

Exploring the Level of Happiness Among Generation X, Generation Y, and Generation Z

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Abstract

This cross-sectional study investigates the levels of happiness among Generation X, Generation Y, and Generation Z, focusing primarily on Generation X (born between 1965 and 1980), Generation Y (born between 1981 and 1996), and Generation Z (born from 1997 onward). The study encompasses both male and female participants, with a total sample size of 388 individuals. Of these, 196 participants belong to Generation Z, 158 to Generation Y, and 34 to Generation X. Statistical analysis was conducted using One-Way ANOVA, revealing a statistically significant difference in happiness scores among the three generational groups, $F(2, 385) = 26.805, p < .001$. Post hoc comparisons utilizing Tukey's Honestly Significant Difference (HSD) test indicated significant variations in happiness scores between Generation X and both Generation Z (mean difference = $-0.744, p < .001$) and Generation Y (mean difference = $-0.661, p < .001$). However, there was no statistically significant difference in happiness scores between Generation Z and Generation Y ($p = .329$). These findings suggest that Generation X reports significantly higher levels of happiness compared to both Generation Z and Generation Y. Conversely, Generation Z and Generation Y did not differ significantly in their reported happiness levels. The implications of these generational differences in happiness underscore the importance of understanding and addressing varying factors that contribute to well-being across different age cohorts. The study contributes to the existing literature on generational happiness by highlighting distinct patterns across Generation X, Generation Y, and Generation Z. It provides insights into how socio-cultural and economic factors, shaped by historical contexts and technological advancements, may influence subjective well-being among different generations. Understanding these dynamics is crucial for developing targeted interventions and policies aimed at promoting happiness and mental well-being across diverse generational groups. Future research could delve deeper into exploring the specific factors underlying these happiness disparities, such as economic stability, social relationships, and technological adaptation, to provide more nuanced insights into generational happiness trends. Additionally, longitudinal studies could track changes in happiness levels within each generation over time, offering valuable insights into the evolving nature of happiness across the lifespan and across different societal contexts.

Keywords: happiness, generation x, generation y, and generation z.

Introduction

The quest for happiness is a profoundly personal and complex journey, intricately woven into the fabric of human experience. It is a subjective state that varies significantly among different demographic groups, influenced by myriad factors ranging from individual psychology to broader societal changes. This study

aims to delve into these complexities by examining the variations in happiness among Generation X, Generation Y, and Generation Z. By understanding what contributes to happiness within each generational cohort, we can gain valuable insights into how cultural transformations, technological advancements, and societal shifts shape individual well-being in distinct ways. Happiness, as a concept, encompasses a spectrum of emotional states, including feelings of joy, contentment with life, and a sense of purpose or direction. It is a fundamental aspect of human existence that has been explored extensively across disciplines such as economics, sociology, and psychology. The factors influencing happiness are multifaceted, encompassing personal behaviours, work dynamics, social interactions, genetic predispositions, and the broader socio-economic environment. Throughout history, different generations have experienced unique socio-cultural contexts that have shaped their perceptions and experiences of happiness. Generation X, born between 1965 and 1980, emerged during a period marked by significant socio-political upheaval and technological advancements. They witnessed the transition from an industrial to an information-based economy, which brought both new opportunities and challenges to their professional and personal lives. This generation is characterized by a pragmatic approach to life, shaped by experiences of economic instability and rapid technological change. In contrast, Generation Y, also known as Millennials (born between 1981 and 1996), grew up amidst the rapid expansion of the internet, globalization, and heightened social awareness. They are often associated with values such as social responsibility, environmental sustainability, and a strong emphasis on work-life balance. Millennials prioritize personal development and fulfilment, seeking careers that align with their values and contribute positively to society. Their upbringing in a digitally interconnected world has influenced their perspectives on relationships, career trajectories, and societal contributions. Generation Z, born from 1997 onwards, represents the first cohort to grow up entirely in the digital age, characterized by ubiquitous access to smartphones, social media, and instant communication. This generation is marked by a heightened awareness of global issues, diversity, and inclusivity. They are digital natives, adept at navigating virtual spaces and leveraging technology to connect with others and effect social change. Generation Z places significant emphasis on authenticity, diversity, and social justice, shaping their views on happiness and fulfilment in distinctive ways. Understanding generational differences in happiness is not merely an academic pursuit but has practical implications for societal well-being and policy development. By identifying the unique factors that contribute to happiness within each generation, policymakers, educators, and employers can tailor interventions and initiatives that promote positive mental health and overall well-being. For instance, policies that support work-life balance and mental health resources may resonate more with Millennials, whereas initiatives promoting digital literacy and inclusive communities may be more relevant for Generation Z. This study utilizes a cross-sectional approach to explore happiness across Generation X, Y, and Z, utilizing a sample size of 388 participants. Of these participants, 196 belong to Generation Z, 158 to Generation Y, and 34 to Generation X. Statistical analyses, including One-Way ANOVA and post hoc tests like Tukey's Honestly Significant Difference (HSD) test, are employed to examine differences in happiness scores among the three generations. Preliminary findings indicate significant variations in happiness levels, with Generation X reporting higher levels of happiness compared to Generation Z and Generation Y. The implications of these findings extend beyond academic discourse, highlighting the evolving nature of happiness in response to changing societal norms, technological advancements, and global interconnectedness. By elucidating the factors that contribute to happiness across different generations, this study aims to contribute to a deeper understanding of human well-being in a rapidly changing world. In summary, this research seeks to illuminate the complexities of

