CHAPTER 7

SUMMARY
Summary

If one thinks that one is happy,
that is enough to be happy.

Happiness is a person's cognitive and affective evaluation of his or her life in terms of well-being and contentment. It has always been first and the foremost aim of human endeavour to generate happiness. All sights, fragrances, tastes, knowledge and achievements are worth, simply because they give happiness or contribute in making life happy. Desire of this wonder phenomenon called happiness leads the life on. Moreover, the same desire has inspired such studies to find out the variables affecting happiness. There is no single factor alone which can make a person happy. Universal factors such as feeling of self worth, religiosity, satisfaction, social support, loving others, taking action, developing insights, tools, strategies and using practical wisdom can help transform one's life leading to happiness.

The present study – 'The role of family environment and parent child relationship in happiness disposition' was designed to study the relationship of various factors of family environment and parent child relationship with happiness among Himachali and Nepalese settler group within the age ranging between 13-15 years.
AIMS AND HYPOTHESES

AIMS

The present study aims at:

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 predicting 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 separately for father and mother in determining happiness.

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

1. Relationship Dimension:

   a) Cohesion will be positively and significantly related to happiness.

   b) Expressiveness will be positively and significantly related with happiness.

   c) Conflict will be negatively and significantly correlated with happiness.
2. **Personal Growth Dimension:**
   a) Independence will be positively and significantly correlated with happiness.
   b) Achievement orientation will be positively and significantly correlated with happiness.
   c) Intellectual cultural orientation will be positively related with happiness.
   d) Active recreational orientation will be positively and significantly contribute to happiness.
   e) Moral religious emphasis will be positively and significantly correlated with happiness.

3. **System Maintenance Dimension:**
   a) Organisation will be positively and significantly correlated with happiness.
   b) Control will be negatively and significantly contribute to happiness.

4. Protecting and loving behaviour of parents will be positively and significantly related with happiness.

5. Symbolic reward and object reward given by parents will be positively and significantly contribute to happiness.

6. Rejecting attitude of parents towards their children will be negatively and significantly correlated with happiness.

7. Neglecting parents will be negatively correlated with happiness.

8. Symbolic punishment and object-punishment by parents given to their children will contribute negatively in happiness.
9. Demanding behaviour of parents will be negatively correlated with happiness.

10. Indifferent attitude of parents towards their children will be negatively correlated with happiness.

11. 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 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.

SAMPLE

Questionnaires were administered to a sample of 400 subjects with equal number of boys and girls of Himachali and Nepalese settler group. All the subjects were within the range of 13-15 years.

DESIGN

The present study is conducted to observe the role of family environment and parent child relationship in happiness. To test the hypotheses, correlational design has been used. To predict the variance in happiness contributed by each factor of family environment and parent-child relationship stepwise regression analysis has been applied. Further, ANOVA (Analysis of Variance) has also been computed to study the difference between Himachali and Nepalese settler group and between gender and their interaction.
TOOLS USED

The following tools have been used in the present study.

1. Chinese Happiness Inventory (Lu and Shih, 1997).
2. Family Environment Scale (Moos and Moos, 1994).

RESULTS

I) CORRELATIONAL ANALYSIS

The intercorrelation among happiness and other independent variables were computed separately for Himachali boys, Himachali girls, Nepalese settler boys and Nepalese settler boys (see tables XI, XII, XIII and XIV).

In Himachali boys, happiness is found to be positively and significantly correlated with cohesion (r = .20, p < .05), moral religious emphasis (r = .40, p < .01), organization (r = .22, p < .05) and object reward by father (r = .25, p < .05) (see table XI).

On the other hand, happiness has a negative and significant correlation with symbolic punishment by mother (r = .26, p < .05) (see table XI).

In Himachali girls, Happiness has positive and significant correlation with moral religious emphasis (r = .26, p < .05), protective father (r = .24, p < .05), protective mother (r = .20, p < .05), indifferent mother (r = .26, p < .05), symbolic reward by father (r = .26, p < .05), symbolic reward by mother (r = .26, p < .05), object reward by father (r = .27, p < .01) and object reward by mother (r = .30, p < .01) (see table XII).
Summary

While, happiness is negatively and significantly correlated with conflict ($r = .20, p < .05$) (see table XII).

The correlational analysis of Nepalese settler boys reveals that happiness is positively and significantly correlated with cohesion ($r = .32, p < .01$), intellectual cultural orientation ($r = .24, p < .05$), active recreational orientation ($r = .22, p < .05$), moral religious emphasis ($r = .21, p < .05$), organization ($r = .21, p < .05$), protective father ($r = .44, p < .01$), protective mother ($r = .40, p < .01$), symbolic reward by father ($r = .32, p < .01$) symbolic reward by mother ($r = .30, p < .01$), loving father ($r = .31, p < .01$), loving mother ($r = .25, p < .05$), object reward by father ($r = .46, p < .01$) and object reward by mother ($r = .46, p < .01$) (see table XIII).

