



Level of Happiness among Religious Communities Believing In Supernatural Elements and their Agents

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Abstract- Himachal Pradesh is known for its beauty, tranquility and religiosity. People of many religions are living harmoniously in Himachal Pradesh. This place is known for its culture values, traditions and rituals. People follow their folk cultures and try to pass contented and blissful life. The happiness is highly valued in the present day society. Each one does care how to get happiness and eternal bliss, for which the people also surrender themselves beneath the Supreme Being. Supernatural power is one of the ways to get rid of many socio-emotional conflicts and to pass contented life. When people failed to comprehend about the problem or find it beyond natural phenomenon they usually follow supernatural power. As they seems to violate the boundaries of scientific explanations even though the beliefs in supernatural elements and their agents are prevailing in each society at gargantuan level. Therefore, the religious and supernatural powers have been proving as a resource in ameliorating socio- emotional conflicts and inculcating happiness through their agents, viz. Gur, Mali, ojhas, Shekh, Mulana, s Granthi,, Padri, tantra mantra to the rudimentary rural and elite urban population in India in general and Himachal Pradesh in particular. Therefore, the present study is aimed at in exploring the level of Happiness among Hindu, Muslim, Sikh and Christian communities differing in education level of this hilly state. The study has been conducted on a sample comprise of N = 240 subject (60 Hindu, 60 Muslim, 60 Sikh and 60 Christian) further subdivided on the basis of education with N = 30 in highly Educated groups and N = 30 in Low Educated group. In this manner, there were eight groups with N = 30 in each that comprises of aforesaid sample. Result based on 4 x 2 x 2 ANNOVA revealed that the entire religious group significantly differed F (3, 224 =2.60, p<.05) on the measure of depression-Happiness parameter wherein the Christian people were found less happier (8.08) as compared to their Muslim (8.24), Sikh (8.79) and Hindu (8.87) groups counterparts. However, non-significant difference was observed between highly educated and low educated people on the aforesaid measure. In nutshell, the Christian people were found less Happier whereas the Hindu people of Himachal Pradesh as much happier in the measure of happiness.

Keywords: Hindu, Muslim, Sikh, Christian, education, ANNOVA

1. INTRODUCTION

Peace and happiness are two eminent words which seem to be missing in present scenarios due to materialistic attitude and over ambitious stances of the humanity across the world. But, the happiness is highly valued in present day society. Each one does care how to get happiness in their life. The human being are succumbed with the plethora of problem those may include health, socio emotional crises, economic deprivation, jobs and career related problems are the prominent issues in present world. The people are in a hoard to get rid of this socio-cultural and psychological problem for which they are taking help of their local deities as well as of supreme religious powers. The India in general and the Himachal Pradesh in particular is one of the states where the people have witnessed the harmony and happiness by going into the shelter of these local deities. Be the people of this hilly state are struggling against the same issues prevailing in rest of the world, it seems that the religious attitude in general and their practice in particular have helped them a lot. In such spiritual traditions, only true inner peace within the hearts of people can bring about true outer peace in

the world, because if individuals are beset by inner conflicts, doubts, fears, and insecurities, they will tend to project them outwardly onto others, blaming others for their problems, without even realizing what they are doing. As stated by Inglehart (2010) that there are two main routes of happiness, one is associated with modernization and the other with the traditional belief systems. It is quite imperative that the economic growths, socio-emotional reconciliation, career development enhance well being and promote happiness. Among others, religion seems to increase subjective well being even in the absence prosperity and freedom (Inglehart 2010). Majority of the population find their happiness in supernatural powers especially in developing countries. When things go beyond normal human mind unable to comprehend or think rationally may find it paranormal or supernatural power. As Brugger and Mohr (2008) had found in their research that unnatural beliefs are those concepts that cannot be explained with the help of common scientific laws.

