



Impact of Social Psychological Conditions on Happiness

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ABSTRACT

Explored the socio psychological happiness among homeless landless and rootless squatters of Parwanoo and Baddi areas In the present study a sample consist of 240 subject was selected and divided into three groups i.e. unsettled squatters and 80 settled squatters and 80 non-settled. These subjects are further sub divided into three groups based on their grades the comparison 40males and 40 females in the both group .In all there were six groups. The study has been conducted on the squatters with age ranging from 25 to 50 years by using the qualitative as well as quantitative measures. The result based on quantitative data revealed a significant difference between unsettled, settled and non- squatters $F(1,234) = 3.42, p < .05$ population. The Unsettled squatters were found high in happiness (18.98) as compared to their settled squatters (18.36) and non-squatter counterparts. The qualitative approach revealed that the squatters are facing problems of such a nature which are compelling them to remain in the state of trauma while the quantitative approach revealed that women's are the majority over.

1. INTRODUCTION

Since the inception of planet earth, "the human beings on it have been sticking, inquiring, wondering" and striving for accomplishing "La Dolce Vita" an Epicurean philosophy of passing sweet and gentle life (Bhattacharya, 2006). The characteristic feature of their life is their effort to make this as a wholesome by applying their brain processes for reciprocating and sharing in order to prove their physical, social, mental and spiritual current of well-being. The science and technology has further multiplied and polished the inner resources of people in the contemporary scenario. As a result, the people on the earth have witnessed a tremendous growth in every sphere. The minds of the certain people have over-advanced and they are always in a search of ease. According to Hastir (2011), "for achieving happiness and tangible benefits, the human beings even do not hesitate to exploit other" (July 20). For the same, "they may use their inner resources for achieving crude worldly pleasure" (Anandamurti, 2011) despite

being tormented by the environmental stimuli. The endeavor to accomplish such affable aspirations however were slower in Stone Age or Lithic period due to their underdeveloped mental processes led by various socio-psychological factors such as poverty, deprivation, illiteracy, lack of information, communication and knowledge those "fueled and progressed with the advent of science and technology" (Box & Englehart, 2006) as already mentioned above in the contemporary scenarios. Now the present civilization is moving from 'eopolis' (village community with permanent habitation) to dynopolis' (not only for the man but also for his cars, airplanes, helicopters and rockets) by crossing 'metropolis' (mother city), 'megalopolis' (social decline of human community); and 'tyrannopolis' (formation of ghost town) stages as well as 'invisible city', a product of revolution in communications and electronic transmission. The advanced brain and mind has been proving as a milestone for promoting the well-being of the people across the country.

Globally, more people now live in urban areas than in rural areas. Over the past few decades, most of the low-income countries have experienced a rapid population growth without adequate expansion of public services, and many cities in the developing world lack the infrastructure necessary to support high levels of urban population growth. The over population is the main reason of poverty, if unchecked may toll suffering. Result is that more and more people will indeed enter in the era of scarcity of water, food, energy and numerous others. More and more people will be forced to live in open area with housing deficit and will not be able to pay the rent and electricity bill of the houses.

Social evils will increases a lot by increasing population. The people will face education and vocational problem that further will multiple the slum and squatter population. The Squatter settlements in many of 21st century urban cities are inevitable phenomena. A squatter settlement can generally be defined as a residential area in an urban locality inhabited by the very poor who have no access tenured land of their own,

and hence "squat" on vacant land, either private or public Security of tenure is a critical factor



contributing toward people's housing processes around the world.

