CHAPTER 3
AIMS AND HYPOTHESES
The present investigation has been designed to study the various factors of family environment and parent-child relationship as possible correlates of happiness. For this, a sample of 400 subjects were taken, further divided into two groups i.e. Himachali group and Nepalese settler group settled in Himachal Pradesh with equal number of males and female between the age group of 13-15 years. While initiating the study certain aims and hypotheses were in view - which are as follows:

Aims

1) To find out the correlation and contribution of each factor of family environment i.e. cohesion, expressiveness, conflict, independence, achievement orientation, intellectual cultural orientation, active recreational orientation, moral religious emphasis, organization and control in happiness.

2) To find out the correlation and contribution of each factor of parent-child relationship i.e. protecting, symbolic punishment, rejecting, object punishment, demanding, indifferent, symbolic reward, loving, object reward and neglecting in determining happiness, separately for father and mother.

3) To find out whether the factors of family environment and parent child relationship in determining happiness differ significantly in Himachali and Nepalese settler group and the two genders.
HYPOTHESES

On the basis of the major goals of the present study and review of related studies, following hypotheses have been formulated.

1) Relationship dimension which includes cohesion, expressiveness and conflict will be significantly related with happiness (e.g. Thapa, 2005).
   a. Close relationship at home may lead to happiness (Meyer, 2000). Taylor and Robert (1996) have found that kinship social support to family members is positively associated with psychological well-being. Comfortable home and emotional warm atmosphere at home contributes to adolescent satisfaction (Joronen and Astedt-Kurki, 2005). Harmonious relationship is related to greater life satisfaction (Barkel and Constatine, 2005). Hence, it is presumed that cohesion will be positively and significantly related to happiness.
   b. Personal expressiveness is strongly related with hedonic enjoyment (Waterman, 1993). Open communication at home contributes to adolescent satisfaction (Joronen and Astedt-Kurki, 2005 and Thapa, 2005). Absence of positive family climate is associated with low expressiveness (McGee, Silve and Williams, 1985). Thus, it is expected that expressiveness will be positively and significantly related with happiness.
   c. Conflicts in close relationship and at home reduces cohesion and well-being (Faubert, Forehand, Thomas and Wierson,
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1990; Forgas, 1994; Bradley and Corwyn, 2000). Perceived family conflicts are associated with lower life satisfaction (Barkel and Constatine, 2005). Thus, on the basis of above studies, it is presumed that conflict will be negatively and significantly correlated with happiness.

2) Personal growth dimension which includes independence, achievement orientation, intellectual cultural orientation, active recreational orientation and moral religious emphasis will be significantly related with happiness (Thapa, 2005).

a. The extent to which family members are self-opinionated, self sufficient and make their own decision increases their level of happiness. High valued goals and independence of past success was associated with higher life satisfaction (Emmon, 1986). Hence, it could be inferred that independence will be positively and significantly correlated with happiness.

b. Students with achievement values felt better on days when they did well in school (Oishi & Diener in press). Canter and Sarason (in press) pointed out that commitment to goal is more conducive to happiness. Goal achievement is associated with subjective well-being (Brunstein, 1993). Therefore, it could be deduced that achievement orientation will be positively and significantly correlated with happiness.

c. The active participation in political, intellectual and cultural activities makes the environment of the family healthy and
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may lead to happiness. Thus, it is presumed that intellectual cultural orientation will be positively related with happiness.

d. Things people do with others like dancing, playing, eating, intimate conversion and going for a walk can cause lot of joy and promote happiness (Argyle & Furnham, 1982). Active recreational orientation is positively and significantly correlated with happiness (Thapa, 2005). Hence, it is expected that active recreational orientation will positively and significantly contribute to happiness.

e. Religion and faith in God is associated with happiness (Ellison, 1992; Pollner, 1989; Poloma and Pendleton, 1991; Veenhoven, 1994 and Gopal, 2005). On the basis of above studies, it could be deduced that moral religious emphasis will be positively and significantly correlated with happiness.

3) System maintenance dimension which includes organization and control will be significantly correlated with happiness.

a. The clear organization and structure in planning family activities and responsibilities reduces confusion at home and may promote happiness. Thus, it is expected that organization will be positively correlated with happiness.

b. Excessive control at home restricts the freedom of an individual and the person is unable to express himself in a family and may experience stress which reduces happiness. Control is negatively and significantly correlated with
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4) Parental bond with adult children appears to be important for their well-being as having a partner or as a friend (Van wel, Ter Bogt, Tom and Raaijmakers, 2002). Parental warmth has been found to be consistently associated with adult and children's adjustment (Nicholson, Phillips, Peterson and Battistulla, 2002). Attachment is a significant predictor of well-being (Love and Murdock, 2005). Closeness to parents predicted life satisfaction (Flouri, 2005). On the basis of the above studies, it can be deduced that protecting and loving behaviour of parents will be positively and significantly related with happiness.

5) If the good behaviour of a child is rewarded by both of the parents either symbolically i.e. a word of appreciation from parents and physically i.e. by giving something to the child of his choice indicates the parents' acceptance of the child which is a precursor for the child to achieve, aspire and advance further add to the healthy and happy atmosphere of the family. Hence, it is presumed that symbolic reward and object reward given by parents will positively and significantly contribute to happiness.

6) The rejecting attitude of the parents towards their children might leave the child to devalue themselves, which in turn, reduces happiness. Perceived parental acceptance and rejection is associated universally with a specific form of psychological (mal) adjustment among children and adults regardless of differences in
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gender, race, geography, language and culture (Khaleque and Rohner, 2002). Therefore, it can be inferred that rejecting attitude of parents towards their children will be negatively and significantly correlated with happiness.

7) The careless and neglecting attitude of the parents towards their children gives the sense of detachment from the family and the child may start moving away from his family by spending most of his time in outside activities which results in low cohesion at home which reduces happiness. Thus, it may be deduced that neglecting parents will be negatively correlated with happiness.

8) The parents' attitude of showing their annoyance with their children either symbolically or physically may inculcate the feeling of rejection within them which reduces happiness. Thus, it is expected that symbolic punishment and object punishment by parents given to their children will contribute negatively in happiness.

9) Parental control and authoritative style of parenting is negatively correlated with adjustment (Nicholson, Phillips, Peterson and Battistulla, 2002) which further leads to absence of happiness. Hence, it is presumed that demanding behaviour of parents in terms of authoritative parenting and parental control will be negatively correlated with happiness.

10) If the parents' expression towards their children is unconcerned, apathetic, passive behaviour, functioning without either importance or interest in the child instill the feeling of rejection, lack of love and affection, loneliness and indecisiveness in life which results in the
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absence of happiness. Thus, it can be deduced that indifferent attitude of parents towards their children will be negatively correlated with happiness.

11) The Nepalese population which is settled in Himachal Pradesh is lesser in number. So, they seek help and support from their family members rather than from outside. In addition to this, their culture is tightly integrated, cohesive and exerts lesser control, which predisposes them to be happy as compared to Himachali population (Thapa, 2005). Hence, it can be inferred that Nepalese settler group will be happier than Himachali group.

12) There will be no gender difference in happiness, various factors of family environment and parent child relationship within the Himachali group and Nepalese settler group due to the same environment where they live. Hence, it can be deduced that there will be no gender difference in happiness, various factors of family environment and parent child relationship within the same culture of Himachali group and Nepalese settler group.

13) There will be significant differences between Himachali group and Nepalese settler group and between gender on various factors of family environment and parent-child relationship due to the differences in both the cultures.