Human happiness has appeared again and again as the most valued of all human quests. In most of the studies, it was found that people rank the pursuit of happiness as one of the cherished goal in life (Freedman, 1978, Grab, 1998; Diener & Oishi,



2000). In a research Georgellis, Lucas and Diener observed that individuals experience pain and disappointment throughout their life span. However, they tend to revert towards their basic skills in order to amplify their happiness. But the study by Fujita and Diener (2005) also found that individuals experience different level of peace with life as time passes. The changes in the level of life contentment and happiness occur roughly within every five years. Orientation to happiness is defined, as the level of an individual's desire, need, and ability of extracting pleasure and bliss of life (Haybron, 2007). The humans have a tendency to remain happy while doing what they like and want to do. It was found that blood relations could play a notable role in enhancing youth's life contentment and happiness in Mexican society. But, it is imperative to note that family and peers could also help an individual in terms of gathering happiness only in a collective culture. In case of individualistic culture peer pressure is not an ideal strategy for increasing one's happiness (Edwards & Lopez, 2006). The social and peer pressures are also noted to foster paranormal belief (Raz, Hines, Fossella, & Castro, 2008).

Paranormal activities are particularly associated with the Prophets and Saints because they are historically believed to be the center of spiritual powers (Huntley & Peeters, 2005). Saints, Ojhas, Gur, Pandit, Maulvi, Padrai are the agents of devi devtas, or their local deities whom so ever a particular group of a religion worshiped and have faith on them. As People are highly attached with the possibility of supernatural on an emotional level as this concept is associated with saints (Hart, 2008). Further Kataik and Zinta (2017) concluded that the healers do have some special emotional intelligence which helps them in understanding and dealing with the situation. Basically seekers tried to get happiness in their own life and spirituality is that corridor which mentally given that much satisfaction. Cognitive-Experiential Self theory explained that humans are lazy and therefore they analyze paranormal events superficially without using scientific principles (King, Burton, Hicks, & Drigotas, 2007).

It is a generally saying that when people found no purpose in their life they went into the shelter of Supreme Being. The highly educated people seems to be discontented more regarding their job, business, marital and social life thereby seeks the help of deity agents (gur, mali, pandit, padri, Granthi, maulvi and ojhas). Such beliefs in turn also enhance people's happiness with life often effectively predicts the success of their matrimonial relations (Stanley, Ragan, Rhoades, & Markman, 2012). The youngsters also have the overwhelming tendency to establish unrealistic goals and expectations about life and failure to attain them will cause a notable decrease in happiness (Frijters, Greenwell, Haisken-DeNew, & Shields, 2009) that can be promoted through the

paranormal (Kennedy, Kanthamani, & Palmer, 1994). Happiness can be defined as a state of mind a feeling, an emotion, a state of well being, subjective well being and not feeling badly (Gilbert 2006). Deiner and Biswas (2008) defined happiness as a subjective well being, which involves both positive and negative affect with cognitive influences.

According to the theory of hedonism, the happiness is a matter of raw subjective feeling. A happy life maximizes feelings of pleasure and minimizes pain (Seligman & Ed Rozyman 2003). Further, the desire theory explained that happiness is a matter of getting what you want (Griffin1986). Desire theory holds that fulfillment of a desire contributes to one's happiness regardless of the amount of pleasure or displeasure. According to Lyubomirsky (2005) longitudinal research shows that happiness is associated with positive outcomes such as people having superior mental and physical health, greater longevity, more satisfying relationships, and being more fulfilled and productive at work. Valdesolo and Graham (2014) conducted experiments in which they randomly assigned individuals to experience the emotion of awe or general positive emotions or neutral emotions and found that inducing a sense of awe elicited stronger beliefs in supernatural control and greater belief in God. Faith seems to be influencing emotional experiences often inspired by a deity.

People have approach towards god their deity or any supernatural power because they assumes God as a role of care giver who can solve their problems which are persistent in their life. In this regard Thakur and Pirta (2009) said that People approach the Deity or recall Him when there is external threat. Attachments to God, Deity or Supernatural power reduce stress, anxiety and promote happiness. All religions have their own ways to approach supernatural powers in this regard Kleinman (1998) found that a vast majority of people in the societies believe in the supernatural causes of health and illness and approach traditional healers for physical and mental health problems. But during research it has been found that in Sikh Dharma there is no value of supernatural power for their happiness very few of them have faith on these things, they follow the preaching of Guru Ganth sahib only. It has been seen in the present study that most of the Christian people have low economic status and they occasionally went to the Church and most of the time they skip their regular attendance, and they adopt their religion which also make them to have less faith on their own religion in Himachal Pradesh which leads them to believe in super natural powers. In a study conducted by Glendinning (2006), McKinnon (2003) and Rice (2002) found that Church attendance is an extremely important and negative predictor of paranormal beliefs. Among those who are less going to Church are engaged in a greater variety of paranormal experimentation. Stark and Bainbridge

