THE RELATIONSHIP BETWEEN HAPPINESS, EMOTIONS AND QUALITY OF LIFE

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Abstract
The study is focused on evidencing the relationship between perceived happiness, emotions and quality of life. The hypotheses were underlining the possible bivariate correlations between the mentioned variables. Furthermore, two hypotheses highlighted the prediction models: happiness and positive emotion in the last 3 months predicts separately the criteria Quality of life. The method: the research group consisted of 39 people, aged between 22 and 55 (M=38.85; S.D.=10.55), both females and males from different professional backgrounds. The ethical conditions and GDPS were respected. The instrument used are: Oxford Happiness scale (Hills & Argyle, 2002), MEST (Pitariu, Levine, Muşat & Ispas, 2006), Quality of life (Flanagan, 1978).
Further studies should be focused on how the Quality of life can be increased starting from increasing the positive emotions, happiness, positive relationships, personal growth and many other variables related.

Keywords: happiness, quality of life, positive emotions in the last 3 months, negative emotions in the last 3 months.

1. THEORETICAL FRAMEWORK

Susniene and Jurkauskas (2009) conducted a study focused on the relationship between the variables: quality of life and happiness. In this way, the authors used the literature comparative analysis and the review of published research. They define the quality-of-life concept (physical, spiritual and health state) after authors as: Ruzevicius (2006), Shin (1979), Bagdoniene (2000). Also, they presented the integrative theory of the quality of life as concentric circles (Existential quality of life, meaning of life, happiness, realization of the potential, fulfilment of needs,

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satisfaction with life, well-being). Kashdan (2004) operationalized the subjective well-being by analyzing two forms of the Oxford Happiness Questionnaire.

Medvedev, et al. (2017) conducted a research focused on Oxford Happiness Questionnaire reliability and validity analysis. The authors define happiness as related with pleasure-driven hedonic happiness according Joshanloo (2015). The authors cited Kim-Prieto et al. (2005) defining happiness higher than health, love, or wealth. The authors applied the Oxford Happiness Questionnaire (Hills & Argyle (2002) on 281 students. They analyzed the validity and reliability of the 29 items scale, measured from 1-very low to 6 -very high.

Pitariu, Levine, Muşat & Ispas, (2006) adapted the MEST questionnaire after Levine & Xian (2005). The instrument contains a number of 10 general emotions (five positive and five negative) measured as trait and state on a 10 points scale.

Boglut, Rizeanu, Burtaverde and Codreanu (2016) conducted a study concerning well-being and quality of life, using the Quality-of-Life Scale developed by Flanagan (1978), while Rizeanu and Chraif (2020) conducted a study about the relationship between humor, life satisfaction, emotions and well-being, using MEST-Ro (Pitariu, Levine, Muşat & Ispas, 2006) adapted after Levine & Xu (2005).

Lyubomirsky, King & Diener (2005) were interested to evidence "How happiness leads to success". They find out that the positive affect can be the cause of resources, and successes correlated with happiness.

2. OBJECTIVE AND HYPOTHESES

2.1. OBJECTIVE

The objectives of the research are the following:
1. To highlight possible correlations between the variables: Happiness, Positive emotions in the last 3 months, Negative emotions in the last 3 months, Quality of life.
2. To evidence that perceived happiness predicts the Quality of life.
3. To evidence that positive emotions in the last 3 months predicts the Quality of life.

2.2. HYPOTHESES

The research has the following hypotheses:
1. There is a positive statistically significant correlation between the happiness and the perceived quality of life.
2. There is a positive statistically significance correlation between the positive emotions in the last 3 months and the perceived happiness.

3. There is a positive statistically significant correlation between the positive emotion in the last 3 months and the perceived quality of life.
4. There is a negative statistically significant correlation between the negative emotions in the last 3 months and the perceived happiness.
5. We assume that perceived happiness predicts the Quality of life.
6. We assume that positive emotions in the last three months predicts the Quality of life.

3. METHOD

3.1. The participants

The research group consisted of 39 participants, aged between 22 and 55 (M=38.85; S.D.=10.55), both females and males from different professional backgrounds.

3.2. The instruments

1. The Oxford Happiness Questionnaire was developed by Hills & Argyle (2002). The internal consistency reliability (alpha = .92) and good construct validity as positive association with extraversion (r=.38 p< .001) and negative association with neuroticism (r= -.57 p< .001) were tested by Robbins, Francis & Edwards, (2010) in a published study. Hills & Argyle (2002) evidenced a .91 alpha reliability internal consistency construct validity coefficient. The original version is composed of 29 items measured on 6 points scale and the application version in the present research used the same items on five points Likert scale.

2. The questionnaire "Emotions at work" adapted after MEST, the Romanian version adapted by Pitariu, Levine, Muşat & Ispas, (2006) after Levine & Xu (2005). It consists of 10 items, and the answer for each item varies on a 10-step Lickert scale. It has 10 major dimensions: 5 dimensions for positive emotions (joy, pride, alertness, affection, contentment) and 5 for negative emotions (anxiety, sadness, anger, envy, guilt, and shame). Each item out of the 10 provides two answers, one for the recent state of the emotion and the second for its general state. For the present study were selected the 10 major dimension and applied for the last 3 months as state emotions from a scale from 1-very low to 9- very high. The alpha reliabilities for these scales (positive and negative emotions) were .83 (for the state emotions) and .86 (for the trait emotions) for the five positive emotions and .63(for the state emotions) and .65 (for the trait emotions) for the five negative emotions (Levine et al., 2011).

