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A Study on Happiness Level of Football Players of Arunachal Pradesh

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ABSTRACT: Happiness is an essential psychological factor that influences mental health, motivation, and overall life satisfaction. In the field of sports psychology, happiness plays an important role in determining athletes' emotional stability, performance, and quality of life. The purpose of the present study was to examine the happiness level of football players from Arunachal Pradesh. A descriptive survey method was employed for the study. A total of 50 male football players aged between 18 and 25 years were selected as subjects through random sampling. The happiness level of the participants was assessed using the standardized Happiness Scale developed by Bhardwaj and Das. Descriptive statistics such as mean and percentage were used to analyze the collected data. The findings revealed that the football players demonstrated a moderate to high level of happiness. The results suggest that regular participation in sports activities, physical fitness, social interaction, and competitive experiences may contribute positively to the psychological well-being of athletes. The study emphasizes the importance of promoting sports participation to enhance the happiness and mental health of youth and athletes.

KEYWORDS: Happiness players, football players and Arunachal Pradesh

I. BACKGROUND OF THE STUDY

Happiness is regarded as one of the most significant components of human life and an important indicator of psychological well-being. It reflects feelings of joy, satisfaction, contentment, and positive emotional experiences. In recent years, the concept of happiness has received increasing attention in psychological research because of its influence on mental health, motivation, and decision-making abilities. Happiness is closely related to subjective well-being, which includes life satisfaction, the presence of positive emotions, and the absence of negative emotions. Psychological research indicates that individuals with higher levels of happiness tend to be more emotionally stable, confident, and resilient. Such individuals are better able to cope with stress and maintain a positive outlook toward life. Happiness also plays an important role in developing healthy interpersonal relationships and improving overall quality of life.

Participation in sports and physical activities has been widely recognized as a significant factor contributing to psychological well-being. Athletes often experience improved mental health, enhanced social relationships, and greater life satisfaction through regular engagement in sports. Sports participation encourages discipline, teamwork, cooperation, and physical fitness, which collectively contribute to higher levels of happiness.

Football is one of the most popular team sports across the world. It provides players with opportunities for physical development, social interaction, and competitive achievement. Through participation in football, athletes often develop strong social bonds, improved self-confidence, and a sense of accomplishment. These experiences positively influence their emotional and psychological well-being.

In Arunachal Pradesh, football is widely played and holds an important place in youth sports culture. Understanding the happiness level of football players in this region may provide valuable insights into their psychological well-being and the positive impact of sports participation on their lives. Therefore, the present study was conducted to examine the happiness level of football players of Arunachal Pradesh.

II. METHODOLOGY

Research Design

Research design refers to the overall plan or framework used to collect, analyze, and interpret data in order to answer the research questions effectively. It provides a systematic structure that guides the researcher throughout the investigation.

For the present study, a **descriptive survey research design** was adopted to examine the happiness level of football players of Arunachal Pradesh. The descriptive survey method is commonly used in social sciences and sports psychology to describe existing conditions, attitudes, behaviors, or characteristics of a particular group. Since the purpose of this study was to measure and describe the current level of happiness among football players without manipulating any variables, the descriptive survey method was considered appropriate.

III. SUBJECTS OF THE STUDY

A total of **50 male football players** from Arunachal Pradesh aged between **18 and 25 years** were selected as subjects for the study. The participants were selected using a **random sampling technique**, which ensured equal opportunity for selection and helped in obtaining an unbiased sample representing the football players of the region.

Tool Used for Data Collection

The level of happiness among the football players was measured using the **Happiness Scale developed by R. L. Bhardwaj and P. R. Das (1997)**. This standardized psychological scale is widely used to assess the level of happiness among individuals. The responses of the participants were recorded according to the instructions provided in the scale, and the obtained scores were used for statistical analysis.

IV. RESULTS AND ANALYSIS

Table No.1

Response distribution of happiness level among football players

Sl no.	Option	Total no. of responses	Percentage
1	Like very much	16	32%
2	like much	8	16%
3	like normally	23	46%
4	do not like	2	4%
5	do not like entirely	1	2%
	Total	50	100%

The table indicates that the majority of football players fall in the **“like normally” (46%)** and **“like very much” (32%)** categories, suggesting a generally positive level of happiness among the participants.

