100%

Happiness of Students' Suan Sunandha Rajabhat University

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ABSTRACT

The objective of this research was studying of happiness of students' Suan Sunandha Rajabhat University. Samples of this research were 1,600 students of Suan Sunandha Rajabhat University. The structured questionnaire, which contains questions on personal information, and happiness assessment form. Data was then analyzed by using descriptive statistics, and by One Way ANOVA and t-test. This research revealed that students' average happiness score was 29.38 points. This means, in general, students were happy as normal people. Comparison of happiness scores revealed that majority of students were equally happy as normal people, which were accounted for 49.0 percents. This was followed by students who were less happy than normal people, which were accounted for 24.5 percents; and those who were happier than normal people, which were accounted for 24.5 percents, respectively. Noteworthy findings were those students who were satisfied by their current appearance had higher average happiness score than those who weren't satisfy with their current appearance; with statistical significance of 0.01. This research also revealed that students who expected that receiving spa service will lead to happiness also had higher happiness score than those who didn't expect that receiving spa service will lead to happiness; with statistical significance of 0.05. Therefore, university should consider constructing spa service center for health, in order to take care of, and to provide consulting service on, student's appearance and health; which will alleviate students' happiness in the long term.

Keywords: Happiness, Undergraduate Student

INTRODUCTION

The 12th National Economic and Social Development plan, issue 2017-2021, focuses on promoting factors that reduce health-related risk factors and promoting every sector to recognize the effects toward people's health; by improving people's knowledge on taking care of their health, cultivating sense of good health, educating them on self-screening of healthy behavior via various available learning channels, providing easy to access consultation service for mental health, and supervising the distribution of correct health information, in accordance with academic principle. (Royal Thai Government Gazette, 2016, p.78) This plan is conformed to Thailand's National Health Development Plan during the 11th National Economic and Social Development Plan, issue 2012-2016; in term of specifying the strategy that focuses on health promotion, disease prevention and control, and protecting of people's health, so that Thai people may have strong physical health, mental health, strong society and strong intelligence. As well as developing and promoting a guideline of healthy behavior among the people, creating social measurement against significant risky behaviors toward health, and promoting exercising and having good mentality health. (Bureau of Sanatorium and Art of Healing, 2017, p. 25)

Also, developing the people to have good and strong health, physically and mentally, and making them free of disease, which will allow them to become a vital underlying force for efficient development of the country, is necessary. As well as development high quality people and society, by promoting the people's happiness, completely and with high quality of standard; and by strategy that promote sport playing, which habit of exercising and using spare time productively, while focus sport as a tool to improve quality of life, in accordance with National Sport Development Plan No. 5, issue 2012-2016. (Ministry of Tourism and Sports, 2017, p.7) A survey of behavior for sport playing or exercising of population of over 11 years old, that surveyed over 57.7 million people, by National Statistical Office in 2011, has revealed that during 1 month before the interview, 26.1 percents of interviewees had been playing sports or exercising. Meanwhile, male samples had higher rate of sport playing or exercising than female, which were 27.4 and 25.0 percents, respectively. However, comparison of sport playing or exercising data against results of previous surveys revealed that sport playing or exercising had increased by 3 percents, compared to 2004 and 2007. Another survey on relationship between patient's sport playing or exercising and illness during the last 1 month, from 17.1 million samples, has revealed that over 73.1 percents of samples were those who never play any sport or exercise for the last 1 month. Also, over 3.1 million samples had been hospitalized during the previous 12 months prior to the interviewing; among them, over 76.0 percents had never play any sport or exercise during the last 1 month. (National Statistical Office, 2016)

Happiness of higher education student can be increased from activity that promotes public mind (Chueatong et al, 2012); it was also found that forgiveness was major toward happiness of Thai student (Thisaphak, 2005). Moreover, self-confidence was also another factor that created happiness (Yaratan and

