Full Length Research

Degree of availability of happiness among students of the Faculty of Educational Sciences at the University of Jerash, and the relationship with some variables

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This study aimed to know the level of happiness of life among students of the Faculty of Educational Sciences at Jerash University. And Is the degree of happiness depending on sex, economic situation, level of academic achievement and health status. On a random sample of (200) male and female students of the college. The researchers used the measure of life happiness of Hills, P., & Argyle, M. (2002). The results of the following study showed that The level of happiness of life in the study sample came at an average level. And No statistically significant differences (α = 0.05) attributable due to the effect of sex, economic situation, academic achievement, and the health condition.

Key words: Education Sciences Faculty, Jerash Private University, Life Happiness

INTRODUCTION AND PROBLEM

Happiness is a requirement, a desire, and a basic need, sought by all, and wishes to achieve in various areas of life. Everyone is looking for a special kind of happiness. Happiness is differ from one person to another, and the expression is different from one person to another, from one culture to another, from one age to another, and from one person to another. The concept of psychological happiness is the central concept of positive psychology because it has a prominent place in the history of human thought, and everyone in different cultures sought happiness as a nominal goal of life because it is related to a positive mood, satisfaction with life, quality, self-fulfillment and optimism. Although the primary goal of psychology is to help the individual to live a life he feels happy, psychologists have ignored the positive feelings of personality and focused on negative emotions such as anxiety, depression, tension and pessimism (Abu Hashim, 2010: 270).

Happiness can be understood as a reflection of the degree of satisfaction with life, or as a reflection of the frequency and severity of pleasant emotions (Argel, 1997: 9). believes that happiness is in the exercise of virtues and ethics, which makes us worthy of respect for others. And happiness in the sense of human's humanity and keenness and pride on them; which gives us a sense of happiness and achieve our desire to achieve the happiness of humanity Michael.

The Happiness definitions are lot' Nyal and Khamis (1995: 244) have defined happiness as an integrated feeling and emotion, as well as positive feelings and positive sentimental emotion, which man will continue to aspire to as one of the basic needs. Al Jundy (2009: 26) has defined it as a positive emotional state that reflects the individual's sense of happiness because of the availability of sources of personal happiness represented by health, the existence of specific and clear goals for the

individual, self-confidence, success, academic achievement and career prospects. Sources of social happiness that looks in family friendly friends and leisure investor well. Al Madrasy (1985: 6) defined it as a fit between the heart of man and the reality of his life Arghel, Michael (1993: 10) defined it as "a general feeling of satisfaction, satisfaction, self-confidence, self-fulfillment and a sense of joy and enjoyment.

Mudhi , (2011: 58) sees happiness as a constant attribute of personality rather than a changing emotional state, a willingness to feel happy, a skill that can be learned and acquired, and the best way to reach it is to overcome the hardships of a small and simple life. It can be said that happiness is the maximum satisfaction resulting from satisfying one's needs, which is accompanied by the achievement of the individual as a whole.

Vulchenko (1998: 65-66) considers happiness to be the starting point and destination of human endeavor, the goal sought by all, that morality is happiness, happiness is a characteristic of all human beings, stronger than all feelings, where ever there are feelings, there is no misery. Arghel, Michael (1993: 10) states that happiness is associated with mental and physical health, increases in the presence of certain social relationships, decreases in the loss of these relationships, and increases stressful life events.

Research has revealed that happiness is of global importance as the ultimate goal, its causes seem similar throughout the world, and that the elements that contribute to happiness are the same at all ages, regardless of where they live, and the essential elements that contribute to the happiness of decent people Are the same that contribute to the happiness of the disabled (Allam, 2008: 435).

And Happiness has types ,Mudhi (2011: 61-62)see that happiness has three types: subjective well being, self-centered happiness, and how the individual is happy and satisfied with his or her life. This type reflects the perceptions of individuals and their emotional and behavioral assessment of their lives And socially. Psychological well being, characterized by good mental health, such as the ability to follow predetermined goals, and establish good relationships with others. Objective happiness, and include physical happiness, health, growth, activity, and social and emotional happiness.

Happy individuals are characterized by a number of features, including self-confidence, the ability to think in a realistic way, as well as exercise. The more people feel healthier and better off, enjoy a better life and a positive sense of life, as well as the power of religious beliefs. Religious people are content with their lives while those who lack spiritual beliefs are not content with their lives (Solomon, 2010: 123). Suliman (2006: 6-7) adds to their traits that they tend to interpret their problems as fleeting, manageable, humorous and altruistic, and able to delay saturation, remember their happier events than they actually did and forget bad events.

