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Altruism in Relation to Happiness among Young Adults

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Abstract

It is suggested that people who act with altruism have greater levels of happiness. The purpose of this study was to investigate the relation between altruism and happiness in young adults. The sample size for the following research is 114. That means 114 young aged adult's response has been collected and according to that interpretation has been formed. The Oxford Happiness Questionnaire and Altruistic Personality Questionnaire were administrated on the sample size. Statistical analysis was done using Pearson's correlation. Two hypothesis were assumed i.e. first, there is relation between altruism and happiness and second, there is no relation between altruism and happiness. Therefore, according to the results the major finding was that there is no relation between altruism and happiness.

Keywords: *Altruism, Happiness, Young adults.*

Introduction

Altruism is the practice and principle of caring for the welfare and/or well-being of other people or animals over one's own. The objects of altruistic care vary, but it is a fundamental moral value in many societies and religions. Altruism can be thought of as a synonym for selflessness, the antithesis of selfishness. The term altruism was coined by the French philosopher Auguste Comete (also known as altruisme) as an antidote to egoism. The word "altruism" is derived from Italian altrui, meaning "other people", and "alteri", meaning "someone else". Altruism as seen in populations of organisms

When an individual performs an act at a cost to himself (e.g. in terms of pleasure, quality of life, or time, that benefits another individual, directly or indirectly).

There is a strong connection between the love of others and the love of God. According to 1 John 4, for a man to love God, he must love his neighbour. Similarly, Thomas Jay Oord argues that altruism is only one form of love. Altruism is not always loving, and Oord agrees with feminists who point out that sometimes love involves acting for the self-interest of another when the other's needs undermine the well-being of the whole. Max Scheler defines two ways in which strong people can help weak people. One is genuine Christian love, "driven by a strong sense of security, strength and inner salvation, the invincible fullness of one's own life and existence. The other is simply one of the numerous modern substitutes for love, nothing more than the urge to "turn away from oneself and get lost in the affairs of others". In the worst case, however, Scheler argues that love for the weak, the poor, and the oppressed is really disguised hatred, and repressed envy, and an impulse to detract.

Altruism is a caring act that makes a difference to others without expecting anything in return. It's often considered one of the hallmarks of being human, says psychologist Dr Jessica Myszak. Lishner and Stocks (2016) suggest that benevolence can be called a thought process that improves the well-being of others. Klein and Dollenmayer (2014) characterize philanthropy as having an effect on others, sought or otherwise. Bryan and Test (1967) described benevolence as actions in which people share or give up expected positive reinforcement without critical social or tissue. Charity involves influencing the well-being of others. Despite the personal cost and danger, standing out from the crowd is a selfless cause. It can be an intentional act done out of a desire to help, without any desire for reward. Actions that do not involve sacrifice are also considered acts of charity, benevolent actions may result from a mixture of thought processes, some of which may be self-serving. Milloperatori and others (1991) suggested that altruistic behavior can be subordinated to prosocial behavior. Argyle, Martin, and Crossland (1989) suggest that pleasure consists of three interrelated components, the components of which are fulfilment with life, positive influences and ignoring negative influences.

Happiness is a state of emotional well-being that a person experiences either in the narrow sense when good things happen at a certain moment, or more broadly as a positive assessment of his life and achievements as a whole i.e. subjective well-being. Happiness can be distinguished from negative emotions (such as sadness, fear and anger) as well as from other positive emotions (such as love, excitement and interest).

Diener (2000) acknowledges that happiness is an important human emotion because joy has great meaning for most people and happiness can be a deeply valued goal in most social systems. Joy is participation that causes happiness, satisfaction, and/or positive well-being (Lyubomirsky, 2008). Seyed Joodat and Zarbakhsh (2015) Accept that joy is a positive behavior in life and happiness, it is one of the most important critical spiritual needs and has a great impact on a person's quality of life. Agreeing with Seligman, we encounter three types of happiness: a) joy and delight, b) embodiment of qualities and excellence, and c) meaning and reason. Joy is not a permanent state of happiness. Happiness involves regulating these emotions.

