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Happiness in the Experiences of Young Filipino People: Basis for Workbook Development

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**HAPPINESS IN THE EXPERIENCES OF YOUNG FILIPINO PEOPLE:
BASIS FOR WORKBOOK DEVELOPMENT**

A Thesis Presented
In Partial Fulfillment of the Requirements
for the Degree Master of Arts in Education
With Specialization in Guidance and Counseling

by

ARLENE A. CANARIAS

March 2016

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Abstract

The present study aims to explore how young Filipino people view happiness, its sources and the practices they usually do to make them feel happy. Twenty (20) Filipino college students who were selected through purposive sampling were interviewed by the researcher using a semi-structured interview guide.

Using the phenomenological inquiry design, five themes emerged as to how college students view happiness. These includes: (1) Happiness is living a worry-free life and resolving life's problems; (2) Happiness is fulfillment of one's goal in life; (3) Happiness is having a strong support group; (4) Happiness is seeing or making other people feel happy and (5) happiness is learning to be contented in life.

Factors such as (1) Presence of family, friends and significant others; (2) Experience of being loved and accepted and (3) sense of achievement contribute to the happiness of selected participants. Moreover, practices such as (1) engaging oneself in interesting activities; (2) Positive thinking; and (3) surrounding oneself with optimistic people are what students usually do that they feel add to their happiness.

Upon utilizing the findings of this research, a workbook was developed in light of assisting target students sustain or even enhance their happiness.

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CHAPTER 1

PROBLEM AND ITS BACKGROUND

Introduction

The society over the years has placed a great importance on happiness and on scientific studies related to it due to the numerous rewards it brings to individuals and the society. Lyubomirsky (2012) mentioned that looking at happiness scientifically is of importance to many since people view happiness as something that is meaningful and desirable. According to her, it is one of the most salient and significant dimensions of human experience.

Considering such importance, several scientific studies and surveys on happiness were conducted including those involving the Filipino people. Among these surveys was the one led by the Eden's Strategy Institute Happiness Index (2013) that tagged Filipinos as the 3rd happiest people in Asia. As cited in the work of Burgonio (2015), Gallup, an American research-based, global performance-management consulting company declared Philippines as the 5th happiest countries among one hundred forty-three nations. Specifically, Filipino young people, whose ages are between 13 to 21 years old, also ranked 5th among other teenagers surveyed in thirty-two (32) nations.

However, despite reports that reveal the high level of happiness among Filipino people, Uy (2012) claimed that suicide rate has gone up in the last years with the majority

of cases involving young people aged 24 years old and below. Common problems of adolescents that may lead them in committing suicide include those that have something to do with sexual promiscuity, alcohol and substance-related abuse, violation of school laws, aggressiveness, oppositional behavior and refusal to work, changes in physical appearance and excessive day dreaming (Mella, 2014). This is true among Filipino adolescents too alongside with other daily life problems such as hunger, poverty, crimes, poor quality of education as well as moral issues concerning families.

These contradictions between the reported level of happiness and the increasing suicide rate among Filipino young people prove that there is a gap that exists between these two important concepts. The researcher believes that addressing such gap can start by looking at how these Filipino people view happiness. By this, one can understand why these young people are able to say that they are happy individuals despite problems and challenges encountered.

Filipino young people were targeted in light of utilizing their unique in and out campus experiences that may contribute for a richer and more unique discussion of topic under study. Specifically, college students are considered interesting subjects of the study since they face a barrage of challenges in their daily life. Aside from doing their homework, projects and extra-curricular activities, they also have responsibilities at home as a son or daughter, brother or sister and as a friend. Thus, it is vital to understand the importance of their life purpose and their well-being (Santos et.al, 2012).

Also, considering that "the youth is the fair hope of the nation", the researcher deems the need to pay serious attention to the dynamics of the Filipino youth, particularly, the Filipino learners so their education and potentials would not be wasted. In similar cases, most studies on subjective well-being are conducted among college students sample because of age-related changes and high activation of emotions as individuals develop. Subjective well-being to note, is a closely related term to happiness (Galang et.al, 2011).

Through this study, a better understanding of Filipino young people can be facilitated since it is now possible to look at them in the context specifically suited for Filipinos. It could also help in the establishment of a national identity since what this paper presents are the Filipinos first-hand experiences that may actually define who they really are. Moreover, this research paper also hopes to contribute to the scarce literature on happiness as experienced by young Filipino people.

Subsequently, the researcher hopes to develop a happiness workbook that can be utilized by students in developing or sustaining a happy disposition in life. This can also serve as a guide that teachers and guidance counselors can use for the same purpose. The content will be series of activities that are based from the findings of this study.

Conceptual Framework

Happiness has been defined in various ways. Although commonly related with positive feelings, the following literature reveals the other definitions in which happiness has been associated and how it was specifically used in this study.

For Aristotle (384–322 BCE), happiness is associated with ethics. That is, happiness is characterized as the possession and exercise of intellectual and moral virtue. He also added that these elements are essentials in living one's life positively. Moreover, Aristippus (435–366 BCE), defined happiness in the context related to pleasure. For him, happiness can be acquired if one learns how to avoid pain and maximize pleasure.

Other philosophical definition of happiness includes the “prudential” and “perfectionist” view on happiness. According to Annas (1993), prudential happiness pertains to a life that is somehow good for someone while perfectionist happiness refers to a life that is good in general. This is also the reason why the term good life is synonymously used with the term “happy life”.

Aside from these, Haybron (2008) stressed another philosophical view on happiness which is anchored on the prudential and psychological definitions happiness. As elaborated by Tiberius (2008), prudential happiness is when a person thinks about the betterment of having a different career, getting married, or making some other major life change while psychological happiness on the other hand refers to an individual's state of mind that is usually long lasting. This is generally considered to be central to an individual's well-being. However, it cannot be likened to happiness as an emotion

alongside with other typical emotions like sadness, anger, shame, disgust, envy, surprise fear, jealousy and others.

Furthermore, Argyle et.al (1989) and Furnham & Cheng (2000) gave a contrasting view on happiness in terms of its duration. The former viewed happiness as a degree of positive affect and relative absence of negative affect over a specific long duration of time while the latter viewed happiness as a present state of joyous mood which is generally less stable and short.

On the other hand, modern definitions on happiness use the term subjective well-being interchangeably. As mentioned by Cusumano (2009), subjective well-being (SWB) when used synonymously with happiness indicates the inclusion of both affective and cognitive components. It is different from “happiness” alone since most of the literature pertains to it as a positive affect only; that is, a person has a good feeling towards a thing, a person or a situation. Happiness as similar to subjective well-being includes how satisfied a person is as against to his set standards and the positive affection that comes along with it. Thus, cognitive and affective components are inseparable concepts in SWB.

This view on happiness, which Lyubomirsky (2007) called the “subjectivist view” was utilized in this research. The same view is evident also in the works of Seligman (2002). With this, the researcher look at happiness as an experience with a combination of both the affective (how the participants feel toward a certain thing or experience) and cognitive elements (what rationalization do participants have toward such experience). As Lyubomirsky defined; “Happiness is the experience of joy, contentment, or positive

well-being, combined with a sense that one's life is good, meaningful, and worthwhile".

Such view of happiness is graphically presented below.

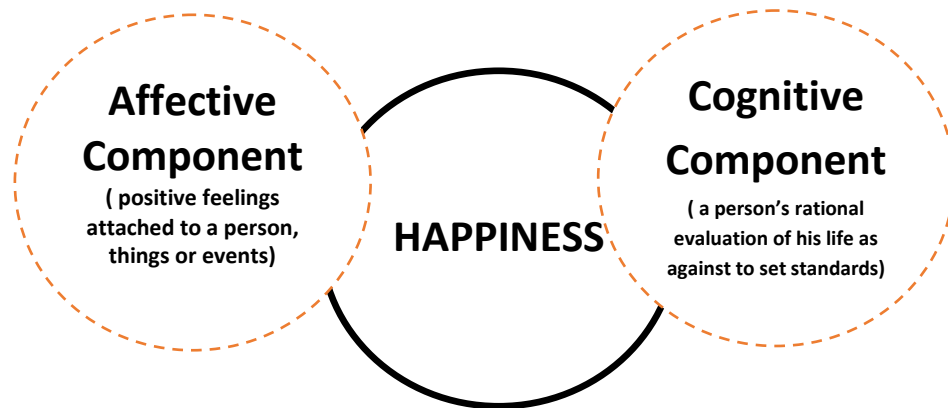


Figure 1: Subjective View of Happiness

Since this paper looks at the lived experiences of the participants in relation to happiness as subjectively viewed, the researcher sees to it that the participants to be chosen share the same interpretation on happiness. To come up with this, the level of happiness of the participants are identified using an instrument which is proven to measure happiness in both cognitive and affective aspects. Such criterion is found in the Subjective Happiness Scale (SHS) developed by Lyubomirsky. Twenty students who got the highest scores in SHS and were found to have a very high level of happiness were selected as the final participants of the study and were interviewed accordingly.

