

## **China Coastal Students Happiness Index Survey— A Case Study of Shanghai Songjiang University Town**

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### **Abstract**

*Happiness as a kind of psychological experience, is a subjective meaning and satisfaction to the life of a kind of value judgment, and measure happiness specific degree of subjective well-being index value. Contemporary college students as a special and important group in the society, is related to the country's future and the future of the nation, clear college students subjective well-being around this discussion is a very important guiding significance and realistic value. In this article, through open questionnaire, initial scale and a set of good reliability and validity of college students' happiness index questionnaire investigation and study, to examine and reflect students happiness along China's coast, promote and improve college students' sense of happiness*

**Keywords:** Shanghai; college students; happiness index

The happiness index is a measure of well-being, subjective indicators specific degree. Happiness is a kind of psychological experience, it is not only the objective conditions of life and the state of a kind of fact judgment, is for the subjective meaning of life and satisfaction of a judgment of value degree. Experience it as a positive psychological produce in the life satisfaction is based on.

With the rapid development of economy, more and more rich material life, this is sharing the fruits of labor time, and throughout the community is full of busy and tired figure. So someone sent this question: "are you happy?" This is a reality of a thought-provoking questions. In the financial crisis came, some countries have tried to pass "not only mode" through the crisis. Happiness index by the world's attention, has become the measure of a country's level of development of the standard like GDP. College students as the hope of the motherland, a powerful driving force of national rejuvenation, is the key of national prosperity. Therefore, we should pay more attention to students' happiness index. However, in real life ,because of personal lack of knowledge on the real meaning of happiness, with a period of social transition, the negative effect of the development of social mechanism is not perfect and the aspects of society, resulting in some college students have a wrong idea of happiness and well-being of the phenomenon of lower.

The current our country is in the period of social transition, the values of the society as a whole is not regulated as a guide, present a diverse values; In addition, compared with the traditional society, great changes of modern society present a surprising development speed; And social development mechanism is not sound, affect the fairness and justice. Today, the social development of our country has made great progress, however, is far from perfect, the degree of the system is not sound, the opportunity to a certain extent and rules on unfair, these objective cause serious influence to the students' world outlook, the outlook on life and values. Dissolve the bad social phenomenon the well-being of college students, such as corruption, the gap between rich and poor is too large, unfair distribution, social trust crisis, moral landslide, abound of hidden rules, etc., to a certain extent, result in college students' common sense of relative deprivation and injustice, greatly reduces the college students' sense of happiness. We college students study group of seven university in Shanghai, Songjiang District conducted a questionnaire survey about the happiness index of college students, sent out 200 questionnaires to students in different schools, the recovery of 196 copies, the rate of recovery is happiness index questionnaire 98%. Questionnaires from domestic psychology and statistics relevant experts to develop. Composed of general well-being and happiness index of overall happiness index field, including the overall life satisfaction of the transverse and longitudinal comparison of satisfaction, field of happiness index contains political life satisfaction, satisfaction of economic life, cultural life satisfaction, interpersonal satisfaction, healthy state of satisfaction, six dimensions of life satisfaction of environment.

Through the calculation for the analysis of survey results, 10% of the people think that you are very happy, 50% of the people think that their general happiness, 35% of the people think that they are not happy, 5% of the people think oneself very not happy. From the survey statistics, can be very intuitive to see, more than half of the students' life goal feel fuzzy, one 5 of the students had never even considered the aim in life, only a third of the students have the right positioning goal for life. When it comes to the future of the graduation, confidence in the graduation work account for only one 5 of most students don't offer much hope the work after graduation, think later work only may be able to support themselves and even some students will feel difficulty to find a job. Through the analysis of the data found that most students is in a state of unhappiness, and cause the students unhappy one of the reasons is that there is no set reasonable goals, although accepted the cultural education for more than ten years, but he is confused for his life.

Through this investigation, I found that most people think oneself is happy, mainly concentrated in the state system and the level of living above and so on, this also explains our country current situation is still optimistic. But there is also a considerable part of the students think they are not happy, they focused on the issue of their own future and college education system. University is a small society, college students are the transition students and society, so they can best represent the mass of people's thoughts, more persuasive. For those not happy you think we should give help, let everybody can happy growth.

At present the main psychological problems can be summed up in the following categories: one is academic problem, because the school does not meet the goals and produce a variety of mental disorders; Second, relationship problems, interpersonal communication cost is large, some family economic difficulties students tend to be withdrawn; Three is due to family instability personality problems; Four is brokenhearted. As college students to enter society, they often found that their many aspects than others, so the result is not equal to idea, and not happiness. Often the higher cultural level, higher expectation to myself, this is not happiness, the more intense, the easier it is to go to extremes. Social competition is intense, more and more high to the requirement of people, looking for work pressure, etc., are all important factors lead to college students' psychological problems. College students' psychological problems mainly for pushing the mentality and the mood of anxiety. The happiness of college students is the essence of college students in the education process achieve their freedom or growth ideal living conditions, a subject for their survival or growth state the significance of body odor constitute the well-being of college students.

Of course, this investigation because of limited scope, has certain representativeness and limitations, I apologize. College students are the future development direction of the motherland, only their happiness boost, the future of social well-being can be improved. So even a small part of the view should arouse our attention.