Life* Based on empirical research, Sonja Lyubomirsky (2008) offered a useful manual for attaining happiness in her book. She listed important techniques for raising happiness, including fostering optimism, being grateful, and taking part in worthwhile activities. Positive psychology ideas are applied to everyday life in Lyubomirsky's work, which is noteworthy because it provides evidence-based methods that anyone may adopt to enhance their well-being. The book makes a point of saying that although heredity and environment do play a part in happiness, deliberate actions and mental adjustments can make a big difference.

Diener, E., and D. G. Myers (1995). *Who's Joyful?*

Myers and Diener (1995) examined the psychological and demographic determinants of happiness in this paper. They looked over research showing that age, gender, or money do not significantly correlate with happiness. Rather, they discovered that happier people had more significant relationships, meaningful jobs, and personality attributes. This study advanced the knowledge that internal variables and interpersonal connections matter more to pleasure than external events.

M. E. P. Seligman (2002). *Realising Your Potential for Lasting Fulfilment with the New Positive Psychology: A Guide to Authentic Happiness* The idea of authentic happiness was first presented in Martin Seligman's book from 2002. It suggests that living a life with meaning and purpose, as opposed to just pursuing pleasure, is the source of true happiness. The Pleasant Life (seeking enjoyable experiences), the Good Life (doing things that play to one's talents), and the Meaningful Life (serving something greater than oneself) are Seligman's three roads to happiness. His work, which emphasises the importance of pleasant emotions, involvement, and purpose in obtaining long-lasting fulfillment, is fundamental to positive psychology.



## THE RELATIONSHIP BETWEEN ANXIETY AND SUBJECTIVE HAPPINESS

### METHODOLOGY

#### Aim

To examine the relationship between subjective happiness and anxiety among young adults in India.

#### Objective

To understand the relationship between subjective happiness and anxiety among young adults.

#### Hypothesis

Ho: There is no significant relationship between Anxiety and Happiness among Young adults in India.

The null hypothesis is that in young individual's happiness is not significantly impacted by anxiety. Therefore, rather than reflecting a real relationship, any statistically significant differences between anxiety and subjective happiness that are found are probably the result of chance. The purpose of this study is to establish a hypothesis that will be used as a reference for comparing the research results.

H1: There is a significant relationship between Anxiety and Happiness among Young adults in India.

The alternate hypothesis assumes that there is a significant and coherent relationship between happiness and anxiety in young adults. This suggests a negative correlation between anxiety levels and subjective happiness, with higher anxiety levels linked to lower subjective happiness and vice versa. It also suggests that anxiety levels directly influence people's subjective happiness.

#### Variables

Independent Variable: Anxiety Levels: This variable refers to the degree of anxiety experienced by young adults. It may encompass various dimensions of anxiety such as general anxiety, social anxiety or anxiety due to other factors.

Dependent Variable: Happiness : This variable reflects the subjective well-being or positive emotional state of the individual. It may include aspects such as life satisfaction, positive affect, and fulfilment.

#### Research design

Quantitative design with Regression Analysis

#### Sampling techniques

The sample size was 101 aged 18 to 40 years. The non probability sampling technique, the snowball sampling method was used to collect the data.

#### Inclusion criteria:

1. Participants should be young adults 18 to 40 years.
2. Ability to understand and complete the questionnaires in the language of administration.

#### Exclusion criteria:

1. History of severe mental health disorders that may affect their responses or ability to participate effectively in the study
2. Refusal to participate in the study.

#### Tools used:

1. The Generalised Anxiety Disorder 7-item scale (GAD-7) developed by Spitzer et al. (2006) In order to assess the presence and severity of GAD, a self-administered seven-item instrument GAD-7 is used as a screening tool [22, 23, 51]. Its items describe the prominent diagnostic features of the original DSM-IV diagnostic criteria for generalized anxiety disorder [52]. In the assessment, participants are asked how often during the last two weeks they have encountered anxiety symptoms like feeling nervous, trouble

relaxing etc. Response options for each item range from 0 to 3 on a 4-point Likert-scale (0 = not at all, 1 = several days, 2 = more than half the days and 3 = nearly every day). Adding the scores of all seven items provide the GAD-7 total score ranging from 0 to 21. Several validation studies have detected cut-points of  $\geq 5$ ,  $\geq 10$  and  $\geq 15$  based on receiver operating characteristics analysis for GAD-7, standing for mild, moderate and severe anxiety levels, respectively [52].