(1980) found that paranormal beliefs tend to be strong in areas where traditional Christianity tends to be weak. In a study by Mecken; Christopher, Bader and Rodney (2008) found that those who do not attend church holding conventional Christian belief increases the number of reported paranormal experiences. In their study it has been concluded that their attendance have been conditioned to know the effect of paranormal belief. Francis and Kay (1995) observed over 13,000 teenagers between the ages of 13 and 15 and the data demonstrated that over one-third (35%) believed in their horoscope, 37% believed in ghosts, and one in five (18%) believed in black magic. The data also demonstrated a positive correlation between belief in supernatural phenomena and age, indicating that older pupils were more likely to believe in paranormal phenomena than younger pupils.

In nutshell, the review of literature stated above give an indication that supernatural powers do exert a pull on the people for their happiness in almost every religious community and their followers in Himachal Pradesh. They have unlimited faith in the supernatural phenomenon followed with their agents regardless of education, economic status, employed and unemployed, rural or urban all have certain beliefs. Therefore the present study intends to explore the Level of Happiness amongst Hindu, Muslim, Sikh and Christian communities believing in Supernatural Elements and their Agents of Himachal Pradesh. For recording its degree, following methodology has been utilized.

2. RESEARCH METHODOLOGY

Major headings should be typeset in boldface with the words uppercase.

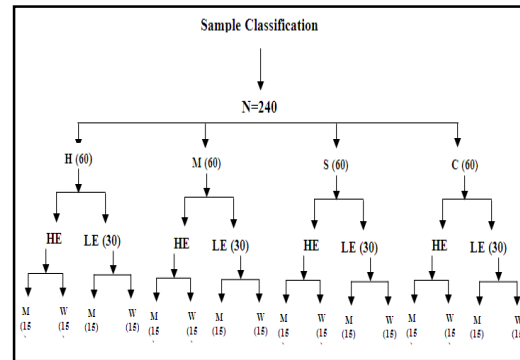
2.1. Study Area

The present study was conducted in Himachal Pradesh where Hindu, Muslim, Sikh and Christian communities' are in mammoth and lives harmoniously beside diversity. Such communities have unprecedented belief in the supernatural elements. All these four communities have their own folk beliefs to relieve their socio- emotional conflicts. The attempt was made to record the difference between Hindu, Muslim, Sikh and Christian educated and uneducated people of Himachal Pradesh in the measure of paranormal belief. More appropriately, the study has been conducted different districts of Himachal Pradesh. The description of sampling is as follow:

21.1. Sample

The study has been conducted on a sample comprise of N = 240 subject (60 Hindu, 60 Muslim, 60 Sikh and 60 Christian) further subdivided on the basis of education with N= 30 in highly Educated groups and N = 30 in Low Educated group. Further, the subjects

were finally subdivided into more group based on their gender with N = 15 subjects in each group. In this manner, there were sixteen groups with N = 15 in each that comprises of aforesaid sample. Thus purposive sample was used. The sample classification is as follows:



Notation: H =Hindu; M = Muslim; S=Sikh; C= Christian; HE= Highly Educated; LE= Low Educated; M= Men; W=Women

3. MEASURES USED

3.1 Short depression- Happiness scale:

It was developed by Stephan Joseph (2000). It is a four point scale. It has three positive items and three negative items. Item number 1,3,6 has reverse scoring. The score ranges from minimum zero (0) or maximum of (18).