The slum and squatter populations are mostly found in streets, railway terminals and platforms, bus-stations, parks and open spaces, religious centers, ports, construction sites, around graveyards, parks, and stairways as well as in other public spaces with no roof. As a result, globally, more than one billion people live in informal settlements or urban slums. They suffer from congestion i.e. overcrowding, inadequate accommodation, and limited access to clean water, sanitation, drainages lack of proper waste disposal system and deteriorating air quality. Squatter settlements are increasingly seen by public decision-makers as 'slums of hope' rather than 'slums of despair'. In rural areas "scheduled castes and scheduled tribe still are enmeshed in poverty whereas in urban area slum and squatters people are the sufferer and most of them are from the lower castes. They suffer from social and psychological problems (Barnes, 1994) lives with great misery even after the passage of 64 year of independence. 'The urban poor are thrice alienated and thrice marginalized compared to rural counterpart those have to swallow insult, violence, atrocities, oppression and exploitation (Manorama, 2008; Namala, 2008) silently from the elite groups'. But the municipalities and government are not bothered about the need of "Aam Admi" and still are out of wood (Mukherjee, 2011).

There appears disparities on the basis of economy while analyzing the happiness. The golden rule in economics has always been that well-being is a simple function of income. But in the debate covering the role of economics in society, an often repeated cliché is that money cannot buy happiness beyond a threshold of material well-being. The contrary idea is indeed slowly cultivated by advertising, which tries to convince us that the acquisition of certain goods or services will make us happier. If it is true that money alone cannot buy happiness, it is also true that poverty and the lack of money generate misery. Usually increased household income generates an improvement in the living conditions of the poor and as incomes rise from very low levels, human wellbeing improves. But several researchers have observed that, in rich countries, where the average income is above a threshold level (say €20,000 per year), additional income does not correlate with more happiness. This means that poor people benefit more than rich people from an added euro of income. Similarly, the study conducted by Zinta and Kumar (2016 & 2017) also revealed that the squatter population is suffering from trauma and is unable to bounce back the stressor therefore affect their wellbeing. Keeping in view the literature as quoted

above and findings of Verma (2009), Rasika Thakur (2012); Thakur (2016); De Nerve & Powdthaveen (2016); Zinta & Verma (2016 & 2017) that the squatter are suffering from mental health problem and psychological vulnerabilities. Further, female with resilience perform better than to men (Jack, 2014) and the men are more resilient as compared to the women (Ganter, 2016). The females also have more power to face trauma as compared to the men (Dasari, David, Miller, Puyana., & Roy, N. 2017; Thakur, 2012; Verma & Zinta, 2016, 2017). Carter (2007) observed the psychological and emotional effects on racism on people. Further, Balchandram, Rakhee and Raj (2007) found no difference in life satisfaction. Women have poor quality of life as compared to the men (Srivastava & Rastogi, 2004). Further, the rich are happier as compared to the men (Cummins, 2002). Diener and Diener (2001) while examining slum of Calcutta slum found that poor people or slum dweller experience lower sense of life satisfaction than more affluent groups Female are more satisfied from their men counterpart (Kaur & Monika, 2009). Mark and Sells (1997) reported that the women received more instrumental and expressive support. In the same tune Pettus-Davis, Veeh and Davis, 2016 also found women to received more social support.

Objectives of the present study: Exploring the level of psychological resilience among the squatter (unsettled + and settled) is really an arduous task. Such population are found worldwide in a soaring state. In India such people lives in Basti where peoples attitude toward them is not fair. In Himachal Pradesh such population are expanding rapidly due to their search of work. They found this state as very peaceful as a result prefer to dwell here. Some of the squatters here are living for very long period of time and example is Baddi and Parwanoo area which is also known as industrial area of Himachal Pradesh. The squatter here are workforce and cheap labour for the industry. These believes in work but most of them have no work to do thereof faced a serious setback for their survival. They can not afford rented house therefore squat on a private and government land. For maintaining their survival they are in a search of daily work. The wages they earn on daily basis spent to their food without experiencing stressor. Therefore knowing psychological resilience even after living in adverse and stressful conditions is really an interesting task that present study has undertaken. The objective of the study therefore was to find out the difference between settled squatter and unsettled squatter men and women population of Parwanoo and Baddi areas of Himachal Pradesh on the measure of resilience. Following methodology has been used to explore the squatters by comparing them with



