

**Assessment of the Feeling of Happiness Based on Socio-Economic Status among the Young People
between the Age of 15 and 29, Residing in Dist. 5 of Tehran City**

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Abstract: *Happiness is among the concepts which were subject of empirical studies in 1960s. This concept has been used interchangeably with such concepts as joy, satisfaction with life and the like. While meaningfully correlating with the feeling of joy and satisfaction with life, as indicated by numerous researches, the feeling of happiness is affected by different factors and situations. The present research aims to study and assess the feeling of happiness based on social and economic status. The present research is of survey type. Statistical population of the research consists of the young persons between the age of 15 and 29, residing in District 5 of the city of Tehran. The samples under study are 322 young persons who have been selected by Stratified sampling method. All of them were asked to answer to a questionnaire consisting of 77 questions. The achieved data was analyzed by using SPSS software program.*

The results indicated that there is a meaningful relation between the feeling of happiness and variables of life quality, socio-economic status, feeling of joy and satisfaction with life. On the other hand, according to the results of multiple regression analysis, only two variables of feeling of joy and socio-economic status had meaningful relation with dependent variable (feeling of happiness). The results achieved from hypotheses testing and theoretical model test correspond to the findings of previous researches and indicate that empirical data supports the research's theoretical model.

Keywords: *Feeling of happiness, feeling of joy, life quality, satisfaction with life, socio-economic status.*

Presentation of the Subject

Social systems implicitly claim that they bring happiness to the people, asserting that people's happiness is guaranteed if they act and behave in line with its values and norms. But what is happiness actually? Each system has a meaning for it; from pure spirituality to pure materiality. On the one hand, there is the spiritual system that considers happiness to be only the otherworldly bliss which lies in disregarding the material world. On the other hand, there is the pure material system that considers happiness to be only worldly pleasure and welfare (Nayebi, 1995: 1). According to happiness feeling index in world data bank, Iran is in a bad position. There is high rate of diseases such as depression, stress and mental disorders in this country, as the result of which the rate of suicide and addiction has considerably increased. From each 100,000 people in Iran, 5-6 persons commit suicide and this happens while this country has a religious system. Definitely, this rate is not of sufficient accuracy due to religious and conventional limitations. This rate is increasing particularly in provinces such as Ilam, Lorestan, Kermanshah and Tehran (Foroudasti, 2007: 35).

On the other hand, it should be said that level of education, income, ownership of house, residential area and type of job determine three social-economic statuses of the people. This is one of the most important factors affecting the feeling of happiness and consequently mental health. This means that people with different social-economic status do not feel happiness in the same way. Each of them has its own conditions in terms of power, dignity, income, education and life style. Therefore it could be said that each group has its own values, attitudes and opinions. Besides, each group exerts imperceptible pressure to make its members adhere to its values and the people with the same social status are expected to comply with norms and values of their group. This happens in such a way that people do not realize how their values are affected by their social-economic status. As the result, some groups feel less happiness and some other feel more happiness, which affect their mental and social health.

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Therefore, the aim of this research is to assess the feeling of happiness based on socio-economic status, among young people between the age of 15 and 29, residing in District 5 of the city of Tehran.

Objectives of the Research

We carried out the research on the feeling of happiness based on social-economic status among the society under study, with the following objectives:

- Determine the relation between social-economic status of the young people and their feeling of happiness.
- Determine the relation between the feeling of joy and feeling of happiness among the young people.
- Determine the relation between satisfaction with life and feeling of happiness among the young people.
- Determine the relation between life quality and feeling of happiness among the young people.