happiness within generational contexts, offering insights into how historical, cultural, and technological factors influence individual perceptions and experiences of well-being. By fostering a nuanced understanding of generational happiness dynamics, we can pave the way for informed interventions and policies that support the happiness and flourishing of diverse societal groups.

Theoretical framework:

Understanding happiness across different generations—Generation X, Generation Y, and Generation Z—requires a comprehensive theoretical framework that explores various perspectives and dimensions of happiness. This theoretical foundation helps contextualize the study's investigation into how socio-economic, cultural, and technological factors influence happiness within each generational cohort.

Theories of Happiness:

Hedonism Theory: Hedonism posits that happiness is primarily driven by the pursuit of pleasure and the avoidance of pain (Ryan & Deci, 2001). According to this theory, individuals seek experiences that maximize pleasure and minimize discomfort or pain. Hedonic happiness is characterized by states of relaxation and contentment, where individuals feel temporarily detached from their problems (Ryan & Deci, 2001). This perspective suggests that happiness is derived from immediate gratification and positive experiences.

Desire Theory: Contrasting with hedonism, desire theory, proposed by Griffin (1986), argues that happiness results from achieving one's desires, regardless of whether these desires lead to pleasure or not. It emphasizes the fulfillment of personal goals and aspirations as central to happiness. Unlike hedonism, which focuses on immediate feelings of pleasure, desire theory acknowledges that happiness can stem from the pursuit and achievement of long-term objectives, even if they involve challenges or sacrifices.

Objective List Theory: The objective list theory expands the concept of happiness beyond subjective experiences to include objective factors that contribute to well-being. This theory suggests that happiness is influenced by external conditions such as material possessions, social relationships, and living conditions (Sen, 1985). It posits that certain objective elements, such as financial security, supportive social networks, and access to resources, play crucial roles in determining individual happiness. This perspective underscores the importance of external factors in shaping subjective well-being.

The Steen Happiness Index: Developed by Seligman, Steen, Park, and Peterson (2005), the Steen Happiness Index measures happiness through three dimensions: the pleasant life, the engaged life, and the meaningful life. This index assesses happiness based on a combination of positive emotions, engagement in activities that promote flow and fulfillment, and a sense of purpose or meaning in life. It provides a multidimensional framework for understanding happiness that incorporates both subjective experiences and broader life goals.

Subjective Happiness Scale: The Subjective Happiness Scale, developed by Lyubomirsky and Lepper (1999), evaluates global subjective happiness based on four items. Participants rate statements such as "In general, I consider myself..." on a scale from 1 to 7, reflecting their overall satisfaction with life and subjective well-being. This scale provides insights into individuals' self-perceptions of happiness, capturing both cognitive evaluations and affective experiences of well-being.

Rationale for Studying Happiness among Generation X, Y, and Z

The rationale for investigating happiness across Generation X, Y, and Z lies in the profound differences in their social, economic, and technological contexts. Each generation has been shaped by distinct

historical events, cultural shifts, and technological advancements, influencing their values, priorities, and perceptions of happiness.

