



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

Zainab Ibrahim Lawal*

School of Education
Universiti Teknologi Malaysia
Malaysia
zainablawalyarinci@gmail.com.

Aqeel Khan

School of Education
Universiti Teknologi Malaysia
Malaysia
draqeelkhan@mail.com

Jamaluddin Bin Ramli

School of Education
Universiti Teknologi Malaysia
Malaysia
p-jamali@utm.my

Muhammad Imran Qureshi

Universiti Teknikal Malaysia, Melaka
Malaysia
miqureshi80@gmail.com

**Corresponding author's Email: zainablawalyarinci@gmail.com*

Peer-review under responsibility of 4th Asia International Multidisciplinary Conference 2020 Scientific Committee

<http://connectingasia.org/scientific-committee/>

© 2020 Published by Readers Insight Publisher,

Office # 6, First Floor, A & K Plaza, Near D Watson, F-10 Markaz, Islamabad, Pakistan,

editor@readersinsight.net

This is an open access article under the CC BY-NC-ND license (<http://creativecommons.org/licenses/by-nc-nd/4.0/>).





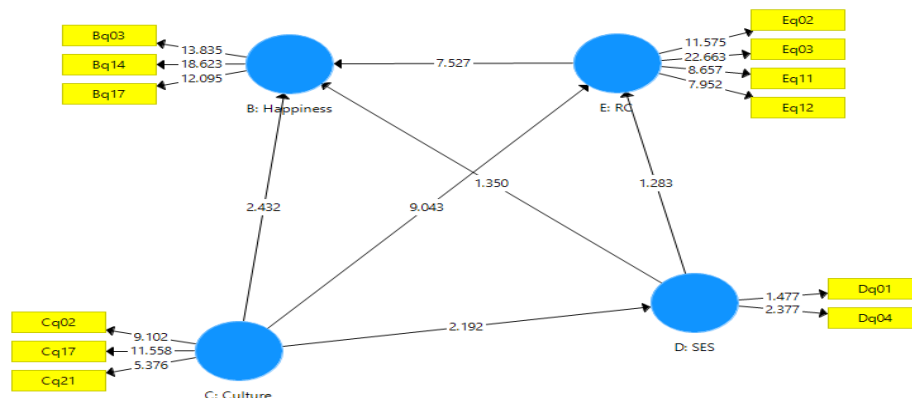
Abstract

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.

Research Highlights

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.

Graphical Abstract





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, Ndunya, Okorie & Okechukwu, 2017). Fewer researches were conducted on happiness by individual researchers such as (Balogun, 2014; Adeniyi & Onadiji, 2016); Okwaraji, et. al., 2017). 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. Mehrdadi 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

- Abdel-Khalek, A. M. (2012) Associations Between Religiosity, Mental Health, and Subjective Well - Being Among Arabic Samples from Egypt and Kuwait. *Journal of Mental Health, Religion and Culture*, 15, 741-758
- Abdel-Khalek, A. M. (2013). The Relationships Between Subjective Well-Being, Health, and Religiosity Among Young Adults From Qatar, *Journal of Mental Health, Religion and Culture*, 16, 306-318
- Abdel-Khalek, A. M. (2014). Religiosity and well-being in a Muslim context C. Kim-Prieto (Ed.), *Religion and spirituality across cultures*, 71-85
- Abdel-Khalek, A. M. (2015) Happiness, Health, And Religiosity Among Lebanese Young Adults *Journal Cogent Psychology* 2(1).
- Abdel-Khalek, A.M., & Lester, D. (2017). The Association Between Religiosity, Generalized Self-Efficacy Mental Health and Happiness in Arab College Students. *Journal of Personality and Individual Difference*, 109, 12-16.
- Abdel-Khalek, Ahmed & Singh, A. (2019). Love of life, happiness, and religiosity in Indian College students. *Mental Health, Religion & Culture*. 22(8), 769-778.
- Achour, M., Mohd Nor, M. S., & MohdYusoff, M. Y. Z. (2015). Islamic Personal Religiosity as a Moderator of Job Strain and Employee's Well-Being: The Case of Malaysian Academic and Administrative Staff. *Journal of Religious Health*, 54, 984-997.
- Adeniyi, W. O., & Onadiji, O. (2016). Influence of Psycho-Demographic Variables on Psychological Well-Being of Undergraduates of Obafemi Awolowo University, Ile-Ife, Osun State. *European Scientific Journal, ESJ*, 12(13), 82.
- Adegboye, M. A & Oyesola, O. B. (2015). Construction of a socio-economic status scale for rural dwellers in Northern Nigeria. *Asian Journal of Agricultural, Extension, Economics, and Sociology*, 4(1), 75-85.
- Aflakseir, A., & Mahdiyar, M. (2016). The role of religious coping strategies in predicting depression among a sample of women with fertility problems in Shiraz. *Journal of Reproduction and Infertility*, 17(2), 117-122.
- Arthur, B. (2012). *Personality, Religion and Character Traits: Are Personality Traits Better Predictors of Happiness than Religiosity?* DBS School of Arts.
- Ary, D., Jacobs, L., Sorenso, C., & Walker, D. (2013). *Introduction to research in education*. Cengage Learning.
- Balogun, A. G. (2014). Dispositional factors, perceived social support and happiness among prison inmates in Nigeria: A new look, *Happiness and Wellbeing*, 2(1), 16-33.
- Bryman, A. (2015). *Social research methods*. Oxford University Press.
- Creswell. J. W. (2013). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches*. Sage Publications.