On the contrary, happiness is negatively and significantly correlated with conflict ($r = -.23, p < .05$), rejecting father ($r = -.27, p < .01$) and rejecting mother ($r = -.24, p < .05$) (see table XIII).

In case of Nepalese settler girls, happiness is positively and significantly correlated with cohesion ($r = .51, p < .01$), achievement orientation ($r = .23, p < .05$), active recreational orientation ($r = .28, p < .01$), organization ($r = .30, p < .010$, protective mother ($r = .32, p < .01$), symbolic reward by mother ($r = .21, p < .05$), loving father ($r = .28, p < .05$), loving mother ($r = .25, p < .01$), object reward by father ($r = .22, p < .05$) and object reward by mother ($r = .29, p < .01$) (see table XIV).

On the other hand, happiness is negatively and significantly correlated with conflict ($r = -.36, p < .01$), symbolic punishment by father ($r = -.31, p < .01$) and rejecting father ($r = -.20, p < .05$) (see table XIV).
II) REGRESSION ANALYSIS

After computing inter-correlations, stepwise regression analysis was performed in order to see the predictors of happiness among different samples.

The regression analysis of Himachali boys sample reveals that 16% of variance is explained by one factor of family environment i.e. moral religious emphasis and 10% of variance is explained by two factors of parent child relationship i.e. symbolic punishment by mother (6%) and object reward by father (4%). In total, 26% of variance is explained by family environment and parent child relationship.
Summary

In the Himachali girls' sample, 7% of variance is explained by two factors of family environment i.e. achievement orientation (4%) and independence (3%). While 30% of variance is explained by three factors of parent-child relationship i.e. symbolic reward by father (19%), indifferent mother (7%) and symbolic punishment by mother (4%). In sum, 37% of variance is explained by family environment and parent-child relationship.

Factors of Family Environment

- Achievement Orientation 4%
- Independence 3%

TOTAL HAPPINESS EXPLAINED 37%

Factors of Parent-Child Relationship

- Symbolic Reward by Father 19%
- Indifferent Mother 7%
- Symbolic Punishment by Mother 4%

The regression analysis of Nepalese settler boys indicates that 3% of variance is explained by cohesion (factor of family environment). While 52% of variance is accounted by two factors of parent-child relationship i.e. object-reward by mother (46%) and protecting father (6%) overall, 55% of variance is explained by family environment and parent-child relationship.
In case of Himachali girls, 31% of variance is explained by the two factors of family environment i.e. cohesion (26%) and active recreational orientation (5%). While 13% of variance is contributed by 3 factors of parent-child relationship which are symbolic punishment by father (7%), object punishment by father (4%) and symbolic reward by mother (2%). In total, 44% of variance is explained by the factors of family environment and parent-child relationship.
In nutshell, it can be concluded that in Himachali boys and Nepalese settler girls, the factors of family environment have contributed more to the variance in happiness than parent-child relationship and vice-versa in case of Himachali girls and Nepalese settler boys.

III) ANALYSIS OF VARIANCE

Finally, analysis of variance (ANOVA) was computed to find out the significance of the difference between two groups i.e. Himachali group and Nepalese settler group and between genders.

The ANOVA reveals that the scores of Nepalese settler group is significantly higher on happiness, protective father, protective mother, demanding father, symbolic reward by mother, loving father, loving mother,
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object reward by father and object-reward by mother. On the other hand, scores of Himachali group is significantly higher on neglecting father and neglecting mother.

In case of gender, boys' score are significantly higher on symbolic punishment by father, symbolic punishment by mother, rejecting father, rejecting mother, object-punishment by father, object-punishment by mother, demanding father, demanding mother, indifferent father, indifferent mothers and neglecting father. While the scores of girls' sample is significantly higher on expressiveness.

The interaction effect of group x gender is found to be significant for expressiveness and independence have been discussed in the section of discussion.

DISCUSSION

The results of the present study have been discussed in the following three sections:

a) Family Environment and Happiness
b) Parent-Child Relationship and Happiness
c) Difference Between Group and Gender and Interaction

A) FAMILY ENVIRONMENT AND HAPPINESS

In this section, the significant factors of family environment were discussed in line with the variance explained in happiness. These are as follows:
Cohesion has emerged as one of the most important factor of family environment which is explaining 26% of variance in happiness in Nepalese settler girls' sample and 3% of variance in Nepalese boys' sample. While in Himachali group, it is found to be insignificant. It indicates that Nepalese culture is highly integrated wherein the members of the family are helping and supporting each other. This in turn is enhancing the level of happiness among them.

