



## International Journal of Intellectual Advancements and Research in Engineering Computations

### An empirical study on reason for unhappiness in human life with reference to Erode

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#### ABSTRACT

All of us want to be happy, that we try to achieve that goal in vastly different ways. Some people find unhappiness in academic, Health, Wealth. Based on the people's attitude the way they brought up and their environmental surrounding plays a vital role in human's unhappiness. There is perhaps, no single way to achieve happiness, but we can at least learn from the mistakes of the others and avoid the many pitfalls along as we strive to be happy. Despite economic and social development progress in present day society, there has been an increasing dissatisfaction among many countries. This paper empirically tests the dissatisfaction among human life. Finding suggests the significant negative association between human unhappiness levels at Erode District in 2018.

#### 1. INTRODUCTION

Life of every human is precious. Has a living entity everybody has the right to live, flourish and enjoy the life on the earth. It has become practically very difficult to find people who are happy and stress free. Most people including successful, well-known or celebrities, religious and very rich men and women lead an unhappy and stress ridden life. They could not enjoy their food, sleep and other elementary things in everyday life. Without enjoying food, sleep nobody can be happy in spite

of having a lot of money. But unfortunately most of the people couldn't realise their potentialities and develop them, besides, absorbing cosmic energy so has to attain bliss and happiness and a stress free life.

#### 2. OBJECTIVES

To analyse the problems faced by respondents due to unhappiness in life.

#### 3. LIMITATIONS OF THE STUDY

- Since the study is more sensitive one, at first all of them neglected on approving it.
- As public are our respondents, they fear to share their unhappy feelings with us.

#### 4. SCOPE OF THE STUDY

- Through this study, we can gather knowledge about the factors influencing unhappiness in human.
- It will be useful for people to bridge the gap between happiness and unhappiness and also how to get satisfaction with life.

## 5. LITERATURE REVIEW

Many explanations and definitions of life unhappiness can be observed as it is not a very to understand notion. According to the article of Ruutveenhoven, Happiness is the highly valued in present day society. Not only people aim at happiness in their own life but there is also growing support for the idea that we care for the happiness of other people and that governments should aim at creating greater happiness for a greater number of citizens (Bentham 1789).

## 6. RESERCHMETHODOL OGY

### 6.1 Research Design

- 1.A Master plan that specifies the method and procedures for collecting and analyzing needed information.
- 2.A research design is a framework or blueprint for conducting the research.

### 6.2 Sample Design

Sampling is the process of selecting a sufficient number of elements from the population. A Sample Design is a definite plan for obtaining a sample from the sampling frame. It refers to the technique or the procedure the researcher would adopt in selecting some sampling units from which inferences about the population is drawn.

### 6.3 Non-Probability Sampling

Non-Probability sampling is a sampling technique where the samples are gathered in a process that does not give all the individuals in the

population equal chances of being selected.

### 6.4 Convenience Sampling

Convenience sampling (also known as Availability Sampling) is a specific type of non-probability sampling method that relies on data collection from population members who are conveniently available to participate in study.

### 6.5 Size of the Sample

The Sample size is **50**.

## 7. DATA COLLECTION METHOD

### 7.1 Primary Data

These are data which are collected for the first time directly by the Researcher for the Specific study undertaken by him. In this research primary data are collected directly from the Respondent by using Questionnaire.

### 7.2 Secondary Data

These are data which are already collected and used by someone preciously. The data's are collected from journals, magazines and websites.

## 8. STATISTICAL TOOLS USED

To analyze and interpret collected data the following simple percentage and ranking were used.

### 8.1 Percentage Analysis:

FORMULA= (No of respondents/total no of respondents) X100

### 8.2 Henry Garrett Ranking

Garrett's ranking technique to find out the most significant factor which influences the respondent, Garrett's ranking technique was used. As per this method, respondents have been asked to assign the rank for all factors and the outcomes of such ranking have been converted into score value with the help of the following formula:

Percent position =  $100 (R_{ij} - 0.5) N_j$

Where  $R_{ij}$  = Rank given for the  $i$ th variable by  $j^{th}$  respondents

$N_j$ = Number of variable ranked by  $j^{th}$  respondents.