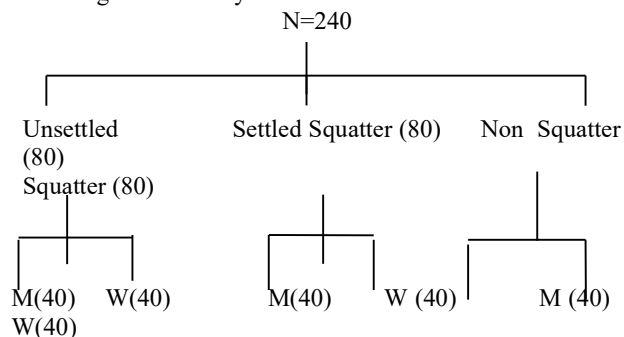
the non-squatter of same place to make the study as more scientific.

2. METHODOLOGY

Study Area: There exists slum and squatter population in Himachal Pradesh (NSSO, 2002). According to the Municipal Corporation, in Parwanoo there are approximately 503 slum pockets housing, 1972 households/ structures with 11874 population as identified by Government of Himachal Pradesh in these areas. Therefore, the study was conducted in

unsettled squatter. The study will be conducted on a sample of $N=240$ (80 unsettled squatters and 80 settled squatter and 80 non-squatters). These three groups will be comparing them with the non-squatter of same place to make the study as more scientific.

divided into two categories based on gender i.e. men ($N=40$) and women ($N=40$). The age range of sample will be 25 years to 50 years. IN this manner there were six groups with $N = 40$ in each that comprises of aforesaid sample. However the appropriate sampling design of the study is as follows:



3. Quantitative Analysis

Subjective Happiness Scale: It was developed by Lyubomirsky, and Lepper in 1999. It was translated in Hindi by the researcher himself. It has four items with 7 point scale rating scale ranging from 1 (not a very happy person) to 7 (a very happy person). The score ranges from minimum of 1 to the maximum of 27. The test-re-test reliability of this scale reanges from $r = 0.79$ to $r = 0.86$ respectively. This scale is important for squatter population as it has simple, reliable and valid items..

Beside quantitative measures, the qualitative measures were also used. The objective of qualitative analysis was to get in-depth information about the client. More appropriately participant observation, semi-structured interview, fuzzy cognitive mapping and photography will be used to know the unsettled squatter, settled squatters and non-squatters of Baddi and Parwano aras.

Parwanoo and Baddi towns of the Himachal Pradesh. The slum pockets therefore were identified keeping in view the records of Municipal Corporation, Census and Statistical Department as well as with the help of local communities.

SAMPLE: In the study those squatter who have been provided housing by the H.P govt. have been taken as settled group whereas those residing in make-shift housing (jhuggies) have been taken as

The description of qualitative measures used in the present is as follows:-

Happiness

It captures the fleeting positive emotions along with a deeper sense of meaning and purpose in life. It works on the philosophy that these emotions and sense of meaning reinforce one another.

The happiness resonates greater good or is considered as a an elusive state. Philosophers, theologians, psychologists, even economists, have long sought to define it, and since the 1990s, a whole branch of psychology especially the positive psychology has been dedicated to pinning it down and propagates it. More than simply positive mood, happiness is a state of well-being that encompasses living a good life or a sense of meaning and deep satisfaction. Research shows that happiness is not the result of bouncing from one joy to the next; achieving happiness typically involves times of considerable discomfort. Money is important to happiness, but only to a certain point because it can buys freedom from worry about the basics in life such as housing, food, and clothing. Genetic makeup, life circumstances, achievements, marital status, social relationships, and even neighbors, society as well as culture might influence happiness. Knowing about the happiness of the squatter is like a jumping into the ocean. Reason is that the researcher, academician, politician and policy maker rarely visit their destination due to their pungent smell and filthy life style. I the below mentioned table a pioneer attempt has been made to assess the subjective happiness among the squatters by comparing them to the non-squatter population.

