

Perceptions of Happiness Through the Lens of Age and Gender

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How do age and gender contribute to people's perceptions of happiness?

Literature Review

- Mohanty (2014) found that having a positive attitude is a covariant of happiness, meaning that it does contribute to one's happiness.
- The United Nations Developmental Program reported that perceptions of happiness varied amongst individuals in different country rankings (as cited in Schimmel, 2009).
- Positive family relationships seem to be a predictor of happiness in both adults and children of families (Ramos et al., 2022).
- Morgan (2015) revealed that as people get older, they increasingly attend to positive information, so happiness may increase with age.



Method

- Adult participants are being recruited through social media and flyers.
- Participants will take an online Qualtrics survey.
- The Conceptions of Happiness Scale (Joshanloo et al., 2018) will be administered along with questions about the participants' age and gender.

Projected Results

I predict that there will be differences in the perceptions of happiness of participants amongst both the age and gender classifications.



Implications

Understanding factors contributing to how people perceive happiness by age and gender can be beneficial for psychologists, employers, universities, and even in personal lives and relationships.

References

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