AN EMPERICAL STUDY ON STUDENT HAPPINESS IN PUBLIC HIGHER UNIVERSITY AMONG STUDENTS UITM KOTA BHARU

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Abstract: *Happiness is currently one of the primary indicators of social progress in modern society, particularly among students at higher learning institutions. The study examines the relationship between family factors, lifestyles, social and motivation, with happiness index. The issue of happiness in students has been debated among academician's f practitioners, and policy makers nowadays. This is because the concept of happiness is very likely to help guide progress towards sustainable development. Whereas sustainable development entails all parties especially public and private students to balance society, social and environmental objectives in a holistic manner. When students pursue society wealth in a lopsided manner, overriding social and environmental objectives, the results often negatively impact human wellbeing inside and outside students such as employees, customers and communities. Therefore, there is a strong need for students to ensure the sustainability of their development by understanding the level of happiness of their feeling. However, evaluating happiness could be inconclusive since available measurements were one-dimensional and non-academically validated. Hence, the objective of this study is to propose a systematic measurement of student happiness index that is conceptualized using 3-dimensional Authentic Happiness theory which to be operationalized in service industries settings as these industries employ substantial*

number of human resources. This study also aims to quantitatively produce the index for each participating service student besides analyzing the identified research framework using structural equation modeling, where studies emphasizing such an approach are relatively scarce.

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Introduction

Background of the study

Happiness, according to Oxford Advanced Learner's Dictionaries (2019) is the state of feeling or showing pleasure and the state of being satisfied that something is good or right. In recent years, happiness received broader attention in the educational literature. Past researchers have proven that happy people are more active, imaginative, healthier, more productive, and more sociable (Lyubomirsky et al., 2005). In consequence, as proclaimed by Lesani et al. (2016), happiness is considered an important part of the quality of life and is above all the wealth. Having said that, Ziapour et al. (2018) quoted, "The significance of happiness doubles when it comes to lively strata of university students" (Hills & Argyle, 2002; Kamthan et al., 2019; Yusof et al., 2021). Therefore, Being happy from inside is the utmost necessity to be healthy, to cultivate in professional life and ultimately helping the mankind. Medical students are more engaged in academics as compared to other students in the university because of concrete inculcation and work conditions. Happiness is a very important factor in human life. A happy person has always good feelings about himself and others. Because of this internal happiness, one discards desolation, accepts flaws, never forgets learning, is always honest with oneself and others, lives in the present time and is firm against troubles.[1] Happiness is a intellectual status of well-being described by constructive sentiments ranging from gratification to intense joy (Kamthan et al., 2019).

Problems statement

Properly diagnosed the perceptions of well-being at work and identify the major antecedents consist of relevant issues from both managerial and academic standpoints. It is known that the advancement of knowledge about a phenomenon depends on valid and reliable measuring instruments. Although well-being has received consistent attention from social and studental researchers (Warr, 2007), the main theoretical proposals and measures focus on general well-being and do not include the well-being in specific contexts, such as at work (Diener, Emmons, Griifn, & Larsen, 1985; Waterman et al., 2010; Watson, Clark & Tellegen 1988). When investigated in the work context, well-being tends to be assessed by the absence of negative experiences (Luthans, 2002). Moreover, the existence of two main perspectives in the study of well-being, hedonic (affective) and perceptions of fulfillment and personal accomplishment (cognitive), favor the dichotomy between such experiences (Fave, Brdar, Freire, VellaBrodrick & Wissing, 2011). Studies and measures tend to focus on one or another element of well-being, failing to include important dimensions to its understanding.

Research objective

Identifying factors that influence student happiness: Understanding the personal, familial, and social factors that contribute to happiness in university students can help educational institutions develop strategies to improve their well-being

Research question

1 Does Family factors influence with happiness index among students?
2 Does Lifestyle influence with happiness index among students?
3 Does Social Relationship influence with happiness index among students?
4 Does Motivation to study influence with happiness index among students?

Scope of the study

The scope of this study is focussing on student from in University of Technology Mara in Campus Kota Bharu Kelantan. This is because we want to know how many students in this campus are having mental issues about happiness which is factor that effect that happiness. Nowadays there are lots of student that are facing these issues, but they are confused and doesn't know about how and what the biggest factors. So, this study can help University to identify which student are facing the problem and will help them to identify the problem.

Literiture Review

Happiness Index

Understanding the science of happiness was a focus of old philosophers. The Greek philosopher Aristippus held that the sum of the hedonic experiences and phases in our lives is what defines happiness in the beginning of the fourth century BC (Ryan &Deci (2001). According to Aristotle, happiness is made up of at least two elements: eudaimonia, which is leading a good life, and hedonia, which is pleasure (Kringelbach & Berridge, 2010). A fundamental concept of happiness, as seen as the sum of pleasures, was put out by philosophers such as Baldwin, Locke, and subsequently Bentham in the eighteenth century (Tatarkiewicz, 1975, p. 34).This concept has never been fully accepted as it takes into account the person's claim that they are happy independent of virtual criteria (Veenhoven, 1984).