- Devine, J., Hinks, T., & Naveed, A. (2019). Happiness in Bangladesh: The Role of Religion and Connectedness. *Journal of Happiness Studies*, 20, 351–371.
- Easterlin, R. A., Switek, M., McVey, L. A., Zweig, J. S., & Sawangfa, O. (2010). The happiness-income paradox revisited. *Proceedings of the National Academy of Sciences*, 107(52), 22463–22468.
- Eryilmaz, A. (2015). Investigation of the Relations between Religious Activities and Subjective Well-being of High School Students. *Educational Science: Theory & Practice*, 15(2), 433–444.
- Francis, L. J., Ziebertz, H., & Lewis, C. A. (2003). The Relationship Between Religion and Happiness Among German Students. *Pastoral Psychology*, 51(4), 273–281.
- Francis, L. J., & Robbins, M. 2014 Religion and Happiness: a Study among Female Undergraduate Students in Israel, *IJER International Journal of Jewish Education Research* 7, 77-92.
- Helliwell, J. F., Layard Richard & Sachs, Jeffrey, D. (2018). World Happiness Report 2018.
- Hossain, M. Z., & Rizvi, M. A. K. (2016). Relationship between religious belief and happiness in Oman: a statistical analysis. *Journal Mental Health, Religion And Culture* 19, 7, 781-790.
- Lambert, L., Passmore, H. & Joshanloo, M. A. (2019) Positive Psychology Intervention Program in a Culturally-Diverse University: Boosting Happiness and Reducing Fear. *Journal Happiness Studies* 20, 1141–1162.
- Mehrdadi, A., Sadeghian, S., Direkvand-moghadam, A., & Hashemian, A. (2016). Factors Affecting Happiness: A Cross-Sectional Study in the Iranian Youth. *Clinical and Diagnostic Research*, 10(5), 29–31.
- Mertens, D, M. (2014). *Research And Evaluation in Education and Psychology: Integrating Diversity with Quantitative, Qualitative And Mixed Methods*. Sage Publications.
- Natali, L., Handa, S., Peterman, A., Seidenfeld, D., Tembo, G., Unit, E. P., & Annunziata, S. (2018). SSM - Population Health Does money buy happiness? Evidence from an unconditional cash transfer in Zambia. *SSM - Population Health*, 4, 225–235.
- Ogwuche, C.H., Ijiga, J., Kuruku, E., & and Okwoli, J. (2019). Work-Life Balance and Socioeconomic Status as Predictors of Psychological Wellbeing among Civil Servants in Makurdi Metropolis. *International Journal of Social & Management Sciences*. 2 (1), 30-38.
- Oishi, S., Kesebir, S., & Diener, E. (2011). Income Inequality and Happiness. *Psychological Science*, 22(9), 1–6.
- Oishi, S., & Gilbert, E. A. (2016). Current and Future Directions in Culture and Happiness Research. *Current Opinion in Psychology*, 8, 54–58.
- Oishi, S. (2018). Culture and Subjective Well-Being: Conceptual and Measurement Issues. In *Handbook of Well-Being* (In E. Dien, pp. 1–15). Salt Lake City: DEF Publishers.
- Okwaraji, F. E., Nduanya, C. U., Okorie, A., & Okechukwu, H. E. (2017). Personality traits, happiness and life satisfaction, in a sample of Nigerian adolescents. *Journal of Medical Science*, 3(6), 284–289.





- Pargament, K. I. (1997). *The Psychology of Religion and Coping: Theory, Research, Practice*. New York: Guilford.
- Smitt, D. S. (2015). *Feeling Good Around the Globe: How to Compare Wellbeing among Populations*. Uppsala University.
- Sooky, Z., Dehghani, M., Taebi, M., Tagharrobi, Z., Sharifi, K., Sadat, Z., & Keramat, A. (2014). Investigating Happiness and its Related Factors in Married Women Referred to Health Centers of Shahroud City. *Iranian Red Crescent Medical Journal*, 16(9), 1–6.
- Spence, J. T., Helmreich, R., & Stapp, J. (1973). A short version of the Attitudes Toward Women Scale. *Bulletin of the Psycho-Nomic Society*, 2, 219–220.
- Talebzadeh, F., & Samkan, M. (2011). An Evaluation of the Factors Influencing Happiness Among Female Students of Elementary Schools in Tehran, 5. 441-444.
- Tay, L., Batz, C., & Zyphur, M. (2017). Income and Subjective Well-Being: Review, Synthesis, and Future Research: In Diener, E, Oishi, S and Tay, L (Ed.), *e-Handbook of Subjective Well-Being* (pp. 1–20). NobaScholar.
- Winzer, L. & Gray, R. S. (2019). The Role of Buddhist Practices in Happiness and Health in Thailand: A Structural Equation Model. *Journal of Happiness Studies* 20, 411–425
- Zhou, Y., Zhou, L., Fu, C., Wang, Y., Liu, Q., Wu, H., & Zhang, R. (2015). Socio-economic factors related to the subjective well-being of rural elderly people living independently in China. *International Journal for Equity in Health*, 14(5), 1–9.

Author's Biography

Zainab Lawal Ibrahim, a Nigerian, currently a Ph.D. student with the School of Education, under the Department of Counselling (UTM). Had Degree (B.Ed in Education Biology) and Masters (M.Ed in Counselling) both from Usmanu Danfodiyo University, Sokoto State, Nigeria.