**9. DATA ANALYSIS**

**9.1 Profile of the Respondents**

The Respondent who participated in the research is from diversified background with gender, age group, marital status and educational qualification.

Table 1: Demographic Profile of the Respondents

Sl. No	Details of the respondent		No .of Respondents	%
1	Gender	Male	28	44
		Female	22	56
		Total	50	100
2	Age Group (in Years)	Below 20Years	11	22
		20 – 30Years	16	32
		30 – 40Years	12	24
		Above 40 years	11	22
		Total	50	100
3	Education qualification	School	11	22
		UG	16	32
		PG	19	38
		None	4	8
		Total	50	100
4	Monthly Income	Below 20000	16	32
		20000-30000	15	30
		Above 30000	5	10
		None	14	28
		Total	50	100

From this table it evident that respondents of male are 44% and the female are 56%. Mostly 50 % of the respondents are under 30 age group. 22% of the

respondents are school students, 32% are UG students,38% are PG students and 8% are homemaker. 32% of respondents monthly income below 20000, 20000-30000 are 30% and below 30000 are 10%

Table 2: Problems Faced By Respondents due to

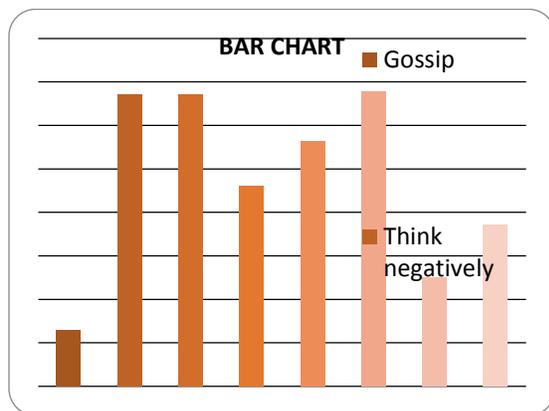
Unhappiness in Human Life

Sl. No	PROBLEMS	MEAN SCORE	TOTAL SCORE	RANK
1	Gossip	257	257	7
2	Think negatively	224	1344	2
3	Have expectations	168	1344	2
4	Act jealous	231	924	4
5	Live in past	225	1125	3
6	Concern themselves with other people problems	194	1358	1
7	Seeing yourself as victim	250	500	6
8	Staying home waiting for future	248	744	5

From the above table it is evident that “concern themselves with other people problem” ranked as no.1 with a total score of 1358,”have expectations” is ranked as no.2 with a total score of 1344, “think

negatively” is ranked as no.2 with a total score of 1344, “Live in past” is ranked as no.3 with a total score of 1125, “act jealous” is ranked no.4 with a total score of 924 “staying home waiting for future” is ranked as no.5 with a total score of 744, “seeing yourself as victim” is ranked as no.6 with a total score of 500, “gossip” is ranked as no.7 with a total score of 257

Fig.1 Problems Faced By Respondents due to Unhappiness in Human Life.



## 9. FINDINGS

1. “Concern themselves with other people problems” ranked as first with a total score of 2800.

2. “Have expectations” and “Think negatively” are ranked as second with a total score of 1344.

3. “Live in past” is ranked as Third with a total score of 1125.

4. “Gossip” is given least preference by the respondents as last rank

## 10. SUGGESTIONS

1. One should change the attitude towards things or people which makes them

unhappy.

2. To overcome unhappiness is in positive environment and live in present.
3. There should be a campaign for each zone to be arranged by government or NGO'S as to educate people to make their life happy.
4. Controlling mind by doing meditation or by involving in any religious activities.

## 11. CONCLUSION

A positive appreciation of life seems to favor in economic, health, environmental and relationship chances. The available evidence does not provide definite proof, however. Anyway, happiness clearly does not appear harmful to above stated factors. It rather fosters chances to find a spouse and to maintain the bond in case of marriage relationship and to concentrate in ones career in financial factors and to adapt to surrounding. Finally, Gratitude is the source of happiness, and the source of goodness; and the more good people, and the more happy people there are walking around, the happier and better our world will be.

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