



THE RELATIONSHIP BETWEEN HARMONY, HAPPINESS AND WELL BEING AS MEANING OF LIFE

MIHAELA CHRAIF^A, STELIANA RIZEANU^B, MIRCEA BRATU^C

^A *University of Bucharest, Faculty of Psychology and Educational Sciences
Department of Applied Psychology and Psychotherapy*

^B *Hyperion University, Department of Psychology*

^C *National University of Physical Education and Sports*

Abstract

The study emphasises the relationship between the harmony, subjective happiness and the facets of well-being. The objectives focused on revealing the correlation between the harmony and subjective happiness and the prediction of well-being facets by the mentioned variables: harmony and subjective well-being. Method: the participants were a 39 people as convenience sample, age between 19 and 60 years old. The instruments were The Harmony Scale (Kjell & Daukantaitė & Hefferon & Sikström, 2015), The Subjective Happiness Scale (Lyubomirsky & Lepper, 1999), The Ryff well-being scale (Ryff & Keyes, 1995). The participants agreed with the publication of the computed results in a scientific journal and completed the research consent. The results confirm partially the issued hypotheses at a statistically significant threshold ($p < .001$). Future studies should enlarge the sample size and test possible relationships with other variables.

Keywords: *harmony, subjective happiness, self-acceptance, autonomy, personal growth*

1. THEORETICAL FRAMEWORK

Satici, Gocet & Tekin (2017) conducted a validation study of the harmony in life scale on Turkish population. The authors conducted both validity and reliability analysis: confirmatory factor analysis, convergent validity, concurrent validity, test-retest reliability and Alpha Cronbach.

Steliana Rizeanu

E-mail adress: stelianarizeanu@yahoo.com

Mihaela Chraif

E-mail adress: mihaela.chraif@fpse.unibuc.ro

Kjell, Daukantaitė, Hefferon & Sikström (2015) were interested to analyse whether or not the Harmony may complements the satisfaction in life. Furthermore they were interested to conceptualize the cognitive component of Well-being. Li (2008a) cited by the mentioned authors above, highlighted that harmony represents the balance between different aspect of the world.

Zohreh & Alireza (2016) highlighted the relationship between happiness and subjective well-being. They find out strong and statistically significant correlation between these variables at school teachers.

Yun, Rhee, Kang & Sim (2019) conducted a study focused on the relationship between subjective well-being and satisfaction with life. They find out significance and relevant psychometric proprieties.

Rudy, Sheldon, Awong & Tan (2007) were interested to relate the autonomy with culture and well-being in the way of highlighting the benefits of autonomy.

Bryja (2012) conducted a study on the British and Ecuadorian university students evidenced that autonomy correlate statistically significant with subjective well-being.

Garcia, Al Nima & Kjell (2014) were interested to study the relationship between the well-being, harmony and the affective profiles. The study highlighted that the variables environmental mastery and self-acceptance predict the sense of a harmonious life. The authors selected a 500 participants sample on internet and applied the Harmony, Well-being and Positive and negative scales. After running the MANOVA, the findings emphases that affective profiles were relate to psychological well-being and harmony in life (Garcia, Al Nima & Kjell, 2014).

Carreno, Eisenbeck, Pérez-Escobar & García-Montes (2021) conducted a study focused on the relationship between harmony and the facets of well-being during Covid -19 pandemic. The authors applied two models of well-being in order to study the pandemic distress and harmony. The participants sample were a number of 12203 from 30 countries. The findings evidenced that the inner harmony represents an essential facet of well-being.

Oleg & Erik (2013) were interested to investigate the relationship between happiness, subjective well-being, life satisfaction and quality of life. The results emphasize that global well-being factor explain 83% of variance for both happiness and quality of life variables. The authors applied Oxford Happiness Questionnaire and the Quality of Life scales.

Rizeanu & Chraif (2020, 2021) conducted two studies concerning the relationship between happiness, emotions and quality of life and relationship between humor, life satisfaction, emotions and well-being and concluded that there are positive bivariate correlations between Happiness and Quality of life and between the Humor styles and Well-being Facets and Emotions and Life Satisfaction.

2. OBJECTIVE AND HYPOTHESES

2.1. OBJECTIVE

The objectives of the research:

1. To test possible bivariate correlations between the variables: harmony and subjective happiness.
2. To evidence that harmony predicts the facets of well-being.
3. To evidence that subjective well-being predicts the facets of well-being.

2.2. HYPOTHESES

The research hypotheses:

1. There is a statistically significant bivariate correlation between harmony and happiness.
2. Harmony predicts statistically significant the autonomy.
3. Harmony predicts statistically significant the control.
4. Harmony predicts statistically significant the personal growth.
5. Harmony predicts statistically significant the environmental mastery.
6. Harmony predicts statistically significant the purpose in life.
7. Harmony predicts statistically significant the self-acceptance.
8. Subjective happiness predicts statistically significant the autonomy.
9. Subjective happiness predicts statistically significant the control.
10. Subjective happiness predicts statistically significant the personal growth.
11. Subjective happiness predicts statistically significant the environmental mastery.
12. Subjective happiness predicts statistically significant the purpose in life.
13. Subjective happiness predicts statistically significant the self-acceptance.

3. METHOD

3.1. The participants

The participants were people from different domains of activities, age between 19 and 60 years old (Mean =36.82, S.D.=12.09). The participants were agreed the publication of the anonymized results and agreed accepting the research consent.

3.2. The instruments

1. *The Harmony Scale* (Kjell & Daukantaitė & Hefferon & Sikström, 2015). The 5 items loading ranged from .73 to .86. Furthermore, the Cronbach Alpha calculated was .90. The items were measured from 1- totally disagreed to 7- totally agreed.