Review of Literature

The studies carried out in Iran are mostly concerned with feeling of joy, satisfaction with life and life quality; very few studies have been conducted about feeling of happiness, so that we found only one research about feeling of happiness after searching references and libraries. Norman Bradburn and David Caplovitz from National Opinion Research Center (NORC) of USA were among the first persons to assess the people's feeling of happiness. Although their work was considered by many to be ridiculous at first, as they believed it is impossible to assess such a mental and qualitative concept, but high validity and reliability of their assessment encouraged other researchers to study this concept, so that the assessment of happiness became one of the most important contexts to be studied. Inglehart carried out a research under the title of "Cultural Transformation in Industrial Advanced Society". One of the findings of this research indicated that there is a high correlation between the feeling of happiness and life satisfaction (Inglehart, 1994: 248). Hooshang Nayebi (1995) carried out a research under title of "Assessment of the feeling of happiness among parents of households in Tehran" and found out that there is a meaningful relation between social-economic status and feeling of happiness.

Theoretical Foundations

The theories relating to subject of the research are mainly concerned with life quality, life satisfaction, joy and happiness. With respect to the concept of life quality, theories of Veenhoven, Zapt, Lane, Houston and Palilo have been used. With respect to the concept of life satisfaction, theories of Maslo, Maclelland, Seligman, De Nir and R. Inglehart have been used. With respect to the concept of joy, theories of Veenhoven have been used, and with respect to the concept of happiness, theories of Veenhove, Gilovich, given goal theory, cognitive theories and social construction theory have been used as theoretical foundations of the research.

From Veenhoven's point of view, nations with more economic successes are basically happier. More simply, the richer a country, the more happy its nation. The relation between the feeling of happiness and purchase power is approximately in the form of curve. The relation between wealth and amount of happiness in poor countries is more than rich countries. According to studies, there is a weak relation between these two variables (happiness and income) in rich countries. In other countries, however, there is a fundamental difference. The poorer a country, the more powerful correlation between income and amount of happiness. This model does not match the theory that feeling of happiness is the result of social comparison. The relation between education and happiness follows the above-said correlation model; there is higher correlation in poor countries and lower correlation in rich countries. Recent studies in rich countries indicate that there is even a negative relation between level of education and amount of happiness. This doesn't mean that education itself causes non-satisfaction in life. Generally, the countries with higher education level have a happier nation. The lack of happiness in educated people of rich countries is perhaps due to lack of job opportunities appropriate to their level of education or lack of benefits of education level consequent upon gradual increase of education level among all people of a country.

The relation between happiness and type of job is stronger. Throughout the world, specialists and managers possibly have more feeling of happiness. But it is not clear how much this feeling comes from difference in remuneration, related benefits or power of selection. It seems that people in countries which provide more education and information to their citizens are happier (Veenhoven, 2001: 36-37).

Ronald Inglehart emphasizes the relation between values and the feeling of bliss. He believes that the mankind basically attempts to fulfill a goal and is not satisfied until he attains what he wants. When people attain a valuable thing, they feel happy and satisfied. However, this mental happiness is transient by nature. What you attain makes you happy in short term, but not in long term; if it had a long-term effect, purposeful activities

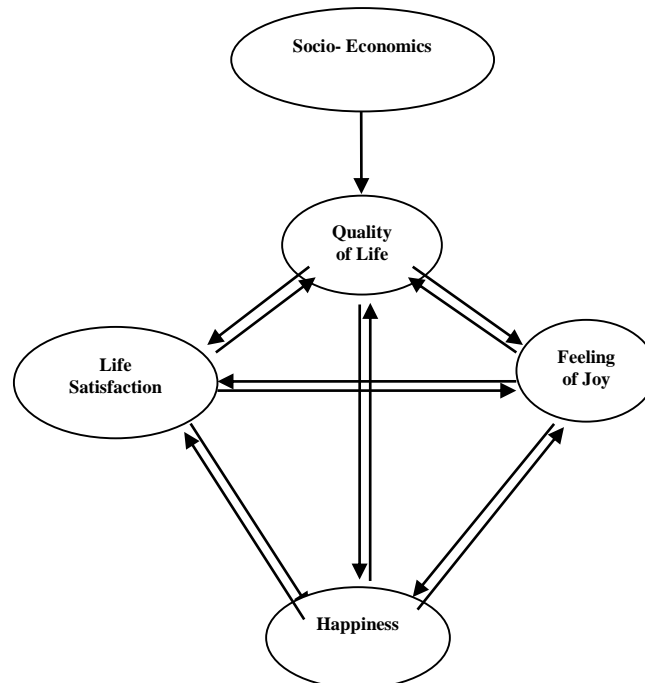
would stop. People are not convinced by what they have attained and attempt to gain more. When they reach the point of saturation, they go toward other desires. When certain needs are satisfied for a long time people disregard them and turn to other demands. In long-term, however, neither wealth nor power nor fame results in bliss, because the feeling of bliss comes from the balance between desires of a person and his situation. With long term advancement and promotion, desires of a person increases and match his situations. Therefore, happiness is not resulting from being rich but is the temporary result of becoming rich (Inglehart, 1994: 241).

