

University, social relations and students' sense of happiness (Case study of students of Islamic Azad University, Kerman Branch)

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Abstract

This study investigates the social factors affecting the happiness of students of Islamic Azad University, Kerman Branch will pay. The statistical population of the study consists of all students of the Islamic Azad University of Kerman in 2016 (equal to 16878). The sample of the research using the Cochran's formula is estimated to be 384 people. In this research, a survey method has been used. The stratified sampling method was proportional to the sample size. It is a combination of cluster sampling and simple random sampling. The theoretical framework of the research is a combination of psychological and sociological theories. A Framework of the Theories of Max Haller and Marquez Hadler, Hume, Winhoven, and Calmijan , Bergzma, Scott, Shannon, and Caroline. Diner et al., Julian Rutter in Psychology and Giddens Theory in Sociology.

The results indicate that the variables: social trust (with an effect of 0.184), Feeling of health (0.189) and life satisfaction (0.566) have a direct and positive effect on the feeling of happiness. That life satisfaction has the highest direct and causal effect on the feeling of happiness; however, this variable also changes with the feeling of health and self-esteem. The covariance coefficients of these two variables are equal to: 2.369 and 5.244, respectively.

Keywords: feeling happy, life satisfaction, social trust, feeling healthy, self esteem.

1. Introduction

There is no doubt that we are all naturally in search of desirable and pleasant situations. But one of the challenges facing human beings in today's world is the feeling of well-being and happiness. Experimental findings show that despite the significant progress of humans in a variety of advanced technologies and despite the fact that humans have been able to even stepped on other planets, but technology has not been able to increase her sense of

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happiness. Happiness, as one of the root positive emotions, has a decisive role in ensuring the health of the individual and society. Happiness is always associated with happiness, optimism, hope and trust and therefore can play a catalytic role in accelerating the development process of society (Chalabi, 2008: 34).

Happiness stimulates one's activity, increases one's awareness, strengthens one's creativity and facilitates one's social relations. Happiness also promotes political participation and maintains the health and longevity of individuals. Research shows that happiness, regardless of how it is acquired, can improve physical health. People who are happy feel more secure, make decisions easier, have a more participatory spirit and they feel more satisfied than those who live with them (Falahyan, Aghaei, Taher Neshatdoost, 2020: 55). Happy people have high self-esteem, strong friendships, and meaningful religious beliefs; they feel more secure and make decisions easier (Alizadeh Aghdam et al., 2013: 225).

In all societies, many efforts are made to ensure the mental health of individuals and their happiness, because the lack of happiness and vitality in society is one of the factors threatening the health of human society. From 2000 onwards, in the eyes of the United Nations to determine the level of development of countries, Social variables of happiness, Hope for the future and social satisfaction have been included in the calculations as a key indicator. Hope for the future and social satisfaction have been included in the calculations as a key indicator. (Diener, 2007) Research shows that "although 65% of our population is young people under the age of 30, 25% of these people are depressed due to lack of happiness and social vitality. Disappointment about the future and its ambiguity, even among educated youth, unemployment and many other issues cause many talented young people in the country to stop. Convulsions that manifest verbally and behaviorally in many families due to economic issues All cause ideas not to be realized, Thoughts, goals and aspirations of young people and causes depression and anxiety among young people in the country, followed by happiness and vitality in the family and society becomes less and less (Khademian, 2012: 110).

Many theorists in this field believe that social happiness is very closely related to political and social policies and these policies can be promoting the "quality of society." That is why it has been considered in the discussion of social happiness and identifying the impact of social welfare on it. At present, ie from the 1990s onwards, social welfare includes a set of conditions in which human satisfaction in life is ensured (Firoozabadi and Hosseini, 2011: 11). The issue of youth is an important issue due to the young population of Iran, and also on the other, a large number of young people are attracted to universities. Hand by facilitating the entry of students to various educational centers and universities in general. Islamic Azad University of Kerman Branch is therefore of great importance due to the size and diversity of many students who have attracted from all walks of life. This study is conducted to investigate the social factors affecting the happiness of students of Islamic Azad University, Kerman Branch.

2. Review of Literature

Ping, Yang et al. (2023) in investigating the effect of tourists' happiness on the intention to revisit in the field of traditional Chinese medicine cultural tourism, conclude that: The results show that tourists' happiness promotes memorable tourism experience and place attachment, in turn stimulating revisit intention. The results also support health consciousness as a significant moderator between happiness, place attachment, and revisit intention. The findings enrich theoretical understanding of tourists' happiness and provide marketing and management advice for TCM cultural tourism destinations.