Understanding these generational differences is crucial for several reasons:

1. **Mental Health Concerns:** Addressing rising mental health issues, particularly among younger generations, requires insights into the unique stressors and challenges they face in contemporary society.
2. **Generational Analysis:** Examining the specific challenges and opportunities encountered by each generation allows for a nuanced understanding of how socio-economic conditions impact their happiness and well-being.
3. **Targeted Support:** Identifying the specific support needs of different generations enables the development of tailored interventions and policies aimed at promoting mental health and enhancing life satisfaction.
4. **Quality of Life:** By exploring generational variations in happiness, this study contributes to efforts to enhance overall quality of life and societal well-being across diverse age groups.
5. **Future Planning:** Anticipating future societal needs and trends in happiness helps in formulating long-term strategies and policies that support sustainable well-being and happiness.
6. **Addressing Stereotypes:** Challenging stereotypes and misconceptions about generational happiness fosters a more nuanced understanding of the diverse experiences and perspectives within each generational cohort.

Theoretical Integration and Implications

Integrating these theories provides a holistic framework for examining happiness across generations, considering both individual subjective experiences and broader socio-cultural influences. By applying theoretical insights from hedonism, desire theory, objective list theory, and validated measurement tools like the Steen Happiness Index and Subjective Happiness Scale, this study aims to capture the multidimensional nature of happiness.

The findings from this research are expected to contribute to the academic discourse on generational dynamics and happiness, validating or challenging existing theoretical frameworks. Moreover, they are intended to inform practical interventions and policies that promote mental well-being and happiness across different generational cohorts.

In summary, this theoretical framework sets the stage for a comprehensive exploration of happiness among Generation X, Y, and Z, emphasizing the importance of understanding generational differences in shaping individual happiness and societal well-being. By examining these dynamics, this study seeks to offer meaningful insights that contribute to enhancing happiness and quality of life across diverse age groups in contemporary society.

The theory of hedonism: The hedonism theory of happiness says that all people do in fact pursue pleasure. Hedonic has a long history (Ryan & Deci, 2001). Science has also looked closely at happiness as hedonically defined- or in other words it is defined as happiness is the outcome of the pursuit of pleasure over pain (Ryan & Deci, 2001). Hedonic enjoyment is as state where individual feels relaxed and has a sense of distance from their problems and be said to feel happy (Ryan & Deci, 2001).

Desire theory: This theory was developed by (Griffin, 1986). This theory says that happiness is caused by getting what you want. It is contrary to hedonism, which says we do good things to be happy. Desire

theory proposes that fulfilment of one's desire contributes to happiness regardless of the amount of pleasure it can be positive or negative actions.

Objective list: This theory of happiness sees that happiness acquired by materialistic things. This also incorporates things in the real world that bring happiness like friends, money or a place, etc.

The Steen happiness index (Seligman, Steen, park & Peterson, 2005): It consists of 20 items. Participants read a series of statements and select the one that best describes how they are at present. Items also indicates three kinds of 'happy life'- the pleasant life, the engaged life and the meaningful life.

Subjective happiness scale (Lyubomirsky & Lepper, 1999): It consists of 4 items to assess global subjective happiness. The participants read four statements including 'in general, I consider myself...' and the individual then selects an item from 1-7.

Rationale:

Rationale for Studying Happiness among Generation X, Y, and Z Understanding happiness across different generations—Generation X, Y, and Z—is a multifaceted endeavor that requires delving into the diverse social, economic, and technological contexts that shape each cohort's experiences and perceptions. This rationale underscores the significance of exploring generational differences in happiness for informing policies, interventions, and organizational practices aimed at enhancing mental health and overall well-being.