Joy and pleasure are feelings of happiness, and many people strive for it.It is everyone's right to be content and to enjoy life. According to Nelson-Coffey (2020), happiness is the term used to describe the pleasant feelings people experience when they engage in enjoyable activities on a regular basis. These happy-making feelings, which come in a variety of forms including joy, solace, thankfulness, hope, and inspiration, raise happiness and grow. According to Veenhoven (2012), a significant life objective that many people and politicians aspire to fulfill is happiness. It is crucial to comprehend the many ideas around the concept of happiness in order to quantify it and create plans to attain it.

According to Lee and Kawachi (2019), happiness was found to be associated with many life aspects such as personal values, family, and other social relationships, however it was found to be adversely related to extrinsic achievements, wealth and power, or enjoying a healthy body. The joint efforts of (Lyubomirsky et al., 2005) provided a number of research papers that demonstrated the correlation between happiness, or good affect, and several favorable outcomes, including greater work performance, higher incomes, and improved health . This study looked at the disparities in happiness levels by gender in order to investigate the relationship between higher education students' academic achievement and happiness level. For this study, happiness can be defined as a feeling of pleasure and positivity when individuals have balanced emotions, feel satisfied with their current situation, and developing a purposeful life.

Literature Review

Family factors

Family factors play a significant role in determining a person's happiness and overall well-being. Studies have shown that strong, positive family relationships contribute to higher happiness levels. Family members provide emotional support during tough times, offering encouragement, empathy, and understanding. A sense of belonging and emotional security within the family enhances happiness. The structure of the family, whether nuclear, extended, single-parent, or blended, can influence happiness. It's not the structure itself but the quality of relationships within the family that matters most. Supportive, nurturing environments contribute positively to happiness.

Lifestyle

Lifestyle factors such as physical activity, smoking habits, and alcohol consumption, which are often included in lifestyle scores, along with the quality of diet, have been associated with various health outcomes, including anthropometric indices. In addition to physical health, happiness levels, which are indicators of mental health and life satisfaction, have been associated with dietary behavior and diet quality and have also been positively correlated with lifestyle scores. Life satisfaction is a judgmental and cognitive process (Diene, Emmons, & Larsan, 1985) in which individuals assess the merits of their lives in light of a number of factors. Life satisfaction is the subjective assessment of one's overall quality of life or of particular areas of it, such as family and educational experiences; it is the result of striking a balance between one's goals and their current circumstances.

Social Relationship

Social relationships can sometimes lead to negative feelings through comparison (social media, income, status) (Mohammadi Mehr et al., 2019; Mukhopadhyay et al., 2022; Sholeh, 2017; Trudel-Fitzgerald et al., 2019). This effect can diminish happiness when individuals focus on how they measure up to others. In healthy, supportive social relationships are a critical determinant of happiness and are often reflected in the happiness indexes used globally. Countries with strong social networks and support systems often report higher happiness scores, while social isolation tends to lead to lower happiness levels. Social relationships have effect on the happiness of one's life. This finding is different from the results of the study Prasetyo (2015) which says that a person's happiness is affected their social relationships with others as well as the full involvement.

Motivation

A commitment that is naturally satisfying or enjoyable is referred to as having intrinsic motivation. Since intrinsic motivation is not utilitarian by nature, it is no longer imaginable to behave only out of a desire to minimise negative effects on oneself (David, 1974). Happiness and intrinsic motivation are significantly positively correlated. The study's findings demonstrate that intrinsic characteristics strongly affect happiness (Ying, Mohamad, Wen, & Ann, 2019). The research of Sofiah, Jain, and Fauziah (2013), which outlined the existence of a link between intrinsic motivation and happiness, supports this. According to earlier research (Guillen-Royo & Kasser, 2015), happy persons had higher levels of intrinsic motivation.

Conceptual Framework
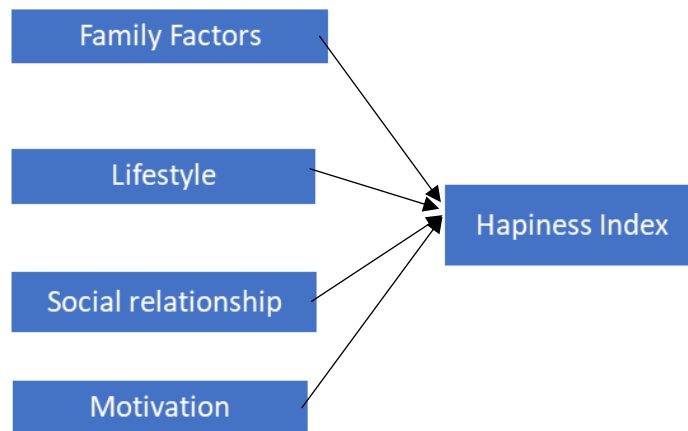
The research framework for the Happiness Index is based on a comprehensive survey instrument that assesses happiness, well-being, and aspects of sustainability and resilience The index includes domains such as satisfaction with life, positive and negative experiences, domain satisfaction, psychological well-being, health, time balance, community vitality, social support, and access to education, arts, and culture. It is unique in that it allows for customization for a target population, addition of custom questions, and access to data for comparison. The framework aims to contribute to a new paradigm of sustainability, social justice, and happiness. Additionally, research studies have been conducted to determine the association between the happiness index and demographic data, academic achievement, and educational level among nursing students. These studies provide insights into the factors influencing the happiness of students and the general population, contributing to a deeper understanding of the complex interplay between lifestyle, external circumstances, and subjective happiness.