The third theory used in this research is Maslo’s theory of needs. Maslo believes that there is a relation between satisfaction of needs and satisfaction with life. He classifies the major needs of the mankind in five categories:

1. Bodily or biological needs such as food, water and sleep. These needs have the first priority; other needs are not paid attention until these needs are met.
2. Need to Safety
3. Social needs, belonging to a group and friendship
4. Need to power, dignity, becoming known, reliability, reputation and self-confidence. This need is satisfied by others and causes a person to deem himself valuable. If we sufficiently benefit from affection and attachment then we will need the feeling of respect. However, two different kinds of need to respect have been identified: A) the respect that others pay to us and B) the respect that we pay to ourselves.
5. The need to self-flourishing, which is the supreme need.

Two other needs have been added to these needs, which are innate and include the need to knowing and understanding. The need to knowing is stronger than the need to understanding and must be satisfied (Maslo, 1990: 186). By using the above theoretical fundamentals, theoretical model or framework of the research was developed. In this model, the feeling of happiness is dependent variable which is affected by feeling of joy, life quality and life satisfaction in the form of middle variables and social-economic status is independent variable. Besides, subsidiary relations can be considered to exist between SES variable and middle variables in the model.

Figure (1): Theoretical Model of Research



Assumptions of the Research

Assumptions of the research are based on theoretical model of the research and the above-said theories. These assumptions are:

1. There is a meaningful relation between socio-economic status of young people and their feeling of happiness, i.e. the better the socio-economic status of young people, the more happiness they feel.
2. There is a meaningful relation between life quality of young people and their feeling of happiness, i.e. the better the life quality of young people, the more happiness they feel.
3. There is a meaningful relation between feeling of joy and feeling of happiness of the young people. i.e. the more joyful the young people are, the more happiness they feel.
4. There is a meaningful relation between life satisfaction of young people and their feeling of happiness, i.e. the more satisfied the young people are with their life, the more happiness they feel.

Methodology

In the present research, survey method has been used to achieve the objectives of the research and test the said assumptions. The use of questionnaire is the most popular tool to collect information and the most common method to assess values in survey researches (Rafipour, 1899: 68). Statistical population of the research consists of young people between the age of 15 and 29, in District 5 of the city of Tehran. The number of statistical population is 206,287 people based on the most recent census (2011). Sample volume has been determined 322 people by using Cochran's sampling method. The sampling method used in the research is classification sampling. Variables of life satisfaction, life quality and feeling of joy have been considered as middle variables. Social-economic status (SES) is independent variable and happiness is dependent variable. The tests used in this research are: independent t test, Pierson correlation test, single-variable regression, chi-square test, multiple regression analysis and path analysis.

Conceptual and operational definitions of the main variables of research:

Feeling of happiness

Happiness has various meanings based on value systems of the societies. Thought frequently using this word in everyday life, people do not have a clear definition of happiness. Hence, social researchers have only defined its operational definition, i.e. change assessment indicator and tool of this concept. The word "happiness" in Latin is used for both assessment of elements and general assessment. What Veenhoven points out to in most of his social studies is the concept of overall happiness or life satisfaction. He uses this word for general judgment. He uses the word "pleasure" for minor assessment and the word "satisfaction" for cognitive assessment (Veenhoven, 1988: Chapter 2). In theoretical and empirical fundamentals of this concept, the feeling of happiness can be considered as mental reality and some kind of feeling and emotion which denotes the feeling of joy, life satisfaction and the feeling of overall confirmation of life quality. To assess this concept, a 10-item scale in the form of Lickert scale with Alpha Chronbach 85% has been used.