Alkas Abuhof, Gaydos et al. (2022) researching the effects of nature-based art therapy on happiness and life satisfaction conclude that:

The results showed that life satisfaction and positive affect improved more during phase II compared to the Phase I. Additionally, there appeared to be a significant difference in how each participant's scores changed; this could indicate that the nature-based art therapy process allowed individuals to visually explore places in nature during restrictions to their autonomy. Gayanti, Fonsikau et al. (2022) have investigated the social capital with the happiness index in the study of changes in the stability of countries after the Covid-19

disease. The COVID-19 crisis has resulted in a number of social issues, the most serious of which is probably sanitary. To combat the COVID-19 virus, lockdowns and vaccinations were put in place.

COVID-19 has been identified as a significant crisis driver that has impacted nations' economies as well as social and natural capital. This research seeks to evaluate how countries' sustainable development has changed since COVID-19, with a focus on countries' economic power, which reflects their ability to cope with the crisis. A sample of 89 countries is considered, with 2019-2020 set as the base years for data collection, covering the first year of the COVID-19 crisis. A 3-D cube represents and conceptually supports sustainability. The ecological footprint (EF) method is used to express the natural environment, the GDP method for economic capital, and the happiness index for social capital. The findings show that the sustainability of economies was negatively impacted after the first year of the COVID-19 crisis, but to varying degrees depending on the economic power of the nation. While the wealthiest economies' sustainability was slightly altered during 2019-2020, the poorest economies pushed approximately 169 million people into the worst performance. Results claim efforts to make different policies and provide different economic support for countries, because we are all in different boats, even though we are all in the same storm.

Ayraiza, Izi et al. (2022) in the study of the meaning of happiness for teenagers, comes to the conclusion that: Findings of this research revealed several themes emerge as meaning as well as sources of happiness: 1) Positive affect; 2) doing enjoyable activities; 3) receiving something; 4) achieving something; 5) relating with others; 6) having a positive physical condition; 7) performing religious activities; and 8) special days or events. Furthermore, both family and non-family members contribute a share in children's happiness. The results confirm the findings of previous studies conducted in the context of younger children and studies in Western and Asian countries. Additional findings and suggestions for further research are discussed further in a more comprehensive manner. EL Brachi, Salim et al. (2022) The relationship between citizens' readiness and the intention to continuously use smart city services: the mediating effects of satisfaction and discomfort

conclude that: Findings of this research revealed several themes emerge as meaning as well as sources of happiness: 1) Positive affect; 2) doing enjoyable activities; 3) receiving something; 4) achieving something; 5) relating with others; 6) having a positive physical condition; 7) performing religious activities; and 8) special days or events. Furthermore, both family and non-family members contribute a share in children's happiness.

The results confirm the findings of previous studies conducted in the context of younger children and studies in Western and Asian countries. Additional findings and suggestions for further research are discussed further in a more comprehensive manner. Coulibaly et al. (2022) Our results show that populations in slums have, on average, happiness and life satisfaction higher than that of rural populations. Higher levels of happiness are linked to higher social trust and satisfaction with one's community, while higher satisfaction with life is linked to higher socioeconomic profiles in slums. Issues related to this difference in SWB and policy implications are discussed.

In examining the relationship between happiness, life satisfaction domains, perceptions, and valuing differences between genders, it is concluded that Coulibaly et al. (2022) The findings suggest that relative perceptions have a large statistically significant association with SWB. Satisfaction with family life and health are the strongest predictors while satisfaction with income and leisure time are the weakest predictors of overall life satisfaction for both genders. Work satisfaction is more important for men than for women, whereas partner's happiness is more valued by female respondents. Satisfaction with household compared to personal income has a larger association with life satisfaction in all subsamples except employed women. Understanding the perceived and factual determinants of happiness has urgent implications discussed in the article. Zong and Chin (2022), investigating the relationship between urbanization, green development and residents' happiness, taking into account the moderating role of environmental regulations, concludes that: The fundamental goal of development is to continuously improve people's well-being. Studying the relationship between urbanization, green development and well-being can better promote people's happiness index. This paper matches the Chinese General Social Survey (CGSS)2017 data with the urbanization

data of 28 provinces and the inter-provincial green development index and employs the Ordered Probit model to examine the relationship between urbanization, green development and residents' happiness (RHAP). On this basis, the mediating effect of green development and the moderating effect of environmental regulation intensity are further studied.

The research results indicate that the level of economic urbanization and social service urbanization significantly promote the RHAP, while the level of population urbanization has a significant negative impact. There are significant differences in the level of RHAP needs due to the heterogeneity of regions, urban and rural areas, and income levels. The social service level has a stronger role in promoting the RHAP in eastern regions and cities, and the level of economic development is more obvious for residents in central and western regions and rural areas. Moreover, green development plays a partial mediating role in the relationship between urbanization and RHAP, and environmental regulation positively regulates the relationship between urbanization and green development. This study provides new ideas for the government to effectively formulate policies and improve RHAP.

