

# HAPPINESS AMONG RESIDENTS OF PPR SRI PANTAI

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## INTRODUCTION

- Happiness in short is the subjective well being of an individual
- Studies were conducted to determine the prevalence of happiness
- But among low income community remains scarce
- This research is focused on low income community within the PPR Sri Pantai
- Past studies have been conducted in Malaysia but it pre-dates the COVID 19 pandemic
- Hence, this study provides a comprehensive overview of the happiness levels in residents of PPR Sri Pantai during the pandemic.

## OBJECTIVES

- Look at the prevalence of happiness in low socioeconomic groups
- Determine the predictors of happiness such as age, gender, ethnicity, occupation, marriage, educational level, BMI and mental health
- Observe how the COVID-19 pandemic is affecting the happiness of residents

## METHODOLOGY

### 1. Design

- Non-invasive, cross-sectional type study
- Google form was used to gather data from respondents.
- Questionnaires were translated into Malay and put into the online form

### 2. Sampling

- Participants from PPR Sri Pantai.
- All participants had to be more than 18 yrs
- Study excluded 6 entries due to age limit and incorrect entry for demographics

### 3. Analyzing data

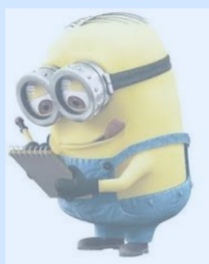
- SPSS was used to analyze the data
- Descriptive stats, normality tests, Chi square test and reliability test using Spearman's rho done
- Results were tabulated



## RESULTS



Figure 1: About 8 (83%) in every 10 of our respondents were female



## Predictors of Happiness

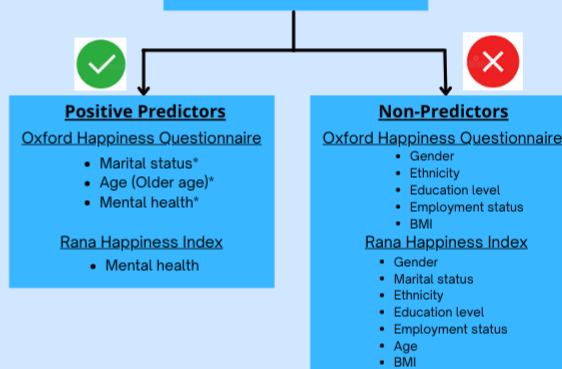


Figure 3: Positive and non-predictors of happiness noted among the residents of PPR Sri Pantai

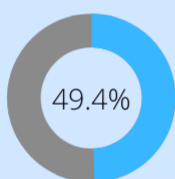
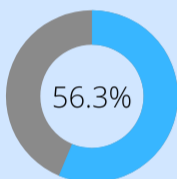


Figure 2: From the left: 56.3% (Based on OHQ) and 49.4% (Based on RHI) of our respondents are happy



## Correlation between both questionnaires?

According to Spearman's rho correlation analysis, both questionnaires were found to be similar in terms of correlation. The correlation co-efficient was found to be 0.428. This suggests a positive moderate significant correlation.

Among the marital status, the divorced/ widowed & separated group (71.0%) has the highest happiness score.  
The age group of 60 & above (87.5%) has the highest happiness score.  
According to both OHQ & RHI, mental health is significantly associated with happiness

## DISCUSSION

- OHQ and RHI are used. Both are **equally good** in reflecting the happiness level.
- OHQ: significant association between **age** and **marital status** and happiness.
- 87.5% of those aged **60 & above** are **happy**.
- Retirement, stable relationship, financial stability, grown up children.
- More me time for hobbies.
- Slower pace for daily activities, less hectic life.
- 62.5% of those aged **18-25** are **unhappy**.
- Stage of exploration, job instability, adapting to working environment, learning to accept one's own strengths & flaws, striving hard to achieve goals.
- New responsibilities: to live independently, set up own family, pay educational loans, take care parents.

- **Divorced/ widowed/ separated** individuals (71.0%) are **happier**.
- Committed to a stable relationship but have not yet married, new partner after divorce but have no plan to register, living with children and family -> support.
- Good to leave an unhealthy and abusive relationships.
- Positive mindset, support from family and friends to move on after period of bereavement.
- Greater sense of relief and satisfaction with current situation.
- **Other sociodemographic factors** has **no association** with happiness.
- **RHI: no significant association** between all demographic factors and happiness score.
- Probably greater sample size is needed to show a clearer interaction, compounding variables should be withheld to draw a definitive conclusion on the association for the predictors studied.
- **Mental health** has a **significant influence** on happiness.
- Positive emotions act as protective shield against stress.

## CONCLUSION

- The residents of PPR Sri Pantai were found to have a happiness score slightly below the average compared to the general population of Malaysia
- This is in line with the projected outcome of the research.
- Hence, this could mean that there are some effects of the current restrictions imposed due to COVID-19 pandemic on the happiness of these low socioeconomic groups.

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