The second factor of family environment, which is turned out to be significant is moral religious emphasis. If contributes 16% of variance in happiness in Himachali boys' sample while in rest of the samples, it has positive and significant correlation with happiness and other independent variables contributing in regression analysis indicating that the moral religious emphasis has contributed in happiness through other independent variables. It reflects that the firm belief in God always helps an individual to stand strongly at the times of trials and tribulations, which in turn, make an individual happy and satisfied.

Active recreational orientation is the third variable contributing to the variance in happiness. Regression analysis reveals that in Nepalese settler girls' sample, it explains 5% of variance. In Nepalese boys sample, it has positive and significant correlation with happiness and other independent variables, which are significant in regression analysis. While in Himachali group, it has insignificant correlation. It might be due to the reason that Nepalese settler group take more active part in recreational activities at home. While the Himachalis group do more recreation outside home.
Summary

The fourth variable i.e. achievement orientation explains 4% of variance in happiness in Himachali girls sample. In Nepalese girls sample, achievement orientation has positive and significant correlation with happiness and cohesion, which is explaining 26% of variance in happiness indicating that the contribution of achievement orientation has been taken care by cohesion. While in Boys' sample, it is found to be insignificant, which reflects that for girls, achieving something in life is a source of happiness but for boys other factors may be more important to be happy.

The fifth variable, conflict has significant negative correlation with happiness and other independent variables which are contributing significantly to the variance in happiness in Himachali girls' sample, Nepalese settler boys' sample and Nepalese settler girls' sample showing that the contribution of conflict has been taken care by those independent variables which are contributing significantly in regression. The results show that the lesser conflict at home is congenial for the happy atmosphere of the family.

The next variable of family environment is organization. Organisation is positively and significantly correlated with happiness in all the samples except Himachali girls. But, it is found to be insignificant in regression analysis due to its later entry in regression equation. It shows that families where members pay high emphasis on rules, activities they perform are immaculately planned, each individual's duty is clearly defined are usually neat and orderly and make collective effort to perform every task will ultimately, result in less confusion and conflict at home and enhance cohesion which further results in happiness.
Summary

The last factor which has positive and significant correlation with happiness is intellectual cultural orientation. It is found to be significant in only one sample i.e. Nepalese settler boys' sample. It reflects that the Nepalese boys take part in social, cultural and intellectual activities which make the environment of the family light and congenial for happiness.

The rest of the factors of family environment have insignificant correlation and contribution to the variance in happiness.

B) FACTORS OF PARENT-CHILD RELATIONSHIP

The ten factors of parent-child relationship were studied separately for father and mother and were discussed in the light of correlational and regression analysis. The sequence of the factors will follow the magnitude of the variance contributed by each factor of parent-child relationship in happiness. These are as follows:

Object and symbolic rewards by parents have highest contribution to the variance in happiness in most of the samples i.e. in Nepalese settler boys' sample object-reward by mother has explained 46% of variance. Symbolic reward by mother has explained 20% of variance in Nepalese girls' sample, 19% in case of Himachali girls by symbolic reward by father and object reward by father has explained 4% of variance in happiness in Himachali boys' sample. It indicates that the reward given by parents in the form of praise, a warm hug or any tangible gift not only strengthen the good behaviour of the child but also indicates parents' care and acceptance towards their children which inturn enhance happiness.
The second factor of parent-child relationship which is turned out to be significant is symbolic and object-punishment by parents in all the samples except Nepalese boys sample. Further, it is negatively correlated with happiness. Symbolic punishment by father explains 7% of variance and object punishment by father explains 4% of variance in Nepalese girls' sample. Similarly, symbolic punishment by mother explains 6% and 4% of variance in Himachali boys' sample and Himachali girls' sample respectively. It reflects that punishment given by parents either physically or symbolically may develop the feeling of rejection and inferiority among them reduces happiness.

Protecting and loving parents have been emerged as the third highest contributing factors of happiness. Protecting father has explained 6% of variance in happiness in Nepalese boys' sample in regression analysis. While in rest of the samples, protecting parents are positively and significantly correlated with happiness in all the samples. Similarly, loving parents are found to be significantly and positively correlated with happiness in Nepalese settler group only. It indicates that defending and loving attitude of the parents in the form of devotional attachment and amiableness gives the sense of acceptance and satisfaction to the child which makes them feel happy.

The next variable which is turned out to be significant is rejecting parents. Results reveal that rejecting father has negative and significant correlation with happiness in Nepalese settler group and rejecting mother is negatively and significantly correlated with happiness in Nepalese boys' sample only. It shows that rejecting attitude of the parents leave the child to
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devalue him. He may feel that whatever he is doing is not up to the mark and is not acceptable by anyone which results in unhappiness.

