

Research Paper :

Impact of positive thinking on people's happiness

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ABSTRACT

Positive thinking is believed to be one of the most potent factor in keeping people in happy mood. In order to ascertain the validity of this statement a study was conducted in the state capital of Orissa *i.e.*, in the Bhubaneswar city covering representative sample from corporate sector, state administration, general academia, professionals like doctors, engineers, lawyers and people working in NGO sector. A total no of 150 respondents were selected for the sample. Initially the respondents were categorized on the basis of their level of satisfaction with regard to their fulfillment of variety of needs keeping in view the need hierarchy as suggested by Maslow. It is found that those who are at higher level of need satisfaction found to be more happy than these who are at lower level. After identifying the most happy group of respondents, attempts were made to know the reasons of their happiness by way of administering a structured schedule with few open ended questions. About 70% of the respondents were in favour of acknowledging positive thinking in the first position apart from other factors which are contributing to keep them in happy state of mind.

Key words : Happiness, Positive thinking, Needs

Happiness is a relative term and perceived differently by different individuals. However, there is a common denominator to all these perception about happiness. The so called denominator in many situation found to be no other than positive thinking which is ahead of other factors contributing to individual happiness. In the complex society and materialistic world in particular we should try to remain happy irrespective of our economic situation and social standing. This will keep us both mentally and physically healthy. But it is easier to said than done. Happiness cannot be purchased or borrowed rather than to be generated within. It is to be triggered with the help of positive thinking in addition to other factor. Thus, with this background the present study was conceptualized and conducted in state capital of Orissa with the following objectives to study the level of happiness of the people in the study area, to identify the elements of happiness as expressed by the happiest group of respondents and to study the relationship between positive thinking and people's happiness.

METHODOLOGY

The study was purposively conducted in the State capital of Orissa which represent a cosmopolite character in all possible dimensions and accommodate varieties of people coming from different socio-cultural and economic back ground cutting across different professions. Altogether 150No. of respondents were selected by following disproportionate stratified random sampling

method from 10 different professions *viz.* such administrator academicians, engineers, doctors, bank officials, ministerial staff, Class IV employee, vendors, wage earners, and business with 15nos of respondent from each category of profession. Both parametric and non parametric statistics like frequency, percentage, rank order, mean, standard deviation, correlation test were applied for making appropriate statistical analysis of the collected data, for appropriate inference.

FINDINGS AND DISCUSSION

Happiness for the purpose of present study is operationally defined as the feeling of a person is having when his needs are satisfied at different level of need hierarchy like Physiological need, need for safety and security need for love and affection, need for belongingness, esteem need, and finally need for self actualization in ascending order.

The level of happiness of the sample respondents as revealed through the present study is presented in the Table 1.

It is inferred from the above table that majority of the respondents *i.e.* 53.3% are at medium level of happiness followed by 30% at low level and high level to the extent of 16.67%.

Urban city like Bhubaneswar is place, where people from different economic strain live. Apart from this majority of the city population are from the service sector. It is easy for them to satisfy lower order need, and