

**ASSOCIATION BETWEEN HAPPINESS AND PSYCHOLOGICAL WELL-BEING AMONG  
DRUG ADDICTS LONGITUDE STUDY****Yogesh Kumar<sup>1</sup>**

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**Abstract** - The longitude study aimed to investigate association between happiness and psychological well being among drug addict of Punjab. A total sample of 106 Drug addicts from different areas of Ludhiana were selected for the studies through random sampling to measure happiness and psychological well-being among drug addict. The result shown the positive relationship between happiness and psychological well-being among drug addicts. Drug addicts who have high level of happiness results in high level of psychological well-being.

**1 INTRODUCTION**

A persistent mental state that includes feelings of joy, satisfaction, and other pleasant emotions as well as the conviction that one's life has significance and value is known as happiness. (Lyubomirsky, 2001). Happiness is influenced more by life's experiences than by external events. (Andy Rooney, 1998). Pleasure is not something readymade. It comes from your own actions. Ricarad et al., (2011). Joy, satisfaction, contentment, and fulfillment are some of the emotions that define happiness. Happiness can mean many various things, but it's commonly understood to involve positive feelings and a sense of fulfillment in life Khali et al., (2022). Happiness, since the ancient Greek times has been the topic of discussion and debate. In 1973, 'Psychology Abstracts International' began listing happiness as an index term because happiness is a term that is used widely and frequently as it has various meanings and connotations (Diener, 1985). The term "Happiness" is far too trite and overused to have much scientific use. Three distinct domains are distinguished by the field of positive psychology; these domains are all measurable and, crucially, all skill-based and teachable. (Seligman, 2002). Happiness is an important criterion for a healthy life. It is no longer exclusive to men since when someone is happy in life, they frequently use drugs to express it and enjoy it. They also maintain the word party alive for the sole purpose of making them happy. These days, women are taking part in this as well. Although it's a good thing that men can work in different industries, the issue looks more serious when compared to drug use. It is harmful to one's physical and emotional well-being. Happiness can be defined as a sentimental state when people doing things they believe in (Argyle, 1987). It is separated into three categories: happiness, satisfaction, and non-depressive mood (Seligman, 2004). Happiness comes with laughter and well-being for all.

Well-being research in Positive Psychology supplements material (e.g., money) and physical (e.g., health) metrics. wellness using evaluations of optimal psychological functioning and experience (Ryan & Deci, 2001). The problem of psychological well-being is the complex and burning problem of modern times. Maintaining psychological well-being is very important. Physical fitness is the gift of nature to a person, but its maintenance is based on the person's individual variation. As a person becomes physically fit to maintain physical health, maintaining mental health also becomes very important. The distinction between eudemonic and hedonic well-being is theoretical in nature; whilst eudemonic well-being may be a more objective description of well-being, hedonic well-being is evaluated subjectively (Ryff 1989). Although the hedonic point of view concentrates on individuals' subjective assessments and experiences of pleasure vs pain (Kahneman et al., 1999).



A positive functioning individual has objectives, intentions, and a sense of direction, all of which add to the sense that life has significance, according to the concept of maturity (Ryff 1989). Determine the elements that mediate or mitigate the effects of stress as well as the ones that add to caregiver stress. The model states that stressors or background elements can directly affect the result of stress, such as the caregiver's psychological well-being, unless they are mediated or controlled by other factors. Numerous research works have interpreted caregiver depression as a result of caring stress, which in turn indicates the psychological and mental health of caregivers (Goode et al., 1998; Schulz & Williamson, 1991).

## 2 REVIEW LITERATURE OF HAPPINESS

**Man Ping Wang (2014)** To investigate the cross-sectional association between smoking and happiness in Chinese adults in Hong Kong. Findings reveal that current smokers, ex-smokers enjoyed greater happiness.

**Maryam Ataeiasl et al. (2018)** To examine the Relationship between happiness and tobacco smoking among high school students. A sample of 1,161 10th-grade students in Tabriz (northwest Iran) was selected by multi-stage proportional cluster sampling. Results revealed that negative relationship between happiness and habitual smoking among adolescents.

**Roshan Lal, et al., (2019)** conducted the study on a comparative study of depression, stress, and happiness among drug addicts and non-drug addicts. Sample of, 30 drug addicts, those were admitted in a rehabilitation Centre located in Chandigarh (India) and 30 non-drugs addicts' people who were not using any kind of drug were included. Results revealed that drug addicts significantly differ from non-drug addicts on the basis of the above-mentioned variable and thus, Drug addicts are high on depression, stress but low on happiness.