OBJECTIVES OF THE STUDY

The main objective of this study was to explore the concept of happiness among Filipino young people with an end in view of developing a happiness workbook. With this, it sought to answer the following research questions:

1. How do Filipino young people view happiness?
2. What are the practices that add up to the participants' level of happiness?
3. What are the sources of happiness as identified by Filipino young people?
4. In reference to the research findings, what possible activities can be included in the workbook the researcher plans to develop?

SIGNIFICANCE OF THE STUDY

Happiness and the search for happiness is everybody's concern hence the gathered information is seemed beneficial to people in all walks of life. However, happiness as found in the educational setting could prove to more significant to the following individuals:

Primarily, to the academic officials, as leaders and policy makers, this study can be a basis in integrating innovations to existing programs, activities and even school organizations intended to help students in their personal and/or social needs.

This study would also be very beneficial to the Guidance and Testing Center of the university where the research study was conducted in promoting the total

development and preventions of maladjustments among their students. Activities in sustaining happiness can be integrated in their guidance curriculum to assist students gained understanding and acquire necessary life-skills as to make them contented with life and be emotionally and psychologically healthy. Results of happiness survey can be used by the Guidance Center in knowing their students better thus making counselors one step ahead in providing necessary counseling interventions, additional programs and services to its students.

To the guidance counselors assigned in assisting the students with their academic, career and personal/social needs, this study will be a rich source of information regarding the students that can be used in the effective delivery of the different guidance services. This could be a basis also in upgrading their competencies as professionals. Additional guidance modules and activities can be anchored on the results of this study also. More so, the proposed program can be incorporated in the existing plan of activities to further enhance the services offered by the office.

The result of the study will also extend to the respondents in their personal lives has revealed important information necessary for their self-awareness. This study will guide them in their endeavor towards living satisfying lives.

To the future researchers of similar or relevant interest as this study is hope to provide additional knowledge about the Filipino learners' sense of happiness. This could also be an avenue for further researches about the topic as it serves as additional resources regarding happiness.

SCOPE AND LIMITATIONS

This phenomenological research revolved around exploring the concept of happiness among the participants by looking into how they view happiness. It also targeted at identify the sources of happiness and the practices that adds up to the participants' level of happiness.

The participants were college students enrolled in different courses at a university with campuses in Manila, Cavite, Laguna and Batangas. Participants were given the Subjective Happiness Scale (SHS) to measure their level of happiness. Results of this test was later used as basis in selecting the interview participants. Those who are selected are the top 20 participants who got a Very High Level of Happiness. Permission to use the SHS was first solicited by the researcher (See appendix A). A semi structured interview questionnaire was also developed for the qualitative method of data gathering. Duration of interview was around 20-40 minutes.

There are several limitations found in this study. One limitation was in terms of the nature of the questionnaire. Happiness is often very difficult to measure because there are generally only two options: self-reporting or physiological observation (Schiffrin & Nelson, 2010). The researcher relied on the self-report method which rests on the honesty and self-awareness of each individual completing the survey (Lincoln & Guba, 1985).

Another limitation to the present study occurred in the qualitative methodology of interviewing the participants. Although, an interview guide was developed, the researcher's manner of delivering it may influence the responses of the participants. Also, results are completely reliant on disclosure by the interview participants.

DEFINITION OF TERMS

For better understanding and consistent interpretation of the topic being discussed, the following terms used in the study were operationally and conceptually defined.

Adolescents is a personal phase of development (12-18 years old) where children establish their own beliefs, values, and what they want to accomplish out of life. They constantly and realistically appraise themselves, they are often characterized as being extremely self-conscious. However, the self-evaluation process leads to the beginning of long-range goal setting, emotional and social independence, and the making of a mature adult (Lewis, 1991).

Happiness is described as the experience of joy, contentment or positive well-being combined with a sense that one's life is good, meaningful and worthwhile (Lyubomirsky, 2007).

Life Satisfaction refers to the global assessment of a person's quality of life according to his chosen criteria (Shin & Johnson, 1978).

Lived Experience refers to personal knowledge about the world gained through direct, first hand involvement in everyday events or phenomena (Chandler & Munday, 2011).

Subjective well-being (SWB) is defined as 'a person's cognitive and affective evaluations of his or her life (Diener, Lucas, & Oishi, 2002).

Workbook as operationally defined in this research refers to a booklet containing activities, short quizzes, stories and tips developed to assist the target readers on how to develop or sustain feelings of happiness.

Young People as operationally defined refers to the participants of this study who are actually college students aged 16-22 years old and are characterized as having a Very High Level of Happiness.

Chapter 2

REVIEW OF RELATED LITERATURE AND STUDIES

This chapter presents the reviewed literature and studies, which were deemed relevant in the conduct of the study. These literatures helped the researcher to conceptualize the findings and enabled her to visualize what goes behind the operations of the study. Through careful reading of these informative materials, the researcher was able to get some insights used in organizing the foundations for this study.

Happiness as a Concept

Searching the word “happiness” in the internet would give someone about 317 million results. This is just for the google website alone! This volume signifies “happiness” as a very common term and perhaps one of the most talked about concepts in the planet.

As cited in the works of Doherty & Kelly (2010), happiness had been the subject of intense philosophical and literary speculation since the start of recorded history. However it was only in the latter part of the 20th century that this interest was translated into the systematic, scientific study of happiness (Haidt,2006).

According to McMahon (2010), ancient definitions of happiness can be revealed through languages. For an instance, in Indo-European language, the word happiness is a cognate for the word “luck”. In old Norse and Old English, the word “hap” meaning luck or chance is the root word of happiness. This is also true in old French language which used the term “heur” or “usbonheur” to refer to good fortune or happiness. On the other

hand, German language uses the word “gluck” which until today means both chance and happiness.

Furthermore, many ancient peoples believe that happiness was not something that a person can control. In the same work of MacMahon (2010), he mentioned that these ancient people believe that fate, fortune, stars and hands of gods control happiness. Happiness, in short, was out of one’s hand but of the wheel of fortune that controls it.

Aside from this, students of Greek and Roman philosophy argued that there were other means on thinking about happiness. Greeks used the term “eudemonia” which proposes that happiness can be earned and not only dependent on fortune as what ancient people believed. This view has become the goal of classical philosophy that started during the time of Plato and Socrates and even flourished during the time of Aristotle. Classical philosophers also gave a deeper understanding of happiness. Accordingly, happiness is living good lives that also includes a good deal of pain and not merely putting a smile on one’s face. This view is best illustrated in the famous line of Cicero- *“A happy man will be happy even on the torture rack.”*

After the Romans and Greek traditions, the ideas about happiness also emerged among Christian and Jewish people. For Christians, Happiness occurs in three (3) situations or circumstances. The first one can be found in the past when Adam and Eve were perfectly content in the Garden of Eden. It can also be found in the future upon the return of Christ and that the Kingdom of God will be genuinely be at hand. And the last one is in heaven where one can find perfect felicity according to saints. Using the words of St. Thomas Aquinas, “Happiness is the pure bliss of union with God.” Strictly

speaking, this is the happiness of death. As the Christian view dominates worldwide, happiness became known to be obtained in life and not just a natural state.

And so in the dominant Christian worldview, happiness is not something one can obtain in this life. It is not a natural state which opposes today's notion of egalitarians' feel-good-now happiness because for Christians, happiness is a reserved condition that will happen in the most right time.

As the 17th and 18th centuries entered, a revolution to throw old ideas on happiness came into place happiness was declared to be everybody's right. Prominent people initiated the move to highlight happiness like Thomas Jefferson and George Mason who both argued that people have the natural right to search, pursue and obtain happiness. Eventually, happiness became a new idea even during the French Revolution in 1794.

It was also during the 17th century when English philosopher, John Locke declared happiness as a common business of man. With this, Locke explained that a person should stop assuming that it is natural for a man to suffer and that people must not apologized when they experience happiness and pleasures on earth. Instead, Locke noted that a man must increase all acts to experience pleasures. He also added that it was not a sin to enjoy one's own body; it was not a sign of luxury to pursue pleasures of flesh, in any kind and it was not gluttony to work and improve one's standard of living. One should maximize the good and minimize the other, yielding the greatest happiness for the greatest number.

Moreover, it was during the 18th century when happiness was viewed in the context of life satisfaction. It was evident in the works of Veenhoven et. al (1996) when they specifically mentioned that happiness and self- actualization becomes man's central values rather than servicing Kings or Gods. This view flourished until the 19th century where people viewed an ideal society if it can provide greatest happiness for the greatest number of people. It continues until the 20th century when there was a large scale attempt for social reforms and efforts created to build better society by eliminating evils of ignorance, poverty and illness. People measured progress through control of epidemic disease, literacy and hunger elimination. Social statistics were developed to measure these social concerns while extent of progress was expressed using degree of income-inequality, monetary gains and security of income. In 1960's however, focus on these economic matter was shifted to post materialism hence the term quality of life was introduced.