Items of happiness scale	Totally agreed	agreed	Without opinion	Disagreed	Totally disagreed
1. When I see my life quality has improved (compared with 5 years ago), I feel I am a happy person.					
2. When I see I have no problem in my family, I feel I am a happy person.					
3. Those who have good parents are happy persons.					
4. Those who are in mental and physical health are happy persons.					
5. High talent and intelligence is an indicator of happiness and bliss.					
6. Happy persons are those whom god like.					
7. Happy persons are those who have good friends.					
8. Joyfulness is one of the signs of happiness.					
9. Those who are satisfied with their life are happy.					
10. Success in educational and occupational life guarantees happiness.					

Life Quality

Life quality is a broad, profound and comprehensive concept covering a wide range of various economic, environmental and social subjects. Some writers believe that life quality is a combination of physical, emotional, social and material needs. World Health Organization (WHO) defines life quality as: “perception of people about their situation in life, in the culture and value systems in which they live, and in connection with their goals, expectations, communications and needs” (Onagh, 2005: 29). Life quality has been assessed by help of components and indicators of life quality and on the basis of theoretical and empirical fundamentals (Veenhoven, Palilo, etc.), by using a 12-item scale in the form of Lickert scale with Chronbach’s Alpha 0.858%.

Items of life quality scale	Totally agreed	agreed	Without opinion	Disagreed	Totally disagreed
1. I have a successful life.					
2. My life is full of joy and happiness.					
3. Most of my needs have been satisfied in my life.					
4. I have a peaceful life.					
5. I have good friends.					
6. I am in physical health.					
7. I am in mental health.					
8. My leisure times is full of entertaining programs.					
9. I am satisfied with my financial status.					
10. My parents provide my financial needs.					
11. I have no emotional problem.					
12. I give importance to nutrition, health and sport to stay healthy.					

Feeling of Joy

Joy is the state of being merry and cheerful which is comparable to physiologic behavior and excitement. Feeling of joy is very close to the words “smile”, “delight” and “excitement”, and is referred to the emergence of delightful mental characteristics and emotions and positive social signs in people (Rash, 1993, quoted by Barati). Variable of joy was assessed by help of conceptual definitions of Aragal and Veenhoven and in view of components and indicators of this concept, by using a 12-statement scale in the form of Lickert. Chronbach’s Alpha calculated for this scale is 0.901% which denotes good reliability of the developed scale.

Items of joy scale	Totally agreed	agreed	Without opinion	Disagreed	Totally disagreed
1. I give importance to my physical and mental health and am happy with my health.					
2. I feel that my life is full of warmth and enthusiasm.					
3. I feel that my life is full of hope.					
4. I enjoy the situation in which I live.					
5. In my opinion, the world and everything that exists in the world is beautiful.					
6. We can give energy to others by smiling.					
7. We should always smile when interacting with others.					
8. Life is beautiful and should be loved.					
9. Generally, we should be optimistic and have positive opinion about the events.					
10. When I compare myself with many others, I feel I have surpassed them.					
11. I am glad I feel safe.					
12. I believe that laughing can treat every					

pain and disease.					
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Satisfaction with Life

Satisfaction denotes cognitive experience which can be defined as perceived difference between wish and advancement. This definition constitutes a spectrum covering a range from the perception of success to feeling of deprivation (Kamp 1990: 69). To assess the variable of satisfaction with life, a 10-item scale in the form of Lickert scale has been used. Final coefficient of this scale is 0.860 based on Chronbach's Alpha and is in a good meaningfulness level.

Items of life satisfaction scale	Totally agreed	agreed	Without opinion	Disagreed	Totally disagreed
1. I am satisfied with my family life.					
2. I think my parents are the best parents of the world.					
3. I am satisfied with my educational life.					
4. I think I will have a successful occupational career in future.					
5. I like my country.					
6. I am glad I live in my homeland.					
7. We live in a good locality.					
8. We have good neighbors.					
9. We have a good city.					
10. We have a good country.					