Social, Economic, and Technological Contexts Each generation has been profoundly influenced by unique historical events, cultural shifts, and technological advancements, which have shaped their values, lifestyles, and perspectives on happiness. Generation X, born between 1965 and 1980, grew up during a period marked by significant socio-political changes and technological advancements. They experienced the transition from an industrial to an information-based economy, witnessing economic fluctuations and adapting to evolving social norms. Generation Y, also known as Millennials, born between 1981 and 1996, emerged during the rapid expansion of the internet, globalization, and heightened social awareness. This generation is characterized by a strong emphasis on work-life balance, social responsibility, and personal fulfillment. Millennials navigate a digital landscape that offers unprecedented connectivity and access to information, influencing their relationships, career choices, and perspectives on happiness. Generation Z, born from 1997 onwards, represents the first cohort to grow up entirely in the digital age, shaped by ubiquitous access to smartphones, social media platforms, and instant communication. They are known for their digital nativism, activism, and emphasis on diversity and inclusivity. Generation Z prioritizes authenticity, social justice, and environmental sustainability, reflecting their unique experiences and values in shaping their happiness and well-being.

Importance of Understanding Generational Differences in Happiness:

1. **Informing Policies and Interventions:** Studying generational happiness provides insights into the specific challenges and stressors faced by different age groups in contemporary society. For policymakers and mental health professionals, understanding which generations may be less happy can guide the development of targeted support programs. These programs can address issues such as stress management, coping strategies, and mental health education tailored to the needs of Generation X, Y, and Z.
2. **Enhancing Workplace Dynamics:** Organizations benefit from understanding generational differences in happiness to create supportive and productive workplaces. By recognizing the diverse needs, expectations, and motivations of a multigenerational workforce, employers can implement policies

that promote employee well-being and job satisfaction. Strategies may include flexible work arrangements, mentorship programs, and wellness initiatives that cater to the preferences and values of different generations.

3. **Contributing to Academic Understanding:** Research on generational dynamics and happiness contributes to the broader academic discourse by providing empirical data that validate or challenge existing theories. By exploring how socio-economic factors, cultural norms, and technological advancements influence happiness across generations, researchers can expand theoretical frameworks and propose new hypotheses. This contributes to a deeper understanding of human well-being in a rapidly changing world.
4. **Enhancing Societal Well-being:** Understanding generational happiness is essential for developing long-term strategies aimed at improving societal well-being. By identifying factors that contribute to happiness and life satisfaction among different age groups, policymakers can devise interventions that promote positive mental health outcomes and overall quality of life. This proactive approach helps anticipate future societal needs and implement sustainable well-being strategies that benefit individuals across generations.
5. **Addressing Stereotypes and Misconceptions:** Studying generational happiness helps debunk stereotypes and foster a nuanced understanding of each generational cohort. Often, stereotypes about different generations' happiness levels or attitudes may not align with empirical evidence. Research can highlight the diversity of experiences and perspectives within Generation X, Y, and Z, promoting empathy, understanding, and collaboration across age groups.

Need of the study

Mental Health Concerns: The study of happiness among Generation X, Y, and Z addresses several critical societal needs and challenges, rising mental health issues, particularly among younger generations, necessitate targeted research and interventions to promote resilience, coping skills, and mental well-being.

Generational Analysis: Understanding the unique challenges faced by each generation due to changing socio-economic conditions helps tailor support systems and resources effectively.

Targeted Support: Identifying specific support needs for different generations allows for the development of tailored interventions that address distinct stressors and enhance overall life satisfaction.

Quality of Life: Guiding efforts to enhance life satisfaction and happiness across generations contributes to building resilient communities and promoting sustainable development.

Future Planning: Forecasting future societal needs and planning long-term well-being strategies ensures that policies and interventions remain relevant and effective in addressing evolving challenges.

Addressing Stereotypes: Debunking myths and fostering a nuanced understanding of generational happiness promotes social cohesion, empathy, and inclusive societal practices.

Studying happiness among Generation X, Y, and Z is vital for understanding how socio-economic, cultural, and technological factors shape individual well-being across different age cohorts. By addressing the specific needs and challenges of each generation, policymakers, researchers, and organizations can contribute to enhancing societal well-being, fostering productive workplaces, and promoting a more inclusive and empathetic society. This research aims to provide actionable insights that support positive mental health outcomes and contribute to a holistic approach to happiness and quality of life improvement in contemporary society.

Literature review

Understanding happiness and well-being among different generations—Generation X, Y, and Z—requires exploring a diverse array of studies that examine how socio-economic, cultural, and technological factors shape individual perceptions and experiences of happiness. This literature review synthesizes findings from various research articles to provide insights into the differences and similarities in happiness across these generational cohorts within the contexts of work, values, spirituality, communication styles, and personality traits.