To date, a modern psychological term for happiness that has been used frequently is subjective well-being. Seligman (2002) pointed out that happiness or commonly defined as "well-being" or pleasurable experience is just but a part of positive psychology. Positive Psychology, to mention, is known as the scientific study that aim to promote the maximum functioning of human and promote other factors that allow communities and individuals to thrive. It goes beyond the emphasis of psychological disorders and more on the betterment of psychological health (Sheldon, et.al. 2000). It

has been introduced as a movement during the presidency of Seligman in the American Psychological Association in 1998.

Seligman & Csikszentmihalyi (2000), presented positive psychology as a corrective to what they described as the dominant approach of modern psychology: the disease model of human functioning. The authors described three levels of analysis including the subjective (about valued subjective experiences like well-being, contentment, hope, optimism, flow and happiness); the individual level (positive psychological traits like the capacity for love, vocation, courage, perseverance, forgiveness, spirituality, high talent and wisdom) and the group level (civic virtues and institutions that facilitate citizenship, responsibility, nurturance, altruism, civility, moderation, tolerance and work ethic). The authors were hostile to the earlier efforts of humanistic psychology and called for the use of rigorous scientific standards in examining the psychology of positive human functioning (Tillier, 2012).

Seligman (1996) was very specific on what happiness is. According to him, there are three dimensions that can be cultivated: the Pleasant Life, the Good Life, and the Meaningful Life. The Pleasant Life is realized if a person learns to savor and appreciate such basic pleasures as companionship, the natural environment and own bodily needs. People can remain pleasantly stuck at this stage or can go on to experience the Good Life, which is achieved through discovering unique virtues and strengths, and employing them creatively to enhance lives. Consequently the final stage is the Meaningful Life, in which one finds a deep sense of fulfilment by employing unique strengths for a purpose. The genius of Seligman's theory is that it reconciles two conflicting views of human

happiness: the individualistic approach, which emphasizes that one should take care of themselves and nurture their own strengths, and the altruistic approach, which tends to emphasize sacrifice for the greater purpose and downplay individuality.

In relation to this, Bruni and Porta (2007) provide some clarification on the differences between happiness and Subjective Well-Being in general. Accordingly, psychologists differentiate among 1) life satisfaction which is a cognitive element; 2) affection, the affective element; and 3) subjective wellbeing (SWB), as a state of wellbeing, synthetic of long duration which includes both the affective and cognitive component.

They also mentioned that SWB encompasses 4 components such as pleasant emotions; unpleasant emotions; global life judgment (life evaluation) and domain satisfaction. Happiness on the other hand, is a narrower concept than SWB and different from life satisfaction: although both happiness and life satisfaction are components of SWB. Life satisfaction reflects individuals' perceived distance from their aspirations while happiness results from a balance between positive and negative affect. In this approach, SWB is synonymous with "being happy" whereas concepts such as "satisfaction" and "happiness" are equated with "feeling happy".

In summary, happiness has been a subject of interest since the time of ancient people. It started as a connotation of luck and fortune in most ancient societies when gods and fortunes dictate happiness until the time when people got enlightened that happiness can be learned and obtained. It is not a privilege given to some but rather a right for

everybody. Happiness also became an important phenomena that people used to gauge how progressive societies were at that time leading to the immergence of the idea that happiness means good quality of living. As societies and researches both progress, happiness as a study also progresses up to this time that happiness is associated with subjective-wellbeing. SWB, on the other hand, is a product of combining all valuable concepts on happiness indicating that happiness is a combination of both affective and cognitive component.

Sources of Happiness

According to National Statistical Coordination Board Report as cited by Lugtu (2010), it is not surprising that the family is one of the top sources of happiness among Filipino people since it is innate for Filipinos to celebrate every occasions with their family members and friends. Filipinos are also known to be individuals ready to sacrifice everything just for the welfare and happiness of people important to them. Family relationships as a source of adult life happiness is also evident in the work of Layard (2005) where he identified other sources including personal freedom, values, community and friends and financial situation. In support of these claims, Perigrino (2013) mentioned that family, along with religion and health are the determinants of happiness for Filipino people.

Family as a source of happiness is further explained by Scott (2014). He mentioned that the reason for this is because family members can be depended in times of needs and for emotional and practical support. With this, family also brings in happiness and a relief from stress. Added to these, Demir (2015) stressed that families contribute to

happiness by serving as a good source of affection and support while friends on the other hand, contribute to the person's subjective well-being by acting as a good source of support, help and companionship.

Friendship quality, on the other hand is directly related to happiness since friendship experiences provide a context that satisfies basic needs (Demir and Ozdemir (2010). It is supported by Lyubomirsky et. al (2006) when they claimed that satisfaction and positive feelings of satisfaction between friends are important to personal happiness of a person. Aside from friends, happiness can also be seen in relationship including positive parent-child relationship (Herz & Gullone, 1999); Mother and Father Involvement (Flouri & Buchanan, 2003); Maternal care (Cheng and Furnham, 2004); perceived parental care (Gupta & Kumar, 2010) and family upbringing (Amato, et.al, 1995).

Aside from significant others, personal qualities of a person is also known as a good source of happiness. Such personal qualities includes extraversion, optimism, positive self-concept and gratefulness. Extroverts, (Myers, 2011) are self-assured people who can walk into a room of strangers and can introduce themselves warmly thus are confident that others will like them too. They are cheerful and high spirited (Costa & McCrae, 2011). Diener & Seligman (2002) also added that very happy individuals are characterized as highly sociable individuals with strong social and romantic relationship.

Optimist people, on the other hand interpret life circumstances in a more positive manner. Attributable to this certain characteristic, they also tend to set higher goals and

thus work harder to achieve them. Their success in turn makes them happier and even more optimistic (Scheier and Carver 1985). Among Filipinos, optimism is very evident making them still all smile despite all calamities and hardships in life (Lugtu, 2013).

In terms of having a positive self-concept, Myers (2011) stated that there is nothing that can best predict happiness except a person liking and accepting his life in general.

Furthermore, gratefulness can also become a possible source of happiness. Lyubomirsky, as cited in the work of Suval (2012) mentioned that gratefulness can become a source of happiness since a grateful person can look on the bright side of things, can appreciate even small blessings and can appreciate people in life. It can also make a person feel energized, alert and enthusiastic (Mc Cullough, Emmons and Tsang, 2002).

Aside from family, significant others and personal qualities, existing literatures and studies also indicate that achievements can also be a good source of happiness. As explained by Desire Theory cited in the work of Mabasa (2013), what makes people happy is getting what one really wants. No matter how pleasant or unpleasant the experience one had as long as he was able to achieve what he desired will be a great contribution to his happiness. The negative effects or painful feelings while achieving his desires will overpower the pain and satisfaction.

Another theory which explains how a sense of achievements can contribute to happiness is the Objective List Theory. Specifically, this theory emphasizes that

happiness can be achieved through the list of valuable things in the world, which include accomplishment in career, good relationship with peers and family, good health, feeling loved and being educated.

RELATED STUDIES

Meanings of Happiness

Various explorations on the meanings of happiness have been conducted both by local and international researchers including the work of Sharma & Patra (2013); Uchida & Ogihara (2012); Lu (2001); Pettijohn II (1996); Datu (2012); Dullas & Acoba (2013); Aguila (2010) and De Guzman et.al (2011).

Happiness as a multi-faceted construct such as enjoyment, self-orientation, achievement, positive thoughts, purpose in life, work-life balance, spending time with loved ones and determination was found in the works of Sharma and Patra (2013). Their study was conducted among forty-eight college students aged 18-24 enrolled in private universities in India. Similar to the present study, it also aimed to explore the conception and meaning of happiness among college students.

How people construe happiness and experience subjective well-being is on the other hand the focus of Uchida & Ogihara (2012) in their research study entitled “Personal or Interpersonal Construal of Happiness: A Cultural Psychological Perspective”. The findings of their research suggest that people across culture have different ways of construing happiness and experience of subjective-wellbeing. Cultural differences can be seen in the predictors of happiness, meanings of happiness and how

social changes such as globalization are related to happiness. The research also suggests that among Europeans and Americans, happiness includes the experience of positive emotional state such as excitement and sense of personal achievement. Moreover, individual happiness is best predicted by personal goal attainment and high self-esteem or self-efficacy.

