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A study of relationship between happiness and academic achievement among university students

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The aim of the present research was to investigate the relationship between Happiness and Academic achievement among university students. Additional analysis was run to examine the gender differences in the level of happiness and academic achievement among university students. The sample of the present study consisted of two hundred and five (n=205) adult students including 102 males and 103 females. Sample was selected by using proportionate stratified random sampling technique. Data was collected using Subjective Happiness Scale by Lyubomtrsky & Lepper (1997) and academic achievement was measured by self-report grade point average (GPA). The data was analyzed by using SPSS (statistical package for social sciences) 21.0 Version. Descriptive statistics, Spearman rho, Mann-Whitney test were employed to analyze the research data. Results showed that there is a significant and positive relationship between happiness and academic achievement among university students. Results also exhibited significant differences between male and female with respect to their level of happiness. Limitations and Recommendations of the research are discussed.

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