Development of Hypotheses

Family factors and Happiness Index
Several studies have highlighted the significant impact of family factors on happiness. For instance, a survey of university students found that frequent contact with family and a harmonious relationship with parents were associated with increased happiness. Additionally, a systematic literature review emphasized the influence of family functioning on children's and adolescents' happiness. Furthermore, a grounded theory study in a Southeast Asian city identified family circumstances and familial happiness as factors affecting individual happiness. Moreover, a global happiness survey revealed that family is one of the key elements contributing to people's happiness. However, it's important to note that the relationship between parenthood and happiness is complex and can be influenced by various factors such as marital status, income, and education.

So, the researcher developed a hypotheses ;
  H1= There is positive relationship between family factors on Happiness index
  H0= There is no positive relationship between family factors on Happiness index

Lifestyle and Happiness Index
The relationship between lifestyle and the happiness index has been the focus of several research studies. These studies have aimed to determine the relationships between facets of lifestyle, such as physical health and exercise, psychological health, substance use, and

nutrition, and subjective happiness among university students. Additionally, the Happiness Index is a comprehensive survey instrument that assesses happiness, well-being, and aspects of sustainability and resilience. It includes domains such as satisfaction with life, positive and negative experiences, domain satisfaction, psychological well-being, health, time balance, community vitality, social support, and access to education, arts, and culture. The index is unique in that it allows for customization for a target population, addition of custom questions, and access to data for comparison. These findings and the framework of the Happiness Index highlight the interconnectedness of lifestyle and well being, providing a holistic approach to understanding and measuring happiness.

So, the researcher developed a hypotheses ;

H1= There is positive relationship between Lifestyle on Happiness index

H0= There is no positive relationship between Lifestyle on Happiness index

Social Relationship and Happiness Index

Numerous research investigations have provided enough documentation of the correlation between the happiness index and social ties. These research continually point to the importance of social ties in determining happiness and life satisfaction. Frequent social connections and self-reported happiness were shown to be strongly correlated by the World Values Survey (WVS), which gathered data from participants on their social interactions and happiness. Furthermore, studies from Stanford University's Center for Compassion and Altruism Research and Education highlight the link between fulfilling relationships and longer life expectancy and improved health in addition to happiness. Additionally, a research that was posted on the Pursuit of Happiness website looked at what variables led to high levels of happiness and emphasized the significance of fulfilling social relationships as a happiness-enhancing component. These findings collectively underscore the significant impact of social relationships on individual happiness and well-being, providing valuable insights for understanding and measuring the happiness index.

So, the researcher developed a hypothesis;

H1= There is positive relationship between Social Relationship on Happiness index

H0= There is no positive relationship between Social Relationship on Happiness index

Motivation to study and Happiness Index

Several research papers have examined the link between the Happiness Index and study motivation. Finding out how student motivation, happiness, and academic success are related has been the focus of these research. A research conducted at a polytechnic university, for instance, examined the connection between poor science achievers' satisfaction and their ambition to learn the subject using Science Direct. Further study, as reported in a Forbes article, underscored the advantages of education and curiosity in broadening one's perspectives and enhancing pleasure and delight.Moreover, an investigation on Research Gate sought to ascertain the correlation among high school pupils' academic accomplishment, contentment, and intrinsic motivation. Together, these results highlight the importance of study motivation for students' happiness and wellbeing as well as the advantages of learning and curiosity in raising happiness levels.

So, the researcher developed a hypotheses;

H1= There is positive relationship between Motivation to study on Happiness index

H0= There is no positive relationship between Motivation to study on Happiness index

Methodology

Study Design
A quantitative cross-sectional study was conducted among full-time nursing students in UiTM Kota Bharu Campus. This design was applied as its enable the researcher to collect data from many different individuals at a single point in time and inexpensive.

Sampling Method
The convenience sampling method was used in this study. This method was applied as considering the availability of the students during the data collection phase because some of them were no available due to clinical posting. Also, due to time limitation, this method was considered the best approach to be applied during that particular time.

Participants
A Hundred and sixty-one (n=161) students have been recruited in this study. The respondents involved are the ones that willingly participate and are based on the inclusion and exclusion criteria fixed in this study. After ethics approval has been granted (600-IRMI-6/1//6), the self-report questionnaires were distributed to the respondents. Consent was obtained along with the questionnaire. All the participants were informed of the purpose of the study and were assured of confidentiality.

Instrument
The research instrument used was based on the self-report questionnaire is an open access questionnaire adapted from The Oxford Happiness Questionnaire by Argyle and Hills (2002). The questions consisted of 29-items that apply a 6-point Likert scale response format from strongly disagree=1 to strongly agree=6, with the higher scores corresponding to higher levels of happiness. From 29-items, 12 are negatively worded items marked with (R) require reverse coding before summing of individual item scores to calculate the total happiness scores. This instrument was chosen as it was the appropriate questionnaires to evaluate the participants' perception towards their own happiness index. From this questionnaire, the researchers have identified the happiness index among nursing students in UiTM, Kota Bharu Campus.