Every individual in different age ranges is serious about reaching happiness, as there are various environmental, personal and social elements that have a role in directing the individual to feel happy. The experiences of the individual as well as his personal traits are a key factor in determining the individual's path. The individual is diverse and varies in availability, age and gender. It has been identified by the social status of the family, the existence of a clear goal in life, emotional adjustment, physical health, leisure time for the needs of the individual, material income, self-satisfaction, level of education and appreciation of others, family stability and success. Sources may limit a person's sense of full happiness (Al-Jundy , 2009: 16).

There are many trends and approaches to the interpretation of happiness, the first is the environmental orientation, which his followers emphasize on the events of life, and are interested in examining the important events in life, whether positive or negative; to clarify the changes in happiness, and believe that the standard of life may change in some people and varying degrees over time , Since the experiences of the individual who passes through his life, have a large role and effective in making him happy. The second is the social orientation, which, according to the authors, is that the levels of happiness vary among people, and that the social variables associated with demographic characteristics such as age, sex and income explain the individual differences in happiness, and happiness is the result of these variables. The third is personal, whose followers see that the individual is the origin of this feeling. They see happiness as a fixed feature based on personality. This aspect is concerned with personality traits, personality has a strong role in achieving happiness, and individuals are born with preparations that make them happy or not. The fourth is the physiological approach, whose followers believe that happiness is not only a subjective state, but an organic response, manifested through vitality and activity emanating from the body, health and ability to exert maximum effort. The feeling of unhappiness comes from a decline in energy, The proper energy of the body organs (Abdel Khaliq et al., 2003)

The theme of happiness was the field of many researchers, including Abu Hashim (2010), who led a study aimed at identifying the nature of the structural model of the relationship between psychological happiness and the five factors of personality and self-esteem and social support of university students, the sample consisted of (405) At the University of Zagazig, 109 students, 296 female students, the psychometric measure of happiness, and the list of five major factors of personality, self-assessment and social support. The results showed no statistically significant differences between the mean scores of males and females in mental happiness.

The study of Al- Jamal (2013) aims to identify the nature of the relationship between psychological happiness and achievement of students in Tabuk University. The sample consisted of (258) male and female students. The results showed a correlation between the students' scores on the measure of mental happiness and scholastic achievement.

The study of Awad (2010) was aimed at revealing the level of happiness of university students in the north of occupied Palestine in the light of some variables. The study sample consisted of (456) students, randomly selected, and the researcher used the measure of happiness of life. The level of life happiness in the sample of the study was high on the tool as a whole as well as on all fields. It also showed statistically significant difference, due to the impact of sex and favor of females in the field of school, family, health and social, and there is no difference in the impact of sex in the field of general happiness and physical field, and there are no clear effect of the income level is not statistically significant.

Bennett & Hernandez & Guzman (2001) conducted a study aimed at identifying the differences between males and females in mental happiness. The sample consisted of 1102 Mexicans, 526 males and 576 females. (8-11 years), and applied the criteria that are indicators of psychological happiness, namely the body image, psychological and social compatibility, and the trend towards others, self-esteem, and depression, and the results showed statistically significant differences between males and females, in each of the image Body and direction towards others, depression, and for females, while there were no differences between them in the estimation Self and psychological and social compatibility.

A study for Natvig et al. (2003) aimed to know the relationship between psychosocial factors and happiness among adolescents. The study sample consisted of 887 Norwegian students, 438 students and 449 449 students. The results of the study showed that 88.9% of the students were very happy, and that the level of self-efficacy increased with happiness and resulted in no differences in happiness due to sex.

Jean, Nadia Serag (2008) conducted a study aimed at revealing the relationship between feeling happiness, economic level and health status, and to study differences in happiness according to age, social status, and achievement level on a sample of (764) female students and administrators, The researcher used the Oxford list of happiness by Arghel, Michael (2001), the economic level scale and the health status by the researcher. The study found a relationship between happiness and both the economic level and the health status, and the absence of statistically significant differences in feeling happy according to the variable Age and level grades.

Abdul Khaliq et al. (2003) conducted a study on happiness rates in Kuwaiti society. The sample consisted

of (1420) Kuwaiti citizens, and the modified Oxford List for happiness was used. The results of the study showed that there were statistically significant differences between the mean happiness scores in males and the average happiness levels in females and males.