Shamali, Motaghi Dastiani and Hossein Jani (2020: 151-166) in their research looking for the relationship between the fragility of happiness beliefs and experienced happiness: the moderating role of optimism, they come to the conclusion that the fragility of happiness beliefs has a significant negative relationship with experienced happiness has been. In other words, optimism moderated the relationship of fragility of happiness beliefs on experienced happiness. Based on this, by designing and implementing a set of educational programs to promote optimism in students, it is possible to reduce the fragility of happiness beliefs and experience in them.

Adabi, Hajiha and Sohsari (2020) in the design and evaluation of organizational happiness model of the professors of Islamic Azad University of Tehran units (composite study) come to the conclusion that the atmosphere of the work environment, work equipment, social relations, ethical behavior of the work environment and Incentive systems play an important role as causal conditions in the organizational happiness mode Mohammadi and Seifzadeh (2019: 1-1) in the study of cultural factors of social happiness (case study:

Isfahan city youth) come to the conclusion that the level of happiness was more in the average statistical sample and also between religiosity, cultural capital, programs. There is a positive and moderate correlation between social media and recreational and welfare facilities, and there is also a relationship between sex, age, education, income, job, and happiness.

Qashlaghi, Alivandi et al. (2018: 71-94) in the study of the effectiveness of spiritual-religious group therapy based on Islam on marital happiness and the quality of the perceived marital relationship in women with marital heartbreak. They come to the conclusion that Islamic spiritual-religious group therapy has significantly increased the amount of marital happiness and the perceived quality of the marital relationship of women. Gholami, Khaki et al. (2018: 107-107) in evaluating citizens' perception of the development of urban tourism and its effect on the mental happiness of the case sample of Mashhad metropolis come to the conclusion that the development of urban tourism is effective on the mental happiness of the citizens of Mashhad. Also, among the components in the variable of perception of tourism development, social effects and economic effects of wisdom are effective on citizens' mental happiness.

Kargar, Iman et al. (2017: 211-171) in examining the relationship between leisure and religious lifestyle and social happiness; Study case: High school students of Jahorm city come to the conclusion that traditional leisure lifestyle, collectivist religious lifestyle, social class and family income are related to the dimensions of students' happiness. The results show that one of the main sources of happiness is lies in social communication; On the one hand, extensive and satisfying communication, and on the other hand, membership in human societies and performing recreational or religious collective activities can increase the social happiness of individuals and, as a result, the society, but these variables alone cannot have a high level of happiness. Explain the variance of the dependent variable.

Given the complexity of the issue of happiness for young people, it can be said that none of the theories is so comprehensive that it can be used to measure the tendency of the young generation of society. As a result, scientific explanation of the issue of feeling happy in the students of Islamic Azad University, Kerman Branch, requires a combination of theories they are not

comprehensive enough to measure the tendency of the young generation in society. As a result, scientific explanation of the issue of feeling happy in the students of Islamic Azad University, Kerman Branch, requires a combination of theories • Basic personal networks and relationships • Socio-cultural solidarity and dependencies and altruism • Partnerships and career successes and social status • Institutional and macro-socio-political context (Haller and Hadler, 2006: 178).

Haller and Hadler emphasize social bonds and interactions, social commitment and responsibility, social affiliations, altruism, and social capital in general; And what they call the macro-social context includes institutions that have the task of fulfilling the roles of distributing welfare services in society, granting political freedom and democracy, and providing the necessary conditions for individuals to achieve socio-political rights. In general, they are responsible for the realization of civil rights, each of which plays a role in the emergence of certain emotions, especially feelings of happiness. In support of the claim of Hudler and Haller, Bell Bam and Barhir (Haller and Hudler, 2006: 179) in their studies, they showed that sincere and good relationships with other people, spouse, parents, children, relatives, friends, neighbors and colleagues are the main sources of life satisfaction and happiness. Hume also argues that the pursuit of happiness is a goal that can only be achieved through communication with other people. Haller and Hadler believe that the role of associations and popular participation in happiness is to create social order membership first. , So that excessive individualism and anomie is controlled through it, and secondly, a transcendental-spiritual combination is created through which the accumulation of belief and practical (executive) forces of human beings turns into a collective feeling for understanding different aspects of life. By (Hadler and Haller, 2006: 179-180).

