# CONTENTS

**INTRODUCTION (CHAPTER-I)**

1.1: Happiness  
1.1.1: Hedonic Happiness  
1.1.2: Eudaimonic Happiness  
1.1.3: Complementarity and Interrelationship Approach  
1.1.4: Eastern Conceptualization of Happiness  
1.1.4.1: Buddhism  
1.1.4.2: Confucianism  
1.1.4.3: Taoism  
1.1.4.4: Hinduism  
1.1.5: Study of Happiness  
1.1.6: Defining Happiness  
1.2: Attachment Pattern  
1.3: Ego Functions  
1.3.1: Ego functions in Relation to Stress, Coping and Personality  
1.4: Emotional Intelligence  
1.5: Inner-Other Directedness  
1.6: Stress  
1.6.1: Stressful Life Events  
1.6.2: Psychological Appraisal and Experience of Stress  
1.7: Meaning in Life  
1.8: Context of the Present Study  

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction (Chapter-I)</td>
<td>1</td>
</tr>
<tr>
<td>1.1: Happiness</td>
<td>3</td>
</tr>
<tr>
<td>1.1.1: Hedonic Happiness</td>
<td>3</td>
</tr>
<tr>
<td>1.1.2: Eudaimonic Happiness</td>
<td>3</td>
</tr>
<tr>
<td>1.1.3: Complementarity and Interrelationship Approach</td>
<td>4</td>
</tr>
<tr>
<td>1.1.4: Eastern Conceptualization of Happiness</td>
<td>4</td>
</tr>
<tr>
<td>1.1.4.1: Buddhism</td>
<td>5</td>
</tr>
<tr>
<td>1.1.4.2: Confucianism</td>
<td>5</td>
</tr>
<tr>
<td>1.1.4.3: Taoism</td>
<td>5</td>
</tr>
<tr>
<td>1.1.4.4: Hinduism</td>
<td>6</td>
</tr>
<tr>
<td>1.1.5: Study of Happiness</td>
<td>6</td>
</tr>
<tr>
<td>1.1.6: Defining Happiness</td>
<td>7</td>
</tr>
<tr>
<td>1.2: Attachment Pattern</td>
<td>9</td>
</tr>
<tr>
<td>1.3: Ego Functions</td>
<td>15</td>
</tr>
<tr>
<td>1.3.1: Ego functions in Relation to Stress, Coping and Personality</td>
<td>18</td>
</tr>
<tr>
<td>1.4: Emotional Intelligence</td>
<td>20</td>
</tr>
<tr>
<td>1.5: Inner-Other Directedness</td>
<td>24</td>
</tr>
<tr>
<td>1.6: Stress</td>
<td>27</td>
</tr>
<tr>
<td>1.6.1: Stressful Life Events</td>
<td>28</td>
</tr>
<tr>
<td>1.6.2: Psychological Appraisal and Experience of Stress</td>
<td>29</td>
</tr>
<tr>
<td>1.7: Meaning in Life</td>
<td>31</td>
</tr>
<tr>
<td>1.8: Context of the Present Study</td>
<td>36</td>
</tr>
</tbody>
</table>
2.1: Studies on Age Difference with Respect to Happiness and Well-Being

2.2: Studies on Differences Between Males and Females with Respect to Happiness and Well-Being

2.3: Studies on Differences Between Married and Unmarried Individuals with Respect to Happiness and Well-Being

2.4: Studies on Attachment Patterns and its Relationship with Happiness and Well-Being

2.5: Studies on Personality and its Relationship with Happiness and Well-Being

2.5.1: Studies Regarding the Relationship Between Ego Functions and Depression and Development of Psychopathology

2.6: Studies on Emotional Intelligence and its Relationship with Happiness and Well-Being

2.7: Studies on Inner-Other Directedness and its Relationship with Happiness and Well-Being

2.8: Studies on Stressful Life Events and its Relationship with Happiness and Well-Being

2.9: Studies on Meaning in Life and its Relationship with Happiness and Well-Being
2.10: Study on attachment patterns, ego functions, emotional intelligence, inner-other directedness, stressful life events in last one year, meaning in life and happiness

2.11: Implications Obtained from the Review

2.12: The Present Study

METHODOLOGY (CHAPTER-III)
3.1: Research Objectives
3.2: Research Design
3.3: Type of Research Employed in the Study
3.4: Sample of the Study
3.4.1: General Inclusion Criteria
3.4.2: General Exclusion Criteria
3.4.3: Selection of the Sample
3.5: Tools Used
3.6: Procedure of the Study
3.6.1: Pilot Study
3.6.1.1 Objectives of Pilot Study
3.6.1.2 Procedure of the Pilot Study
3.6.1.3 Statistical Treatment
3.6.1.4 Results of the Pilot Study
3.6.2: Main Study
3.7: Examination, Scoring, and Treatment of the Data

RESULTS (CHAPTER-IV)
4.1: Descriptive Statistics
4.2: Inferential statistics
4.3: Correlation statistics between predictor variables and criterion variable
4.4: Prediction statistics between predictor variables and criterion variable
DISCUSSION (CHAPTER-V)
5.1: Gender Difference Regarding Happiness
5.2: Difference Among the Age Groups Regarding Happiness
5.3: Difference Among the Age Groups Regarding Attachment Patterns, Ego Functions, Emotional Intelligence, Inner – Other Directedness, Stressful Life Events in Last One Year and Meaning in Life
5.4: Difference Between Married and Unmarried Individuals Regarding Happiness
5.5: Role of Attachment Patterns
5.6: Role of Ego Functions
5.7: Role of Emotional Intelligence
5.8: Role of Inner – Other Directedness
5.9: Role of Stressful Life Events
5.10: Role of Meaning in Life
5.11: Integration of the Present Findings