CORRELATES OF HAPPINESS AMONG MUSLIM WOMEN STUDENTS IN WOMEN CENTRE FOR CONTINUING EDUCATION SOKOTO STATE, NORTHERN NIGERIA.

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A b s t r a c t

Despite burgeoning researches on happiness in different fields of psychology, anthropology, and economics, in the west on Judeo-Christians and on men, fewer researches were conducted on correlates of happiness among Muslims especially Women in the African context. World happiness report (WHR) reported that Nigeria was ranked as the 5th happiest nation and 6th in Africa, however fewer researches of happiness in Nigeria were reported especially in Northern Nigeria. It investigated the relationship between happiness, culture, socio-economic status and religious coping, among Muslim women students. Quantitative design of the correlational type was used, the population of 900 students from women centers for continuing education (WCCE) and 269 samples using a purposive sampling method. Orientation to happiness scale (OHS) with the reliability of 0.953, cultural questionnaire for women (CQW) with a coefficient of 0.918, a demographic questionnaire socio-economic status scale (SESS) with 0.717 reliability co-efficient and Islamic religious coping scale (IRCOPE) with alpha 0.888 were the instruments used for data collection, generally named happiness, culture, socio-economic status and religious coping scale with a total coefficient of 0.937. Partial least square based on structural equation modelling (PLS-SEM) was used to analyse the data. It revealed that a statistically significant positive relationship between happiness, culture and religious coping, while SES was not significantly related to happiness among Muslim women students.

R e s e a r c h  H i g h l i g h t s

1. A statistically significant positive relationship exist between Happiness and Culture.
2. A statistically non-significant negative relationship was found between Happiness and SES
3. A statistically significant positive relationship between Happiness and Religious Coping exist.

G r a p h i c a l  A b s t r a c t
Research Objectives

Findings from researches in western and Asian cultures such as Iran (Mehrdadi, Sadeghian, Direkvand, Moghadam, & Hashemian, 2016); Kuwait Abdel-Khalek & Lester (2017); India Abdel-Khalek, Ahmed & Singh (2019) are however obvious that the outcomes were inadequate and observed that the findings were inconclusive besides less or none were conducted on the correlates of happiness among women especially Muslims sample in Nigerian context (Balogun, 2014).

It has been proved recently that Nigeria is one of the happiest nations from the position of 103th globally in 2016 to 95th in the world and 6th in Africa in 2017 and 91st globally to 5th in Africa (WHR, 2018) (Helliwell, Layard & Sachs, 2018), Thus with all this aforementioned happiness is one of the neglected areas of research in Nigeria generally (Okwaraji, Nduya, Okorie & Okechukwu, 2017). Fewer researches were conducted on happiness by individual researchers such as (Balogun, 2014; Adeniyi & Onadiji, 2016); Okwaraji, et. al., 2017). Thus, relying on western findings alone may not give us a transparent picture of the correlates of happiness in Sokoto state. To ensure their generalizability, there is a need for the study of the relationship of happiness with culture, SES and religious coping among Muslim women students in WCCE to be conducted. This study will be of importance to school counsellors and the Federal Ministry of Education.

OBJECTIVES

To determine the relationship of happiness with culture, socio-economic status and religious coping among Muslim women students in WCCE Sokoto state.

Methodology

The study applied a quantitative research design of the correlational type, due to its testing theories capacity by the specification of short research questions (Creswell, 2013; Bryman, 2015). The correlational study is the approaches that are used in indexes production which determines the strength and direction of the relationship among variables under study (Ary, et al, 2013; Mertens, 2014). Purposive sampling was used in selecting both the research location, population and sample. The research location is Women center for continuing education in Sokoto state. 900 Muslim women students were the population and 250 as the respondents.

An instrument named happiness, culture, SES and religious coping questionnaire based on 5-Likert Scale and all has good content validity, it was used for data collection. The instruments have two sections namely; section A (demographic) and section B having four sub-sections happiness measured by orientation to happiness scale (OHS) by (Peterson et al 2005) with 18-items and reliability of 0.953 and content validity, culture measured by cultural questionnaire for women (CQW) by (Spence, Helmreich & Stapp, 1973). It has 22-items, with a reliability
coefficient of 0.918; SES measured by a demographic questionnaire known as socio-economic status scale (SESS) by (Adegboye & Oyesola 2015). It has 4-items and has a reliability of 0.717 and Islamic religious coping scale (IRCOPE) by (Pargament, 1997). It has 17 items with a reliability of 0.888.

269 questionnaires were administered to the respondents, but only 266 were retrieved back. Statistical Package for Social Sciences (SPSS) version 21 and Smart Partial Least Square Structural Equation Modelling (Smart PLS-SEM) version 3.2.9 were used for data analysis.

Results

After data analysis, the results show that a statistically significant and positive relationship existed between happiness and culture. Happiness was negatively and non-significantly related to SES, and also happiness was found to be related to religious coping both statistically, positively and significantly. It was also found out that a direct relationship between culture and religious coping exist, culture was not directly related to SES and SES is not directly related to religious coping.

Findings

This study found out that culture and happiness were extremely, statistically significant and positively related. This can be supported by Talebzadeh & Samkan, (2011) among female students of Tehran. Others include (Zhou, et al., 2015; Smitt, 2015; Lambert, Passmore & Joshanloo 2019; Oishi & Gilbert 2016; Oishi, 2018). Others include (Hossain & Rizvi (2016); Devine, Hinks & Naveed 2019).

SES and happiness were statistically not significantly related. This finding is in line with previous studies such (Easterlin et al., 2010; Natali et al., 2018). While, Oishi, Kesbir & Diener (2011) found a negative relationship between happiness and income. Mehrradi et. al., (2016) also found a statistically negative relationship between happiness and the educational level of youths. This contradicts the findings of (Tays, Zyphur & Batz, 2017; Ogwuche, Ijiga, Kuruku & Okwoli 2019; Sooky et al., 2014).

A statistically significant positive relationship was found between religious coping and happiness. This outcome can be backed up by some previous researches (Francis & Robbins 2014). Others include Aflakseir & Mahdiyar, (2016); Arthur, (2012); Eryilmaz, 2015). Also Abdel-Khalek, (2012); Abdel-Khalek, (2013); Abdel-Khalek (2014); Abdel-Khalek & Lester (2017); Abdel-Khalek (2015); Achour et al., (2015); Abdel-Khalek, Ahmed & Singh (2019); Winzer & Gray (2019) also supported this finding.

But this is not in line with other studies such as Francis, Ziebertz, & Lewis (2003) which found out that there was no relationship between religious practices and happiness among German
samples. Lewis & Cruise (2006) found out no association between happiness and church practices.

References


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