Winhoven and Kalmijan consider the entry of people into associations as the principle and believe that the more people enter the associations, the happier people will be (Winhoven, 2009: 436). Martin believes that by "creating regulatory and adjustment mechanisms, creating satisfaction in society and reducing inequality in the use of welfare facilities and reducing class distance can increase the level of happiness in society")Based on the above discussions,

what Haller and Hadler and other thinkers in the field of networks and basic personal relationships, as well as in the field of social solidarity and cohesion, emphasize, including altruism, Based on the above discussions, what Haller and Hadler and other thinkers in the field of networks and basic personal relationships, as well as in the field of social solidarity and cohesion, emphasize, including altruism, But in addition to social factors, individual and psychological factors also affect happiness. One of the important theories in this field is cognitive theory. Which emphasizes that emotion does not occur without a cognitive assessment of the stimulus event; rather, the first person's assessment of the stimulus as good / bad is an important cognitive mechanism that manifests itself in the form of physiological arousal and subsequent emotional experience (Rio, 1999: 317; quoting Khodapnahi, 2000: 121).

This assessment can be a positive assessment with hope for the future or it can be accompanied by despair and depression. It is the future. Feelings of anxiety or worry are directly related to a lack of hope for the future. Hope for the future is the achievement of the goal or the expectation of achieving the goal, as the theory of hope has called the theory of motivation. Scott, Shannon and Caroline (2004, citing Khoshkhanesh and Afshar, 2008: 42) showed that students with high life satisfaction are more involved with homework and do their homework better; They can cope better and more productively with stress. Students who are very happy can easily ask their teachers for help with problems in class, and as a result, they are happier.

Diner et al. (2007) they found that there is a significant relationship between happiness and mental and physical health. Happiness and designing programs to be happy increase happiness, and happiness is a product of mental health, not its goal. Happiness is often associated with good functioning and mental health, and personal relationship satisfaction is associated with good mental health. Altruistic people are happier than those who are not, and instilling a little positive emotion makes people smarter. , More accurate and therefore happier. Students who have permanent happiness have better mental health, inactivity and low self-esteem as factors that lead to a decrease in quality of life and educational status of students (Manon, 2005: 175; Farhadi et al., 2005: 60) Julian Rutter is one of the theorists who has paid special attention

to the concept of source or place of control. This concept has two dimensions of internal and external control. Giddens (1970) also refers to the factors that create trust, in this regard, points to the fundamental differences between the cultures of pre-modern and modern societies and believes that in societies dominated by abstract systems and distance. Temporal and spatial capture is a very important trust and we no longer need to trust people who are constantly exposed to us and whose activities can be directly reviewed.

The nature of modern institutions is deeply dependent on the mechanisms of trust in abstract systems, especially specialized systems. Trust creates mutual trust, and trust in personal relationships, as well as generalized trust, increases the tendency to develop friendships and leads to commitment and happiness. (vahida, behyan & hashemiyanfard, 2015: 199) In general, it can be said that social relationships combined with trust have a decisive effect on happiness and the family can be considered as one of the providers of happiness. Based on this theoretical framework, hypotheses about the relationship between life satisfaction, self-esteem, feeling of health, hope for the future, social trust and happiness based on two variables are formulated and presented in the following analytical model:

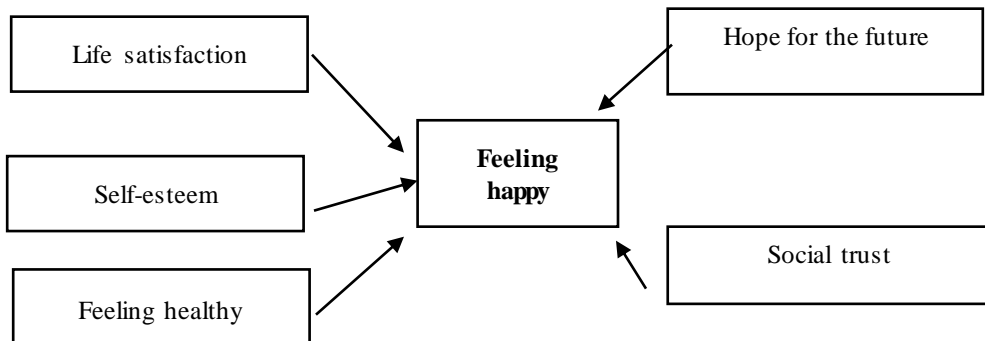


Figure 1: Socio-psychological factors affecting on happiness

3. Methodology

The results indicate that the present study is an applied research in terms of performance criteria and is considered as a cross-sectional research in terms of time and is a type of correlational research in terms of relationships between variables and evaluation of correlation intensity. And in terms of the scope of a

research is extensive Research is also a survey study in terms of controlling research conditions Research is also a survey study in terms of controlling research conditions The data collection method was a questionnaire.