Yucesoylu, 2010), as well. Social network, which was comprised of friend and family, was also another major factor toward human's happiness. (Argyle and Furnham, 1983; Campbell, 1976) The last finding shown that19.4% of students in Thai traditional medicine program was stress and insomnia (Thongmuang and Suwannahong, 2015). Suan Sunandha Rajabhat University arranged learning management of higher education for the subject of Science and Technology and Quality of life; where one of the learning objectives concerns studying of health, in order to educate students on how to maintain their physical and mental health. This was the research topic that has been given to researcher from the university, along with the responsibility to educate students on that matter. Therefore, learning about happiness of students who have exercising behavior, their attitude toward exercising, and other concerns on that matters can be useful as a guideline for the instruction, in order to improve instruction's efficiency, to show current circumstance among students, and to provide knowledge and stimulate change of health behavior, correctly and appropriately. Doing so will be directly profitable to students, as a young generation, to be ready, physically and mentally, as a major underlying force for development of the country.

METHODOLOGY
This research - studying of happiness of Suan Sunandha Rajabhat University's students – was a descriptive research. Population of this research was comprised of 20,839 undergraduate students, who enrolled in the academic year 2559. (Suan Sunandha Rajaphat University, 2016) Samples of this researcher were 1,600 students from Faculty of Humanities and Social Sciences, Faculty of Management Science, Faculty of Science and Technology, and Faculty of Education.

INSTRUMENT
The instrument we used for this research was questionnaire that author had created from studying of document, idea, theory and literature review. Such questionnaire was comprised of 2 parts, namely.
Part 1: sample's personal data, such as, age, gender, monthly income, history of illness during the last 1 month, exercising during the last 1 month, main reason for exercising; main method to deal with distress; spa usage, such as, massage, sauna, and scrubbing that create happiness; current state of their love life, and satisfaction of their current appearance. Items of part 1 were check list.
Part 2: mental health assessment form from Department of Mental Health, Ministry of Public Health (Ministry of Public Health, Department of Mental Health, 2015), which was an assessment form with Likert Scale, and contained 2 sets of questions. The 1st set were items number 1, 2,4,5,6,7,9,10,11,13,14 and 15; where the 'highest' granted 3 points, 'high' granted 2 points, 'slightly' granted 1 point, and 'none' granted 0 point. The 2nd set were items number 3, 8 and 12; where the 'highest' granted '0' point, 'high' granted 1 point, 'slightly' granted 2 points, and 'none' granted 3 points. Interpretation of scores was categorized into 3 levels, namely:
> 26 points or lower meant lower happiness compare to normal people (poor)
> 27-32 points or lower meant equal happiness compare to normal people (fair)
> 33-45 points or lower meant more happiness compare to normal people (good)

DATA GATHERING
This research gathered data from samples at Suan Sunandha Rajabhat University, between November and December of 2016; who voluntarily answered research's questionnaire. In order to safeguard participants' confidentiality, they answered research's questionnaire anonymously.

DATA ANALYSIS
This research used descriptive statistics to assess the level of happiness, as well as t-test and One Way ANOVA; then compare statistical different between each pair by using LSD.

RESULTS
Part 1: general characteristic of samples
Demographical, economical and social characteristics
Majority of samples were female, which was accounted for 63.4 percents, and male, which was accounted for 36.6 percents. Most of them were between 18-20 years old, which were accounted for 64.3 percents; follow by samples of over 20 years old, which were accounted for 34.7 percents; and samples of younger than 18 years old, which were accounted for 1.0 percents. Majority of students earned less than 5,000 Baht a month, which were accounted for 51.6 percents; follow by earning of between 5,001 – 10,000 Baht a month, which were accounted for 41.5 percents, and over 10,001 Baht a month, which were accounted for 6.9 percents. [Table 1]