### 2.1 Review Literature Of Psychological Well-Being

**Bano et al., (2019)** examined 140 drug addicted patients from different hospital. The results of the study confirmed that there was significant difference in the psychological well-being of control and experimental group ( $p$ -value  $<0.01$ ). After the treatment a difference exists in the means of control and experimental (16.24 and 26.44 respectively) groups.

**Sabri et al., (2020)** This study aims to investigate whether psychological well-being could predict treatment outcomes in drug addicts after they had received solution-based psychosocial intervention in a drug treatment setting. Fifty-seven participants were selected and they completed a pre-and post-assessment on psychological well-being changes and treatment outcomes questionnaire. Results indicated a significant relationship between these two variables and more than twenty percent in treatment outcomes were explained by psychological variance.

**Parveen, H. (2016)** The total sample consists of 100 male respondents from Delhi out of which only 30 respondents correctly and fully answered the questionnaire. The correlation analysis reveals significant correlation between hope, meaning in life and well-being among drug addicts. Keywords: Drug Addiction, Hope, Meaning of Life, Well-being.

### 2.2 Objectives of the study

To find the co-relation between Happiness and Psychological well-being among drug addict.

### 2.3 Hypotheses of the study

**H1:** There exists a relationship between Happiness and Psychological well-being among drug addicts.

## 3 RESEARCH METHODOLOGY

A research methodology is like a plan for carrying out research and helps keep researchers on track by limiting the scope of the research.

### 3.1 Research Design of the study

The purpose of the current study is to study the association between happiness and psychological well-being among drug addicts. It will be descriptive and correlational in character and use quantitative measures

### 3.2 Variable of the study

Independent variable: Happiness

Dependent variable: Psychological well-being

### 3.3 Sample of the study

The present study will investigate a sample of 106 drug addicts through random sampling method from different areas of Ludhiana.

### 3.4 Data Collection Tools

- Happiness scale by Himanshi Rastogi and Janki moor Jani in 2017
- psychological well-being by Dr. Davendra Singh Sisodia and Ms. Pooja Choudhary in 2012

### 3.5 Statistical tools used

Karl Pearson's co relation movement has been used for the study.

## 4 RESULT AND DISCUSSION

After the data was kept in SPSS software the research hypothesis was analyzed by using the Karl Pearson's product moment method. The result was presented in the following table.

**Tables 1.1 shows the coefficient of correlation between Happiness and Psychological Well-being among Drug Addicts.**

Variables	N	R
Happiness And Psychological Well-being	106	.277

**\*\*.** Correlation is significant at the 0.01 level.

The above table shown the correlation between Happiness and psychological well-being among drug addicts. The coefficient of correlation was found to be .277 which is significant at 0.01 indicates that happiness has significantly positive relationship with psychological well-being.

This indicates that drug addicts which have good happiness was significatory associated with higher level of psychological well-being. Therefore, the Hypothesis of the study '***There Exists a Relationship between Happiness and psychological well-being among drug addicts***' has been accepted.

### 4.1 Results and Discussion

The present study includes 106 participants. In this study a positive relationship has been found between drug addicts. The result of this study shows that there is a positive

relationship between happiness and psychological well-being which means that an increase in the level of happiness will also increase the level of psychological well-being among drug addicts. The outcome of the study entailed with the findings of Kamp et al., (2008) study findings revealed that there exists a positive relationship between happiness and psychological well-being among drug addicts. Baerger et al., (1999) also revealed psychological well-being is frequently associated with pleasant feelings such as joy, happiness, and fulfilment. Drug abusers with excellent connections and social support are more likely to be happy, which can improve their mental health. Happiness is frequently associated with a feeling of purpose and meaning in life; drug addicts who have a sense of purpose in their recovery path are more likely to experience happiness and enhanced psychological well-being.

## 5 CONCLUSION

In conclusion, while drug addiction presents significant challenges, recovery is possible, and many individuals in recovery experience increased happiness and psychological well-being as they rebuild their lives, cultivate supportive relationships, and find meaning and purpose beyond substance use. Drug abusers who achieve recovery and participate in treatment activities may experience enhanced happiness and psychological well-being. Building and maintaining supportive relationships is crucial for recovery from addiction and can positively impact happiness and psychological well-being. Connecting with peers in recovery, rebuilding relationships with family and friends, and receiving support from healthcare professionals and support groups can provide a sense of belonging, acceptance, and social support, which are essential for well-being.

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