Socio -Economic Status

Social status is considered as a concept with three dimensions: economic dimension (material asset), dignity dimension (social asset) and knowledge dimension (cultural asset). Inglehart, in his value transformation theory and subsequent theories, has delineated values by using such factors as parents' education level, job and income as existential safety indicators (economic safety during the years that a person's character is formed as representative of the family's socio -economic status) and found out that existential safety influences a person's value. In assessment of socio -economic status, although certain forms and specific indicators may be considered, but such indicators are adaptable in view of characteristics of the society under study (Inglehart, 1999: 189). In the present research, in order to determine socio-economic status of an individual, we use the combination of indicators of income, job and education level of the respondents themselves and their parents. Final coefficient of this scale is 0.801 based on Alpha Chronbach and is in a good meaningfulness level.

Research Findings

Descriptive Findings:

Frequency and percentage of the respondents in terms of age is as follows: age group 15-19: 27 persons (8.4%); age group 20-24: 138 persons (42.9%); and age group 25-29: 157 persons (48.8%).

Frequency of respondents in terms of education level is as follows: below secondary school: 5 persons (1.6%); secondary school diploma: 20 persons (2.6%); Associate Degree: 16 persons (0.5%); Bachelor's Degree: 115 persons (35.7%); and Master's Degree and higher: 166 persons (51.6%).

Frequency of the respondents in terms of education level of their father is as follows: below secondary school: 83 persons (25.8%); secondary school diploma: 76 persons (23.6%); Associate Degree: 22 persons (6.8%); Bachelor's Degree: 77 persons (23.9%); and Master's Degree and higher: 64 persons (19.9%).

Frequency of the respondents in terms of education level of their mother is as follows: below secondary school: 118 persons (36.6%); secondary school diploma: 79 persons (24.5%); Associate Degree: 40 persons (12.4%); Bachelor's Degree: 61 persons (18.9%); and Master's Degree and higher: 24 persons (7.5%).

Frequency of the respondents in terms of economic activity status is as follows: active answerers: 111 persons (34.5%); non-active answerers: 211 persons (65.5%).

Frequency of the respondents in terms of job level is as follows: low job level: 26 persons (26.4%); average job level: 63 persons (56.8%); and high job level: 22 persons (19.8%).

Frequency of the respondents in terms of marriage status is as follows: single: 242 persons (75.2%) and married: 77 persons (23.9%).

Frequency of the respondents in terms of job level of their father is as follows: low job level: 71 persons (29.3%); average job level: 107 persons (44.2%); and high job level: 64 persons (26.4%).

Frequency of the respondents in terms of job level of their mother is as follows: unemployed mothers: 184 (76%); employed: 58 (24%).

Frequency of the respondents in terms of family income: low income: 61 persons (25.2%); average income: 98 persons (40.5%); high income: 83 persons (34.3%).

Frequency of the respondents in terms of job level of their spouse: low job level: 29 persons (36.7%); average job level: 34 persons (43%); high job level: 16 persons (20.3%).

Frequency of the respondents in terms of income of married persons: low income level: 34 persons (43%); average income level: 28 persons (35.4%); high income level: 17 persons (21.5%).

Frequency of the respondents in terms of their socio -economic status: low socio -economic status: 102 persons (31.7%); average socio -economic status: 156 persons (48.4%); high socio -economic status: 64 persons (19.9%).

Frequency of the respondents in terms of their happiness level is as follows: low happiness feeling: 133 persons (41.3%); average happiness feeling: 98 persons (30.4%); high happiness feeling: 91 persons (28.3%).

Frequency of the respondents in terms of their life quality is as follows: low life quality: 109 persons (33.9%); average life quality: 112 persons (34.8%); high life quality: 101 persons (31.4%).