Furthermore, a qualitative study was conducted by Lu (2001) using a folk psychology approach that explored what Chinese people think about happiness. One hundred and forty-two (142) undergraduate students wrote free-format essays in response to a simple open-ended question, “What is happiness?” Using thematic analysis, four main themes were found: (1) Happiness can be defined in terms of (a) a mental state of satisfaction and contentment; (b) positive feelings/emotions; (c) a harmonious homeostasis; (d) achievement and hope; and (e) freedom from ill-being. (2) Happiness is a harmonious state of existence, under the following conditions: (a) the individual is satisfied or content; (b) the individual is the agent of his own happiness; (c) spiritual enrichment is emphasized more than material satisfaction; and (d) the individual maintains a positive outlook for the future. (3) The relationship between happiness and unhappiness is dialectical. These two distinct entities are locked in a never-ending relationship of interdependence: each depends on the other for contrast and meaning. Moreover, this relationship between the two opposites is also dynamic and constantly changing. (4) Happiness can be achieved, provided that one has the following abilities: (a) the wisdom of discovery; (b) the wisdom of contentment and gratitude; (c) the

wisdom of giving; and (d) the wisdom of self-cultivation. These themes were discussed in the contexts of Chinese philosophical and folk views of happiness.

Another interesting qualitative study is the work of Pettijohn II (1996) on “Perceived Happiness of College Students Measured by Maslow’s Hierarchy of Needs.” In this paper, it was found out that love is considered an important contributor to the feeling of happiness among college students.

Similarly, Datu (2012) found out that happiness for Filipino adolescents is also a multifaceted construct involving themes such as satisfaction of wants, absence of worries, and expression of positive emotions, motivational drive, and fulfillment of relational needs. Distinct personal characteristics and positive behavioral strategies predictive of happiness were identified as well. Enhancing positive emotions, positive traits and behavioral strategies of individuals from this developmental phase may be a good step to increase their social, psychological and occupational functioning in the form of academic, extra-curricular, co-curricular endeavors.

Moreover, the same author also revealed in his study “Investigating Happiness Through a Psychoanalytic Social Lens: Perspectives from Filipino Adolescents” that academic achievements, happiness in God, satisfaction of psychosocial needs, material things satisfaction and feeling of isolation were the themes relevant to happiness. He also found out that what leads a person in realizing happiness are factors such as having powerful partner, satisfying neurotic needs and narrowing limits to life and independence.

Another study that looked into the concept of happiness is the one involving Filipino farmers. This research study authored by Dullas & Acoba (2013) revealed that farmers view happiness as having positive and negative experiences of Filipino farmers while common sources of farmers' happiness were their family, social and work life.

Exploring the concept of happiness in the context of a family was on the other hand the focus of Aguila (2010). Accordingly, exploring the sources of happiness and unhappiness will help sustain its existence as a social institution that engenders well-being and life satisfaction among its members. Interviews were conducted with couples from low income and middle income groups. The concept of happiness common for the low and middle income couples include together as an intact family with harmonious relationships, openness with each other, their children and closeness to God. On the other hand, the differences that surfaced was their unequal income level that resulted in differing lifestyles and interests.

Also, looking on the concept of happiness, De Guzman et.al (2011) conducted a research study among Filipino elderly in a penal institution. Using a Q-Methodology and utilizing 20 elderly inmates suffering from chronic ailments, the researcher found out that happiness is directed toward the familial and spiritual aspects of happiness and can be internally motivated and cognitively construed.

Correlations of Happiness

Aside from exploring the concept of happiness, there were several related studies that correlated happiness with different factors. These include the following:

Yushkina (2010) conducted a research work on happiness entitled “Determinants on Happiness and its Changes: An Empirical Analysis Based on the Panel Data from Russia.” In this paper, the researcher made use of a longitudinal survey on the determinants of life satisfaction and its changes among Russian individuals and households using a logit model. Yushina also looked into the effects of perceived economic rank, effect of living space and other perceptions and subjective attitudes in the well-being of the participants.

Aside from this, the author examined the correlation between happiness and marriage across 72 countries. He focused on comparing co-habitors, married and never-married singles. In this study, Yushkina found out that happiness and marriage vary across nations. The results indicate that the relationship between marriage and happiness varies across nations. In the majority of countries, marriage is positively associated with happiness, but there are many countries where the relationship is non-existent or negative. Co-habitors are happier than never-married singles, but only in countries where married couples are also happier than the never-married singles. Multi-level analyses show that the positive relationship between marriage and happiness is stronger in countries characterized by economic development and secular-rational culture.

In agreement with this, it is found out that spending time with friends is associated with increasing positive affect from preadolescents into adolescence. Using experience sampling methods, participants reported high levels of positive affect when spending time with friends as compared to with parents or alone, and this level of positive

affect steadily increases with age, suggesting an increase in the happiness that interactions with friends bring to adolescents (Larson and Richard, 1991).

Moreover, Czikzentmihalyi and Hunter (2003) used experience sampling to evaluate happiness in a national sample of adolescents from 6th to 12th grades. Among the top ten most frequent activities in which adolescents engage, talking with friends was the activity associated with the highest levels of happiness and among all possible other with whom an adolescent can spend time, the highest levels of happiness were reported when they were with their friends.

The differences in the self-rated happiness among European countries can also be found in the work of Doherty and Kelly (2010). In this paper the researcher found out that people of Denmark have the highest reported level of happiness while people of Bulgaria reported the lowest level of reported happiness. Happiness is positively correlated with satisfaction with household income, younger age, high community trust while being employed and religious belief are also found in this research.

Investigating the various psychological correlates of happiness in a group of non-clinical population, on the other hand, has been the focus of Gupta and Kumar (2010) study. The findings revealed that positive attribution style and parental care (especially mother's) were found to be related with happiness. It was also observed that personality traits of openness to experience and extraversion were positively related with happiness whereas neuroticism was inversely related with happiness. The researcher used test instruments like Attributional Style Questionnaire Oxford Happiness Questionnaire, Neo

Five Factor Inventory Presumptive Stressful Life Events Scale and the Parental Bonding Instrument in gathering needed data from forty employed adults.

Park (2004), on the other and, focused her study on the development of youth. The researcher identified and explored the role of subjective wellbeing in youth development. Findings of the study suggests that positive life events, supportive parenting, engagement in challenging activities and high-quality interactions with significant others contribute to the development of life satisfaction.

Considering the youth again, Natvig et.al (2003) revealed in their study the association of happiness and some psychosocial factors. Specifically, it was revealed that social support from teachers enhanced happiness significantly and inverse result for support of peers. Researchers also explored associations between happiness and psychosomatic symptoms. Pupils feeling unhappy reported a particular symptom more often and they also had the highest mean number of reported symptoms. To assess whether these health indicators characterize different dimensions of health, a comparison of strength of associations with common risk factors is made. Implications for health promotion practice are also discussed.

On his other research, Datu (2012) described the relationship between the degree of subjective well-being and level of self-efficacy among the Filipino adolescents. Utilizing 200 adolescents, it was revealed in his study that self-efficacy is significantly related to subjective well-being.

Gratitude, Forgiveness and Subjective Well-Being among Filipino adolescents are the focus of another research of Datu (2013). Using 210 college students, he examined

the influence of gratitude and forgiveness on the well-being and life satisfaction of the participants. Results indicated that *gratitude* served as the most robust determinant of well-being after controlling demographic characteristics and forgiveness dimensions. Most importantly, *gratitude* and *forgiveness of self*, which is a dimension of forgiveness, predicted subjective well-being beyond the influence of the Big Five personality factors.

Adding to the list of researches on happiness is the work of Ramiro & Cruz (2009). They looked into the Happiness and Quality of Life of 210 Never-married Filipino women and found out that 80.5 percent of the participants were happy or very happy with their current living status. Family was the first source of happiness, friends came second followed by strong relationship with God. Majority of the respondents declared a “good” quality of life in terms of psychological domain. Researchers concluded that contrary to belief, single, never-married women can also live a good life.

Perez (2012) on his cross-sectional, non-experimental study aimed to determine the differences of various psychological well-being of Filipino college students in terms of gender. Utilizing, 588 participants, the author found out that No gender differences were found in the aspects of positive affect, negative affect, mother relationship, teacher relationship, environmental mastery, personal growth, and self-acceptance but on the other hand is present in terms of father relationship, daily spiritual experience, peer relationship, autonomy, positive relations with others, and purpose in life.

Studies which made use of Subjective Happiness Scale

Moreover, Otake et.al (2006), just like this research, used Subjective Happiness Scale (SHS) in measuring their participants' level of happiness. They examined the

relationship between the character strength of kindness and subjective happiness and the effects of a counting kindnesses intervention on subjective happiness. Results showed that: (a) Happy people have more happy memories in daily life in terms of both quantity and quality; (b) Happy people scored higher on their motivation to perform, and their recognition and enactment of kind behaviors; (c) Happy people became kinder and grateful through the counting kindnesses intervention and (d) Subjective happiness was increased simply by counting one's own acts of kindness for one week. Discussion focuses on the significance of kindness in creating subjective happiness.