Table 1: Samples, as categorized by their demographic characteristics and income

Personal Data	Samples N = 1,600	Percentages (Total = 100%)
Gender		
Male	586	36.6
Female	1014	63.4
Age		
1. Under 18 years old	16	1.0
2. Between 18-20 years old	1029	64.3
3. Over 20 years old	555	34.7
Monthly income		
1. Under or equal to 5,000 Baht	825	51.6
2. 5,001 – 10,000 Baht	664	41.5
3. Over 10,001 Baht	111	6.9

Health's data

In term of most frequently found illnesses during the last 1 month, [Table 2] it was revealed that 73.2 percents of samples had experience illnesses during the last 1 month, where as the most frequently found illness was common cold, where 302 samples had been ill, which were accounted for 19.9 percent. This was followed by headache, allergy, muscle strain, insomnia, diarrhea, stomach inflammation, and asthma; where 287, 173, 148, 92, 83, 77, and 10 samples had been ill, which were accounted for 17.9, 10.8, 9.3, 5.8, 5.2, 4.8, and 0.6 percents, respectively.

Table 2: Most frequently found illnesses during the last 1 month

Illnesses	Samples N = 1,600	Percentages (Total = 100%)
common cold	302	18.9
headache	287	17.9
allergy	173	10.8
muscle strain	148	9.3
insomnia	92	5.8
diarrhea	83	5.2
stomach inflammation	77	4.8
asthma	10	0.6

Exercising

The result of this research, in term of samples' exercising [Table 3], has revealed that 842 samples, which were accounted for 52.6 percents, had been exercise during the last 1 month; while 758 samples, which were accounted for 47.4 percents, had not been exercising during the last 1 month.

Table 3: Main reason of exercise

Main reason	Samples N = 1,600	Percentages (Total = 100%)
Weight control	519	32.4
To have strong body	475	29.7
Relaxation	207	12.9
Toning muscle	175	10.9
Follow other's invitation	130	8.1
To help with sleep's problem	66	4.1
To help with health problem	28	1.8

The most common reason for exercising was weight control, from 519 samples, which were accounted for 32.4 percents. This was followed by to have strong body, relaxation, toning muscle, follow other's invitation, to help with sleep's problem, and to help with health problem, from 475, 207, 175, 130, 66, and 28 samples; which were accounted for 29.7, 12.9, 10.9, 8.1, 4.1, and 1.8 percents, respectively.

Main method to deal with distress

When there was any incident that caused distress [Table 4], majority of samples had main method to deal with such distress, namely, to accept the fact and that anything that might happen will happen; such method was found among 461 samples, which were accounted for 28.8 percents. This was followed by positive thinking and belief that there is solution for every problem, which was found in 456 samples or 28.5 percents; consulting with trustworthy person, which was found in 399 people or 24.9 percents; and looking for hobby, which was found in 284 people or 17.8 percents, respectively.

Table 4: Main method to deal with distress

Main method to deal with distress	Samples N = 1,600	Percentages (Total = 100%)
to accept the fact and that anything that might happen will happen	461	28.8
positive thinking and belief that there is solution for every problem	456	28.5
consulting with trustworthy person	399	24.9
looking for hobby	284	17.8

Satisfaction toward various aspects

There was findings on belief of majority of samples that receiving spa services [Table 5], such as, message, sauna, scrubbing for relaxation will induce happiness; which were found in 691 samples, or 35.2 percents. This was followed by uncertainty that spa services will induce happiness, from 563 samples or 35.2 percents, and that receiving spa service will not create any happiness, from 346 samples or 21.6 percents, respectively. For the aspect of samples' current sexual relationship, this research found that majority of samples was single, from 700 samples or 43.8 percents. This was followed by being in a relationship, from 686 samples or 42.9 percents; and had been in relationship but not anymore, from 214 samples or 13.4 percents, respectively.

Table 5: Current sexual relationship

Current sexual relationship	Samples N = 1,600	Percentages (Total = 100%)
Single	700	43.8
Being in a relationship	686	42.9
Had been in relationship but not anymore	214	13.4

Satisfaction toward current appearance

In term of samples' satisfaction toward current appearance, this research found that majority of samples was satisfied, from 1,201 samples or 75.1 percents, and that 399 samples, or 24.9 percents, were unsatisfied.