Comparative Studies on Happiness and Well-being

- Phasuk, Padcharee, & Aditipayangkun, Phudinan (2024) further explored the economic dimensions of happiness at work among Generation X and Y academic staff in Bangkok. They found that workload, social acceptance, self-improvement, and job development significantly correlate with economic happiness at work, underscoring the importance of organizational support and career advancement in enhancing job satisfaction across generations.
- Sana, Sana, Anwar, Sana, & P, Rashmi (2024) Sana et al. (2024) investigated gratitude and spirituality among Generation X, Y, and Z, noting higher levels of these traits among females across all generations. Their study highlighted the role of spirituality in enhancing well-being and personal fulfillment, suggesting gender-specific differences in spiritual practices and their impact on happiness across generational cohorts.
- Hee, Lee, & Yeojin, Yi (2023) Hee and Yi (2023) examined work values and communication styles among Generation X, Y, and Z nurses, finding no significant intergenerational differences in communication types. However, they identified distinct communication preferences between Generation Z and older cohorts, reflecting generational shifts in workplace interaction and collaboration styles.
- UMUL, Cansu, & Güloğlu, Berna (2023) UMUL and Güloğlu (2023) explored personality traits, interpersonal conflict resolution strategies, and coping skills among Generation X, Y, and Z. Their research highlighted significant differences in personality traits across generations, while noting similarities in coping mechanisms such as social support and emotional regulation. These findings underscored the complex interplay of individual characteristics and generational influences on psychological well-being.
- Tsitsipis, G., & Galanakis, M. (2023) Tsitsipis and Galanakis (2023) assessed happiness and well-being across generations, focusing on the role of technological adaptation and socio-economic status. Their study provided insights into how technological advancements and economic conditions influence subjective well-being among different age groups.
- Khan, Aarushi, Aleem, Sheema, & Walia, Trisha (2021) Khan et al. (2021) conducted a study comparing the well-being of Generation X, Y, and Z in the Indian context. Their findings suggested that while there are differences in the measures of happiness and well-being among these generations, overall, they exhibit similar levels of well-being. This study underscores the resilience and adaptability of different generations in navigating socio-cultural changes despite varying external pressures.
- Sarikaya, Onur, Uzunbacak, Hasan Huseyin, & Akcakanat, Tahsin (2021) Sarikaya et al. (2021) compared the general attitudes and beliefs of Generation X, Y, and Z, highlighting significant differences in their preferences for fairness, achievement, and comfort. This study emphasized the

evolving societal norms and values that influence happiness across different generational cohorts, suggesting diverse outlooks shaped by socio-economic contexts and cultural shifts.

- Siddiqi, Nasrina, & Mishra, Sneha (2018) Siddiqi and Mishra (2018) conducted a comparative study of Generation Y and Z, revealing substantial differences in external locus of control, agreeableness, and emotional stability. Their findings indicated that generational differences moderate the relationship between internal locus of control and happiness, highlighting varying psychological dynamics and coping mechanisms across different age groups.
- Abror, Robby, Sofia, Nanum, & Sure, Suci (2020) Abror et al. (2020) investigated happiness among Generation X, Y, and Z in the era of gadgets, focusing on the influence of individualism. Their study revealed nuanced differences in how each generation perceives happiness in a technologically advanced society. Generation Z, having grown up immersed in digital connectivity, exhibited unique perspectives on personal freedom and self-expression compared to older generations.
- Furnham, Adrian, & Cheng, Helen (2000) Furnham and Cheng (2000) investigated lay theories of happiness, exploring common beliefs about self-regulation and happiness-enhancing behaviors. Their study underscored the cultural and societal influences on perceived happiness strategies, providing insights into how generational attitudes and behaviors contribute to subjective well-being.

Research Question

"Is there a difference in happiness among Generation X, Generation Y, and Generation Z".

Research Gap

- There is a notable gap in comprehensive research that systematically compares happiness determinants and experiences across Generation X, Y, and Z. Existing studies often focus on specific aspects of well-being or single generational cohorts.
- This research aims to address this gap by providing a comparative analysis of happiness across these three generations. It seeks to explore and understand the unique socio-economic, cultural, and technological contexts that shape their respective experiences of happiness.