Another study that used SHS as measures of happiness was that of Lin & Wu (2010). This study suggests the health and welfare service authorities should pay attention to the well-being profile and determinants of caregivers who working for people with disability to improve their quality of life.

[Tkach](#) & [Lyubomirsky](#) (2006) also used SHS in their research. Five hundred (500) ethnically diverse undergraduates reported their happiness strategies – that is, activities undertaken to maintain or increase happiness. Strategies include Affiliation, Partying, Mental Control, Goal Pursuit, Passive Leisure, Active Leisure, Religion, and Direct Attempts at happiness. The strongest unique predictors of current happiness were Mental Control (inversely related), Direct Attempts, Affiliation, Religion, Partying, and Active Leisure. Gender differences suggest that men prefer to engage in Active Leisure and Mental Control, whereas women favor Affiliation, Goal Pursuit, Passive Leisure, and Religion.

SYNTHESIS OF THE REVIEWED RELATED LITERATURE AND STUDIES

This portion shows several literature and studies that are related, supporting and contrasting to the subject being discussed. Primarily, the study is focused on the three factors considered vital for the purpose of this research.

Happiness started as a concept associated with luck or fortune. Many philosophers and religious men attempted to explain the real meaning people put into happiness. To date, happiness is now being associated with the term subjective well-being that indicates happiness as a construct having both affective and cognitive component.

In their attempt to explore the meaning of happiness, researchers found out different meanings of happiness given by different groups of people. These definitions include happiness as enjoyment, achievement, positive thoughts, spending time with loved-ones, mental state of satisfaction, positive emotions, freedom from ill being, satisfaction of wants, happiness in God, harmonious relationships and fulfillment of relational needs.

Several correlates of happiness were also made known through various researches. Positive correlation were found between happiness and quality of the parent relationship (Herz & Gulone, 1999); father and mother involvement (Bluchanam, 2003); maternal care (Cheng & Furnham, 2004); Extraversion (Furnham & Brewin, 1990); positive attributional style, neuroticism and openness to experience (Gupta & Kumar, 2010); biological and psychological factors including age, gender, genetic inheritance, family upbringing, financial situation and health (Doherty & Kelly, 2010);

community and friends, health, personal freedom and personal Values (Layard,2005);religion (Moreira, 2006) and self-esteem (Scheier& Carver 1985).

As to the examined foreign studies, subjects were mostly Asian i.e. Indians, Malaysians, Japanese, Koreans, and Chinese. There is also one surveyed study who considered Danish individuals as subjects of the study. Generally, the researchers explored the definitions they have for happiness as well as established significant relationships with given correlates.

Measures were utilized including the Oxford Happiness Questionnaire and Attributional Style Questionnaire (Gupta & Kumar. 2010) in order to assess happiness. Researchers are in qualitative and qualitative designs.

Local studies reveal similarities and differences with the surveyed foreign studies. Interestingly, Datu (2012,2013) came up with four empirical studies on Filipino sense of happiness, its correlation with self-esteem, forgiveness, gratitude and subjective well-being. Different methods were used including a cross-sectional, non-experimental study of Perez (2012). Subjects were diverse from young adolescents, adults in the family and old men from penal institutions.

Chapter 3

RESEARCH METHODOLOGY

This chapter presents in detail the methodology used in conducting this research including the locale where the study was conducted and the manner participants were selected.

Research Design

This study used the phenomenological inquiry design. McCaslin and Scott (2003) stated that phenomenology is characterized by the study of the common meaning for a number of people of their lived experiences of a phenomenon. In order to arrive at a more profound understanding of a given phenomenon, the use of phenomenological research is normally applied to convey structures of experiences gained. Its primary purpose is to minimize the experiences of each person with a concept or phenomenon to a “description of the universal essence” (Creswell, 2007). Phenomenology is focused on the descriptions of what people experience and how they experience what they experience (Patton, 1996). Literally, it is the study of “phenomena” or the ways people experience things and the meanings these things have in their experiences (Smith, 2013).

In this study, the lived experiences of the participants in relation to happiness was taken into consideration in order to arrive at how they view happiness, its sources and the practices that young Filipino people usually do to make themselves happy individuals.

Research Locale

A university with four campuses in Manila, Cavite, Laguna and Batangas is the locale of the present study. This university which was founded by a former national leader has a total enrollment of almost 40,000. Many disciplines are taught in the university, with International Tourism as flagship course. The university was selected to be the locale of the study because of the volume of its students that can contribute to diversity of responses and to a richer discussion of the topic under study. It is also interesting to note that students are coming from Manila, the heart of the National Capital Region and from Batangas, Laguna and Cavite which are neighboring Southern Luzon provinces. Ease of data collection was considered also since the researcher is handling college students in the said university.

Sampling Scheme and Selection of Participants

Purposive Sampling. Purposive sampling was used to select the participants who took part in the interview. According to Welman and Krugger (1999) “Purposive sampling is the most important kind of non-probability sampling to identify participants” (Groenewald, 2004). Creswell (2007) posited that the most appropriate process of selection of participants in the phenomenological study is to select individuals who satisfy certain criteria as participants.

For the study, the inclusion criteria set by the researcher are: (a) the students must be Filipino citizens; (b) are officially enrolled as students of said university with courses under the College of Business Administration, College of Arts and Sciences and College

of International Tourism and Hospitality Management and lastly; and (c) have obtained a Very High score in the SHS. To reach data saturation, Groenewald (2004) considered 2-10 participants as sufficient while Polkinghorne (1989) suggested 5 to 25 individuals who have experienced the phenomenon to be interviewed (Creswell, 2007). In this study, 20 students were selected to take part of the interview.

However, in order to fully arrive to a list of participants who will meet the set criteria, (specifically criteria C) the researcher administered a survey that will initially determine the level of happiness of the participants. This was done through the administration of the Subjective Happiness Scale. (See Appendix B). In doing this, the researcher identified specific sections and programs per year level in three colleges that are present among the four campuses. These colleges were the College of Business Administration, College of Arts and Sciences and College of International Tourism and Hospitality Management.

In summary, there were 1,920 students from four campuses who participated in the survey. However, the researcher retrieved only a total number 1,750 since the other participants failed to return the questionnaires on the agreed time and date. Out of these, the first 20 students who got the highest scores were picked as the interview participants. On the next page is the distribution of the respondents who were targeted to participate in the survey.

Table 1: Distribution of Target Respondents

CAMPUS	COLLEGE	YEAR LEVEL				TOTAL
BATANGAS		1	2	3	4	
	CAS	40	40	40	40	160
	CBA	40	40	40	40	160
CAVITE	CITHM	40	40	40	40	160
		1	2	3	4	
	CAS	40	40	40	40	160
LAGUNA	CBA	40	40	40	40	160
	CITHM	40	40	40	40	160
		1	2	3	4	
MANILA	CAS	40	40	40	40	160
	CBA	40	40	40	40	160
	CITHM	40	40	40	40	160
TOTAL						1,920

Moreover, the table below shows the summary of results the respondents obtained from the Subjective Happiness Scale.

Table 2: Summary of Results for the Subjective Happiness Scale

<i>Mean</i>	<i>Verbal Interpretation</i>	<i>Frequency</i>	<i>Percentage</i>	<i>Rank</i>
5.5-7.0	Greatest Extent	315	18	3
5.4-4.5	Great Extent	560	32	1
4.4-3.5	Moderate Extent	385	22	2
3.4-2.5	Less Extent	227	13	5
1.0-2.4	Least Extent	263	15	4

Considering all the criteria, 20 students were selected: Six (6) students were from Batangas Campus; seven (7) were from Manila Campus; four (4) were from Laguna Campus and three (3) were from Cavite Campus. The age range of the interviewees were from 16-20 years old; female; 2nd year students; parents are legally married and income

is between the ranges of Php 35,001-45,000. For the complete profile of the participants, please see Appendix C.

Research Instruments

A semi-structured interview questionnaire was developed for the qualitative data gathering. The semi-structured interview which is also referred to as an in-depth interview was employed to look into the lived experiences on happiness of the Filipino young people. This form of interview may be the most culturally suitable according to Estenberg (2002) as cited in Hays and Singh (2012).

In doing the semi-structured interview guide, the researcher looked into the existing literature on happiness. Having the objectives of the study in mind, the researcher then started to formulate possible interview questions. Afterwards, the researcher sought the help of some expert for validation of interview questions. Subsequently, revisions were made according to the results and comments given by the experts. The revised version were presented to the validators again for their final approval. The approval from the validators and thesis advisers as well signaled the researcher that interview can be conducted.

Listed below are the validated questions that are included in the semi-structured interview guide.

