



Annual International Scientific Conference Early Childhood Care and Education, ECCE 2016,  
12-14 May 2016, Moscow, Russia

## The research of Subjective Sense of Happiness in Senior Preschoolers

Margarita Ye. Permiakova<sup>a\*</sup>, Lyudmila V. Tokarskaya<sup>a</sup>, Irina A. Yershova<sup>a</sup>

<sup>a</sup>*Ural Federal University, 19 Mira st, Yekaterinburg, 620002, Russia*

---

### Abstract

The purpose of the study was to examine the perceptions of happiness and to identify the level of subjective happiness among children of senior preschool age. These parameters were studied in their connection with such personal characteristics, as manifestation of extraversion/introversion, anxiety level, willingness to cooperate and the feeling of subjective happiness in mothers of preschoolers. The study found that comparing with children who sometimes feel unhappy, happy children demonstrate a lower anxiety level and a higher degree of extraversion manifestation. Mothers of happy children feel happier than those of children who sometimes feel unhappy.

© 2016 The Authors. Published by Elsevier Ltd. This is an open access article under the CC BY-NC-ND license (<http://creativecommons.org/licenses/by-nc-nd/4.0/>).

Peer-review under responsibility of the organizing committee of ECCE 2016.

*Keywords:* happiness, preschool children, mothers, anxiety, extraversion, willingness to cooperate

---

---

\* Permiakova M.E.. Tel.: +7-961-777-37-25.

*E-mail address:* pme8@mail.ru

## 1. Introduction

Happiness has become a research field for foreign psychology since the 1970s. Because of the complex nature of the "happiness" category M. Seligman introduced the idea of "subjective well-being" as its scientific synonym [1]. Both terms are equivalent and are widespread in modern psychology [2]. The latest decades have seen a spectacular rise of interest in the problem of happiness in Russian science, too. Most of the researchers involved in this topic agree that happiness is a subjective feeling. It must be viewed as a complex construct that consists of several main components – cognitive (satisfaction with life in general) and affective (the presence of frequent positive emotions and an occasional manifestation of negative emotions). Consequently, each of these components includes a number of more specific elements, for example, life satisfaction involves job satisfaction, family satisfaction, satisfaction with recreation, health, financial situation, social status, etc. [2], [3], [4].

In addition to external factors of happiness (socio-economic, demographic, ecological) it is important to consider internal reasons and determinants of happiness such as temperament, personality characteristics, world perception and resilience. There is no universal recipe for happiness for all people; a subjective well-being is made of a mixture of all these factors, unique for each individual [2]. A human being feels, understands and evaluates the level of personal happiness-unhappiness, well-being-distress as a holistic experience, guided by his own criteria [5].

Research results show that although life satisfaction at the moment can be impacted by a person's emotional state, specific life events, and even weather conditions, the level of the subjective feeling of happiness is a relatively stable indicator for each human being. This phenomenon can be accounted for, to a large degree, by personal characteristics [2], [4]. The Diener E., Seligman M. research of students' "Big Five" personal factors and their correlation with happiness [6] showed that happy people are characterized by a low level of neuroticism, a high degree of extraversion and willingness to cooperate. There is a certain personal predisposition to experience some level of emotion and it can be measured independently from the assessment of the current state.

M. Seligman offered a formula for a sustainable, lasting happiness:  $H = S + C + V$ , where H is happiness, S is a biological set point which remains stable throughout the whole life and makes at least 50%, C is living conditions, such as family, children, religion, everyday activities which determine 10% of happiness, V is voluntary actions or choices we make daily, they amount to 40% and they are conscious, intended and effort requiring [1].

The analysis of this formula shows that from early childhood some children are "doomed" to feel happier while others are predetermined to feel less happy. When a child is immature and can't consciously develop personal qualities in him, his happiness will be determined genetically and highly dependent on his family, first and foremost, on his mother. In reality from his early childhood the child imitates his parents' emotions, learns the emotional reactions of people he is in constant contact with [4]. If she is happy, a mother usually experiences positive emotions exhibiting them to other people and, in the first place, to her child. As a result, the child gets a positive emotional experience, which leads to the formation of "basic trust" in the world; he is open to interaction, benevolent, as his expectations of contacts with people, the world at large, are positively marked. A study on a sample of mothers and their teenage children showed that their subjective feelings of happiness correlated [7].

As far as Russian empirical studies of the subjective feeling of happiness in preschoolers are concerned, it is important to say that there's been little research on the subject, in most cases it is only possible to find personal opinions about it expressed by teachers, psychologists and parents. What do preschool children think about happiness? How much are they happy? What does their feeling of happiness depend on? In 2001 Zyryanova [8] made a study into perceptions of happiness among children of senior preschool age. The study showed that 71% of the children believed they were happy, 12 % were only occasionally happy, 15% answered they didn't think they were happy. The same study in 2010 showed that the rate of children who thought they were happy remained relatively stable (72%).

Download English Version:

<https://daneshyari.com/en/article/5126138>

Download Persian Version:

<https://daneshyari.com/article/5126138>

[Daneshyari.com](https://daneshyari.com)