Statistical analysis
Data entry and statistical analysis were carried out using excell, version 25. The methods used for analysing the data were the Descriptive Statistical Test. For categorical data, presented in frequencies and percentages form. The chi-square test was used to determine the association between happiness index and demographics data. All results were presented in figure and table in results and discussion section.

Findings

In this study, the researcher used the survey technique method which is a quantitative research method which the primary data is obtained through survey with the selected samples and referred to as the first information or data originally obtained by the researcher on the variable. Researcher decided to use questionnaire forms as a method of collecting data. The research conducted questionnaires technique with the selected student from Islamic Banking of UiTM Kota Bharu, Kelantan as the respondent regarding the questionnaire

List of Questionnaire

Family factor

		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
	Contact with family	1	2	3	4	5
	Relation with parent	1	2	3	4	5
	Relation with siblings	1	2	3	4	5

Social Factor

		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
	Exam Score	1	2	3	4	5
	Living Expenses	1	2	3	4	5
	Health Status	1	2	3	4	5

Lifestyle

		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
	Living Expences	1	2	3	4	5
	Sleeping Habit	1	2	3	4	5
	Relationship with Friend	1	2	3	4	5

Motivation to study

		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
	Self interest	1	2	3	4	5
	Family Factor	1	2	3	4	5
	Financial	1	2	3	4	5

Happiness Index Among Student(DV)

Hapiness Index about future

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
I am not particularly optimistic about the future	1	2	3	4	5
I feel that the future isoverflowing with hope andpromise.	1	2	3	4	5
I feel I have so much to lookforward to					
I feel that the future isoverflowing with hope andpromise	1	2	3	4	5

Hapiness Index about self confidence

		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
	I am comfortable with the way I look	1	2	3	4	5
	I am happy in the career that I am in	1	2	3	4	5
	I feel lost in a room full of people					
	I can strike up conversations with strangers					
	I am satisfied with whatever I have	1	2	3	4	5

Happiness index about other people

|		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
	I rarely allow people to get close to me	1	2	3	4	5
	I find beauty in daily objects	1	2	3	4	5
	I enjoy visiting family and friends I have a cheerful effect on people	1	2	3	4	5
	I have a cheerful effect on people	1	2	3	4	5
	I rarely trust people	1	2	3	4	5
	How happy you when you involve with other people	1	2	3	4	5

Descriptive Analysis
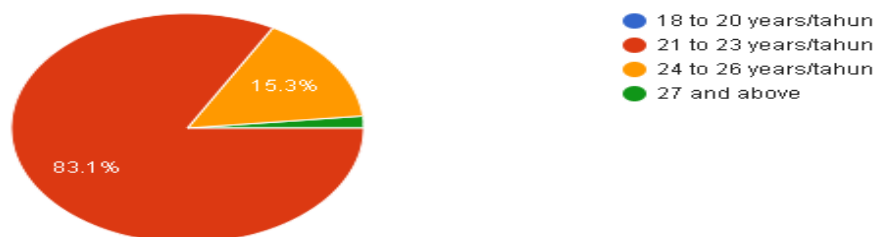
In the chart above, that show the age distribution of our survey respondents is displayed in the graph above. There are 4 age groups. The higher respondent is twenty-one until twenty three years old. This is because we have classmates who are round the same age as the respondent.

Gender

59 responses

- Male/Lelaki
- Female/Perempuan

62.7%
37.3%

The gender distribution of our survey respondents is displayed in the graph above. Greater number of women than men in this sample. This is a result of the proportion of women to men in the population at UiTM, Kota Bharu.

Semester

59 responses

- 1
- 2
- 3
- 4
- 5
- Option 6

30.5%
45.8%
8.5%
13.6%
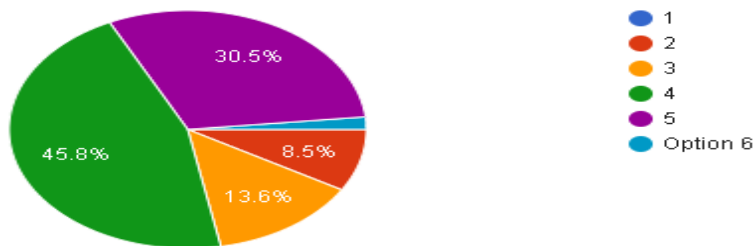
For the semester common around people from semester 4 as the classmate and following people from semester 5

