Happiness rate and its association with well-being and religiosity among a sample of university students from Tunisia

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Abstract

The two aims of the present study were: (a) to estimate happiness rate, and (b) to explore its associations with well-being and religiosity. A sample of 512 students from the University of Monastir, Tunisia took part in this study. They responded to the Arabic Scale of Happiness, the well-being variables (physical health, mental health, happiness, and satisfaction with life), as well as religiosity. Results indicated that this sample obtained a lower mean total score on happiness than did Arab students in 12 countries. Men obtained statistically significant higher mean scores on happiness, physical health, and mental health than did their female counterparts. However, women had the high mean score on religiosity. All the Pearson correlation coefficients between the study scales were significant and positive. A principal components analysis retained one salient factor separately in men and women and labeled: “Well-being and religiosity”. The present results suggest the high convergent validity of the scales used in this study. By and large, the low score on happiness among the present
sample is a reflection of the adverse effects of the social and political changes following the Arabic Spring.

Keywords: happiness; well-being; health, satisfaction with life; religiosity.