Table No.2

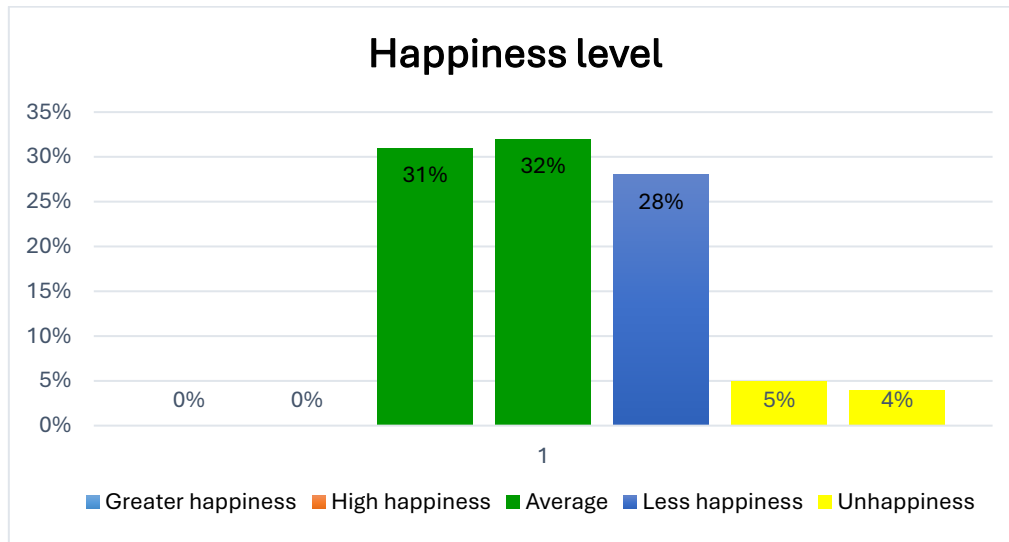
Happiness level of football players of Arunachal Pradesh

Level	Total Respondents	Mean	Percentage
Like very much	437	15.6	31%
Like much	391	14.0	28%
Like normally	445	15.9	32%
Do not like	69	2.5	5%
Do not like entirely	55	2.0	4%
Total Percentage			100%

The results indicate that the majority of football players fall within the **moderate to high happiness categories**, suggesting positive psychological well-being among the athletes.

Graph no.1

Graphical representation of happiness level of football players of Arunachal Pradesh



V. DISCUSSION

The purpose of the present study was to examine the happiness level of football players of Arunachal Pradesh. The findings revealed that the players demonstrated a **moderately high level of happiness**.

The results suggest that regular participation in sports activities such as football may contribute positively to psychological well-being, emotional stability, and overall life satisfaction among athletes. Participation in sports provides opportunities for social interaction, teamwork, and competitive experiences, which may enhance feelings of happiness.

The findings of the present study are supported by several previous research studies conducted in the field of sports psychology. Research has consistently shown that participation in sports and physical activities has a positive relationship with happiness and subjective well-being. Individuals who regularly participate in sports tend to report higher levels of life satisfaction and mental health.

For example, **Ghasempour et al. (2013)** reported that athletes demonstrated higher levels of happiness and psychological well-being compared to non-athletes. Similarly, research has shown that regular physical activity can reduce stress, improve health conditions, and enhance emotional well-being.

Team sports such as football also provide additional psychological benefits because they promote cooperation, communication, and a sense of belonging among players. Through regular training sessions, competitions, and social interaction with teammates, football players may develop positive emotions, self-confidence, and satisfaction with their lives.

Therefore, the findings of the present study support earlier research indicating that sports participation plays an important role in improving happiness and psychological well-being among athletes.

VI. RESULT

Based on the statistical analysis of the collected data, it was found that the football players of Arunachal Pradesh exhibited a moderately high level of happiness. The mean score obtained from the happiness scale indicated that most of the players experienced positive emotional well-being, satisfaction with their sports participation, and a generally optimistic outlook toward their personal and athletic life. The findings suggest that regular participation in football may contribute positively to the psychological health of the players. Physical activity, teamwork, social interaction, and the sense of achievement gained through sports participation may enhance feelings of happiness and life satisfaction. Furthermore, involvement in competitive sports often helps athletes develop confidence, emotional stability, and strong interpersonal relationships, which are important factors contributing to overall happiness. Therefore, the results of the

present study indicate that football players in Arunachal Pradesh maintain a healthy level of happiness, which may support their mental well-being and sports performance.

VII. CONCLUSION

The present study concludes that football players of Arunachal Pradesh possess a **moderately high level of happiness**. Participation in football contributes positively to psychological well-being by improving emotional health, social interaction, and life satisfaction.

Sports participation plays an important role in promoting happiness among youth and athletes. Therefore, it is recommended that sports activities should be encouraged at educational institutions and community levels in order to enhance the psychological well-being and happiness of young individuals.

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