Progamme
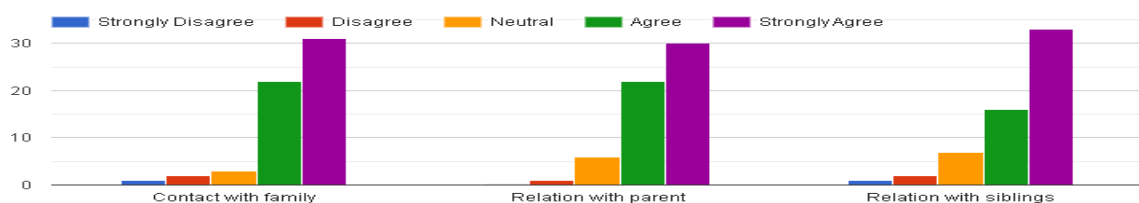
59 responses

- BA240
- BA242
- BA249
- BA250
- CS241
- CS291

20.3%
54.2%
11.9%
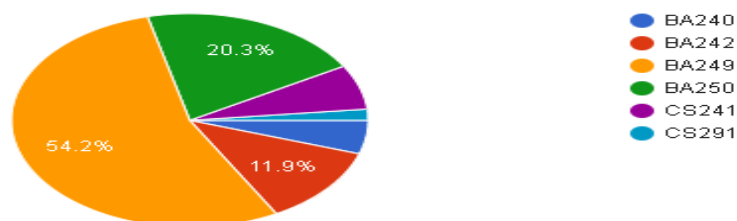
The programmed in degree student is displayed in the above graph. The graph displays the respondents' highest ba249. Consequently, we have a lot in common with the ba249 group.
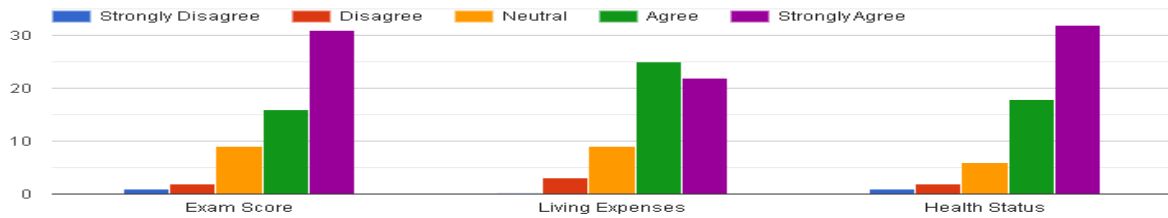
Family factor

582

Based on bar chart in family sector from 59 respondent has strongly agree about family factor is sources about happiness in life student which contain all strongly agree about contacy with family and also with sibling
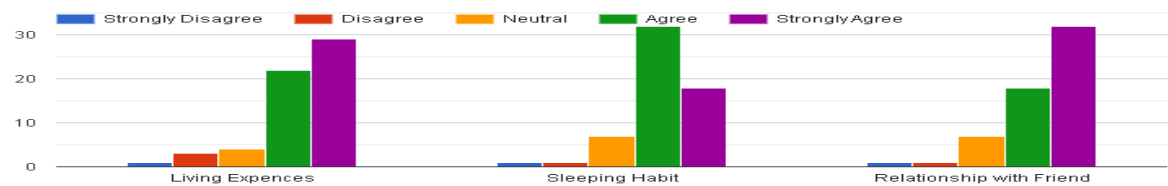
Social Factor

In this chart we can conlude the social factor that mainly effect the happiness is exam score following with the health status. How ewer with living expences maybe some of then has make a loan to reduces burden
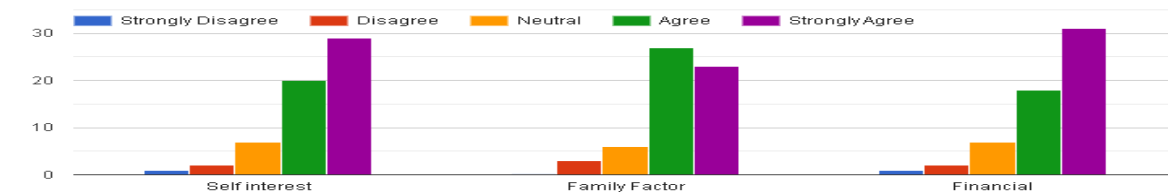
Lifestyle

Lifestyle chart is means way the life as we can we maybe some of them student in uitm kota bharu make some lone but living expences now a day really high maintainance n with also agree with late sleep can bring harm and also effect the relation with friend
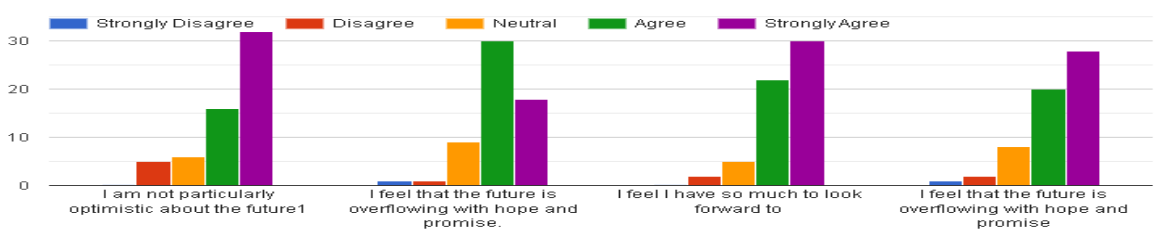
Motivation to study