Frequency of the respondents in terms of life satisfaction is as follows: low satisfaction: 124 persons (38.5%); average satisfaction: 91 persons (28.3%); high satisfaction: 107 persons (33.2%).

Frequency of the respondents in terms of feeling of joy is as follows: low: 112 persons (34.8%); average: 106 persons (32.9%); high: 104 persons (32.2%).

Hypothesis Testing:

Hypothesis 1: There is a meaningful relation between socio -economic status of the young people and their feeling of happiness.

To test and examine this Hypothesis, chi-square test was used considering independent variable (socio -economic status) to be in three levels of high, medium and low, and dependent variable (feeling of happiness) to be in three levels of high, medium and low.

Table 8: The results of analysis of correlation between young people’s happiness feeling and their socio -economic status

Level of Significance	Number	Chi-square coefficient	Variable under study	Predictor variable
0.000	322	78.859	feeling of happiness	socio -economic status

According to table 8, there is a meaningful relation between socio -economic status and feeling of happiness, i.e. improvement of socio -economic status result in increase of happiness in young people. In cross table 8-1, two variables of socio -economic status and feeling of happiness are crossed:

Socio-economic status						
Total	high	average	low	Count	low	feeling of happiness
133	10	53	70	Count	low	feeling of happiness
41.3%	15.6%	34%	68.6%	Within paygah		
98	14	64	20	Count	medium	
30.4%	21.9%	41%	19.6%	Within paygah		
91	40	39	12	Count	high	
28/3%	62.5%	25%	11.8%	Within paygah		
322	64	156	102	Count	total	
100%	100%	100%	100%	Within paygah		

Based on distribution of percentages in table 8-1, the young people with high socio -economic status have the highest frequency (62.5%) in high happiness feeling. This percentage in average and low levels is 25 and 11.8

respectively. On the other hand, the young people with low socio-economic status have the highest frequency (68.6%) in low happiness feeling. This percentage in medium and high levels is 34 and 15.6 respectively. To determine the relation more accurately and specify the share of each of predictor variables in delineation of the variable under study, multiple regression analysis was used. In this analysis, socio-economic status, life quality, life satisfaction and feeling of joy as predictor variable and feeling of happiness as the variable under study were incorporated into regression equation.

Table 9: Regression coefficient for prediction based on predictor variables and variance analysis of records of happiness feeling on predictor variables

Model	Meaningfulness Level	F	R2	Estimation Error
1	0.000	24,576	0.227	0.725

Table 10: Standardized and Non-Standardized Regression Coefficients

Variable	Non-Standardized Coefficients		Standardized Coefficients		t	
	B	Standard Error	Beta			
meaningfulness level						
(Constant)	0.781	0.122			0.399	0.000
SES	0.293	0.098	0.252		3.003	0.003
Life quality	-0.36	0.074	-0.036		-0.494	0.621
Life satisfaction	0.029	0.082	0.030		0.353	0.724
Feeling of joy	0.280	0.076	0.278		3.671	0.000

According to table 10, R2 is 0.227. This coefficient indicates the role that predictor variables (socio-economic status and feeling of joy) take in the variable under study (happiness). Considering that achieved value of F is meaningful, we can say that regression value is meaningful. In other words, the variables incorporated in regression equation (socio-economic status and feeling of joy) are meaningful and predict the variable of happiness. In table 10, in view of meaningfulness levels, only socio-economic status and feeling of joy can predict the amount of happiness. In effect, in the assumed model only coefficients of these variables were meaningful. Beta coefficients in this tables indicate a deviation in independent variable results in multiple deviations in dependent variable. Regression equation under study is as follows:

$$\text{Feeling of happiness} = 0.781 + (0.293 \times \text{socio-economic status}) + (0.280 \times \text{feeling of joy})$$

Based on this equation, if a person's socio-economic status improves, he/she feels happier. Also, if feeling of joy increases, there will be more happiness. The modified regression coefficients are reflected in table 10-1.