2. *The Subjective Happiness Scale* (Lyubomirsky & Lepper, 1999) consist in 4 items measured from 1- totally disagreed to 7- totally agreed. Cazan (2017) validated on the Romanian population the scale. Hence, the Alpha Cronbach value is .85, the explained variance (R^2) is .68.56 % from the satisfaction with life criteria in the validation study. After performing the factorial analyses the Eigenvalue was 2.74 for the single factor of the Subjective Happiness Scale.

3. *The Ryff well-being scale* (Ryff, 1995) is composed from a number of 42 items on a scale from 1 - totally disagreed to 6- totally agreed. Seifert (2005) calculated psychometric indicators for the scale and obtained the Alpha Cronbach coefficient on a range between .87 and .93. In the Romanian version of the scale Alpha Cronbach coefficient on a range between .88 and .92 (Rus & Kallay, 2014).

3.3. Procedure

After literature review and concept operationalize the variables a google form document was issued. In the beginning of the questionnaire the participants were able to accept by their wish volunteer the research individual consent after understanding the purpose of the study. They agreed with the publication in a scientific journal of the results and interpretation. The instruments were applied in accord with the ethical code, GDPR and anonymous personal data.

3.4. The design

To test the regression hypotheses, the variables were the followings:

- Independent variables: harmony, happiness.
- Dependent variables: autonomy, control, personal growth, environmental mastery, purpose in life and self-acceptance.

4. RESULTS

In the table 1 can be observed the reliability coefficients Alpha Cronbach for each dimension of the questionnaires: harmony, happiness, autonomy, control, personal growth, environmental mastery, purpose in life and self-acceptance.

Table 1. Alpha Cronbach coefficients

Variables	Alpha Cronbach
Harmony	0.909
Happiness	0.83
Autonomy	0.708
Control	0.725
Personal growth	0.751
Environmental mastery	0.706
Purpose in life	0.781
Self-acceptance	0.783

In the table 2 can be seen the mean and standard deviation for the variables: harmony, happiness, autonomy, control, personal growth, environmental mastery, purpose in life and self-acceptance.

Table 2.- Descriptive statistics

Variable	Mean	Std. Deviation
Harmony	28.30	5.740
Happiness	20.30	6.005
Autonomy	35.66	5.791
Control	34.58	5.383
Personal growth	39.76	6.187
Environmental mastery	37.20	6.005
Purpose in life	37.69	5.120
Self-acceptance	36.43	7.946
N=39		

Testing the correlation hypotheses with Pearson bivariate correlation statistically test the followings results were obtained: harmony and happiness ($r=.880$; $p<.001$), harmony and autonomy ($r=.662$; $p<.001$), harmony and control ($r=.845$; $p<.001$), harmony and personal growth ($r=.647$; $p<.001$), harmony and environmental mastery ($r=.574$; $p<.001$), harmony and self-acceptance ($r=.814$; $p<.001$), happiness and autonomy ($r=.627$; $p<.001$), happiness and control ($r=.811$; $p<.001$), happiness and personal growth ($r=.725$; $p<.001$), happiness and environmental mastery ($r=.606$; $p<.001$), happiness and self-acceptance ($r=.904$; $p<.001$).

The first hypothesis (There is a statistically significant bivariate correlation between harmony and happiness) was confirmed for the correlation coefficient $r=.88$ and the statistically significant threshold $p<.001$.

In order to test the simple regression hypotheses, the regression statistically models were applied. Hence, table 3 emphasises the R and R square values, the predictors, criteria and the unstandardized Beta coefficients for the simple regression models.

Table 3.- The regression models coefficients

The criteria	Con-stant	Unstandardized co-efficient Beta	R	R Square	The predic-tor
Autonomy	16.747	0.668	0.662	0.439	Harmony
Control	12.145	0.793	0.845	0.715	Harmony
Personal growth	20.041	0.697	0.647	0.418	Harmony
Environmental mas-tery	20.217	0.6	0.547	0.329	Harmony
Self-acceptance	4.52	1.127	0.814	0.663	Harmony
Autonomy	23.396	0.604	0.627	0.393	Happiness
Control	19.81	0.728	0.811	0.658	Happiness
Personal growth	24.597	0.747	0.725	0.526	Happiness
Environmental mas-tery	24.897	0.606	0.606	0.367	Happiness
Self-acceptance	12.15	1.196	0.904	0.817	Happiness
N=39					

According the data from table 3, the research hypotheses were confirmed partially at the threshold $p < .001$. In this way the predictor variable Harmony predicts in simple linear regression models the facets of well-being as follows: autonomy, control, personal growth, environmental mastery and self-acceptance. Also, in the same table can be seen that the independent variable harmony predicts statistically significant the same facets of the well-being.

5. CONCLUSIONS

The findings confirmed partially the research hypotheses for $p < .01$. Hence, regarding the first hypotheses, the results evidenced a very strong positive bivariate correlation (...) between harmony and happiness ($r = .880$; $p < .001$).

Testing the linear regression models, the results highlighted that the hypotheses were partially confirmed for the dependent variables as facets of the well-being: autonomy, control, personal growth, environmental mastery and self-acceptance. The hypotheses testing the prediction models between the harmony and happiness and purpose in life as predicted variable were not confirmed at the statistically significant threshold $p < .001$). The explanation is based on the concept measured by the items of the purpose in life well-being facet. Hence, the items measure the purpose in life as work, activities and material things. The items measuring the concepts harmony and happiness measure the non-material desires and states: "My lifestyle allows me to be in harmony ", "Most aspects of my life are in balance ", "I am in harmony", "Overall, I consider myself a very happy person", "Compared to most of my colleagues, I consider myself happier".

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