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### Original Article

# The relationship between the happiness and life expectancy among the students of medical sciences in Behbahan city

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## Abstract

**Introduction:** The present study aimed to investigate the relationship between the happiness and life expectancy among the students of medical sciences in Behbahan city.

**Materials and Methods:** The statistical population of the study included all the students of Faculty of Medical Sciences in Behbahan among which 100 students were selected randomly (50 males and 50 females). The Oxford happiness questionnaire and Miller's life expectancy questionnaire were used for data collection. In order to analyze data, Software SPSS and descriptive statistics including such as mean and the standard deviation and explanative statistics such as Pearson Coefficient were used.

**Results:** The findings revealed that there is a significant relationship between the happiness and life expectancy among the male and female students.

**Conclusion:** According to the results, the increased happiness leads to the increased life expectancy among the students, so the programs and plans should be considered in order to increase the amount of happiness in students.

**Keywords:** Happiness, Life expectancy, Students

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## Introduction

Happiness is one of the topics that thinkers such as Aristotle, Zeno, and Epicurus have been discussing for a long time. Aristotle believes in at least three types of happiness. At the lowest level, ordinary people believe that happiness is equivalent to success and success. At a higher level, it is the happiness considered by Aristotle or the happiness caused by spirituality, until psychologists in the last years of the 20th century paid attention to it. They have started to pay

attention to positive feelings and have increased their attention daily (1). According to Argyle Martin Velo, the three basic components of happiness are positive emotion, satisfaction with life, and the absence of negative emotions, including depression and anxiety. He and his colleagues found that positive relationships with others, purposeful life, personal growth, loving each other and nature are also components of happiness (2).

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Schwartz and Struck believe that happy people are those who have a bias in information processing; That is, they process and interpret information in a way that makes them happy. Therefore, happiness is a concept that has several components. First, it has an emotional and emotional component that makes a happy person always happy in terms of mood. Second, it has a social component that follows the expansion of social relations (3) that considering the industrialization of today's society and the growing technology in the last few centuries, although the society is growing scientifically, but in terms of happiness and The life expectancy of the people in the community has decreased. When there is hope, there will be joy in life. For this reason, in recent years, psychologists have addressed a new topic called positive psychology. According to Seligman, psychology has widely become a therapeutic science during the last 60 years, and psychologists should understand those things that make life worthwhile (4) Diener recommends that the same Such that national indicators are focused on production. Countries should measure the continuity and intensity of people's feelings of satisfaction and happiness in different life situations (5).

They used the Oxford Happiness Questionnaire in "Big Five Factors" and found that neuroticism had the highest negative correlation with happiness (6).

Libormirski and Ross, Ebadi, conducted a research on how happy and unhappy people deal with situations in which they achieve desired goals, fail or face obstacles, and They showed that happy people who were admitted to college believed that it was the best place for them and if they were rejected, they thought that maybe their choice was not right (7). Seligman and his colleagues believe that based on the research of the last few years, it has been proven that happiness is a factor that creates far more benefits than just feeling good. Happy people are healthier and much more successful and have more social engagement and commitment (4). There are many research evidences that show that between the high level of people's hope and their success in sports activities, high academic progress, better physical and mental health, and more effective psychotherapy methods used in Treatment of disorders, there is a connection (8).

According to the mentioned materials and the fact that many researches have been done on human problems and less researches have been done on happiness and hope for the future, and since happiness and excitement affect all aspects of life. Due to the value of the subject, the researcher in this research should examine his research with the aim of determining the relationship between happiness and life expectancy in students.

### Materials and Methods

The current research is descriptive and analytical. The statistical population of this research included all students of Behbahan Faculty of Medical Sciences. From this community, 100 people were selected randomly.

#### Research instruments

*A) The Oxford Happiness Questionnaire:* It was prepared by Argil Velo (1990) and was used to measure the level of happiness. This test was translated in our country by Alipour and Noorbala and was evaluated in Tehran students. Its face validity was confirmed by 10 experts in order to measure the validity of the test. The reliability of the test was 0.92 by dividing it into two halves and 0.93 through internal consistency and Cronbach's alpha. With the analysis method, five factors from the 29 extracted test questions explain 57.1% of the total variance. In this test, the scoring range is from 1-4 (9).

*B) Miller's Life Expectancy Questionnaire:* This questionnaire is a type of diagnostic test, and this test includes forty-eight aspects of hopelessness and helplessness, and the items listed in it are based on overt or hidden behavioral manifestations in people. Hopeful or disappointed is selected. In the Miller test, the range of points obtained varies from 40 to 200. If a person gets a score of 40, he is considered completely helpless, and if he gets a score of 200, he has maximum hope. To determine the validity of this questionnaire, the reference criterion score was used, and there is a significant positive relationship between the two. In this research, to determine the reliability of the questionnaire, Cronbach's alpha and half-splitting methods were used, and the coefficients were 90.00 and 89.00, respectively (10).

## Results

The mean score of happiness of boys is equal to 65.50, life expectancy is equal to 160, and the mean score of happiness in girls is equal to 65.10, and their life expectancy is equal to 155.72. The Pearson's correlation coefficient was used for the correlation between research variables. There is a significant relationship between happiness and life expectancy ( $P= 0.003$  and  $r = 0.427$ ), and there is a relationship between happiness and life expectancy in male students ( $P= 0.001$  and  $r= 0.397$ ) and there is a relationship between happiness and life expectancy in female students ( $P= 0.001$  and  $r= 0.505$ ).

## Discussion

In this research, it was shown that there is a significant positive relationship between happiness and life expectancy in students. There is a significant positive relationship between happiness and life expectancy in female students. These findings are consistent with the conducted research and confirm their research findings (11-13). These researchers explain that there is a significant positive relationship between happiness and life expectancy. In other words, with the increase in happiness, the level of life expectancy in people increases and vice versa (11-13).

From Eric Fromm's point of view, the phenomenon of depression and lack of cheerfulness in life goes back to the principle of how people have an attitude towards the surrounding phenomena. Based on this, if we internalize positive events from the total environmental events, we will have a happy and cheerful mood, and if we internalize negative events, we will have a depressed personality. What can bring vitality and freshness to a person in the continuation of life is self-belief and self-confidence, which, according to Forum, is the secret of all success in all stages of life.

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According to the researcher, the feeling of vitality, cheerfulness and vitality in dealing with various events in many cases depends on the type of attitude and feeling of the person, how much these people can experience joy and happiness in the path of life, decision making power, interest in others, feeling have encouragement and the ability to communicate with the surrounding world. What can play an active role in creating a spirit of joy and happiness and raising life expectancy in people's lives. According to the researcher, positivity and the ability to deal with situations that may always jeopardize the spirit of happiness and life expectancy under the name of problems. People who are positive or hopeful about life are healthier and happier, and their immune systems work better. They cope better with psychological stress by using more effective coping strategies such as re-evaluation and problem-solving. Also, they should actively avoid stressful life events and build better social support networks around them. They have healthier lifestyles that protect them from getting sick. If such people get sick, they follow medical advice better. They follow these recommendations with appropriate behavioral patterns that speed up recovery. A study conducted at the University of Texas showed that a good mood could significantly increase the level of hope in a person who can overcome the anxiety-causing obstacles of life. Therefore, it can be seen that happiness is directly related to the personality and spirit of people. A person with a happy spirit puts positivity at the top of his daily activities and thinks better than others about small and big problems (9).

## Conclusion

Since the life expectancy of students increases with the increase in happiness, programs should be considered to increase the happiness of students.

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