4. PROCEDURE

The main objective of the study is to study the Happiness amongst the Hindu, Muslims, Sikh and Christian. Purpose of this study is to know that at what extent education and community people are affected by these supernatural powers. Objectives here were to know the existence of supernatural power in this scientific era that people do believe in paranormal phenomenon or in their own religion. The customary traditions of Hindu, Muslim, Sikh and Christian are remarkable those are following their rituals and sacraments by believing on the supernatural power even in this modern era. For accomplishing the objectives the study was carried out on a sample of 240 subjects. In all, there were 4 groups divided into two categories based on communities i.e. (60 Hindu, 60 Muslims, 60 Sikhs, 60 Christians) Further, the subjects were selected on the basis of their literacy rate i.e. Highly educated and Low educated (30 educated and 30 low educated in each group) .T Further, the subjects were finally subdivided into more group based on their gender with N = 15 subjects in each group. In this manner, there were sixteen groups with N = 15 in each that comprises of aforesaid sample. he present study tried to assess the subjects with the help of Short depression and happiness scale and study the



difference between Hindu Muslims Sikh and Christian educated people of Himachal Pradesh who have belief on supernatural phenomenon and their agents which predict the level of happiness. According to them their dosh exert negative influence on them and the remedies to relieve from their possession only is to consult their local traditional healers in general and deities in particular.

5. RESULT AND DISCUSSION

Hence the objective of the present study is to assess the happiness and depression among Hindu Muslim Sikh and Christian communities differing in education level of this hilly state. In this study ANOVA has been used and the results are as follow:

Table 5.1 A 4x2x2 ANOVA performed on Hindu, Muslims Sikh and Christian on the measure of short depression and happiness scale

source	ss	df	ms	F	p
Total	19210.00	240			
R	73.150	3	24.383	2.605	<.05
E	3.267	1	3.267	.349	n.s.
G	2.400	1	2.400	.256	n.s.
R x E	124.233	3	41.411	4.424	<.01
R x G	110.367	3	36.789	3.930	<.01
E x G	16.017	1	16.017	1.711	n.s.
R x ExG	17.083	3	5.694	.608	n.s.
Error	2096.667	224	9.360		

Notation: R= Religion: E= education: G=Gender

From the Table 5.1 it is quite clear that the main effect of *Religion* on the measure of Short depression happiness scale was found **F (3, 224 =2.60, p<.05)** as statistically highly significant. It shows that there was difference between Hindu, Muslims, Sikh and Christian on the measure of Short depression happiness scale The main effect of *education* on the measure of Short depression happiness scale was found **F(1,224=.34, p >.05)** as statistically non significant. It shows that there was no difference between educated and uneducated people of Hindu, Muslims, Sikh and Christian on the measure of Short depression happiness scale. The main effect of gender on the measure of Short depression happiness scale was found **F (1,224 =.25, p >.05)** as statistically non significant. It shows that there was no difference between men and women people of Hindu, Muslims, Sikh and Christian on the measure of Short depression happiness scale. The two way interaction between *R* and *E* on the measure of Short depression happiness scale **F (3, 224 =4.42 p <.01)** as statistically highly significant. It shows that there was difference between religion and education among Hindu,

Muslims, Sikh and Christian on the measure of Short depression happiness scale.

The two way interaction between *R* and *G* on the measure of Short depression happiness scale was found **F (3, 224 = 3.93 p<.01)** as statistically highly significant. It shows that there was difference between religion and men and women of Hindu, Muslims, Sikh and Christian on the measure of Short depression happiness scale .The two way interaction between *E* and *G* on the measure of Short depression happiness scale was found **F (1, 224 =.171, p >.05)** as statistically non significant. It shows that there was no difference between educated and uneducated, men and women of Hindu, Muslims, Sikh and Christian on the measure of Short depression happiness scale. The three way interaction between *R*E*G* on the measure of Short depression happiness scale was found **F (3,224=.60, p >.05)** as statistically non significant. It shows that there was no difference between religion, educated and uneducated, men and women of Hindu, Muslims, Sikh and Christian on the measure of Short depression happiness scale.

**Table5.2
Average Score of Hindu, Muslim, Sikh, Christian High and Low Educated Men and Women on the measure of HAPPINESS.**

Group	Gender	EDUCATION		AVG	
		HE	LE		
HINDU	M	9.86	8.93	9.39	8.87
	W	8.46	8.26	8.36	
		8.96	8.59	8.87	
MUSLIM	M	8.33	7.73	8.03	8.24
	W	9.46	7.46	8.46	
		8.89	7.59	8.24	
SIKH	M	9.06	10.4	9.73	8.79
	W	8.26	7.46	7.86	
		8.66	8.93	8.79	
CHRISTIAN	M	8.26	7.4	7.83	8.08
	W	7.4	9.26	8.33	
		7.83	8.33	8.08	
AVG		8.63	8.36		