Motivation to study is one different that has been request and separately agree it came with agree in term self-interest ,family factor and financial like problem in family
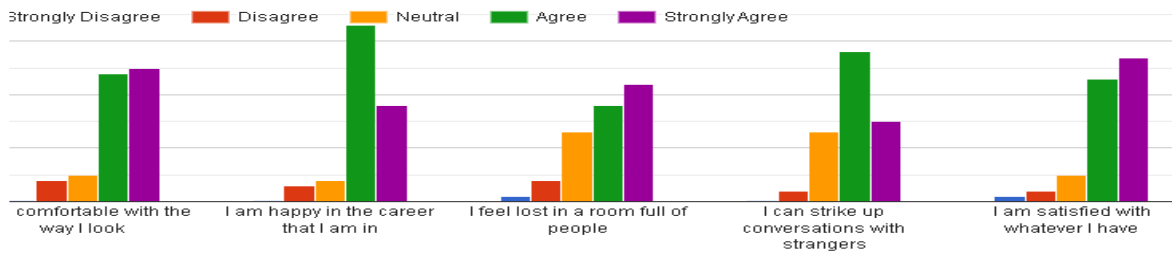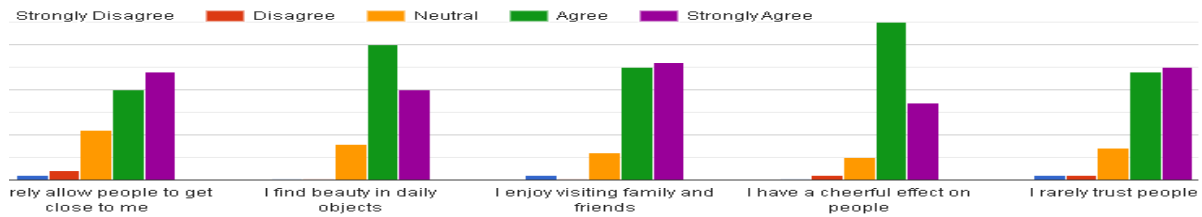
Hapiness Index about future

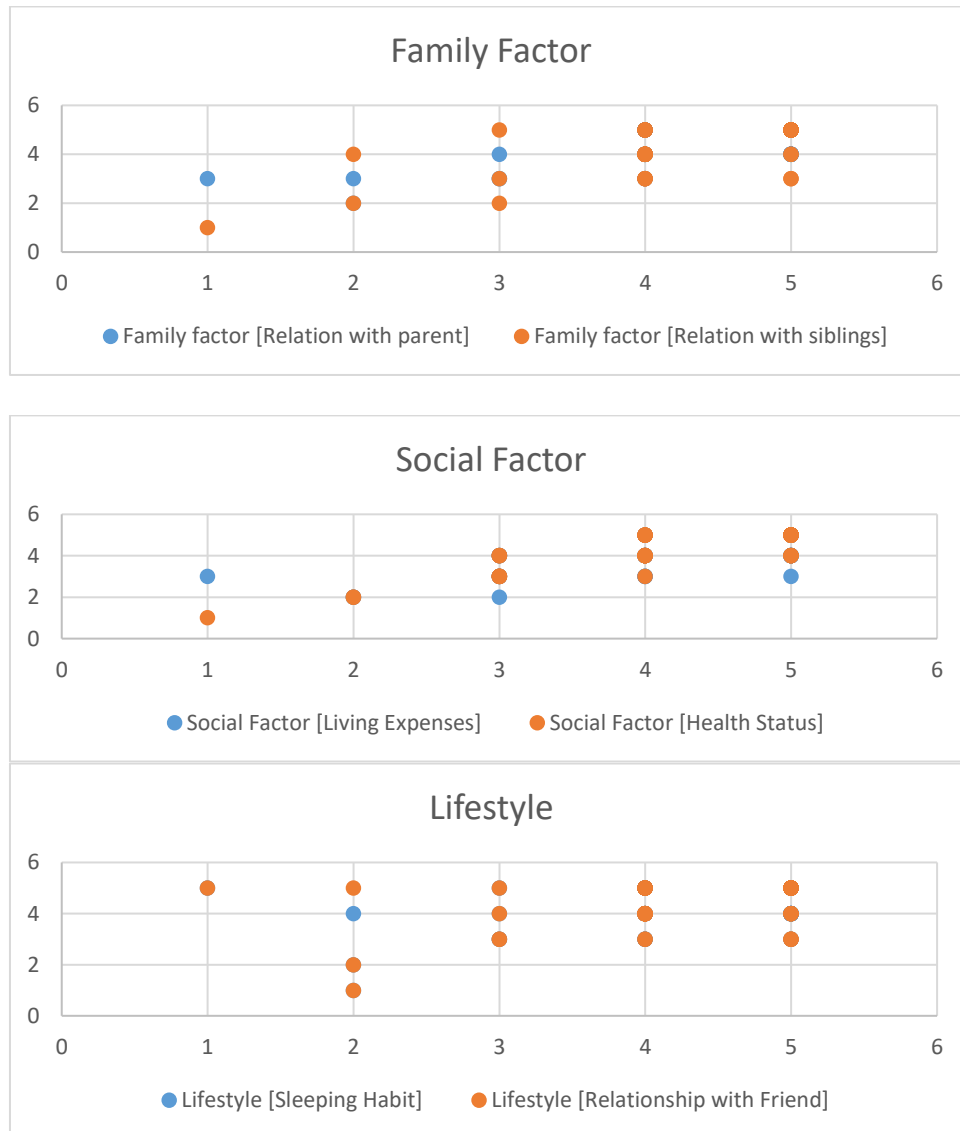Hapiness Index about self confidence   Copy