THE PROBLEM OF THE STUDY

Universities are social institutions established by society for multiple functions, namely teaching, scientific research, and community service. The universities in Jordan are governmental and private, and one of the most important priorities of faculty members in these universities is to help students adapt, develop a positive concept of self, and academic success, but this is not achieved effectively unless students are satisfied with themselves, reconciled with themselves , happy and receptive to their reality, and as the tow researchers have been working in the Faculty of Educational Sciences for a long time and feel that it is a priority to examine the reality of their students in this field, especially as they watch the students' complaints, grievances and dissatisfaction with students in lecture halls and office interviews. this study comes to measure the degree of happiness among university students, and to plan for programs which can increase the rate of their happiness showed that most of them are not high, and that they are affected by many factors such as sex, economic situation and educational achievement.

OBJECTIVE AND QUESTIONS OF THE STUDY

The aim of this study was to determine the degree of happiness in the Faculty of Educational Sciences at Jerash University and to indicate the extent to which it was affected by gender variables, the economic situation, the level of academic achievement and the state of health:

1. What is the degree of happiness of life among students of the Faculty of Educational Sciences at Jerash University?
2. Is the degree of life happiness at the level of significance ($α = 0.05$) in the students of the Faculty of Educational Sciences at the University of Jerash depending on sex, economic status, academic achievement level, and health status?

THE HYPOTHESES OF THE STUDY

The second zero hypothesis was based on the second question: There were no statistically significant differences in the degree of happiness at the level of

significance (α = 0.05) among students of the Faculty of Educational Sciences at Jerash University due to the gender variable, economic status, academic achievement and health status.

STUDY DEFINITIONS

Happiness is a positive emotional state that reflects the individual's sense of happiness because of the availability of sources of personal happiness represented by health, the existence of specific and clear goals for the individual, self-confidence, success, scholastic achievement, career prospects, family friendliness(Al Jundy 2009:26). Procedurally the study was represented In the paragraphs included in the study tool, which is the Oxford Happiness Questionnaire, written by Hills, P., & Argyle, M (2002) and composed of (29) paragraphs, was measured by the degree to which the study sample obtained the happiness measure.

THE IMPORTANCE OF STUDY

Firstly : the theoretical importance

Enrichment of educational literature in the field of life happiness among university students and the factors that influence it.

Secondly : Practical importance

1. Planning therapeutic programs and programs of activities that contribute to raise the degree of happiness among college students.
2. Teachers use effective teaching strategies, and build educational curricula and courses that enhance the degree of happiness of university students.

THE LIMITATIONS OF THE STUDY

This study was limited by following limitations and determinants:

1- The objective limits: The study was limited to study the subject of happiness life.
2- Spatial boundaries: The application of the study was limited to a sample of students of the Faculty of Educational Sciences, at the University of Jerash, the number of its members (200) students.
3- Time Limits: This study was applied at the end of the first semester of the academic year 2016/2017.
4- Its determinants are the degree of honesty and consistency of the tool used to reach the results of the study, the Oxford Happiness Questionnaire, which has been Arabized by researchers.

METHODOLOGY OF THE STUDY:

The appropriate descriptive survey approach was used to achieve the objectives of the study and to answer its questions.

The community and the sample of the study

The study population of all students of the Faculty of Educational Sciences at the University of Jerash in the academic year 2016/2017, the number of (400) students. As for the sample, a random sample was chosen to represent the variables of the study. It consisted of (200) students. Table (1) shows this.

The Oxford Happiness Questionnaire is the study tool developed by Hills & Argyle (2002), which has been localized by researchers.

In order to achieve the truthfulness of the study tool, it was based on the Virtual honesty to ascertain the clarity of the paragraphs and their suitability to achieve the objectives of the study by presenting them to a group of arbitrators, specialists in measurement, assessment and psychology at the Faculty of Educational Sciences at the University of Jerash. They presented proposals related to replacing words, Paragraphs.

In terms of stability, the test-retest was validated by the application of the scale and reapplied two weeks later to a group outside the study sample consisting of (40) students. Therefore, the Pearson coefficient was calculated between their estimates at both times (0.81%) was calculated in the internal consistency method, according to the equation of Kronbach Alpha, and the calculated stability factor (0.84%). These values were considered an indicator of the validity of the scale and the reliability of the results.

