

Socio-Demographic Correlates of Happiness across Different Age Groups
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Abstract

Happiness is an important psychological construct. There are various research studies which focused on the relationship between happiness and its associated factors. The present study aims to find out the relationship between happiness and socio-demographic variables such as age, gender, religion, location of residence, marital status, type of family, education, occupation and income. The sample consisted of 450 individuals, including 150 from each of the three age groups in the age range of late adolescents (16-18 yrs), young adults (25-40 yrs), and elderly (60 and yrs above). Data were collected using random sampling method from students in school, colleges, university and retired employee registered in pensioners association. Oxford happiness questionnaire and semi-structured performa were used as measurement tools to examine happiness and socio-demographic details of the sample, respectively. Findings revealed that happiness was significantly and positively related with age, location of residence, education, occupation, and income across late adolescents, young adults and elderly. Happiness was significantly and negatively related with religion and marital status across late adolescents, young adults and elderly. Among selected socio-demographic variables, only education was found to have main effect on happiness whereas age, occupation and income did not have significant effect on happiness across late adolescents, young adults and elderly.

Keywords: Happiness, socio-demographics, late adolescents, young adults, elderly