PHQ-9 and PHQ-ADS scales were also used to test for convergent validity of GAD-7. The PHQ-9 assesses the frequency and severity of symptoms of depression using nine 4-point Likert-scaled items ranging from 0 (not at all) to 3 (nearly every day) [53]. A total score ranging from 0 to 27 is obtained by summing across all items. The total score can be categorized at a cutoff of 10 to differentiate between minimal/mild versus moderate/severe depression. On the other hand, the PHQ-ADS is a composite measure that assesses the overall burden of anxiety and depressive symptoms (mental distress) while combining the sum of the PHQ-9 and GAD-7 scores [54]. Thus, the scale can range from 0 to 48, with higher scores indicating higher levels of depression and anxiety symptomatology. Cut points of 10, 20, and 30 on the PHQ-ADS can be considered as thresholds of mild, moderate, and severe distress symptoms, respectively.

## 2. The Subjective Happiness Scale

The 4-item Subjective Happiness Scale was derived from an original pool of 13 self-report items. These items were administered to a college student sample ( $N = 97$ ) in a pilot study. From these original items, six were discarded from further testing based upon high semantic similarity. An additional three items were dropped because they did not load onto a single interpretable factor in a principal component analysis performed on the items.

The final four items and their response formats (7-point Likert scales) are presented in the Appendix (in English). This English SUBJECTIVE HAPPINESS SCALE 141 version was translated into Russian and then back-translated into English by a second translator to ensure comparability and equivalence in meaning (Brislin, 1970).<sup>2</sup> A single composite score for global subjective happiness is computed by averaging responses to the four items (the fourth reverse-coded). Thus, the possible range of scores on the Subjective Happiness Scale is from 1.0 to 7.0, with higher scores reflecting greater happiness.

## Procedure

The study used a cross-sectional study design and targeted young adults in India between the ages of 18 and 40. Community outreach and online channels were used to recruit participants. They answered a questionnaire that included two validated instruments: the Subjective Happiness Scale, which measures happiness, and the Generalised Anxiety Disorder 7 (GAD-7) scale, which measures anxiety. In addition, sociodemographic data like age, gender, and socioeconomic position were gathered through the survey. Regression analysis was used to examine the moderating effects of sociodemographic characteristics and establish the relationship between anxiety and subjective happiness.

## Ethics

Ethics guidelines were followed in order to protect the participants wellbeing during the research on relationship between anxiety and happiness among young adults. The questionnaire for the study respects individuals' rights. The researcher did all possible to make sure that the participants understood the goals of the study, what was expected of them, and the potential risks and rewards of involvement before asking them to freely participate in the research. Every participant provided their consent. To safeguard the participants' identity, information that was retained was kept confidential. The participant was not required to provide a reason or answer any questions in order to terminate the study at any point.

**RESULTS AND DISCUSSION**

The findings of this study offer a thorough analysis of the relationship between happiness and anxiety among young adults in India, as determined by reliable tools such as the Generalised Anxiety Disorder 7 (GAD-7) scale and the Subjective Happiness Scale. With 51.5% of the 101 participants in the study being male and 48.5% being female, the gender distribution of the sample is balanced and provides a variety of insights on the topic under study.

The study's conclusions provide significant light on the relationship between individuals' subjective levels of worry and happiness. There is a strong negative correlation between subjective happiness and anxiety scores, suggesting that happy persons typically have lower anxiety levels. This result is in line with recent research showing an inverse association between anxiety and positive affect (Lyubomirsky et al., 2005; Fredrickson et al., 2003).

The sample consisted of 101 young adults from diverse socio demographic backgrounds, ranging in age from 18 to 40. The majority of subjects reported high levels of subjective satisfaction despite differences in anxiety levels. Significant differences were seen in the descriptive statistics for both the subjective happiness and anxiety ratings. The distribution of the subjective happiness scores showed a modest negative skew, indicating that most participants were generally happy. On the other hand, there was a more noticeable positive skewness in the anxiety scores, which suggested a clustering of lower anxiety levels with a few outliers reporting higher anxiety.