The explanation of the four communities on the level of happiness is as follows:-

Hindu

From the table 5.2, it is quite clear that the average score of Hindu people on the Happiness Scale was 8.87. The average score of Hindu Men was 9.39 whereas of Hindu Women as 8.36. Similarly, the average score of Highly Educated Hindu people was 8.96 and the Low Educated Hindu People as 8.59. Further, the average score of Highly Educated Hindu



Men was 9.86 and Highly Educated Hindu Women as 8.46. Similarly the average score of Low Educated Hindu Men was 8.93 and Low Educated Hindu Women as 8.26. In the same tune, the average score of Highly Educated Hindu Men was 9.86 and Low Educated Hindu Men as 8.93. Similarly, the average score of Highly Educated Hindu Women 8.46 was and Low Educated Hindu Women as 8.26. Similarly, the average score of Highly Educated Hindu Men was 9.86 and Low Educated Hindu Women as 8.26. Finally, the average score of Highly Educated Hindu Women was 8.46 and Low Educated Hindu Men as 8.93.

Muslim

From the table 5.2, it is quite clear that the average score of Muslim people on the Happiness Scale was 8.24. The average score of Muslim Men was 8.03 whereas of Muslim Women as 8.46. Similarly, the average score of Highly Educated Muslim people was 8.89 and the Low Educated Hindu People as 7.59. Further, the average score of Highly Educated Hindu Men was 8.33 and Highly Educated Muslim Women as 9.46. Similarly the average score of Low Educated Muslim Men was 7.73 and Low Educated Muslim Women as 7.46. In the same tune, the average score of Highly Educated Muslim Men was 8.33 and Low Educated Muslim Men as 7.73. Similarly, the average score of Highly Educated Muslim Women 9.46 was and Low Educated Muslim Women as 7.46. Similarly, the average score of Highly Educated Muslim Men was 8.33 and Low Educated Muslim Women as 7.46. Finally, the average score of Highly Educated Muslim Women was 9.46 and Low Educated Muslim Men as 7.73.

Sikh

From the table 5.2, it is quite clear that the average score of Sikh people on the Happiness Scale was 8.79. The average score of Sikh Men was 9.73 whereas of Sikh Women as 7.86. Similarly, the average score of Highly Educated Sikh people was 8.66 and the Low Educated Sikh People as 8.93. Further, the average score of Highly Educated Sikh Men was 9.06 and Highly Educated Sikh Women as 8.26. Similarly the average score of Low Educated Sikh Men was 10.4 and Low Educated Sikh Women as 7.46. In the same tune, the average score of Highly Educated Sikh Men was 9.06 and Low Educated Sikh Men as 10.4. Similarly, the average score of Highly Educated Sikh Women 8.26 was and Low Educated Sikh Women as 7.46. Similarly, the average score of Highly Educated Sikh Men was 9.06 and Low Educated Sikh Women as 7.46. Finally, the average score of Highly Educated Sikh Women was 8.26 and Low Educated Sikh Men as 10.4.

Christian

From the table 5.2, it is quite clear that the average score of Christian people on the Happiness Scale was 8.08. The average score of Christian Men was 7.83 whereas of Christian Women as 8.33. Similarly, the average score of Highly Educated Christian

people was 7.83 and the Low Educated Christian People as 8.33. Further, the average score of Highly Educated Christian Men was 8.26 and Highly Educated Christian Women as 7.40. Similarly the average score of Low Educated Christian Men was 7.40 and Low Educated Christian Women as 9.26. In the same tune, the average score of Highly Educated Christian Men was 8.26 and Low Educated Christian Men as 7.40. Similarly, the average score of Highly Educated Christian Women was 7.40 and Low Educated Christian Women as 9.26. Similarly, the average score of Highly Educated Christian Men was 8.26 and Low Educated Christian Women as 9.26. Finally, the average score of Highly Educated Christian Women was 7.40 and Low Educated Christian Men as 7.40.