THE STANDARD DEBUGGING TOOL:

The tool was placed in the form of a five-dimensional Lycert ladder when presented to the examinees, and when corrected, the five levels were given as follows:

Very large given (5) degrees, large (4), medium (3), few (2), very few (1). For the purposes of analysis and judgment, the five-point scale has been converted into a triad, as follows:

From 1.00 - 2.33 low degree -
- More than 2.33- 3.67 medium degrees.
More than 3.67 - 5.00 large degree-

RESULTS AND DISCUSSION

Results for the first question

Table 1. Frequency and percentages of the study sample by study variables

Percent	Frequency	Categories	Variables
26.5%	53	Male	**sex**
73.5%	147	Female	
52.0%	104	Very Good and more	
40.5%	81	good	
7.5%	15	Accepted	**GBA**
6.5%	13	Ilnesses	
93.5%	187	I don't suffer from deseases	**Health status**
22%	44	Less than 300 dinars	
57%	114	From 300- 600	
21%	42	More than 600	**House Hold Income**
100%	**200**	**Total**	

The first question is, "What is the degree of happiness of the students of the Faculty of Educational Sciences at the University of Jerash?" In order to answer, the arithmetical averages and the standard deviations of the degree of happiness of the students of the Faculty of Educational Sciences at Jerash University were extracted. Table (2) illustrates this.

Table (2) shows that the arithmetic averages ranged between (2.87-3.83), Where paragraph (28), which states that "I do not feel healthy and healthy" in the first place with an average of (3.83) While paragraph (14) reads: "There is a gap between what I intend to do and what I do" at the last rank with an average of 2.87 and the mean of happiness as a whole (3.42)., This can be attributed to the difficult and harsh conditions prevailing in the region and the surrounding environment, Political, social and economic, the student is a part of it, and interact with its events, affects and is affected, Whether this interaction is directly with these conditions or people affected by the daily life and communication, Or indirectly through social media, satellite channels, newspapers Which is raining with a huge amount of news and images reflective of political violence, wars, community violence, terrorism, and manifestations of murder and displacement, which negatively affects the psyche of the recipient, and make the feeling of pain is the clear manifestation of it, As well as the economic conditions experienced by the region due to global crises, financial mismanagement, irrational governance, Jordan is located in the heart of the region,

and is affected by difficult economic conditions, especially as college students are mostly economic environments with low incomes, as (79%) of the sample are households, the number of its members is large, and their income is less than (600) dinars; Making their psychological state characterized by deprivation, inability to meet the requirements, and thus the level of happiness is moderate.

The results differ with the result of the Awad (2010) study, which came to a high degree, perhaps due to the differences in the environment of the two studies.

RESULTS RELATED TO THE SECOND QUESTION

The second question is, "Does the degree of happiness of life differ at the level of significance (α = 0.05) among students of the Faculty of Educational Sciences at the University of Jerash according to gender, economic situation, level of academic achievement and health status?" to answer this question, the statistical averages and standard deviations of the degree of happiness of life were derived by sex variables, economic status, academic attainment and health status. The table 3 shows this.

Table (3) shows an apparent variation in the arithmetical averages and standard deviations of the degree of happiness due to the different categories of sex variables, Economic status, level of academic

Table 2. The arithmetic averages and the standard deviations of the degree of happiness are descending order

Rank	Number	Paragraph	Mean	Standard division	Degree
1	28	I do not feel healthy.	3.83	1.183	High
2	29	I have no beautiful and happy memories.	3.78	1.204	High
3	24	I do not find meaning and usefulness for my life.	3.76	1.207	High
4	27	I do not find fun with others.	3.69	1.105	High
5	8	I am a participant and committed Always.	3.68	0.901	High
6	25	I feel that I have a great deal of energy.	3.66	0.910	Medium
7	2	I am more interested in others.	3.58	0.999	Medium
7	13	I do not see myself attractive.	3.58	1.63	Medium
7	16	I see beauty in some things.	3.58	0.906	Medium
10	6	I am not optimistic about the future	3.57	1.230	Medium
11	9	I think life is beautiful and good.	3.56	1.069	Medium
11	26	I usually have a positive impact on events.	3.56	0.986	Medium
13	11	I often laugh.	3.53	1.116	Medium
13	17	Always I have a delightful effect on others.	3.53	0.929	Medium
15	4	I have warm feelings towards anyone.	3.50	1.125	Medium
15	12	I am satisfied with everything in my life.	3.49	1.143	Medium
17	20	I feel I can do anything.	3.49	0.972	Medium
18	15	I'm very happy	3.40	1.138	Medium
19	21	I feel confident that I am on mental alert.	3.38	9.70	Medium
20	1	I do not really feel happy with myself.	3.32	1.127	Medium
21	22	I have always been in happiness and joy.	3.30	0.912	Medium
22	19	I feel that I cannot control my life.	3.16	1.046	Medium
23	10	I do not think that our world is good.	3.12	1.048	Medium
24	3	I feel that life is very rewarding.	3.11	0.993	Medium
25	18	I do not know that I have time for the things I want.	3.08	0.910	Medium
26	5	I rarely wake up and I feel comfortable.	3.05	1.245	Medium
27	7	I see most things amusing.	3.04	0.976	Medium

Table 2. Continues

28	23	It's hard for me to make a decision.	3.01	1.105	Medium
29	14	There is a gap between what I intend to do and what I do.	2.87	0.999	Medium
Total average			3.42	0.397	Medium

Table 3: Mathematical averages and standard deviations of the degree of happiness of life according to gender variables, economic status, level of academic achievement, and health status.