The individuals' subjective pleasure scores were generally high, but there was significant variation in their anxiety levels, as the descriptive statistics made clear. The majority of individuals were happy, as indicated by the subjective happiness scores' negative skewness. On the other hand, the anxiety ratings, which showed a clustering of lower anxiety levels with some outliers feeling higher anxiety, were characterised by positive skewness and high kurtosis.

Subjective happiness ratings were shown to be roughly normally distributed by the normality tests, whereas subjective anxiety scores showed a considerable departure from normalcy. These results imply that whereas the subjective happiness data may be analysed by parametric techniques, the non-normal distribution of the anxiety data necessitates the use of non-parametric statistical techniques. The substantial inverse association between subjective happiness and anxiety was validated by the non-parametric correlation analysis, most especially by Spearman's rho. According to the correlation coefficient, anxiety tends to diminish as subjective happiness rises. This modest strength of association emphasises that although anxiety is greatly impacted by happiness, anxiety is also influenced by other factors.

**THE RELATIONSHIP BETWEEN ANXIETY AND SUBJECTIVE HAPPINESS**

**Table 1 Socio-Demographic Characteristics of Participants (N=101)**

Demographic Variable	Category	Frequency (n)	Percentage (%)
Gender	Male	52	51.5
	Female	49	48.5
Marital Status	Single	78	77.2
	Married	20	19.8
	Other	3	3.0
Employment Status	Employed	65	64.4

Demographic Variable	Category	Frequency (n)	Percentage (%)
	Unemployed	18	17.8
	Student	18	17.8
Religion	Hindu	70	69.3
	Muslim	15	14.9
	Christian	10	9.9
	Other	6	5.9
Socio-Economic Status	Lower Class	20	19.8
	Middle Class	55	54.5
	Upper Class	26	25.7
Qualification	High School	30	29.7
	Undergraduate Degree	45	44.6
	Postgraduate Degree	26	25.7

**Table 2 Age statistics of participants**

Central Tendency	Age
Mean	27.0
Median	26.5
Mode	28.5

This research includes important demographic information as outlined in table 1 and table 2. This demographic detail encompasses gender, employment status, religion, region, socio-economic status, education qualification and age, collectively providing a comprehensive understanding of the study participants characteristics. The demographic factors are pivotal as they offer valuable insights into the background and diversity of the participants, enhancing the depth and relevance of our research findings. Table 1 The sociodemographic details of the 101 young adults who took part in the study. There are 52 male participants in the study (51.5%) and 49 female participants (48.5%), indicating a well-balanced gender distribution. In order to guarantee a varied viewpoint on the research findings, this balance is essential. Because the study is gender inclusive, it is possible to analyse anxiety and happiness in both male and female participants in great detail.

The marital status of the participants reveals that 78 of them are single (77.2%), 20 of them are married (19.8%), and 3 of them (3.0%) fit into other categories. This distribution makes clear that young adults without children make up the majority of the sample, which could have an impact on the study's conclusions about happiness and worry.

The majority of the group, 65 members, or 64.4%, are employed, according to their employment status. With 18 participants each, students and jobless people are evenly represented (17.8%). The majority of people in this data are actively employed, which may have an effect on their happiness and anxiety levels. The majority of participants (70, or 69.3%) identify as Hindu, followed by Muslims (15, or 14.9%), Christians (10, or 9.9%), and adherents of other religions (6, or 5.9%). With respect to religion and mental health outcomes, this distribution offers a thorough picture of the religious environment among India's young adults and offers insightful information. According to socioeconomic status classification, the majority group of 55 participants (54.5%) is the middle class. Twenty participants (19.8%) are from the

lower class and 26 participants (25.7%) are from the upper class. This demonstrates the socioeconomic homogeneity of the study sample and shows that the majority of participants are from middle-class backgrounds.

The participants' educational backgrounds demonstrate a high degree of education; of them, 45 (44.6%) have an undergraduate degree and 26 (25.7%) have a postgraduate degree. Furthermore, 30 individuals (29.7%) have successfully completed their high school education. The aforementioned data implies that the sample had a high level of education, which could potentially impact the study's findings about anxiety and happiness.

