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# Level of Happiness among people of Generation X, Y and Z; An Analytical Study

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**ABSTRACT:** The present research was planned to find out the level of happiness among the persons of Generation X, Generation Y and Generation Z. Also, it was attempted to find if there is any difference in the measure of happiness among the three generations. The sample was 120 persons of which 30 were from Generation X, 40 were from Generation Y and 50 were from Generation Z. They were taken from the different areas of Patna, Bihar. The sampling technique was Purposive Sampling. Happiness scale by Dr. Poonam R Das and Dr. R. L Bhardwaj was applied to the subjects. Results showed that there is no significant difference between the subjects of three generations on the measure of happiness. Conclusively, it can be stated that the generation gap is not a factor in determining happiness.

**KEYWORDS:** Happiness; Generation X; Generation Y; Generation Z

## I. INTRODUCTION

Ageing is a natural process, which inevitably occurs in human life cycle. People have been classified into different generations according to their age. People who were born between 1965 and 1980 are called Generation X. People of Generation Y are born between 1980 and 2000 whereas Generation Z people are born between 2000 and till present. The emotional development process among different age groups is not the same. Happiness refers to positive feelings such as joy and optimism. We always strive for happiness through our activities. It is also said that happiness depends on the achievement and life satisfaction a person can have. Age and gender are important factors for psychological functions. The contemporary happiness condition can be determined by past experiences of happiness (**Bishop, 2010**). Meanwhile it has been seen that the young ones are more optimistic for the future happiness than the older ones (**Lang, 2013**).

Happiness is a state of mind in which one can have feelings of joy, satisfaction, fulfillment and positive well-being comprised with life's goodness, being meaningful and worthy. Famous philosopher Aristotle quotes that Happiness is desired by all human beings in their lives. He proposed that there can be four levels of happiness- happiness is based on immediate gratification and achievement, by giving positive contribution and fulfilling of desires. The positive Psychology expert, **Martin Seligman (2013)** explained that happiness embrace three things positive emotion, engagement, a meaningful life.

There are two basic types of happiness:
1.  **Hedonia-** It is the frequent experience of positive emotions, temperament and mood. It has absence of the negative emotions, loss of temperament and mood. It deals with any stimulus and has a temporary nature.
2.  **Eudaimonia-** People with Eudaimonic well-being experience Autonomy, Environmental Mastery, Positive relations, Purpose of life, Self-Acceptance and Personal growth. It starts from within a person and goes outward.

**Need of the Study:-** Since happiness is the key ingredient for a positive life. But not all people are experiencing well-being. Some are experiencing it while living alone and some are experiencing it in crowd. Lots of factors determine the happiness among humans. Age can be one of them. The present research tried to find out the role of age or generation gap in happiness. It can help in planning of measures for boosting happiness among persons of all generations.

**Objectives of the study:** This research has been carried out with these objectives:-
▪ To assess the level of happiness among the people of generations X, Y and Z.
▪ To explore the difference in the level of happiness among the subject of generation X, Y and Z.

**Research Hypothesis:** Following hypotheses have been framed for being tested in this research:

1. "There will be significant difference between the subjects of generation X and Y on the scale of happiness"
2. "Subjects of generation X and Z would be different on the scale of happiness".
3. "Subjects of generation Y and Z will have different level of happiness".

**Research Methodology:**

**Sample-** As a sample 120 people were selected of which 30 were from generation X, 40 were from generation Y, and 50 were from Generation Z. They were selected from Patna District. Purposive sample technique was used to select the sample.

**Research tool**- Happiness scale by Dr. Poonam R Das and Dr. R. L Bhardwaj was applied on the subjects. It consists of 28 items.

**Research design**- The research design in the study was between-group design.

**Data Collection Procedure-** After giving the instructions to the subjects, the responses were collected in a genuine way.

**Data Analysis-** The data were analysed statistically through Mean, SD and t-ratio.

**Results:-** The results of the study are displayed with the help of three tables –

**Table-1**
**Mean scores of subjects of generation X and Y on Happiness Scale**

| Groups | Mean | SD | t-ratio | DF |
|---|---|---|---|---|
| Gen X  (N = 30) | 113.18 | 6.78 | 0.04 | 68 |
| Gen Y  (N = 40) | 113.13 | 5.41 | | |

**Level of significance- .05**

Table 1 displays that the mean score of the subject of generation X is 113.18, and the mean of the subject of generation Y is 113.13. The standard deviation of generations X and Y are 6.78 and 5.41, respectively. The t-ratio between them is 0.004, which is not significant at both 0.01 and 0.05 levels. The result shows that the first hypothesis is not proved.

**Table-2**
**Mean scores of subjects of generation X and Z on the measure of Happiness**

| Groups | Mean | SD | t-ratio | DF |
|---|---|---|---|---|
| Gen X  (N = 30) | 113.18 | 6.78 | 0.09 | 78 |
| Gen Z  (N = 50) | 112 | 3.27 | | |

**Level of significance-  .05**

It can be seen from Table 2, that the mean score of generation X is 113.18 and the mean score of generation Z is 112. The standard deviation of generation X and generation Z are 6.78 and 3.27 respectively. The t-ratio between them is 0.096 which has not been found significant at both levels 0.01 and 0.05. This does not support the second hypothesis of the study. **Lang, 2013** has found that older adults are pessimistic and younger adults are optimistic about their future hap- pines, but in the present scenario where everyone is struggling with stress and anxiety, both generations is seeking for happiness and they are not different from each other in this manner.

**Table-3**
**Mean scores of subjects of generation Y and Z on Happiness Scale**

| Groups | Mean | SD | t-ratio | DF |
|---|---|---|---|---|
| Gen Y  (N = 40) | 113.13 | 5.41 | 1.17 | 88 |
| Gen Z  (N = 50) | 112 | 3.27 | | |

**Level of significance-  .05**

Table C illustrates the mean score of generation Y is 113.13 and the mean score of generation Z is 112. The standard deviation of generation Y and generation Z are 5.41 and 3.27 respectively. The t ratio between them is 1.17, which is not significant at both levels 0.01 and 0.05, which is not supporting the third hypothesis of the study.

Therefore, it can be said that the level of happiness among people of different generations depends on many different social and psychological factors. **Butler and Kern (2016)** have also found the same result in their study.

**Major Findings of the study:**
1. There has been no difference between people of generation X and generation Y.
2. People of generation X and Z are equally happier.
3. People of generation Y and Z are not different from each other on the scale of happiness.

**Conclusion:-** The generation gap or age is not a factor in the determination of happiness, especially in the Indian context.

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