Variable	Categories	Mean arithmetic	standard deviation	No.
Sex	Male	3.43	0.365	53
	Female	3.42	0.410	147
Cumulative average	Very good and more	3.49	0.393	104
	good			
	pass	3.37	0.402	81
		3.21	0.296	15
Health Status	I suffer from diseases	3.25	0.396	13
	I don't suffer from diseases	3.43	0.396	187
Family Income	Less than 300	3.39	0.347	44
	From 300to 600			
	More than 600	3.41	0.431	114
		3.48	0.350	42

achievement and health status To indicate the significance of the statistical differences between the arithmetic averages, quadratic variance analysis was used in Table (4).

Table (4) shows the following:

- No statistically significant differences (α = 0.05) attributable to the effect of sex, as a value of P (1.09) in statistical terms amounted to (0.298), this is because of both of sexes live in the same conditions and interact with society and are affected by its events, Thus, there were no gender differences. The result is consistent with the result of the study of Hashim (2010), Awwad (2010), . Saleh, Aida Shaaban (2013) and Natvig (2003). And the result differs with the result of the study of Abdul Khaliq et al (2003).

- There are statistically significant differences (α = 0.05) due to the impact of the economic situation, as the a value of P (4.746) and a statistical significance of (0.01).

And to show the statistically significant differences between the arithmetic mean, Dimension comparisons were used in the same manner as shown in Table (5).

It was noted that there is a relationship between the economic situation and the level of happiness, and that's not surprising as the economic situation enables the person to provide goods and services, which improves his psychological state, and the level of his happiness, And the reverse is the deprivation that reflect negatively on the students' psychology and happiness.

As shown in Table (5) there are differences of statistical significance (α = 0.05) between the category of 600 and more and a class less than 300 and the differences were for the benefit of 600 and more, This may be due to the fact that the vast majority of young people believe that the economic aspect is the one that achieves life happiness, The higher the economical income, the happier they are. The result differs with the study result, Awad (2010).

Table 4. Analysis of the quadratic variance of the impact of sex, economic status, level of academic achievement and state of health on the degree of happiness of life.

Source of Contrast	Total of squares	Degrees of freedom	Average of squares	P Value	Table (Statistical significance
Sex	0.166	1	0.166	1.090	0.298
Economic status	1.444	2	0.722	4.746	0.010
Academic achievement level	0.230	1	0.230	1.509	0.221
Health status	0.292	2	0.146	0.961	0.384
The error	29.360	193	0.152		
Total	31.430	199			

Table 5. dimensional comparisons in a manner that explains the impact of the economic situation on the degree of happiness of life.

Income level	Mean arithmetic	Very good and more	good	Acceptable
600and more	3.49			
300- 600	3.37	0.12		
Less than 300	3.21	0.28*	0.16	

- Function at the significance level (α = 0.05).

- There were no statistically significant differences (α = 0.05) due to the effect of the level of academic achievement, , Where the value of P reach (1.509) in statistical terms amounted to (0.221). this is due to the fact that the largest number of students have very good grades and more (104) students, And they are more than the middle of the sample of the study so naturally no differences due to the impact of the level of academic achievement, The result is consistent with the outcome of the study. Jean, Nadia Serag (2008).

- There were no statistically significant differences (α = 0.05) due to the effect of the health condition, With a value of P (0.961) in statistical terms amounted to (0.384), This may be due to the fact that the vast majority of students (187) do not suffer from diseases, In addition, they are in the prime of life, and in these ages diseases are almost free.

RECOMMENDATIONS

In the light of the results, the study recommends the following:

- Organizing curriculum and curricula, enriched with the themes of values and self-reinforcing elements; Contribute to improving their condition and level of happiness.

- Provide guidance services within the university; to help students adapt and build a positive concept, and increase the ability of students to deal with pressures and conflicts.

- The deanship of Student Affairs in the universities has to provide various activities that contribute to productive leisure in order to improve the psychological situation of students.

- Providing a comfortable university environment that is rich in facilities and services, relieves stress, helps students to adapt positively, and improve their level of happiness.

- Universities have to provide effective programs that provide students with a variety of skills that help them to obtain employment opportunities that eventually improve their psychological status.

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