Part 2: Level of students' happiness

From average happiness score, it was revealed that majority of students was equally being happy as normal people, from 784 samples or 49.0 percents [Table 6]. This was followed by students who were less happy than normal people and those who were happier than normal people, which were equal at number, that is, 392 samples or 24.5 percents. Total average score of students' happiness was 29.38 percents, that is, they were equally happy as normal people (fair)

Table 6: Level of students' happiness

Current sexual relationship	Samples N = 1,600	Percentages (Total = 100%)
Being happier than normal people	392	24.5
Equally happy as normal people	784	29.0
Less happy than normal people	392	24.5

Comparison of average happiness scores of students

Average happiness scores of students and their exercising behavior during the last 1 month

Analysis result of relationship between average happiness scores of students and their exercising behavior during the last 1 month has revealed that different exercising behavior caused different score of happiness [Table 7]. That is, samples who had been exercising during the last 1 month had higher average happiness score than those who had not exercising during the last 1 month; with statistical significance of 0.01.

Table 7: Average happiness scores of students and their exercising behavior during the last 1 month

Behavior	Samples	Average happiness score	S.D.	t	Sig
Had been exercising	842	29.66	5.20	-2.312	0.010**
Had not exercise	758	29.07	4.90		

**p < .01

Average happiness scores of students and their satisfaction toward their current appearance

Considering the difference of average happiness scores of students and their satisfaction toward their current appearance, [Table 8] this research found that different level of satisfaction toward current appearance caused different average happiness score. That is, those samples who were satisfied with their current appearance had higher average happiness score than those who weren't satisfied with their current appearance, with statistical significance of 0.01.

Table 8: Average happiness scores of students and their satisfaction toward their current appearance

Satisfaction	Samples	Average happiness score	S.D.	t	Sig
Being satisfied with current appearance	399	26.88	4.99	11.849	0.000**
Being unsatisfied with current appearance	1201	30.21	4.82		

**p < .01

Consideration of difference between average happiness score of students and their gender, this research revealed that gender caused no difference in average happiness score, with statistical significance of 0.05. [Table 9]

Table 9: Average happiness score of students and gender

Satisfaction	Samples	Average happiness score	S.D.	t	Sig
Male	586	29.27	5.29	-0.656	0.256
Female	1014	29.45	4.94		

**p < .05

Comparison of average happiness score of students

Analysis result on difference of average happiness score of students by their ages, which used One Way ANOVA method, has revealed that relative average happiness score to age had no difference, with statistical significance of 0.05. [Table 10] (F = 0.600, df * 2, p = 0.549, R^2=30.88)

Table 10: Average happiness score of students by their ages

Average happiness score	Sum of Squares	df	Mean Squares	F	Sig
Between groups	30.88	2	15.44	0.600	.549
Within groups	41117.03	1597	25.74		
Total	41174.91	1599			

*p<.05

Analysis result on difference of average happiness score of students by their incomes has revealed no difference, with statistical significance of 0.05. [Table 11] (F= 2.898, df= 2 ,p= 0.055, R^2= 148.78)

Table 11: Average happiness score of students by their incomes

Average happiness score	Sum of Squares	df	Mean Squares	F	Sig
Between groups	148.78	2	74.39	2.898	.055
Within groups	40999.12	1597	25.67		
Total	41147.91	1599			

*p<.05

Analysis result on difference of average happiness score of students by their current sexual relationship; whether they were single, had been in a relationship but not anymore, or in a relationship; have revealed no difference, with statistical significance of 0.05. [Table 12] (F= .964, df= 2, p= 0.382, R^2= 49.61)

Table 12: Average happiness score of students and their current sexual relationship