Indeed, if necessary, one should have good faith that it will become overwhelming and they can negotiate it. Research shows that there is a really strong connection between happiness and influencing others. A charitable act does not seem to affect the recipient, but it does bring joy, peace, contentment and satisfaction to the doer of the charitable act. Various considerations seem to suggest that changing others increases the level of happiness. Midlarsky (1991) argued that joy in making changes increases life satisfaction, promotes character, reduces stress, and gives life meaning and reason. People who are happy tend to be happier by influencing others. Luks (1988) stated in his reflection that 95% of people felt good after influencing others, 53% of people experienced a feeling of joy and good faith, and these feelings lasted for hours and even days in 81% of people.

Tools

1. Altruistic Personality Scale [Krueger, R. F., Hicks, B. M., & McGue, M. (2001)]
2. Oxford Happiness Questionnaire [Hills' and Argyle's (2002)]
 1. A 20-item scale designed to measure altruistic disposition by measuring the frequency of performing altruistic acts primarily toward strangers. Participants respond on a 5-point scale from never (0) to very often (4). The relationship between altruism and antisocial behavior has received little attention because altruism and antisocial behavior are generally studied and discussed in separate literatures. The study integrates these literatures by focusing on three main questions. First, are altruism and antisocial behavior opposite ends of a single dimension, or can they coexist in the same individual? Second, do altruism and antisocial behavior have the same or different etiologies? Third, do they come from the same or different aspects of a person's personality? In general, the concept of joy is to experience more positive than negative emotions. Joyful people experience all kinds of emotions, whether positive or negative, from joy, satisfaction, pride, contentment to rage, depression, boredom and dissatisfaction.
 2. Michael Argyle and Dwindle Slopes created the Oxford Happiness Study in 2002. Oxford College. It measures the level of common happiness of a person. The OHQ consists of a total of 29 items taken from the original Oxford Joy Stock (OHI). Everything can be answered on a six-point Likert scale: strongly disagree, moderately disagree, somewhat disagree, somewhat agree, moderately agree and strongly agree. The Oxford family of psychometric instruments designed to assess individual differences in happiness is rooted in the broader field of social psychology developed by Michael Argyle and his colleagues. The main instrument of the family is the Oxford Happiness Inventory (OHI), which later gave birth to the Oxford Happiness Questionnaire (OHQ) and the Oxford Happiness Measure (OHM). This questionnaire proposes to give detailed attention to the conceptual and functional use of happiness as expressed by the OHI, to explore the relationship of the OHI to a broader personality theory, and to illustrate contexts for the use of the OHI. Against this background, attention is drawn to the special contribution of OHQ and OHM. An improved instrument, the Oxford Happiness Questionnaire (OHQ) is derived from the Oxford Happiness

Inventory (OHI). OHI contains 29 items, each of which includes a choice of four different options for each item. The OHQ contains items similar to the OHI, each presented as a single statement that can be accepted on a single 6-point Likert scale. The updated instrument is compact, easy to use and allows reception in a wide area. When tested against the OHI, the validity of the OHQ was satisfactory, and associations between the scale and a set of personality variables related to well-being were stronger for the OHQ than for the OHI. Although parallel factor analyses of the OHI and OHQ yielded virtually identical statistical results, the OHQ solution could not be interpreted. The previously reported productivity of OHI makers may be due to the design and presentation of goods rather than the nature of the items. Successive orthogonal factor analyses of the OHQ identified one higher order factor, suggesting that the well-being construct it measures is unidimensional. Discriminant analysis was used to construct a short version of the OHQ with 8 items.