Average score of Hindu people on the Happiness Scale was 8.87 whereas the average score of Muslim was 8.24. Similarly the average score of Sikh on the Happiness scale was 8.79 and the Christian as 8.08. From the four scores it is quite clear that the Hindu has more Happiness whereas the Christian have least Happiness. Average score of Hindu Male on the Happiness Scale was 9.39 whereas the Muslim Male as 8.03. Similarly the average score of Sikh Male on Happiness Scale was 9.73 and Christian Male as 7.83. It shows that the Sikh Male have more Happiness whereas the Christian Male have least Happiness. Average score of Hindu Women on the Happiness Scale was 8.36 whereas of Muslim Women as 8.46. Similarly the average score of Sikh Women on the Happiness Scale was 7.86 whereas of Christian Women as 8.33. It shows that the Muslim Women have more Happiness whereas the Sikh women have least Happiness. Average Score of Highly Educated Hindu people on the Happiness Scale was 8.96 whereas of Highly Educated Muslim as 8.89. Similarly average score of Highly Educated Sikh was 8.66 and Highly Educated Christian as 7.83. It shows that highly educated Hindu have more Happiness whereas the Highly Educated Christian has least Happiness. Average Score of Low Educated Hindu people on the Happiness Scale was 8.59 whereas of Low Educated Muslim as 7.59. Similarly average score of Low Educated Sikh was 8.93 and Low Educated Christian as 8.33. It shows that Low educated Sikh have more Happiness whereas the Low Educated Muslim has least Happiness. Average score of Hindu Highly Educated Men on the Happiness Scale was 9.86 whereas of Muslim Highly Educated Men as 8.33. Similarly the average score of Sikh Highly Educated Men on the Happiness Scale was 9.06 whereas of Christian as Highly Educated Men as 8.26. It shows that the Hindu Highly Educated Men have more Happiness whereas the Christian Highly Educated Men have least Happiness. Average score of Hindu Highly Educated Women on the Happiness Scale was 8.46 whereas of Muslim Highly Educated Women as 9.46. Similarly the average score of Sikh



Highly Educated Women on the Happiness Scale was 8.26 whereas of Christian as Highly Educated Women as 7.40. It shows that the Muslim Highly Educated Women have more Happiness whereas the Christian Highly Educated Women have least Happiness. Average score of Hindu Low Educated Men on the Happiness Scale was 8.93 whereas of Muslim Low Educated Men as 7.73. Similarly the average score of Sikh Low Educated Men on the Happiness Scale was 10.40 whereas of Christian as Low Educated Men as 7.40. It shows that the Sikh Low Educated Men have more Happiness whereas the Christian Low Educated Men have least Happiness. Average score of Hindu Low Educated Women on the Happiness Scale was 8.26 whereas of Muslim Low Educated Women as 7.46. Similarly the average score of Sikh Low Educated Women on the Happiness Scale was 7.46 whereas of Christian as Low Educated Women as 9.26. It shows that the Christian Low Educated Women have more Happiness whereas the Muslim and Sikh both Low Educated Women have least Happiness. It has been seen that Christian people are less happy than their counter parts. Less religious belief leads to strong supernatural phenomenon. As in present study it has been seen that Christian people believe on supernatural power for their happiness. Most of the studies found that supernatural belief tend to be strong in areas where traditional Christianity tends to be weak. Stress, anxiety, external threats and social influence like conditions leads to belief in supernatural power.

CONCLUSION

The religious and supernatural powers have been proving as a resource in ameliorating socio- emotional conflicts and inculcating happiness through their agents, viz. Gur, Mali, ojas, Shekh, Mulana, Granthi, Padri, tantra mantra to the rudimentary rural and elite urban population in India in general and Himachal Pradesh in particular. Therefore, the present study is aimed at in exploring the level of Happiness among Hindu, Muslim, Sikh and Christian communities differing in education level of this hilly state. Result based on 4 x 2 x 2 ANNOVA revealed that the entire religious group significantly differed $F(3, 224) = 2.60$, $p < .05$) on the measure of depression-Happiness parameter wherein the Christian people were found less happier (8.08) as compared to their Muslim (8.24), Sikh (8.79) and Hindu (8.87) groups counterparts. However, non-significant difference was observed between highly educated and low educated people on the aforesaid measure. In nutshell, the Christian people were found less Happier whereas the Hindu people of Himachal Pradesh as much happier in the measure of happiness.

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