Table 1.1 : A 3 X 2 ANOVA Performed On The Measure Of Subjective Happiness Among Unsettled, Settled And Non-Squatter Men And Women Of Parwanoo And Baddi Areas

Source	ss	df	ms	F	p
Total	86754.000	240			
P	246.025	2	123.013	3.42	<.05
G	81.667	1	81.667	2.27	n.s
P × G	484.658	2	242.329	6.75	<.01
Error	8397.500	234	35.887		

From the table 1.1, it is quite clear that the main effect of population on the measure of subjective happiness was found $F(2, 234) = 3.42$, $p < .05$ as statistically significant. It shows that there are significant difference between Unsettled, Settled And Non-Squatter Men And Women Of Parwanoo And Baddi Areas of Himachal Pradesh

. More appropriately, the average score of Unsettled squatter on the measure of subjective Happiness was found as 18.98 whereas the average score of Settled Squatters as 16.59 and Non-Squatters as 18.36 respectively.

The average score of Non-squatter male in the measure of subjective Happiness was 15.83 whereas the average score of female was 20.90. It shows that the females were higher in subjective Happiness as compared to their male counterpart.

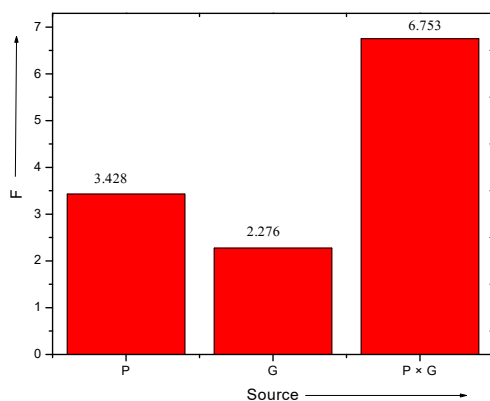


Fig.1.1: F-values of Unsettled, Settled and Non-Squatter Men and Women of Parwanoo and Baddi Areas on the major o f subjective happiness.

From the average score it is crystal clear that the unsettled squatter found very high in subjective Happiness whereas the Settled Squatters were observed least in the said trauma. The main effect of Gender on the measure of subjective Happiness was found $F(1, 234) = 2.27$, $p > .05$ as statistically non-significant. It shows that there are significant difference between men and women of Unsettled, Settled and Non-Squatter Men and Women of Parwanoo and Baddi Areas of Himachal Pradesh. The average score of unsettled male in the measure of subjective Happiness was 17.39 whereas the average score of female was 18.56. It slightly pinpoints that the females are slighter higher in subjective happiness as compared to their male counterpart. However, the difference was not statistically significant. Therefore hypothesis No. 12 which states that “The women would be less happier as compared to their men counterpart”

The average score of un - settled male in the measure of subjective Happiness was 19.78 where as the average score of female was 18.18. It is shows that the males were high in subjective Happiness as compared to their female counterpart. The average score of settled male in the measure of subjective Happiness was 16.58 where as the average score of female was 16.60. It is shows that the females are high in subjective Happiness as compared to their male counterpart. However, the two way interaction between $P \times G$ was found $F(2, 234) = 6.75$, $p < .01$ as statistically significant that perhaps support the high degree of subjective happiness among men and less in squatter group.

Table 1.2

Average Score of Unsettled, Settled and Non- Squatter on the Measure of subjective Happiness.

. From the table 1.2 it is quite clear that the Average score of unsettled squatter male on the measure of subjective Happiness was found 18.98. More

Groups	Men	Women	Average
Unsettled Squatter	19.78	18.18	18.98
Settled Squatter	16.58	16.60	16.59
Non-Squatter	15.83	20.90	18.36
Average	17.39	18.56	17.97

appropriately average Score of Unsettled squatter men was 19.78 whereas women as 18.18. It shows that men have more subjective Happiness as compared to the men. Similarly, the average score Of Settled squatter was 16.59, Settled squatter male was 16.58 whereas women 16.60. It shows women had more subjective Happiness. Average score of Non Squatter was 18.36, men 15.83 women 20.90. It shows women have more subjective Happiness. Average score of men was 17.39 whereas of Women was 18.56. It shows that women have more subjective Happiness as compared to men.