Table 10-1: Modified Regression Coefficients

Variable	Non-Standardized Coefficients		Standardized Coefficients		t	Level of significance	
	B	Standard Error	Beta				
(Constant)	0.781	0.122				0.399	0.000
SES	0.293	0.098	0.252		3.003	0.003	
Feeling of joy	0.280	0.076	0.278		3.671	0.000	

Hypothesis 2: There is a meaningful relation between life quality of the young people and their happiness.

To study and examine the above Hypothesis, Pierson correlation test was used. According to the achieved results (table 11), there is a meaningful and direct relation between two variables of life quality and feeling of happiness in the society under study, i.e. if life quality improves, they will feel happier.

Table 11: The results of analysis of correlation between young people's life quality and their happiness

Level of Significance	Number	Chi-square coefficient	Predictor variable	Variable under study
0.000	322	0.505	life quality of young people	feeling of happiness

Hypothesis 3: There is a meaningful relation between the young people's feeling of joy and their happiness.

The results achieved from Pierson correlation test indicated that there is a meaningful direct relation between two variables of feeling of joy and happiness in the society under study.

Table 12: The results of analysis of correlation between young people’s feeling of joy and their happiness

Level of Significance	Number	Chi-square coefficient	Predictor variable	Variable under study
0.000	322	0.548	feeling of joy	feeling of happiness

Hypothesis 4: There is a meaningful relation between the young people’s life satisfaction and their happiness.

The results achieved by Pierson correlation test indicated that there is a powerful and meaningful relation between the two variables (table 2), i.e. if life satisfaction increases, there will be more happiness.

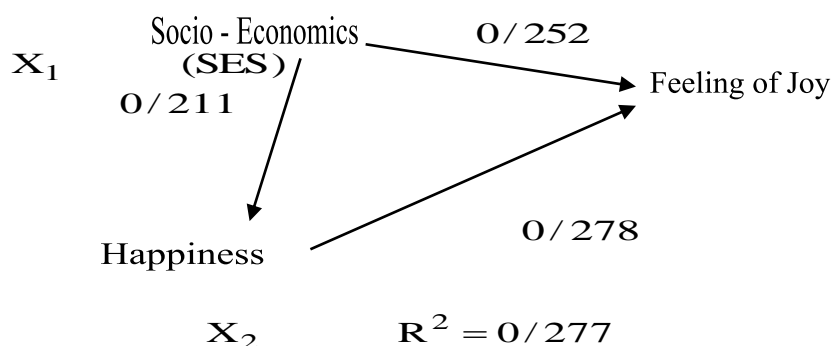
Table 13: The results of analysis of correlation between young people’s life satisfaction and their happiness

Level of Significance	Number	Chi-square coefficient	Predictor variable	Variable under study
0.000	322	0.379	life satisfaction	feeling of happiness

Path Analysis:

By using Path analysis we can not only assess direct effects of independent variables on dependent variable achieved by multiple regression, but also achieve indirect effects of independent variables on dependent variable. The results of Path analysis are reflected in final diagram of Path analysis together with Beta coefficient (diagram 2):

Diagram 2: Final Diagram of Path Analysis



Conclusion

The results indicated that young people’s happiness depends on their socio -economic status. The young people with better socio -economic status are happier than young people who are in bad socio -economic status. These findings are confirmed by the results achieved by Veenhoven. In his researches, Veenhoven indicated that nations with better economic successes are generally happier. In other words, the richer a country is, the happier its nation will be. The relation between the feeling of happiness and purchase power is nearly in curve form. The relation between wealth and happiness in poor countries is more than rich countries. The results achieved by Veenhoven indicated that when average income exceeds \$20,000 regression line becomes straight, which denotes wealth function failure law. This pattern can be generalized to individual level, i.e. the correlation between happiness and income of individuals in poor countries is higher than rich countries. The data indicates that this is not the entire fact and it seems that material welfare results in more satisfaction compared with pure