The statistical population of the study included all students of the Islamic of Kerman, which in September 2017 by the Statistics Center of the Islamic Azad University of Kerman is equal to 16878 people .In this study, Sharp Cochran's formula was used to estimate the sample size. Finally, 384 people were selected as the sample size with an accuracy of $d = 0.05$ and the highest variance of $pq = 25\%$ and 95% confidence level as a sample The stratified sampling method was proportional to the sample size. Regarding the measurement tool in the present study, the Oxford questionnaire was used to measure students' happiness first, a preliminary questionnaire was referred to two university professors with a doctorate in sociology and one with a doctorate in statistics. Finally, the formal validity.

Table 1: Cronbach's alpha coefficients for each of the research variables

variable number of items	Cronbach's alpha	variable
5	751.	Life satisfaction
6	726.	Self-esteem
10	737.	Feeling healthy
10	820.	Hope for the future
5	728.	social trust
29	896.	Feeling happy

The validity of the research is also estimated using the validity of the structure. Structural validity deals with the relationship between measuring instruments and is a general theoretical framework for determining that to the extent that the measuring instrument reflects the concepts and assumptions of the theory used. The validity of the structure is used in such a way that in the model of measuring the coefficients of the observed variables on the hidden variable, it is considered as the validity of that index. That is, the higher the coefficients, the higher the validity of the structure. Cronbach's alpha test was used to assess the validity of the study. The following table shows the Cronbach's alpha coefficients for each of the research variable.

Table 2: Conceptual and operational definitions of research variables

variable	Conceptual and operational definition
Life satisfaction	It refers to the level of satisfaction and satisfaction of a person with living conditions and items such as: compliance with ideals, life satisfaction, achieving goals in life and ... (Gaderi, Solymani, Moradi et al, 2016)

Self-esteem	Self-esteem means how people think about themselves, how much they love themselves and are satisfied with their performance, especially how they feel socially, sportingly and academically, and how ideal and close they are. And how real they are. Items such as: not feeling anxious, making easy decisions in life, enjoying being with others and things like that (Eizedi,2018)
Feeling healthy	The ability to adapt to the environment, flexibility, fair and rational judgment in the face of deprivation and stress, such as: Do you feel completely healthy and healthy, angry and moody, Are you able to enjoy the activities of daily living, Have you felt that life is completely frustrating, have you felt that life is not worth living and ... measured? , (Moshtaghi et al., 2012:
Hope for the future	Hope for the future refers to a person's level of hope for positive events in his life in the future. This hope can occur in various areas of work, education, family and personal and social. Improving conditions (employment and employment status, community health, educational and research facilities) - Establishing justice and reducing problems
social trust	Social trust can be considered as having a positive attitude and good faith towards individuals in society, groups or organizations, which facilitates social relations. The following five indicators have been used to measure the generalized social trust: 1- Honesty, 2- Explicit, 3- Sharing, 4- Collaborative tendencies, 5- Confidence (Safari shali,tavafi,2018)
Feeling happy	Happiness refers to how people evaluate their lives and includes variables such as life satisfaction, marital satisfaction, job satisfaction, lack of depression, and so on. Diner, and Biswas_Diner, (2000) used the Oxford Questionnaire to measure this variable.

4. Findings

Among 384 students in the study, the frequency distribution of respondents by gender shows that 56.3% are male and 43.8% are female. The average age of the respondents was about 31 years, the minimum age was 20 and the maximum was 48 years. 19. 19% of the respondents live in region one, 27.6% in region two, 28.7% in region three, 15.0% in region four and 8.8% in region five of Kerman. 59.6% are native and 40.4% are non-native.

About 34.5% single50.4% are married, 11.1% are divorced and 0.4% of the respondents have lost their spouses. 20.6% are associate degree, 41.0% are bachelor's degree, 33.9% are master's degree and 4.4% are doctoral degree. 21% in the Faculty of Science, 41.6% in the Faculty of Literature, 18.7% in the Faculty of Engineering, 12.2% study in the Faculty of Architecture, 4.5% in the Faculty of Midwifery and Nursing and 0.2% in the Faculty of Agriculture. 38.6% are employed, 38.1% are unemployed and 23.3% have part-time jobs. The relevant results regarding the happiness feeling variable indicate that the level of happiness is moderate among students.