Average happiness score	Sum of Squares	df	Mean Squares	F	Sig
Between groups	49.61	2	24.81	.964	.382
Within groups	41098.29	1597	25.73		
Total	41147.91	1599			

*p<.05

DISCUSSION

Average happiness score of Suan Sunandha Rajabhat University's students from this research was 29.38 points. This means students were, in general, as happy as normal people. Comparison of average happiness score has revealed that majority of students were as happy as normal people, which were accounted for 49.0 percent; this was followed by those who were less happy than normal people, which were account for 24.5 percents, and those that were happier than normal people, which were accounted for 24.5 percents, respectively. This research's result was different from previous studied, which found that most students were happier than normal people, or in general, had high level of happiness. (Voraharn and Senarak, 2011; Kawsaard, Arpanantikul and Putwatana, 2013)

Comparison of difference between average happiness score of students and their exercising behavior has revealed that students who had been exercising during the last 1 month had higher average happiness score that student who had not been exercise during the last 1 month; with statistical significance of 0.01. From this finding, there should be further promotion so that students will exercise more regularly, in order to increase their owned happiness. Comparison the difference of average happiness score of students and their illness has revealed that students who had not been ill during the last 1 month also had higher average happiness score than students who had been ill during the last 1 month; with statistical significance of 0.01. This was different from results of previous studies, which found that student's physical condition has no relationship with their happiness, with statistical significance of 0.05. (Kawsaard, Arpanantikul and Putwatana, 2013) This research also found that students who satisfied with their current appearance also had higher average happiness score that those who weren't satisfied with their current appearance, with statistical significance of 0.01. Therefore, instruction on the aspect of health, in the subject of Science and Technology and Quality of Life, will be really important; in order to educate student on how to prevent against illness, how to maintain their health and to stimulate them to do more exercise, to promote both their physical and mental health, as well as to maintain toning body regularly.

On the contrary, comparison of difference between average happiness score of students and their gender revealed that male and female had indifferent average happiness scores, with statistical significance of 0.05. This was different from previous study by Goodarzi et al, which found that male and female students, who were also university's athlete, had different level of happiness. (Goodarzi, Rajabi, Yousefi and Nansoor, 2008) This is possible due to different in hormones of both genders in foreigner; however, it had no effect on students of Suan Sunandha Rajabhat University.

This research has also found that there was no difference between average happiness score of students and their income, with statistical significance of 0.05. That is, no matter how much a student made per month, whether under 5,000 Baht or more than 10,000 Baht, there is no different in level of happiness. Therefore, happiness of Suan Sunandha Rajabhat University's students wasn't dependent on their income. This research also found that there was no difference between average happiness score of student and their ages, with statistical significance of 0.05. This mean no matter at what age, there will be no relationship of students' ages and their happiness. However, one significant finding was students' belief that receiving spa services will create happiness; where samples with such belief had higher average happiness score that samples who didn't believe that receiving spa services will create happiness; with statistical significance of 0.05. Therefore, student should consider erecting health spa center, in order to take care of, and to provide advice on, shape and health to student. So that Suan Sunandha Rajabhat University's students may have good health and strong body, with good shape; under appropriate method, which will alleviate the level of their happiness in the long term.

SUGGESTION

Learning management for the subject of Science and Technology and Quality of Life, especially on the issue of health, should include every student who enrolled in that subject. As this issue will increase their recognition, make them more careful, and increase their knowledge on the subject directly. This is because current learning management of such subject doesn't require student's class participation, but allows learning via web site.

Therefore, student may somewhat lack the attention that this subject deserve. Furthermore, there should be happiness promoting project for Suan Sunandha Rajabhat University's students, for every faculty and campus; there should also be social work activity, in order to cultivate public mind among student, which will be profitable to both the students themselves and to the society. Moreover, learning management of any subjects that concern health issue should also include method on maintaining physical and mental health. So that students may grow stronger, and be capable of giving the right health suggestion to other person in the future.

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