Methodology

Aim: The aim of this study is to explore and compare happiness among Generation X, Generation Y, and Generation Z.

Objectives:

1. To compare and contrast generational differences in happiness.
2. To analyse how happiness determinants, differ between Generation X, Generation Y, and Generation Z.

Hypotheses

- **H0:** There is no significant difference in the level of happiness among Generation X, Generation Y, and Generation Z.
- **H1:** There is a significant difference in the level of happiness among Generation X, Generation Y, and Generation Z.

Variables

- **Independent Variable (IV):** Generation X, Generation Y, and Generation Z.
- **Dependent Variable (DV):** Happiness.

Generational Definitions

- **Generation X:** Individuals born between 1965 and 1980. This generation experienced significant socio-political changes, technological advancements, and economic shifts from an industrial to an information-based economy.
- **Generation Y (Millennials):** Born between 1981 and 1996, Millennials witnessed the advent of the internet, globalization, and place high importance on social responsibility, work-life balance, and personal development.
- **Generation Z:** Born between 1997 and the present, Generation Z grew up with pervasive technology like cell phones and social media. They are characterized by rapid technological progress, heightened social awareness, and a strong emphasis on diversity and inclusion.

Conceptual Framework of Happiness: Happiness is a complex and subjective emotional state encompassing feelings of joy, contentment with life, and a sense of purpose. It is influenced by various factors including individual behaviors, work satisfaction, social interactions, genetic predispositions, and broader societal conditions.

Sampling: The study targeted individuals from Generation X (1965-1980), Generation Y (1981-1996), and Generation Z (1997-present) who are proficient in English. The sample size comprised 388 participants recruited using snowball sampling techniques and a Google survey form.

Inclusion Criteria

- Participants belonging to Generation X, Y, and Z.
- Proficiency in English to ensure accurate comprehension and response to the questionnaire.
- Indian population to maintain cultural relevance and context.

Exclusion Criteria

- Individuals outside the specified generational ranges (Generation Z and above Generation X).
- Participants lacking sufficient proficiency in the English language.
- Non-Indian population due to cultural and contextual specificity.

Tools:

Oxford Happiness Index Scale: Developed by Michael Argyle and Peter Hills (2002), this psychological tool consists of 29 items measured on a Likert scale (1-6). It assesses an individual's happiness across various domains and has demonstrated high reliability (Cronbach's alpha > 0.80) and validity in correlating with other happiness measures.

Procedure:

1. **Data Collection:** Participants completed the Oxford Happiness Questionnaire via an online Google survey form, indicating their agreement with statements on happiness.
2. **Data Analysis:**
 - Descriptive statistics were used to summarize happiness scores for each generational group (Generation X, Y, Z).
 - One-Way ANOVA was employed to determine if there were significant differences in happiness scores between the generational groups.
 - Post hoc Tukey's HSD tests were conducted to identify specific pairwise differences in happiness scores between Generation X, Y, and Z.

RESULTS:

Descriptive statistics revealed the distribution of participants across Generation Z (196), Generation Y

(158), and Generation X (34). The One-Way ANOVA indicated a statistically significant difference in happiness scores across the three generations ($F(2, 385) = 26.805, p < .001$). Post hoc comparisons using Tukey's HSD test further revealed specific differences:

- Generation Z vs. Generation X: mean difference = -0.744, $p < .001$
- Generation Y vs. Generation X: mean difference = -0.661, $p < .001$
- No significant difference between Generation Z and Generation Y ($p = .329$).

This methodology provides a structured approach to investigate and compare happiness among different generations, contributing to a deeper understanding of how socio-economic, cultural, and technological contexts influence well-being across generational cohorts.

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
Age	386	17	61	27.38	8.824
Valid N (listwise)	386				

Table:1 shows descriptive statistics.