This variable with expressions like I really like people (others), I feel that life is very valuable, I feel very close to others, I have a lot of fun and lively things in my life, life is good, I am very happy, I always affect others with my happiness, I usually experience happiness and peace. And evaluation and results (overall average of 3.02 out of 5) have been reported. Respondents, on the other hand, were asked to answer questions such as that my life fits in most respects with my ideals, that my living conditions are excellent, that I am satisfied with my life, if I could go back in life I would change almost nothing. I did not and which indicated the variable of life satisfaction, to respond.

The results show an average evaluation (average of 3.23 out of 5). Scores related to the feeling of health variable are also equal to (total average 3.55 out of 5); That is, for the majority of respondents, the feeling of health through questions such as: Do you feel completely well and healthy, angry and moody, Are you able to enjoy the activities of daily life, Do you feel that life is completely frustrating, Do you? You have felt that life is not worth living and measured is average. Unfortunately, the general average hope for the future, which shows things like whenever I ask for help, I have a positive view of various aspects of my life, I feel a happy future awaits me, What I still want to do in life, I can set goals for my life, my life is meaningful, I feel I will get over the problems of life well and equal to (2.77 of 5) means lower than average reported. Also, the total mean scores for the variables of self-esteem and social trust of 5 scores are equal to (2.71), (3.26), respectively.

But regarding the test of research hypotheses, the results indicate that between the variable of life satisfaction and happiness (Pearson coefficient equal to 0.472 and significance level 0.000), between self-esteem and happiness (Pearson coefficient equal to 0.367 0.000 and a significance level of 0.000), between hope for the future and a sense of happiness (Pearson coefficient equal to 0.039 at a significance level of 0.030), between social trust and a sense of happiness (Pearson coefficient equal to 0.178 in Significance level (0.003), there was a significant relationship between feeling of health and feeling of happiness (Pearson coefficient equal to 0.145 and significance level of 0.110). Presenting a route model to explain social and cultural factors affecting students' sense of happiness: In order to better explain the social and

cultural factors affecting students' sense of happiness, the path model is presented in in this model, various variables have been entered into the model as independent variables and their relationship with high-risk behaviors has been investigated.

Table 3: Indicators of structural path model fit

Index result	evaluation	Measurement index	Acceptable fit	A good fit	Fit index
A good fit		0/058	0/05-0/08	0-0/05	RMSEA
A good fit		0/984	0/90-0/95	0/95-1	NFI
Close to acceptable		0/922	0/95-0/97	0/97-1	RFI
A good fit		0/991	0/95-0/97	0/97-1	GFI
A good fit		0/994	0/90-0/95	0/95-1	GFI

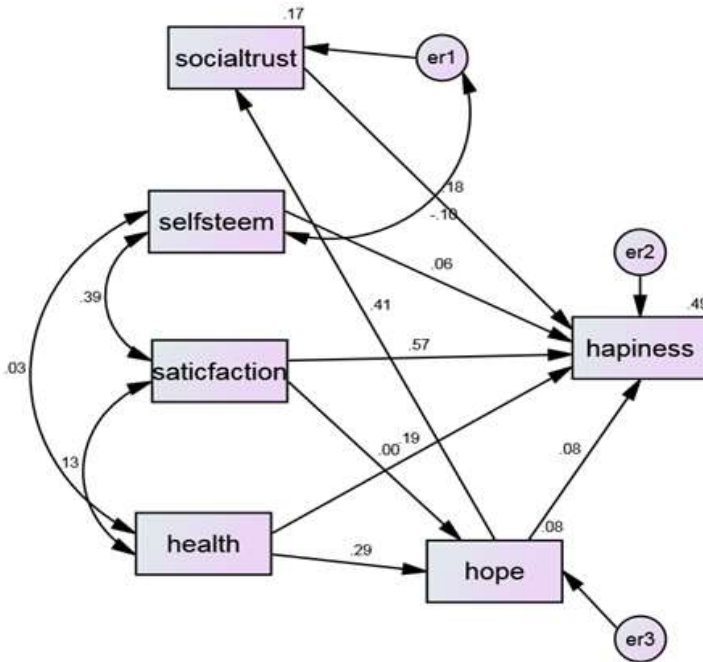


Figure 2: Socio-psychological factors affecting on happiness Based on structural equation modeling

The form of structural equation modeling, which indicates the optimal fit of this model with reality. Indicators of the structural model of the route indicate the optimal fit of the model with reality. The coefficient of chi-square or cmin is equal to 6.940, which is not significant with a significant level ($p = 0.074$). In modeling, this means that there is a good fit between the research data and

the proposed model. In this model, error variables outside the model with e1, e2, e3 are displayed. Other model fit coefficients that indicate optimal model fit are as follows: Figure 2: Path model of social and cultural factors affecting the feeling of happiness.