Table 2 illustrates the age distribution of research participants. The participants' average age of 27.0 years indicates the average age of the sample. As the midpoint value of the age distribution, the median age of the participants is 26.5 years, indicating that half of them are younger and the other half older than An comprehensive understanding of the relationship between anxiety and happiness in the context of young adulthood is provided by the age criterion, which restricts participants to those between the ages of 18 and 40. The mentioned age range provides a good framework for investigating the dynamics of mental health among young adults, which in turn can inform focused interventions and policies directed towards this group of people. this age. The age that occurs the most frequently among the participants, as indicated by the mode, is 28.5 years.

**THE RELATIONSHIP BETWEEN ANXIETY AND SUBJECTIVE HAPPINESS**

**Table 3 Descriptive Statistics**

Statistic	Subjective Happiness	Std. Error	Anxiety Score	Std. Error
Mean	17.1782	0.42761	6.9604	0.53268
95% Confidence Interval - Lower Bound	16.3299		5.9036	
95% Confidence Interval - Upper Bound	18.0266		8.0172	
5% Trimmed Mean	17.3190		6.7129	
Median	17.0000		6.0000	
Variance	18.468		28.658	
Std. Deviation	4.29743		5.35336	
Minimum	4.00		0.00	
Maximum	26.00		21.00	
Range	22.00		21.00	
Interquartile Range	5.00		9.00	
Skewness	-0.458	0.240	0.559	0.240
Kurtosis	0.303	0.476	-0.592	0.476

Note: The descriptive statistics table offers an extensive summary of the distribution's shape, central tendency, and dispersion for the subjective happiness and anxiety scores. With a mean of 17.1772, and a standard deviation of 4.29743, subjective happiness exhibits substantial variability. The standard deviation of 5.35336 indicates that anxiety levels have a higher variability, with a mean of 6.9604. Subjective happiness ratings are positively skewed and have a platykurtic distribution, whereas anxiety scores are

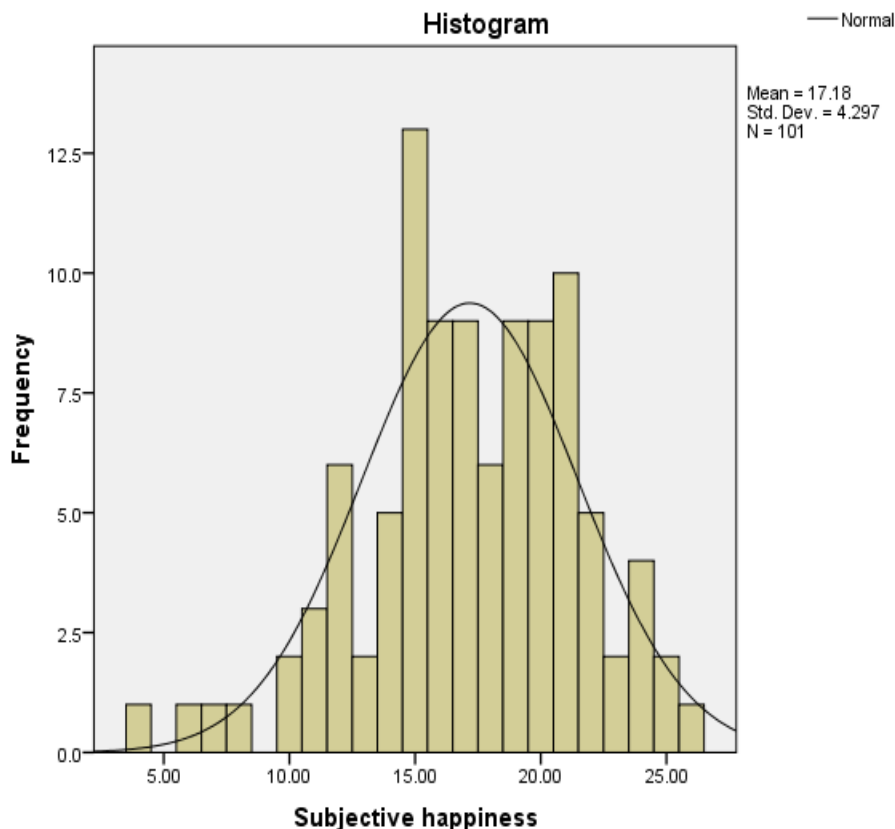
positively skewed and have a near-normal distribution, according to the skewness and kurtosis values.