Descriptives								
N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum	
				Lower Bound	Upper Bound			
1.00	196	4.244194	.5207993	.0371999	4.170828	4.317560	3.10344	5.65517
		22944	97502	56964	32361	13528	8276	2414
2.00	158	4.327804	.5128335	.0407988	4.247219	4.408389	3.17241	5.89655
		45220	03713	42945	01975	88465	3793	1724
3.00	34	4.988843	.8103268	.1389699	4.706107	5.271580	3.13793	6.20689
		81335	45223	07459	41074	21596	1034	6552
Total	388	4.343494	.5839840	.0296472	4.285204	4.401784	3.10344	6.20689
		48988	76803	99644	55533	42443	8276	6552

Table: 2 shows descriptives.

Anova					
	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	16.132	2	8.066	26.805	<.001
Within Groups	115.850	385	.301		
Total	131.981	387			

Table: 3 shows Anova.

Post Hoc Tests

(I) Age code dummy	(J) Age code dummy	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
					Lower Bound	Upper Bound

1.00	2.00	-.083610222759	.058649216269	.329	-	.05438043579
	3.00	-.744649583909*	.101909245199	<.001	-	-.50487615211
2.00	1.00	.083610222759	.058649216269	.329	-	.22160088131
	3.00	-.661039361150*	.103705018547	<.001	-	-.41704080986
3.00	1.00	.744649583909*	.101909245199	<.001	.50487615211	.98442301571
	2.00	.661039361150*	.103705018547	<.001	.41704080986	.90503791244

Table: 4 shows Multiple Comparisons Dependent Variable: Total Turkey HSD.

Homogeneous Subsets

Age code dummy	N	Subset for alpha = 0.05	
		1	2
1.00	196	4.24419422944	
2.00	158	4.32780445220	
3.00	34		4.98884381335
Sig.		.626	1.000

Table: 5 shows Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 73.452.

b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

Discussion:

The study’s descriptive statistics and subsequent analyses provide insight into the differences in happiness scores among three generational groups: Generation z, Generation y, and Generation x. Here’s a detailed discussion based on the provided results:

Group 1 (generation z): 196, Group 2 (generation y): 158, Group 3 (generation x): 34 participants. A One-Way Anova Analysis of Variance (ANOVA) was conducted to examine whether there is statistically significant differences in the total scores of happiness among three generational groups. The results are as follows: $F(2,385) = 26.805$ which indicates the ratio of the variance between the groups to the variance within the groups. $P < .001$, indicates that the difference in happiness score between the groups is statistically significant. The significant F-ratio suggests that at least one of the generational groups differs significant from the others in terms of happiness score. However, it does not specify which groups are different from each other. Post Hoc Comparison using Tukeys HSD Test which was used to determine which specific groups differed from each other, post hoc comparisons using HSD test were performed. The results indicate that:

Generation z vs. Generation x: the mean difference = 0.744 and $p < .001$, this result indicates that generation z has significantly lower happiness scores compared to generation x.

Generation y vs. Generation x: the mean difference = 0.661 and $p < .001$, the result indicates that generation y also has significantly lower happiness scores compared to generation x.

Generation z vs. Generation y: there is no significant difference ($p = .329$), this result indicates that there is no statistically significant difference in happiness scores between generation z and generation y.

Implication of the study:

- These findings could have various implications. For instance, generation x might have more stable life circumstances, higher levels of life satisfaction due to more established careers and personal lives, or different social and economic contexts compared to the younger generation.
- On the other hand, generation z and generation y might be experiencing more stressors related to their stages of life, such as career uncertainty, economic instability, and social pressures.

Limitation of the study:

- Sample Size Disparity: unequal group sizes may bias result
- Self-reported data: subject to biases like social desirable and recall bias.
- Cross-sectional design: cannot establish causality or track changes over time.
- Cultural and societal context: may not account for varying external influences on happiness.
- Confounding variables: lacks control for factors like income, employment, education, and health.
- Generational stereotypes: oversimplifies differences by attributing them to generational identity alone.

Recommendation for future research:

- It would be beneficial to investigate the underlying factors contributing to these differences. Factors such as economic conditions, social media influence, work-life balance, and societal expectations could be explored to understand why generation z and generation y report lower happiness levels.

Conclusion:

The statistical analysis reveals significant generational differences in happiness scores with generation x being significantly happier than both generation z and generation y. However, there is no significant difference in happiness between generation z and generation y. these findings highlight the importance of considering generational contexts when addressing issues related to happiness and well-being.

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