Strongly Disagree   Disagree   Neutral   Agree   Strongly Agree

comfortable with the way I look | I am happy in the career that I am in | I feel lost in a room full of people | I can strike up conversations with strangers | I am satisfied with whatever I have

Hapiness Index about other people   Copy

Strongly Disagree   Disagree   Neutral   Agree   Strongly Agree

rely allow people to get close to me | I find beauty in daily objects | I enjoy visiting family and friends | I have a cheerful effect on people | I rarely trust people

Residual Plot

Family Factor

● Family factor [Relation with parent]   ● Family factor [Relation with siblings]

Social Factor

● Social Factor [Living Expenses]   ● Social Factor [Health Status]

Lifestyle

● Lifestyle [Sleeping Habit]   ● Lifestyle [Relationship with Friend]

Mulriple Regression

Regression Statistics	Column1
Multiple R	0.93216661
R Square	0.8689346
Adjusted R Square	0.86425369
Standard Error	0.21404701
Observations	59

Analysis	Details	Interpretation
Multiple R	- Value range: - -1 < r < 1 - If value > 0: positive correlation - If value < 0: negative correlation - If value = 0: no correlation	Multiple R = 0.93216661 The value is > 0 therefore, there is positive correlation between Family factor, social factor ,Lifestyle and Motivation to study
R-squared (R^2)	- Value range: $0 < R2 < 1$ - Variation in the DV explained by IV - Interpret in % - If value is closer to 1< indicates a better fit	R2 = 0.8689346 99.58% changes in Hapiness Index Among uitm student kota bharu
Observation	- Sample size - The number of observations	Sample size = 59 observation

Anova

	df	SS	MS	F	Significance F
Regression	2	17.01004	8.505021	185.6338	1.95E-25
Residual	56	2.565703	0.045816		
Total	58	19.57574			

Analysis	- Details	Interpretation
F-Test	- To test the significance of regression - H0: β1 = 0 - H1: β1 ≠ 0 - Significance F is referring to p-value	- H0: β1 = 0 - H1: β1 ≠ 0 - Significance F =1.95E-25 - Significance F = p-value > 0.05 - Decision: Fail toreject H0 - Conclusion: Communication, commitment and perception of Happiness index

	- If p-value < 0.05, - Reject H0 - If p-value >0.05 - Fail to reject H0	- ꜱ... is statistically significant in explaining the factor that contribute toHappiness index

Residual Output

Observation	Predicted dv p	Residuals	Standard Residuals
1	2.922504464	0.077495536	0.368457594
2	3.731660944	0.135005722	0.641893534
3	3.896443454	-0.16311012	-0.775517734
4	3.87317279	0.12682721	0.603008263
5	3.845741143	-0.37907448	-1.802334385
6	3.885848367	0.180818299	0.859712426
7	3.706309789	0.027023544	0.128485209
8	4.162630585	-0.02929725	-0.1392957
9	4.327413095	-0.3274131	-1.556706968
10	3.947145765	0.052854235	0.251298917
11	3.744336522	0.188996811	0.898597697
12	4.428817717	0.104515617	0.496926333
13	3.501420055	-0.23475339	-1.116150334
14	4.046469895	0.086863438	0.412997896
15	4.240764542	-0.30743121	-1.461701785
16	4.173225672	-0.37322567	-1.77452586
17	4.299981449	0.166685218	0.792515766
18	4.971787066	0.028212934	0.13414024
19	4.8957336	-0.2957336	-1.406084736
20	3.782363255	0.350970078	1.668710185
21	4.428817717	0.104515617	0.496926333
22	3.7570121	0.2429879	1.155301859
23	4.477439536	-0.07743954	-0.368191339
24	3.947145765	0.052854235	0.251298917
25	2.045809113	-0.04580911	-0.217802423
26	4.441493294	0.158506706	0.753630496
27	3.718985367	-0.91898537	-4.369376011
28	3.404176416	0.129156918	0.61408501
29	4.289386362	-0.48938636	-2.326819456
30	4.149955008	-0.08328834	-0.395999863
31	4.063306455	-0.06330645	-0.300994679
32	4.502790692	0.030542642	0.145216986
33	4.859787358	-0.05978736	-0.284262902
34	3.97249692	0.160836413	0.764707242
35	4.515466269	0.084533731	0.401921149
36	4.644302537	0.022364129	0.106331716

37	4.872462935	-0.00579627	-0.027558739
38	2.922504464	0.077495536	0.368457594
39	3.959821343	0.106845324	0.508003079
40	4.971787066	0.028212934	0.13414024
41	4.063306455	-0.06330645	-0.300994679
42	4.162630585	-0.02929725	-0.1392957
43	4.223927983	-0.15726132	-0.74770921
44	4.971787066	0.028212934	0.13414024
45	4.743626668	0.056373332	0.268030695
46	4.84711178	-0.11377845	-0.540967064
47	4.718275512	-0.05160885	-0.245377631
48	4.325332604	0.274667396	1.305924092
49	4.416142139	0.050524528	0.24022217
50	4.743626668	0.056373332	0.268030695
51	4.515466269	0.084533731	0.401921149
52	4.515466269	0.084533731	0.401921149
53	4.540817425	0.192515909	0.915329474
54	4.515466269	0.084533731	0.401921149
55	3.985172498	0.214827502	1.021411405
56	3.594310081	-0.06097675	-0.289917933
57	4.226008474	0.240658193	1.144225113
58	4.403466561	-0.00346656	-0.016481992
59	4.226008474	0.240658193	1.144225113