Rationale

Considering the well-being of others without anticipating anything in return is the definition of altruism. In many countries, it is seen as a basic moral principle and a characteristic of humanity. The purpose of the present study was to understand the connection between happiness and altruism. According to the psychologist Sonja Lyubomirsky, "One of the best ways to improve your own pleasure is through altruism. This is due to the fact that helping others releases endorphins, which are potent brain chemicals that improve mood." The work of psychologist Martin Seligman highlights the role that altruistic action plays in creating a sense of fulfilment and purpose. He says, "Happiness is found in making the lives of others better." This emphasizes the fundamental relationship between altruism and happiness, implying that putting others' needs ahead of one's own can have a big impact on one's own sense of fulfilment and happiness. The data collection was extracted from Indian population which could provide us information about the Indian population's relation between altruism and happiness which would be insightful.

Objective

To study relationship between altruism and happiness in young adults.

Hypothesis

There will be no relation between altruism and happiness in young adults.

There will be a relationship between altruism and happiness in young adults.

Variables

Altruism and Happiness

Sample Size

The data for this study was collected from a sample size of 114 subjects comprising of all young adults. The samples were collected through online method via Google forms. All the respondents were briefed through the Google forms only and it was made sure that the experiment conducted on them was with their consent and interest.

Sample Population

The experiment was conducted on the young adults i.e. 18-40 years of age group.

Sampling Technique

Simple random sampling method was the technique conducted to choose the respondents. Simple random sampling is a type of probability sampling in which the researcher randomly selects participants from a population to conduct their research study.

Inclusive Criteria

The inclusive criteria were the population aged from 18 to 40 years old i.e. the young adults.

Exclusive Criteria

The exclusive criteria were the population who were below the age of 18 years and people who were above the age of 40 years.

Individuals not under any psychiatric medication.

Scoring of Altruistic Personality Scale

Higher the score of participant suggests a greater tendency towards altruistic behavior, while the lower the score of participant indicates less inclination towards selfless acts. The score of an individual varies on basis of their altruistic tendencies, culture, upbringing, and personal values.

Table: Interpretation of Altruistic Personality Scale

Categories	Raw Score
Very high altruistic level	81-100
High altruistic level	61-80
Medium altruistic level	41-60
Low altruistic level	21-40
Very low altruistic level	20

Research Design

Correlational research design

Procedure

- The research topic was finalised then the research design was selected i.e. Qualitative. As it aims to discover how people think, feel and that is all which required to get from the respondent which is their altruistic personality level.
- Random sampling method was done to choose the respondents who were between the age group of 18 to 40 years i.e. the young adults. And the sample size collected was 117 for the study.
- The population recruited to conduct the study was via Online method through Google forms. It was made sure that all the respondent are doing filling the form on their free will, which means the consent was taken from them, and they were appreciated for being the part of this research study.
- The personal information of the participants was kept confidential, and they were informed about the experiment as well.
- The tools that were used to perform the study were, Altruistic Personality Scale and Oxford Happiness Questionnaire to measure altruistic behaviour in relation to happiness.
- The data was collected within 15 days and the participants also showed enthusiasm in participating.
- After doing the scoring of both the tools, the results were analysed through SPSS, finding the correlation between altruism and happiness.

Result Analysis and Discussion

TABLE NO. 1: Descriptive Analysis of Oxford Happiness Questionnaire (OHQ) And Altruistic Personality Questionnaire (APS)

Descriptive Statistics

	Mean	Standard Deviation	N
OHQ	4.2098	1.01102	114
APS	58.7544	15.28002	114

In Table no.1, the mean of Oxford Happiness Questionnaire responses is 4.2098 and for Altruistic Personality Scale responses' mean is 58.7544 and standard deviation is 1.01102 and 15.28002 respectively. These statistics provide valuable insights into the central tendency and variability of the variables under investigation, offering a foundation understanding of the sample characteristics.

Table No. 2

Correlation Between Altruistic Behavior (APS) And Happiness (OHQ) in Young Adults

Correlations		OHQ	APS
OH Q	Pearson Correlation	1	.159
	N	114	114
AP S	Pearson Correlation	0.159	1
	N	114	114

In Table No.2, the Pearson correlation between Oxford Happiness Questionnaire and Altruistic Personality Questionnaire is 0.159. According to the score there is no significance between altruism and happiness. Therefore, the result supports one hypothesis. N is the total number of respondents.

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