Table 4: Standard and non-standard coefficients of the research path model

			Non- standard regression	S.E.	C.R.	P	Standard regression
Hope for the future	<---	Life satisfaction	/002	/087	/017	/986	/001
Hope for the future	<---	Feeling healthy	/356	/061	5/870	***	/289
Social trust	<---	Hope for the future	/229	/026	8/802	***	/409
happiness	<---	Hope for the future	/186	/100	1/853	/064	/078
happiness	<---	Feeling healthy	/559	/114	4/919	***	/189
happiness	<---	Life satisfaction	2/407	/171	14/103	***	/566
happiness	<---	self esteem	/234	/157	1/493	/135	/060
happiness	<---	Social trust	/787	/173	4/561	***	/184

As Table 4 shows, the highest direct impact factor was life satisfaction and then the feeling of health on students' sense of happiness. On the other hand, hope for the future and feeling healthy have the highest indirect coefficient on feeling happy. That is, the better and higher the impact of these factors, the greater the expectation that happiness will increase.

Table 5: Covariance coefficients of variables in the path model

			estimate	S.E.	C.R.	P
Feeling healthy	<-->	Life satisfaction	2/369	/923	2/566	/010
Feeling healthy	<-->	Self esteem	/532	/987	/539	/590
Life satisfaction	<-->	Self esteem	5/244	/737	7/118	***
er1	<-->	Self esteem	-1/198	/583	-2/054	/040

Table 5 also shows the variation of research variables with each other. Covariance can be considered as a correlation coefficient between research variables. This means that by changing one variable, another changes, and this indicates the reciprocal changes of variables. But change does not mean that the variables have a causal effect on each other. That is, covariance does not indicate which change is another cause. The results indicate a change in the variables of life satisfaction and feeling of health, as well as a change in

self-esteem and life satisfaction. Table 4, which was mentioned earlier, shows the causal coefficients of the effect of research variables on each other. By comparing these two tables, significant results are obtained. Table 4 shows that life satisfaction has the highest direct and causal effect (0.56) on happiness; However, this variable also changes with feeling of health (coefficient of covariance equal to: 2.369) and self-esteem (coefficient of covariance equal to: 5.244).

5. Conclusion

The purpose of this research is to investigate the social factors affecting the happiness of the students of the Islamic Azad University, Kerman branch. Happiness is the prevalence of positive emotions in the place of life and the university (such as emotions and different mental states) and also the perception of people in the form of increased capabilities in the environment. Social and achieving goals in life are defined (Al Abedi and Al Tamini, Research findings with the research results of Ping, Yang et al. (2023), Alkas Abuhof, Gaydos et al. (2022), Gayanti, Fonsikau et al. (2022), Ayraiza, Izti et al. (2020: 151-166), Adabi, Hajiha and Soharri (2020), Mohammadi and Seifzadeh (2019: 1-18), Qashlaghi, Alivandi et al. (2019: 71-94) is aligned Happiness is one of the most important positive emotions in humans, which plays a decisive role even in his physical health. As far as researchers have even studied the effect of happiness on various human diseases, including diabetes (Qasmipour, 2012), mental health (Shajaei et al., 2015), cardiovascular diseases (Bagholi Kermani et al., 2016). For this reason, in advanced societies, many efforts are made to provide citizens with a sense of happiness.

Because the lack of happiness and vitality in society is one of the factors that threaten the health of human society. Unfortunately, the issue of happiness is raised as an issue that has no place in our country. Research shows that "although 65% of the country's population is made up of young people under the age of 30, due to the lack of social happiness, 25% Some of these people live in depression (Khadimian, 2012: 110). In the explanation of this finding, it can be said that creating happiness in students first requires knowing the

reasons and causes that affect the formation of happiness. In this research, the causal factors of happiness are satisfaction with life and social trust, a sense of health, which should be followed. Conclusion. The authorities of Islamic Azad University can use the causal factors identified for the pattern of happiness in universities by providing conditions for establishing informal intra-university relationships, interacting with scientific communities, improving university conditions such as green spaces, sports facilities, and libraries. And the classes were equipped for teaching and research and strengthening professional ethics such as fighting corruption, rent and unethical behaviors.

Many theorists in this field are of the opinion that social happiness is closely related to political and social policies and policies and these policies can improve the "quality of society". (Firouzabadi and Hosseini, 2011: 11). Researchers believe that economic capital and employment have a significant relationship with happiness (Dehghani et al., 2011:159-182). to the role of social capital and happiness (Bayat et al., 2013: 22-9), the feeling of security and happiness - in financial, occupational and emotional dimensions (Alizadeh Aghdam et al., 2014: 243-248) There is a relationship. Others have paid attention to the impact of life satisfaction, material conditions (economic status), social context (support, trust and social obligations), the level of satisfaction with income, family facilities and the level of happiness and succeeded in discovering the relationship between the mentioned variables. And they felt happy.