Because family is more important for women than anything else. if there children are happy there are happy, ever as men always thinking about to earn money for there family needs

Similarly un-settled have more subjective Happiness (18.98), whereas settled were found least in subjective Happiness.

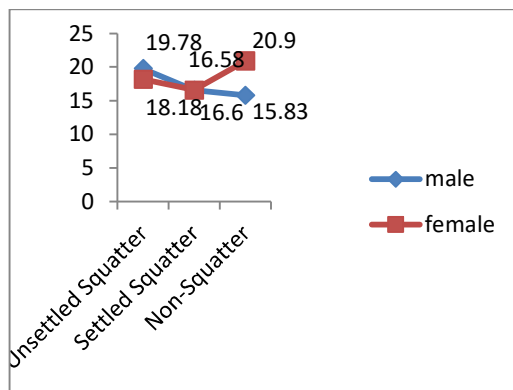


Fig. 1.2 Mean score of Unsettled, Settled And Non-Squatter Men And Women Of Parwanoo And Baddi Areas on the measure of subjective happiness.

More appropriately average Score of unsettled squatter Men was 19.78, average Score of settled squatter men was 16.58 and average Score of non-squatter was 15.83. It shows that unsettled men have more subjective Happiness whereas non-squatter least subjective Happiness. More appropriately average Score of unsettled squatter women was 18.18, average Score of settled squatter women was 16.60 and average Score of non-squatter was 20.90. It shows that non-squatter women have more subjective Happiness whereas settled has least subjective Happiness. Female non-squatter were found more happier because

they got everything from their husband in general and lineage in particular to run their life.

4. PROCEDURE: The objective of the present study was to assess socio- psychological trauma and Resilience among homeless, landless and rootless squatter of Parwanoo and Baddi areas of Himachal Pradesh (India). For attaining the goal, the study was conducted on the squatters of Baddi and Parwanoo towns with age ranging from 25 to 50 years. As a result 240 subjects (80 unsettled squatters + 80 settled squatter and 80 non squatter) were selected from the town based on NSSO, municipality and Revenue department's statistics. These sample were subdivided into two comparable group based on their gender that compares N=40 subjects in each six groups. They were observed and interview and qualitative information were collected by maintaining interaction to them. Before entering the area necessary permission was sought from the Mayor and Commissioner of that locality. The local people including factory employees, shopkeepers and other neighbored were consulted to know their destination. Further NGO named SNS foundation was also consulted to know their habitat. During study it was observed that in the people of slum and squatter areas either expect that the elite scholar has been giving them food, clothes and money as in some areas they do not cooperate and sport their fighting. The researcher very tactfully approached the areas and provided record of their plight. First hand interaction of the researcher came to know that the squatter were facing the basic need problem like food, water, electricity, and shelter including clothing and sleeping beds and materials. Further the level of education is also not appropriate. The employment opportunities in government sector are zero but they are working effectively in private and industrial sector in small job. It is catering their need and family is getting hand to mouth to survive better. They have little concept of thinking idle. They pass their time in wandering and working therefore might experience less scale. Beside qualitative analysis quantitative analysis was also applied by giving self part measure such as trauma, resilience, depression, social support, happiness and life satisfaction scale. Thus 3 x 2 x 2 Factorial design was followed and six groups, were formed first group was named as unsettled squatter male, second as unsettled squatter female, third as settled squatter male and fourth settled female, fifth as non squatter male and sixth as the non squatter female each group comparison of 40 subjects that the from a complete sample of N-240 subjects results have been presented separately for each measure. These subject were assessed with the help of qualitative and quantitative measure. The qualitative measures



basically were observation, interview, case study, fuzzy cognitive mapping and photography whereas the quantitative measure used in the study were trauma scale, depression, social support, resilience, life-satisfaction and happiness. The score recorded from the aforesaid measure were analyzed by using 3 x 2 x 2 ANOVA whose description is given in the next section as follows:

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