	Shapiro-Wilk		
	Statistic	df	Sig.
Subjective happiness	.979	101	.102
Anxiety Score	.935	101	.000

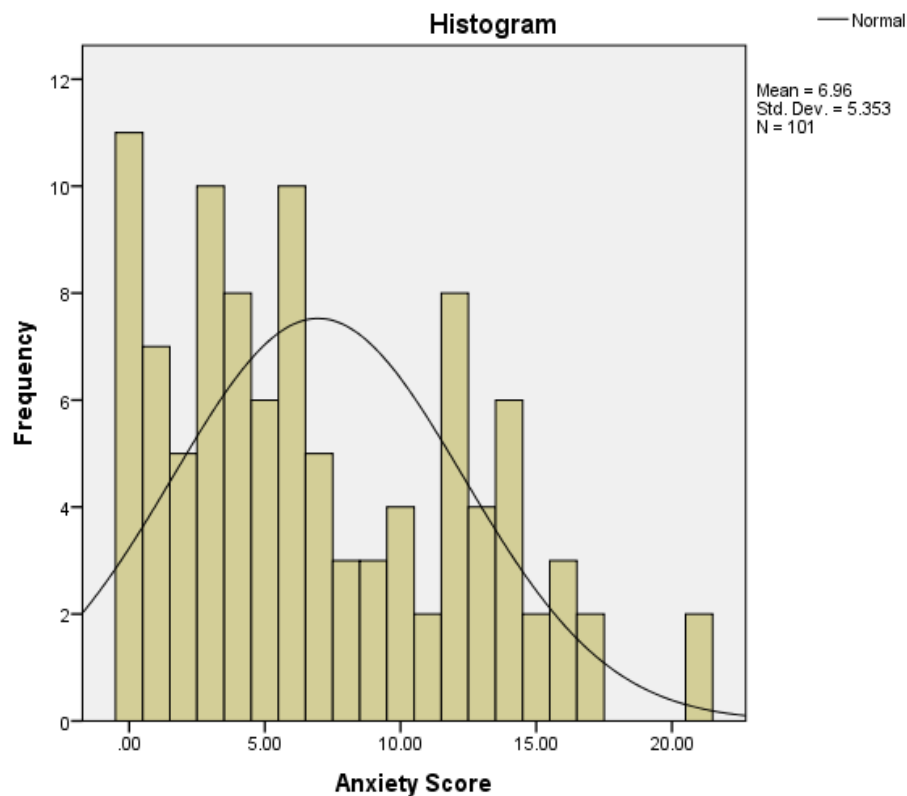
Non parametric tests are chosen for this research because the anxiety score data significantly deviates from normality, making these tests more appropriate and reliable for analysis.

The Shapiro wilk statistic for subjective happiness is 0.979 with a corresponding p-value (sig.) of 0.102. The Shapiro-Wilk test determines whether there is a significant deviation from normalcy in the data distribution. Normal distribution of the data is suggested by a Shapiro-Wilk value that is near to 1. The data for subjective happiness in this instance appears to be rather close to being normally distributed, as indicated by the statistic of 0.979. Given that the p-value of 0.102 is higher than the traditional significance level of 0.05, the null hypothesis of normalcy cannot be rejected with any degree of confidence. We may therefore fairly infer that the data for Subjective Happiness follows a normal distribution.