The upcoming research with a sample of about 384 people tried to test all the above variables among the students of Kerman Azad University in order to discover and fit the structural path model. It is among students. On the other hand, the life satisfaction variable has also shown an average evaluation among students (total average of 3.23 out of 5). The scores related to the feeling of health variable are also equal to (total average 3.05 out of 5); That is, according to the majority of the respondents, they expressed their feeling of health at an average level. On the other hand, unfortunately, the overall average of hope for the future is equal to (2.77 out of 5), which is lower than the average level. Also, the total average scores for self-esteem and social trust variables out of 5 scores are reported as (2.71), (3.26), respectively.

The results of the structural model indicate a positive and direct relationship between life satisfaction and the feeling of happiness. This effect has the highest effect among the variables included in the model on the feeling of happiness. Life satisfaction is influenced by psychological variables on the one hand and on the other hand It is related to social factors. According to the theoretical framework of the research (Holder and Levi's theory (1988), people who believe in more internal control experience less psychological distress. Internal control is a personality variable that is associated with satisfaction, while It is also a predictor of happiness (Argyle, 2003: 93). Internal control is considered as an aspect of personality and a way to deal with stressful life events. And those who have a greater sense of mastery and internal control are more satisfied with live and have more health and less depression (Lachman and Weaver, 1998: 23). On the other hand, this variable is associated with social contexts. Membership in associations, groups (Vinhoven and Kalmijn, 2005: 436) and intimate relationships. with others, which are considered indicators of social capital (Haller and Hadler, 179:2006), affect this variable.

Social trust and the feeling of health are considered as other variables that influence the feeling of happiness. According to the theoretical framework of the research, Giddens (1970) also points to the factors that create trust, and in this regard, there is a fundamental difference between the cultures of pre-modern and modern societies. He points out (Giddens, 1998:120) and believes that in societies dominated by abstract systems and temporal and spatial distance, trust is very important and we no longer need to trust those who are constantly exposed to us and whose activities are directly It can be reviewed. The nature of modern institutions is deeply dependent on the mechanisms of trust in abstract systems, especially specialized systems. Trusting creates mutual trust and trust in personal relationships as well as generalized trust increases the desire to expand friendships and causes commitment and happiness. In general, it can be said that social relations together with trust have a determining effect on happiness, and the family can be considered one of the providers of people's happiness.

The present study, with a sample of about 384 people, tried to test all the above variables among the students of Kerman Branch of Azad University in

order to discover and fit the structural path model. Among students. On the other hand, the variable of life satisfaction has shown a moderate evaluation among students (average of 3.23 out of 5). That is, in the opinion of the majority of respondents, they have expressed their sense of health as average. On the other hand, unfortunately, the overall average hope for the future is equal to (2.77 out of 5), ie below average. Scores related to the feeling of health variable are also equal to (total average 3.55 out of 5); Also, the total mean scores for the variables of self-esteem and social trust of 5 scores are equal to (2.71), (3.26), respectively. Scores related to the feeling of health variable are also equal to (total average 3.55 out of 5); That is, in the opinion of the majority of respondents, they have expressed their sense of health as average. On the other hand, unfortunately, the overall average hope for the future is equal to (2.77 out of 5), ie below average. Also, the total mean scores for the variables of self-esteem and social trust of 5 scores are equal to (2.71), (3.26), respectively. Internal control is considered as an aspect of personality and a way to deal with stressful life events. And those who have a greater sense of dominance and inner control are more satisfied with life and more healthy and less depressed (Lachman and Weaver, 1998: 23). On the other hand, this variable is associated with social contexts. Groups, groups (Vinhoven, 2009) and intimate relationships with others that are considered indicators of social capital (Haller and Hadler, 2006: 179) affect this variable. Internal control is considered as an aspect of personality and a way to deal with stressful life events. And those who have a greater sense of dominance and inner control are more satisfied with life and more healthy and less depressed.

On the other hand, this variable is associated with social contexts. Groups, groups and intimate relationships with others that are considered indicators of social capital (Haller and Hadler, 2006) affect this variable. The nature of modern institutions is deeply dependent on the mechanisms of trust in abstract systems, especially specialized systems. Trust creates mutual trust, and trust in personal relationships, as well as generalized trust, increases the tendency to develop friendly relationships and leads to commitment and happiness. In general, it can be said that social relationships combined with trust have a

decisive effect on happiness and the family can be considered as one of the providers of happiness.

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