1. Describe one specific moment in your life in which you believe you are very happy.

2. What are the reasons you have in mind to say that that specific moment is your happiest so far?
 - What about the other reasons you considered during other occasions?
3. How would you characterize a happy person?
 - What do you think are the usual thoughts in a happy person's mind?
4. What are the things that you usually do when you are happy?
 - How about the things that you do to make you feel happy?
5. How do people around you contributed in the happiness that you are experiencing right now?
6. What kind of help do you think other people need to have for them to be happy like you?

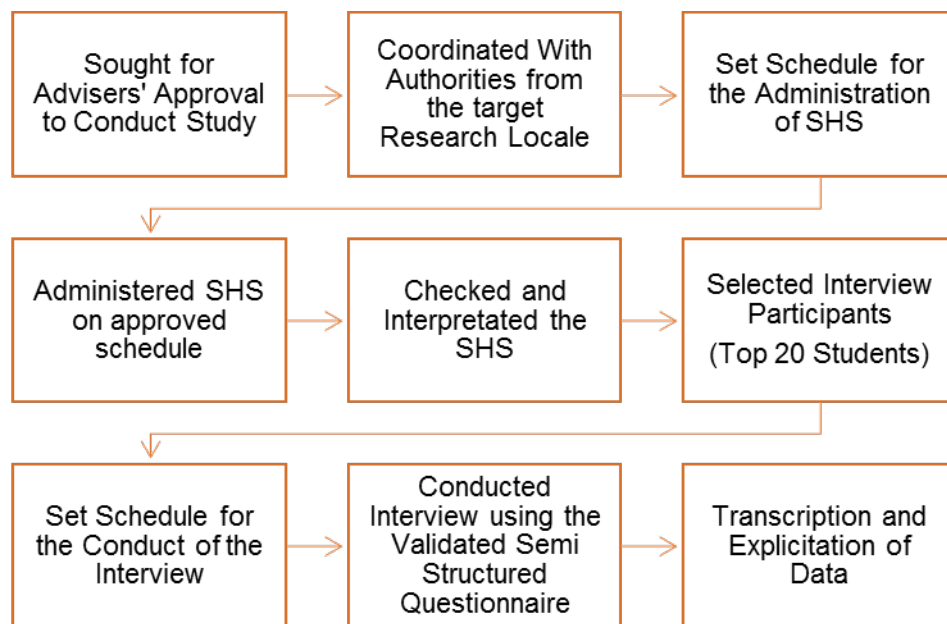
Procedures for Data Collection

Data collection started upon the adviser's approval. The researcher first coordinated with the authorities from the four campuses of the research locale through written requests. Upon approval, the researcher set the schedule on when to administer the Subjective Happiness Scale. The dates for the administration of the test were made known to the concerned students. On the approved date, the researcher visited the campus and administered the SHS.

Afterwards, the selection of participants for the interview followed. The top 20 students who got the highest scores and who agreed to become part of the study were interviewed using the semi structured interview guide. During their vacant periods, the students were asked to go to the guidance office where the interview session took place. Before the actual interview started, the students were given a consent form (see Appendix H) that assured their voluntary participation. The duration of the said sessions ranged

from 20 to 35 minutes. The researcher made use of an audio recorder, with the knowledge of the students, to make sure that everything that transpired in the course of the interview was recorded.

Figure 2: Graphical Representation of Data Gathering Procedure

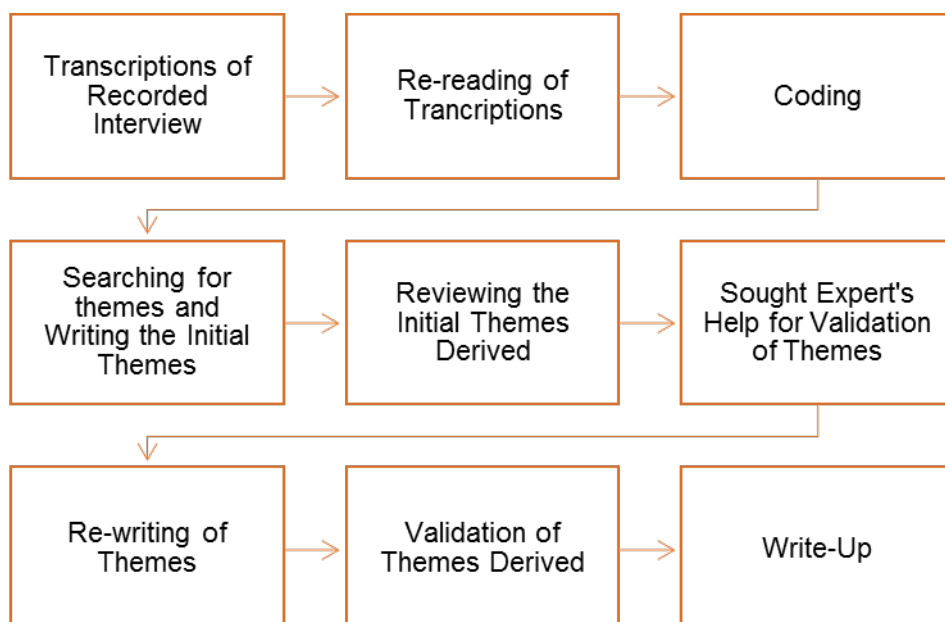


Data Analysis

After the conduct of the interview, the researcher took time analyzing the collected data. First, interviews of the participants were transcribed individually. Second, the researcher read and re-read all the transcriptions to become familiar with its content. Third, the researcher tried to identify significant features from the data that might lead to answering the research questions. This process is also termed as “coding”. Fourth, searching for possible themes was conducted by looking at the codes and entire data set to identify significant broader patterns of meanings. Initial themes were diligently written

by the researcher leaving all possible sources of biases. Fifth, the researcher reviewed the initial themes derived by looking at the collated data set. Renaming and redefining initial themes were also considered by looking at the existing relevant literatures on happiness. Sixth, the researcher sought the help of an expert in validating the themes. Upon expert's review, comments were all considered before coming up with the next step. Seventh, themes were re-write and again presented to the expert who validated it to check for other clarifications and suggestions. Eight, upon the approval of the expert, final themes were re-written and the researcher revalidated the final themes by presenting them to the participants asking them whether the themes derived are reflective of their interview responses. And lastly, upon participants, approval, the researcher started doing the write-up of the research findings. For graphical representation of these procedures, please see figure below.

Figure 3: Graphical Representation of Data Analysis



Chapter 4

PRESENTATION, ANALYSIS, AND INTERPRETATION OF DATA

This chapter presents the significant statements derived from the participants in light of addressing the questions specified in this research. Discussions were also provided as well as relevant literature that supports the findings of this study. A summary of the activities that are found in the workbook can also be found at the end of this chapter.

The findings of this study were presented according to the manner the research questions were presented. Identities of the participants were kept in anonymity by using the nicknames assigned by the researcher. However, the actual age and sex of the participants were used. Statements were also translated in English for international readers.

FINDINGS OF THE STUDY

Research Question 1. How do young Filipino people view happiness?

From the data derived from the participants through the interview, five major themes emerged in connection with how young people view happiness. These includes: (1) Happiness is living a worry-free life and resolving life's problems; (2) Happiness is fulfillment of one's goal in life; (3) Happiness is having a strong support group; (4) Happiness is seeing or making other people feel happy and (5) happiness is learning to be contented in life.

Happiness is living a worry-free life and resolving life's problems.

Living a life free from any worries and being able to resolve life's problems is how majority of young Filipino people view happiness. Worries, as operationally defined, refers to any thoughts that creates an unpleasant feeling and can usually makes a person anxious or distress. Six out of twenty (6/20) participants expressed this same thought by sharing their own experiences.

When asked how he viewed happiness, *Felipe, 19, Male*, directly equate the concept of happiness as having no worries or problems in life. This applies not only to himself but also to people who surround him. As he stated:

“Happiness ay katumbas sa wala akong problema. Di lang yong sarili ko maam kundi pati mga taong nakapaligid sakin, walang problema. Naalala ko po dati nung sobrang dami ng isipin na problema mam sa bahay, iyong time po na nawalan ng work ang father ko. Kahit nandyan ang mga barkada ko na nakakasama ko at kahit tumatawa ako, alam ko na di ako masaya talaga kasi problemado ang mga taong nakapaligid sakin”.

(Happiness is equivalent to having no problems at all, not just personally but also to those people who surrounds me. I remember the time when I had so much worries about my family, the time when my father lost his job. Even though I have my friends with me and even others see me laughing, I know that I am not truly happy because I know for a fact that I have problems as well as the people around me).