livelihood. According to studies, although there is a weak relation between these two variables (happiness and income) in rich countries, but in other countries this relation is very strong. The poorer a country is, the stronger correlation exists between income and happiness. This pattern doesn't correspond to the theory that feeling of happiness is a result of social comparison. The relation between education level and feeling of happiness follows the same correlation pattern, i.e. there is higher correlation in poorer countries and lower correlation in richer countries. Recent studies in rich countries indicate that there is even a negative relation between education level and feeling of happiness. Of course, this doesn't mean that education level itself causes dissatisfaction with life. In general, the nations with higher education level are happier than others. The lack of happiness in educated people of rich countries is perhaps due to lack of job opportunities appropriate to their level of education or lack of benefits of education level consequent upon gradual increase of education level among all people of a country. The relation between happiness and type of job is stronger. Throughout the world, specialists and managers possibly feel happier. But it is not clear how much this feeling comes from difference in remuneration, related benefits or power of selection.

A similar research in this field to which our findings correspond is the study carried out by Hooshang Nayebi under title of "assessment of happiness among parents of Tehran's households" in 1995. He found out that feeling of happiness has a positive meaningful relation with employment, education level, marriage status, income, economic status, job satisfaction and trust to others. As the first objective of the research we found out that there is a meaningful relation between socio-economic status of young people and their happiness. The results indicated that there is no meaningful relation between education level and feeling of happiness. Veenhoven believes that the relation between education level and happiness in poorer countries is higher than in richer countries. Recent studies in rich countries denote that there is even a negative relation between education level and feeling of happiness. Of course, this doesn't mean that education level itself causes dissatisfaction with life. The lack of happiness in educated people is perhaps due to lack of job opportunities appropriate to their level of education or lack of benefits of education level consequent upon gradual increase of education level among all people of a country. Anyway, unemployment is one of the factors contributing to lack of happiness. Education must result in finding an appropriate job, but in the third-world countries there are so many educated persons who are unemployed. On the other hand, non-educated persons find job opportunities due to different reasons. Therefore, it could not be easily said that education level has a meaningful relation with feeling of happiness.

Furthermore, according to findings of this research and the results achieved by previous studies, there is a meaningful relation between four concepts of feeling of happiness, life quality, feeling of joy and life satisfaction in young people. Frans & Povers believe that life quality is the person's perception of welfare, which seems to be resulting from satisfaction or dissatisfaction in the main area of life. Zan believes that life quality is the level of satisfaction in a person's life experiences. Life quality includes satisfaction with life, satisfaction with oneself, health and socio-economic factors. Therefore, we can say that there is a relation between life quality and life satisfaction, so that improvement of life quality results in increase of satisfaction with life and vice versa. The better the life quality of young people, the happier they will be.

Feeling of happiness among individuals of a society is a controversy issue due to its broad theoretical area. However, everybody recognizes that desires of any person are determined by the goals and socio-economic status to which he/she belongs and from which a certain behavior is imposed to him/her from childhood. Perception of goals and needs grows from automatic behavior to conscious behavior which determines character of a person. This character is definitely resulting from the said situation which gives him/her the unique feeling that whether he/she is a happy person or not. The real socio-economic status of people takes a great and undeniable role in their feelings. These situations need to be understood in order to reject abstract rules, imaginary perceptions and idealistic visions regarding whether or not such feeling of happiness exists in life. Undoubtedly, other phenomena contribute to such feeling too, but realistic emphasis is placed mainly on cultural methods and solutions of the society. During the course of everybody's life, happiness and unhappiness stem from his visions and imaginations in relation to life method. This method is the actual and undeniable result of the culture in which behavior of a person is formed and by which a person attempts to adapt to the situations. This means that people tend to adapt to environmental realities by means of culture. Therefore, it is necessary to work on culture quality in order that safety and trust is enhanced in the society and this feeling improves.

Recommendations

It is recommended that subsequent researches be carried out in a religious environment and some studies be conducted in this field by using qualitative tools such as interview in order to better understand mental world of the people. Also, education of happiness value in cultural plans should be emphasis. Furthermore, emphasis should be placed on reduction of the gap between realities and demands of the young people with two approaches: first, facilitation of economic and scientific growth and advancement and the possibility of competition, and second, encouragement of the spirit of toleration and contentment.

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