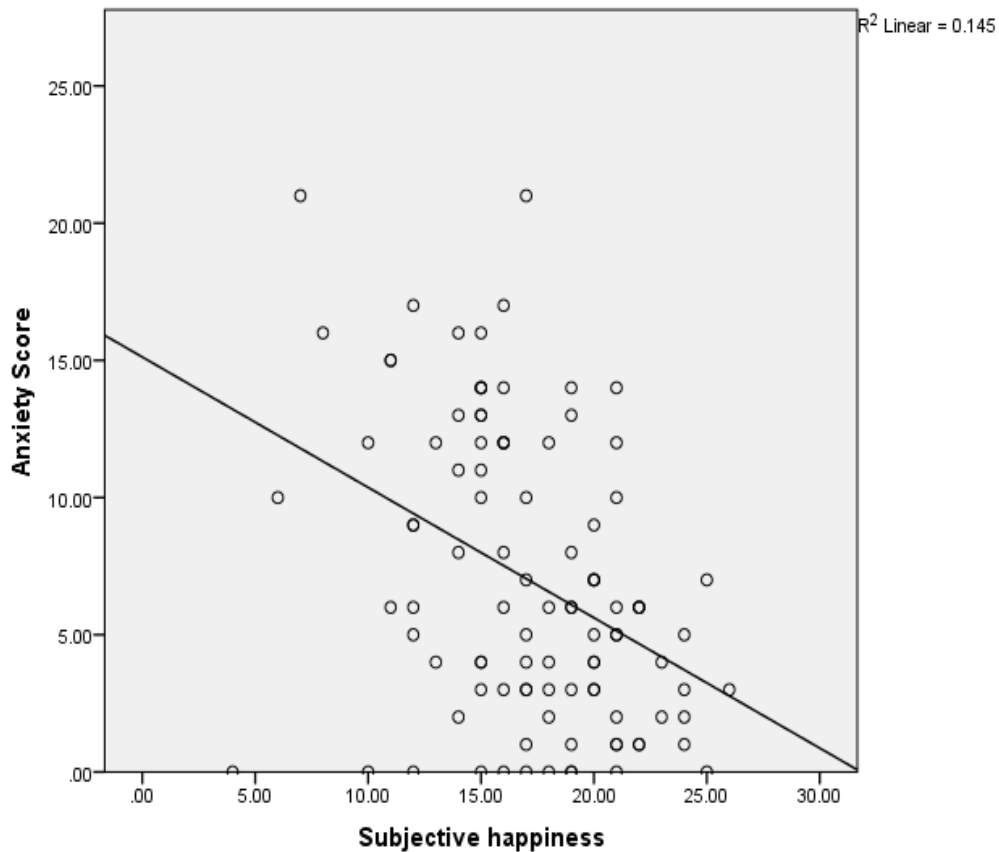
The Shapiro wilk statistic for anxiety score is 0.935 with a p-value (sig.) of 0.000. There is strong evidence to reject the null hypothesis of normality when the Shapiro-Wilk statistic is significantly less than 1 and the p-value is very small (in this example, 0.000). The Anxiety Score distribution appears to differ considerably from a normal distribution, as indicated by the low Shapiro-Wilk statistic (0.935). Thus, we deduce from this test that the Anxiety Score does not have a normal distribution.



The histogram illustrates the distribution of subjective happiness scores among 101 participants, with an average score of 17.18 and a standard deviation of 4.297. Most scores cluster around the mean, indicating that the distribution is roughly normal and that most individuals report moderate to high levels of happiness. There is some variation in the happiness levels as evidenced by the range of scores, which goes from about 5 to 25, with the maximum frequency of scores occurring between 15 and 17.5. Extremely high happiness scores are less prevalent, according to the small right skewness. The study's examination of the connection between anxiety and happiness in young adults in India is better understood in light of this distribution.



The histogram displays the distribution of anxiety scores among the 101 participants with a mean score of 6.96 and a standard deviation of 5.353. The majority of scores cluster between 0 and 10, demonstrating a right skewness in the distribution, which suggests that most participants have low to moderate levels of anxiety. The lowest frequency of scores is the highest; as scores rise over 10, the frequency decreases, indicating that fewer people reported higher feelings of anxiety. The skewness implies a greater proportion of people with lower anxiety levels than those with higher anxiety, even if the normal curve overlay indicates that the data are roughly normal. Given that the sample is primarily composed of people with lower levels of anxiety, this distribution offers a framework for analysing the link between anxiety and happiness.



The scatter plot illustrates the relationship between the participants' subjective happiness and anxiety levels. The scores of each person on these two measures are represented by a point on the plot.

#### Axes Description

The individuals' self-reported levels of happiness are represented by the X-Axis (Subjective Happiness), which has a range of 0 to 30. Greater happiness is indicated by higher values. The participants' anxiety levels are represented by the Y-Axis (Anxiety Score), which has a range of 0 to 25. Greater anxiety is indicated by higher readings.

#### Distribution of Data

The points are dispersed around the plot, showing a clear trend where lower anxiety scores are typically linked to greater subjective happiness scores.

Anxiety ratings for those with lower happiness scores show a significant spread, suggesting that anxiety levels vary among those with lower happiness.

#### Trend line and correlation:

**Trend Line:** The data are fitted with a negative linear trend line that exhibits a left-to-right sloping decline.

**R2 Value:** The R2 value of 0.145 indicates that subjective happiness ratings can account for about 14.5% of the variance in anxiety levels. This indicates a weak negative correlation.