Another similar claim was stated by *Karina, Female, 17*. She further elaborated the statement given by Felipe when she mentioned that aside from living a worry-free life, getting by all those problems she experienced is how she views happiness. As Karina averred,

“Masaya ang buhay kapag wala kang problema. Kung may problema mam, kapag nagawa mong solusyunan iyon, tiyak pwede mong sabihin na iyon ang tunay na kaligayan. May times kasi talaga mam na ang problema, pag dumadating either sabay-sabay o sunod-sunod. Ako po dati, di sigurado kung makakagraduate on time, walang pambayad ng tuition fees, sabay nabuntis ang ate ko, galit na galit sina mama at papa na pati po ako nababalingan ng galit nila. Pero nung nalampasan ko naman po iyon, okay na ulit. Masaya talaga ang buhay mam kapag wala kang iniindang problema.”

(Life is happy when you do not have problems. If there are, the resolutions of those is what happiness really is. There are times that problems occur either all at once or one at a time. Before, I am uncertain if I will be graduating on time; we have no money to pay for my tuition fees and even I endured the anger my parents have for my older sister who got pregnant at that time. But when I was able to get by all of those, everything goes back to its place. Life is indeed happy if you do not have life's problems at all.)

Arianne, Female, 19 seconded the earlier statement by expressing how relaxing it is to have a trouble-free mind. She also mentioned that true happiness is when you have no problems to think about. Specifically she said that:

“Ang tunay na kasayahan mam ay kapag wala kang problema. Iba po kasi mam sa pakiramdam kapag wala kang iniisip. Parang chillax lang. Hindi po mam katulad nung mga times na ang dami dami ko problema. Di ko po alam san ako papasok, anong course ko, kung magkaka ayos pa po ba mga magulang ko, kung makakahanap pa po ng trabaho yung dalawa kong kapatid.”

(True happiness is when you have no problems. It is really a different feeling knowing that nothing troubles your mind. It seems to be so relaxing. Not unlike those times that I have so many problems to think such as where to study in college, whether my parents could still reconcile their relationship or whether my two siblings could ever find a job).

Additionally, same view on happiness was given by Quennie, Female 18.

She even shared her realization that despite all that she and her family have gone through, true happiness is being free and far from life's problems. As she declared:

“Happiness po is not being burdened by problems in life. Sabi po nila, iba iba daw ang mukha ng problema, pwedeng sa iba, pera ang problema sakin naman mam halimbawa sa pag-aaral ko o mismong sa pamilya ko. Pero narealize ko mam sa lahat ng mga pinagdaanan ko at siguro mam pati ng pamilya ko, na ang tunay na kaligayan ay ang pagiging malaya at malayo sa lahat ng mga suliranin ng buhay.

(They say, problems do have different faces. For others, it can be money but in my case for example, studies or even my family is my problem. However, I realized that despite what I had been through or even what my family had been through, true happiness is being free and away from the challenges of life).

On the other hand, Tiffany, Female 19, elaborated that happiness is being worry free along with the ability to remain positive despite life’s challenges. She also willingly shared her thoughts about the possibility of all her problems being solved. As Tiffany averred;

“happiness is laughing at all your problems and smiling confidently that those difficulties shall soon pass....kasi mam ako po, naniniwala ako na sa kabila ng lahat ng mga problema lilipas din naman lahat ng mga iyon kaya dapat marunong pa rin tayo ngumiti. Wala naman po kasing problema na wala atang solusyon. Sabi nga po nila, walang binibigay ang Diyos na problema na di natin makakayanan. Kagaya po dati mam, sobrang daming challenges sa buhay ko at sa pamilya ko pero gaya ng lahat ng nangyayari, lilipas din naman po eh”

(Because I believe that despite all the problems, it will all passed by; a reason for us to continue smiling. For there are no problems with no solutions. Like what others say, God does not give us any problem that we cannot handle. Before, I used to have lot of challenges in my personal life and with my family too but as like what is usually happening, they will all passed by naturally).

And lastly, Gabrielle, Female, 17 in her statement shared her thought that nothing compares to the feelings of not having any problem or worries in mind. She also mentioned about her quality of being sensitive in things that happen in her home. According to her,

“Happiness po for me is when you have a peaceful life-wala kang kaaway, pwede kang matulog sa gabi ng walang iniisip. Walang problema. Dumating kasi mam sa point na kahit sinasabi sakín ng mga nakakatanda na di ko dapat problemahin ang problema nila, may mga gabi po na di ako makatulog. Very sensitive kasi ako mam kaya alam ko pag may di okay sa bahay. Iniisip ko po lagi yung problema, dasal ako ng dasal. Kaya naman mam, nasabi ko sa sarili ko, na wala pala talagang makakapantay sa pakiramdam na wala kang inaaalalang problema o kaya po mga agam-agam.

(Happiness for me is when you have a peaceful life; you have no enemies and can go to sleep at night with a peaceful mind. There came a time in my life that I cannot go to sleep because I’ am thinking of some problems even though those who are older than me insist that I should not be thinking of those things. I am quite sensitive that is why, I know if there are something wrong going inside our home. The problems keep running in my mind and I keep on praying about it. This is the reason why I was able to say to myself that nothing compares to that feeling when you do not have any problems or worries in mind).

Viewing happiness in the same context given by the Filipino young people cannot be considered a new concept since as early as the time of philosopher Epicurus (306 BC), happiness is also viewed nothing but an absence of pain or worry. Added to this, Epicurus mentioned that happiness is the greatest aim of life and people therefore need to avoid all situations that would only cause him pain.

A similar view on happiness can be seen in the qualitative study of Datu and Valdez (2012) involving Filipino adolescents too. Accordingly, participants described happiness as the absence of negative situations and stress in life allowing them to reduce negative emotions such as sadness, anxiety and confusion. Filipino adolescents also chose to look on how they can lessen unpleasant feelings rather than how they can increase positive moods. With this, participants believe that if they do not have disturbing

thoughts, issues and concerns affecting any aspect of their live, they can regard themselves as individuals who are experiencing true happiness.

Happiness is fulfillment of one's goal in life

The second theme derived from the participants' responses is that happiness is viewed as a fulfillment of their goals in life. Goals may either be directed towards themselves, their families or towards their academic success. Furthermore, they view happiness as a state or feeling of satisfaction resulting from achieving these tangible and intangible goals.

As such, the need to know what one aspires in life and actually doing things which he believes will bring out happiness in him are vital elements to be happy. This is found relevant in the statement given by *Belinda, Female, 16* who gave a general statement on how she view happiness. According to her,

“happiness for me po is achieving what a person wants in his/her life. Kaya po mam, I believe din na mahalaga na alam natin kung ano po talaga yung gusto natin. Nung bata po ako mam gusto ko lang makapagtapos ng pagaaral. Hindi pala siya ganun kasimple mam kasi habang tumatanda ako, nagbabago di po ang ang gusto ko sa buhay. Ngayon mam, gusto ko na din po makahanap ng magandang trabaho at makapag ipon para sakin at sa pamilya ko”.

(That is why, I believe that it is important for us to know what we really want in life. When I was younger, all I want is to finish my studies. I realized that it was not that simple at all because as I grow up, things I want in life do change too. Now, I also want to find a good job to save money for myself and my family).

A similar claim was given by *Daniella, Female 16*, when she directly expressed that she views happiness as achieving her personal goals in life. She specifically shared that,

“ang happiness po para sa kin ay ang mga katuparan ng lahat ng gusto ng isang tao, material man o hindi...para po sa kin mam, mahirap maging tunay na masaya pero hindi naman po imposible. Kelangan lang po talaga may goal tayo, kung ano ang gusto natin maabot. Ako po mam, gusto ko talaga makapag travel around the world. Sa iba po mam siguro luho lang yun na maiituring pero para sa kin, its more than that. Siguro po kasi pangarap ko po kasi talaga siya bata pa lang ako. Plano ko mam, maghanap ng trabaho na kikitang ko tapos makakapag travel pa”

(Happiness for me is getting what a person wants-material or not. For me, finding happiness may not be not that be easy to attain but I believe it is not an impossible thing. I myself, I want to travel around the world. It may be a luxury for others but to me, it is more than that. Maybe because, it is my childhood dream. My plan is to look for a job that will allow me to travel too).

Another participant, Neri, Female 20 shared a similar view on happiness. She even expressed her belief that achieving happiness may not need to be too complicated.