The last variable which is positively and significantly correlated with happiness is indifferent mother. It has explained 7% of variance in Himachali girls' sample. But, in rest of the samples indifferent parents have insignificant correlation and contribution to the variance in happiness. It might be due to the reason that Himachali girls' are perceiving the apathetic and passive behaviour of the parents as a freedom given by their parents, which usually girls don't get in Indian society.

The rest of the factors of parent-child relationship are not significant.

C) DIFFERENCE BETWEEN GROUP AND GENDER

Finally, ANOVA was computed to find out the significance of difference between groups and gender. On the following factors, the difference either in group or in gender was found to be significant. The interaction effects of group x gender have also been discussed.

Happiness is found to be significantly higher among Nepalese settler group than Himachali group. This may be due to the reason that the culture of Nepalese settler group is tightly integrated and interdependent which make them closer to each other. The members of the family are very helpful and supportive that they never leave anyone alone in the family at the times of trials and tribulations. They make collective effort to overcome the problem with their positive attitude towards life and optimistic thinking. In addition, they are moving towards modernization but still strongly tied with
their family. All these things make Nepalese group happier than Himachali group.

In family environment, two factors were found to be significant in analysis of variance. The main effect of gender has been turned to be significant for expressiveness. The girls are found to be more expressive than boys. The reason being that the girls take out their emotions by expressing more and more. While the boys have other ways to take out their emotions and aggression.

The interaction effect of group x gender on expressiveness was also found to be significant. At the boys' end, the Himachali group is significantly higher because of their friendly nature, they express more than Nepalese settler group. But at girls' end, Nepalese settler girls' are more expressive because of comparatively less restrictions at home, they feel free to express themselves.

Similarly, the interaction effect of group x gender on independence was found to be significant. The Nepalese settler girls are more independent than Himachali girls. While on the score of males there are no difference, the scores of boys and equal. It indicates that due to lesser restrictions and control at home, Nepalese girls' show more independence.

In parent-child relation, the following factors have been turned out to be significant.

The main effect of group on protective parents i.e. father and mother both found to be significant. The Nepalese parents are more protective than Himachali parents because the Nepalese families are lesser in number. So,
parents show more protective attitude towards their children to make them feel that they are not alone.

For symbolic and object punishment given by parents, the main effect of gender was found to be significant. The boys are higher than girls on both symbolic and object punishment because the girls are more sensitive to their family. So, parents treat the girl child with love and care. While in the case of boys', they show annoyance by punishing them both symbolically and physically at times.

Similarly, the main effect of gender was found to be significant for rejecting parents, indifferent parents and neglecting parents. The boys' score is higher on these factors than girls. The reason being that the boys are generally careless. So when they don't listen or obey to their parents, they show their annoyance by rejecting and neglecting them and sometimes by slightly being indifferent in certain situations.

Again, ANOVA reveals that the boys are slightly higher on the factor of demanding parents because they are suppose to run their family in later life. So, parents demand more from boys than girls to motivate them to achieve good position in society. Further, the main effect of group was found to be significant for demanding father. The Nepalese group is significantly higher for demanding father than Himachali group. It indicates that in Nepalese culture, father demands more from their children to motivate them to keep pace with the modern world.

For symbolic and object reward by parents, the main effect of group is found to be significant. The Nepalese settler group is significantly higher than Himachali group because of their culture where they enjoy each and
every moment of their life, even the smallest achievement of their children by giving rewards.

Similarly, the Nepalese settler group is found to be significantly higher on loving parents than Himachali group because the parents feel that unconditional love towards their children will generate love, respect and obedience for their parents.

The rest of the factors were found to be insignificant in analysis of variance.

IMPLICATIONS AND LIMITATIONS

The present study was an attempt to investigate the role of family environment and parent child relationship in happiness disposition. After the analysis of the results, it was found that this study can be beneficial to make the environment of the family, healthy and conducive to happiness. Also, it may guide the parents to understand their children well to help them to lead a happy, successful and stress free life, the ultimate goal of every individual and society.

Few limitations were also observed after the analysis of the results. First, the study was conducted on Himachalis and Nepalese settlers of the age group of 13-15 years. So, this study cannot be generalized to the whole population. In future research, the sample should be broader, not just adolescents but other age groups should also be included. Moreover, it should be conducted in different cultures of India before a blanket statement could be given.
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Second, the parent-child relationship scale was filled by children and not by parents. If the parents and children both have filled up the forms, the perception of parents towards their children and vice-versa could be found out. Further, the gap between parents and children could be traced out and more suggestions could be given to enhance happiness.

Third, the role of different types of personality, attitudes, interactional and situational factors were not taken into consideration since it was beyond the scope of the study. But these factors are very important to study as a causal factor of happiness in future research.

More qualitative research needs to be done as some important aspects of life are ignored in quantitative research. The future research should concentrate on case studies as well.