**Negative Correlation:** According to the inverse association, anxiety levels often decline as subjective happiness rises. Nevertheless, considering the low R2 value, the association is weak.

**Variability:** There is a significant amount of scatter around the trend line, suggesting that there are several exceptions to the general rule that happier people experience less anxiety. Anxiety levels are probably also influenced by other causes.

**Significance in Statistics:** Despite its small link, the statistics show that it is statistically significant enough



to be noticed, indicating that anxiety and happiness are related but not solely determined by one another. Subjective happiness and anxiety scores show a weak but significant negative association, according to the scatter plot. Although happy people tend to report lower levels of anxiety, there isn't enough evidence to conclude that raising happiness on its own will significantly lower anxiety. This suggests that a more thorough approach is required to comprehend and treat anxiety in people.

**Table 5 Nonparametric Correlations**

Variable	Subjective happiness	Anxiety Score
Subjective happiness	1.000	-0.374**
Sig. (2-tailed)		0.000
N	101	101
Anxiety Score	-0.374**	1.000
Sig. (2-tailed)	0.000	
N	101	101

\*Correlation is significant at the 0.01 level (2-tailed). Table 5 illustrates the nonparametric correlation between subjective happiness and anxiety scores. Higher subjective happiness levels are linked to decreased anxiety levels, as indicated by the significant negative association ( $r = -0.374$ ,  $p < 0.01$ ). This indicates there is a significant positive correlation between higher subjective happy levels and lower anxiety scores, which supports the scatter plot's inverse association. Given the statistical robustness of the connection and its significance level ( $p < 0.01$ ), it is highly unlikely that the association is the result of random chance. As a result, therapies meant to increase subjective happiness may also be successful in lowering anxiety levels in people. Though subjective happiness plays a significant role, other variables should also be taken into account in order to understand and treat anxiety, according to the correlation coefficient ( $r = -0.374$ ), which also indicates moderate degree of connection.

### IMPLICATIONS

The results highlight how crucial it is to treat anxiety in order to improve subjective well-being. Reducing anxiety through interventions may result in a happier and more satisfying existence. The study adds to the expanding literature of research on the complex interactions between emotional states and general wellbeing.

### STRENGTHS

**Validated Tools:** To improve the measurement's reliability, the study used proven instruments like the Subjective Happiness Scale and the GAD-7.

**Emphasis on Young people:** The study contributes to the small amount of literature that focuses especially on the mental health of young people in India and offers insightful information about this population.

### LIMITATIONS

There are restrictions to take into account despite the strong results. The study's cross-sectional design restricts the capacity to determine causal relationships. To gain a deeper understanding of the directional connection between happiness and anxiety, longitudinal research is required. Furthermore, the use of self-

reported measures may introduce bias since social desirability and recollection bias may have an impact on participants' responses.

### **FUTURE RECOMMENDATIONS**

It is recommended that future studies employ longitudinal designs in order to investigate causal linkages as well as the potential moderating effects of additional demographic and psychological variables. The results will be more broadly applicable if the scope is expanded to encompass a variety of demographics and circumstances. Better understanding of the individual experiences and stories that underlie the quantitative data may also be obtained by incorporating qualitative methodologies.

### **CONCLUSION**

This study shows that among young adults in India, there is a substantial negative association between subjective happiness and anxiety, suggesting that lower anxiety levels are linked to higher happy levels. Nonetheless, given the relationship's moderate strength, it is possible that a number of factors, including subjective happiness, influence anxiety levels. To give a more comprehensive understanding of anxiety and create more potent therapeutic techniques, future research should investigate additional contributing components. Justified by the non-normal distribution of anxiety scores, the non-parametric approach offers strong insights into the interaction between these variables, making a significant contribution to the field of mental health and wellbeing. This study highlights the important impact that subjective happiness plays in affecting anxiety levels, which adds important knowledge to the field of mental health and well-being. It also emphasises the need for more thorough research into the multifaceted nature of anxiety and urges for comprehensive intervention options that take into account a variety of influencing factors. Future studies and treatments can better help young people' mental health by taking a holistic approach, which will ultimately improve their general well-being.

### **THE RELATIONSHIP BETWEEN ANXIETY AND SUBJECTIVE HAPPINESS**

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