T test

Column1	Coefficients	Standard Error	t Stat
Intercept	-0.151419439	0.23481322	-0.644850573
iv 1	0.32767716	0.329917898	0.993208195
iv2	0.696964141	0.316110249	2.204813485

P-value	Lower 95%	Upper 95%	Lower 95.0%	Upper 95.0%
0.5216571	-0.621806842	0.318967964	-0.621806842	0.318967964
0.3248808	-0.333227807	0.988582128	-0.333227807	0.988582128
0.0315915	0.063719217	1.330209064	0.063719217	1.330209064

Column1	Coefficients	Standard Error	t Stat	P-value	Lower 95%	Upper 95%	Lower 95.0%	Upper 95.0%
Intercept	-0.151419439	0.23481322	0.644850573	0.5216571	-0.621806842	0.318967964	-0.621806842	0.318967964
iv 1	0.32767716	0.329917898	0.993208195	0.3248808	-0.333227807	0.988582128	-0.333227807	0.988582128
iv2	0.696964141	0.316110249	2.204813485	0.0315915	0.063719217	1.330209064	0.063719217	1.330209064

Analysis	Details	Interpretation

T-Test	➢ To test the significance of intercept and slope ➢ Hypothesis intercept • H0: β1 = 0 • H1: β1 ≠ 0 ➢ T- critical value is not provided in Excel output. ➢ Use p-values to determine significant or not ➢ If p-value < 0.05, Reject H0 ➢ If p-value > 0.05, Fail to reject H0	➢ H0: β1 = 0 (social factor family factor not have some effect happiness index) ➢ H1: β1 ≠ 0 (social factor family factor have some effect happiness index) ➢ P-value for intercept =0.5216571 ➢ P-value for slope = p-value for F-stat ➢ Decision: Fail to reject H0 ➢ Conclusion:

Recomendation

Happiness is a fundamental aspect of the human experience, influencing not only individual well-being but also societal harmony and progress. Let delves into recommendations aimed at unraveling the complexities of happiness and offers insights into enhancing overall life satisfaction (Gogoi & Sahoo, n.d.; Hervás & Vázquez, 2013; Nam & Kwon, 2013; Omar et al., 2013; Shin & Lim, 2017). Students can expand their social networks, explore new interests, and develop leadership qualities by participating in extracurricular activities at higher education institutions. Through volunteering, internships, student clubs and organisations, sports teams, and green environment programmes, students can gain real-world experience and combine their academic knowledge with practical know-how. Additionally, extracurricular excursions and foreign programming foster student cohesion and cooperation. Engaging in

extracurricular activities may facilitate interactions between students with similar or disparate interests. Peer groups have the most impact on a student's development, both intellectually and personally. Firstly, The World Happiness Report is an annual publication that ranks countries based on various indicators related to happiness and well-being. It takes into account factors such as society performance, social support, life expectancy, freedom to make life choices, generosity, and perceptions of corruption. Exploring the report can provide insights into the state of happiness globally and the factors that contribute to it. Secondly, Mindfulness and meditation practices have been linked to increased well-being. Apps like Headspace and Calm offer guided meditation sessions and mindfulness exercises that can help reduce stress, enhance focus, and contribute to a more positive mental state. Other that that, Stimulating people from all walks of life to be aware of rights, duty and responsibility. The methods are to promote love, unification and harmony and encourage democratic awareness to all Students, to designate measurements of managing problems of corruption, to develop competitiveness of local students to be self-reliance. Guiding students in their career paths contributes to a sense of purpose and satisfaction. Offering resources and workshops that focus on career development helps students plan for their future, aligning their academic pursuits with long-term goals. Enhancing academic support services is paramount to alleviate the pressures of coursework. Providing tutoring services, counselling, and study skill workshops can aid students in managing their academic responsibilities more effectively. The physical environment plays a significant role in happiness. Creating inviting green spaces and recreational facilities on campus provides students with spaces to relax, exercise, and connect with nature.

Conclusion

The findings of this study are significant as they provide both practical and theoretical implications. From a practical standpoint, the result will provide information on the proposed measurement of Happiness index among student. By validating the measurement that is theoretically conceptualized and operationalized among student uitm Kota Bharu , the index could be implemented as a benchmark to assess happiness level intra and interstudent. By knowing this information, policy makers, practitioners and other relevant parties can work synergistically to design specific and structured interventions such as awareness campaign to promote happiness in Malaysia.

The finding of the study will contribute to the body of knowledge in terms of happiness and its measurement procedures. Hence this study shall fulfill the scarce in terms of theoretically driven multi-domains measurement. Apart from that, the finding of the study may allow the government and the university to better understand the need to measure and maintain student happiness so that a systematic assessment of sustainable development could be achieved.

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