3. The Quality-of-Life Scale developed by Flanagan (1978) is composed from 15 items on a Likert scale. The reliability was not reported at that time. The version used in the present research is 16 items scale on a Likert from 1- very low to 5-very

high. The results indicated that the QOLS-N has highly satisfactory rates of test-retest reliability (r = 0.83) and internal consistency reliability (alpha 0.86) (Wahl, Burckhardt, Wiklund, Hanestad, 1998). The cited authors evidenced that the scale had a lower correlation with the variable physical health (r = 0.24) and a higher correlation with the variable mental health (r=0.52).

3.3. Procedure

The instruments were applied on-line using document Google-docs. The Ethical code and GDPR legislation were respected. In the beginning of the items application the participants were informed about the study, the ethics and the instruction.

The participants were informed about the research consent and about the anonymous identity.

3.4. The design

To test the regression hypotheses, the variables were the followings:
- Dependent variables: Quality of life.
- Independent variables: Happiness and positive emotions in the last 3 months.

4. RESULTS

In the table 1 are presented the Descriptive statistics for the variables: Happiness, Positive emotions in the last 3 months, Negative emotions in the last 3 months, Quality of life.

Table 1. Descriptive statistics

variable	Mean	Std. Deviation
Happiness	114.6667	12.66851
Positive emotions in the last 3 months	34.9487	5.24630
Negative emotions in the last 3 months	17.9487	10.02615
Quality of life	91.7179	10.24168
N	39	

The table 2 reveals the bivariate correlations coefficients and statistically significance for the variables: Happiness, Positive emotions in the last 3 months, Negative emotions in the last 3 months, Quality of life.

Table 1. Correlations

		Happiness	Positive emotions in the last 3 months	Negative emotions in the last 3 months	Quality of life
Happiness	Pearson Correlation	1	.410**	-.495**	.820**
	Sig. (2-tailed)		.010	.001	.000
	N	39	39	39	39
Positive emotions in the last 3 months	Pearson Correlation	.410**	1	-.169	.468**
	Sig. (2-tailed)	.010		.303	.003
	N	39	39	39	39
Negative emotions in the last 3 months	Pearson Correlation	-.495**	-.169	1	-.285
	Sig. (2-tailed)	.001	.303		.078
	N	39	39	39	39
Quality of life	Pearson Correlation	.820**	.468**	-.285	1
	Sig. (2-tailed)	.000	.003	.078	
	N	39	39	39	39

The hypotheses were tested with the bivariate correlation Pearson test (Table 2):
There is statistically significant positive correlation between the variables: Happiness and Positive emotions in the last 3 months (r=.410; p<.001), Happiness and Quality of life (r=.820; p<.01), Positive emotions in the last 3 months and Quality of life (r=.468; p<.01).
There is a statistically significant negative correlation between Negative emotions in the last 3 months and Happiness (r=-.495; p<.01).

After we tested the correlation hypotheses, the following hypotheses were confirmed:
- There is a positive statistically significant correlation between Happiness and Positive emotions in the last 3 months.
- There is a positive statistically significant correlation between Happiness and Quality of life.
- There is a negative statistically significant correlation between the Negative emotions in the last 3 months and Happiness.
- There is a positive statistically significant correlation between Positive emotions in the last 3 months and Quality of life.

The hypotheses were statistically significantly confirmed at the p<.05 threshold.
The hypotheses regarding the predictive models were tested using the simple linear regression model.

In table 3 can be see the R and R Square values for the first prediction model corresponding to the hypothesis no.9 "Intensity as sensation seeking dimension predicts the Compulsive work".

Table 3. Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.820a	.673	.664	5.933

a. Predictors: (Constant), Happiness

b. Dependent Variable: Quality of life

Analyzing the Unstandardized Coefficients and the statistically significance of the predictor Intensity for the regression model the hypothesis number 5 has been confirmed.
Hence, the regression equation is the following:
Quality of life =15.658+.663* Happiness

Testing hypothesis no. 6: We assume that positive emotions in the last three months predicts the Quality of life.
The hypothesis was tested with the linear regression procedure. In the table 4 can be seen the R and R Square values.

Table 4. Model Summary[b]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.468a	.219	.198	9.16997

a. Predictors: (Constant), Positive emotions in the last three months

b. Dependent Variable: Quality of life

The regression equation is the following:
Quality of life =59.76+.914* Positive emotions in the last three months
The hypothesis no. 6 has been confirmed for $p<.05$.

5. CONCLUSIONS

The hypotheses were confirmed at the thresholds .01 and .05. As the bivariate correlations evidenced in the table no.2, there are positive bivariate correlations

between the variables: Happiness and Positive emotions in the last 3 months (r=.410), Happiness and Quality of life (r=.820), Positive emotions in the last 3 months and Quality of life (r=.468) and a negative statistically significant correlation between the Negative emotions in the last 3 months and Happiness (r=-.495; p<.01). Also, the prediction hypotheses were confirmed for p<.05.

Further studies should focus on how the variable Quality of life can be increased and people can fell happiness, joy, positive emotions, pleasure of life, satisfaction with life and many other positive variables.

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