In Neri’s own words;

“Happiness mam, Simple lang naman po kasi... Isipin mo kung ano ang gusto mo, kung wala kang ibang tao na maaapakan, sige push lang! Ituloy mo kung ano ang makakapagpasaya sa iyo. Why make things complicated mam, di ba? Kapag nakuha mo na kung ano ang gusto ko, yun mam ang happiness para sa kin. Ako po mam before, laging napapagalitan kapag sumasali ako sa mga banda.Mahilig po talaga kasi ako sa music. Pero, same stories po, ayaw ng parents ko kasi daw mapapabayaang ko ang pag-aaral ko. Pero sa kapipilit ko ata po at siguro kasi napatunayan ko naman po na di bababa ang grades ko, later on natanggap din nila na part ng buhay ko ang banda at musika”

(Happiness is a simple thing. Think of what you want to do and if you will hurt nobody, then do it! Continue doing what makes you happy. Why make things complicated, right? If you got what you really want, then it is what happiness is for me. Before, I always got scolded whenever I joined a band. I was really interested in Music. But as like the usual stories, my parents did not want the idea because they believe that I could put my studies in neglect. But perhaps, because I keep on insisting and I was able to prove that my grades were not affected, they accepted the fact that music and band is part of my life)

Comparable to this is the statement given by Ian, Male, 19. He also believes that a person has to simply think and act on what he/she believes will make him/her happy. As he put it,

“Para po kasi sakin mam, maikli lang ang buhay, kaya gawin mo na lahat ng bahay na makakapagpasaya sayo, parang ganun po pa. Tanda nyo po ba mam iyong commercial ng coke: “Maikli lang ang buhay, gawin mo kung ano makakapagpasaya sayo”. Siguro mam yung iba tingin nila sakin, irresponsible at immature ako, pero kasi mam ako, gusto ko lang talaga ienjoy ang buhay ko. At isa pa mam, di ko alam kung hanggang kelan ako mabubuhay, kaya might as well ienjoy ko na lang ang buhay ko, di ba?”

(For me, life is short so do all the things which you believe will make you happy. Remember the Coca-Cola Commercial before?–“Life is short so do what makes you happy”. Perhaps, others see me as irresponsible and immature, but the truth is, I am just enjoying my life. Also, I do not know how long will I live my life; so might as well enjoy my life, right?)

“happiness mam, matupad ko lang po ang pangarap ko na makagraduate at maging CPA. Ano mam kasi kagaya ko po, isang taon na lang gagraduate na ako. At alam nyo naman po gaano kahirap makapasa sa retention grades natin sa Accountancy”.

(Happiness for me Ma’am is achieving my dream of graduating and becoming a CPA. Just like in my case; one more year and I will be graduating. And you know how difficult for a student like me to pass this course due to retention grades for Accountancy students).

Viewing happiness in the context similar to how Marlon view happiness is found a support on the study conducted by Lyubomirsky, King and Diener (2005). According to their research, achieving high and good grades among the students can really help in the increase of their subjective well-being since it could provide the latter the feeling that they are high achievers. This is also in alignment to a research conducted by Jones (2015) which suggests that fulfillment of academic goals play a great deal in a student’s happiness.

The second view on happiness coincides with the work of Griffin (2000) and Condor (2009) that gives emphasis on finding and fulfilling one’s purpose or goal in life with an end in view of becoming happy individuals. For the participants, the feeling that once their purpose/goal is fulfilled is what real happiness is.

Happiness is having a strong support group.

The third theme derived in relation to how Filipino young people view happiness is in the context related to having a strong support group. Support group refers to a cluster of people where a person can find encouragement and assistance that material things cannot provide.

Reflective in the statements given by the participants, they look at happiness as being surrounded by people who support them in whatever they do especially in making decisions. These people are usually members of their family and peers.

Three out of Twenty (3/20) participants shared this view. One of which is *Eliza, Female, 18*. Eliza claimed that being surrounded with significant people, specifically her family, is how she views happiness. She also expressed her gratefulness with her family being always present and supportive in every school activities that she does. Using her own words,

“ For me kasi mam since siguro I grew up in a family na sobrang closely knit so mahalaga po talaga sa kin na complete kami at masaya and I guess kahit naman po sino wala nang mahihiling pa kapag kumpleto at masaya ang pamilya. Kahit madami na po akong kaibigan sa school, iba pa rin po talaga ang feeling ko kapag alam ko na andyan ang pamilya ko para suportahan ako. Alam mo ba mam, kahit simpleng activity lang sa school, lagi po silang full support sa kin, kaya naman po sobrang nagpapasalamat ako sa kanila. Kaya nga po ata nasabi ko na ang happiness for me ay ang magkaroon ng pamilya na gaya nila ”

(For me, since I grew up in a very closely-knit family, it is important for me that my family is complete and happy. And I guess, anybody else could not ask for more when their families are happy and complete too. Even though I have lot of friends in school, it's a different feeling knowing that my family is there to support me. You know what ma'am,

even in simple school activities, my family has a full support on me, and I am very grateful about it. It may be a reason also why I am able to say that happiness for me is having a family like them).

Moreover, another student who gave a similar view on happiness is *Hannah*, *Female 17*. Hannah boldly equates happiness with her family. She specifically mentioned that just the word “happiness” reminds her of her family.

“Kapag naririnig ko ang word na masaya mam, wala na ko ibang naiisip kundi iyong pamilya ko, sina mama, papa, mga kapatid at pamangkin ko. Sila po mam ang definition ko ng happiness siguro kasi mam alam ko na kahit ano ang mangyari, andyan sila , susuporta at mamahalin ako , ano pa man ang mangyari madaming beses ko na po napatunayan kung gaano nila ako ka suportado”

(Whenever I hear the word, happy, I have nothing in mind but my family; my parents, my siblings and my nephews. They are actually my definition of happiness perhaps because I know that whatever might happen, they will always be there to support and love. And I have it proven so many times already).

On the other hand, *Rowell, Male, 18*, claimed that the support and acceptance he gets from his friends is how he viewed happiness. He explicitly mentioned about how his friends supported him when he made a decision on his life. Using his own statements,

“Sa totoo lang mam, happiness po para sa kin ay yung alam ko na may mga tao na handang sumuporta sakin. At nakita ko po iyon sa mga kaibigan ko. Tanggap ko na kasi mam na wala na talagang chance na mabuo ulit ang pamilya ko kasi may kani-kanila ng pamilya ang mga magulang ko. Sa mga kaibigan ko mam, maliit o malaki man ang desisyon na kelangan kong gawin; sinusuportahan nila ako. Nung nagdecide ako mam na humiwalay sa lolo ko, nakita ko kung paano ako sinuportahan ng mga kaibigan ko. Tinulungan nila ako kahit di sila masyado pabor sa naging desisyon ko.

(The truth is, happiness for me is knowing that there are people who are ready to support me. And I found it with my friends. I accepted the fact that my family will never be complete again since both of my parents have their own families already. With my friends, they support me with very decisions that I have to take, whether small or big

ones. When I decided to live a separate life from my grandfather, I saw the support of my friends. They helped me even though they weren't that in favor with my decision).

As cited in the work of Mabasa (2013), happiness as a satisfaction of needs to interact with social support system was found in the study of Datu and Valdez (2012). Feeling of contentment and joy resulting from meaningful relationships is a central theme that can be found out from participant's responses. The most crucial relationships emerge from family, friends, peers and colleagues. This conception is highly relevant to the participants at hand since individuals from collectivistic societies may show a greater likeliness to view themselves in the context of socially meaningful relationships (Markus and Kitayaman, 1998). Given that interacting with others is highly rewarded in the Philippine Culture (e.g. closely knit family structure), behaviors that typify it may predispose them to experience a positive and joyous emotional state. Similar definition of happiness was seen from Chinese college students (Lu and Gilmour, 2004).

Happiness is seeing or making other people feel happy.

Next to the list of themes derived is happiness as seeing and making other people feel happy. There were four (4) students who gave this view on happiness. As suggested by the participants, they regard happiness as a moment of seeing important people i.e. family members and friends in a happy state or even exerting efforts to make them feel happy. Such efforts may be directly shown just like through throwing out some funny lines or jokes or indirectly shown such as by making things the person can be proud of.

Carlos, Male, 19 averred that;

“happiness po para sa akin ay makita na masaya ang mga taong mahal ko. At walang ibang material na bagay na makakatapat dun. Lalong lalo na po pag nakikita ko ang mama ko na masaya. Dalawa na lang kami kasi mam sa bahay. Si papa at dalawa ko pong kapatid, sakay ng barko kaya most of the time kami lang po ni mama ang naiiwan sa bahay. Masayang masaya po ako ma every time na masaya si mama o kapag tumatawa siya sa mga jokes ko”.

(Happiness for me is seeing my loved ones happy. And no material thing can ever equate to that. More especially, whenever I see my mother happy. We are the only two who lives at home since my father and two siblings are working in a ship. Most of the time, it is only the two of us who were left at home. I am very happy every time I see my mam happy or whenever she laughs on my jokes)

A similar claim was given Jannah, Female, 18. She elaborated the earlier statement given by Carlos when she mentioned that happiness for her is seeing her parents smile too through the little things that she show to them and through the success that she receives in school. As Jannah mentioned,

“ Ang tunay na happiness po mam para sakin ay ang makita ang smile ng mommy at daddy ko, sa kahit anong bagay na ginagawa ko. Sa school din mam. Happiness po para sakin ang makita na masaya sila kapag nagiging dean’s lister ako o kapag nakakasali ako sa mga outside competition. Gusto ko kasi mam makita na proud sila sakin at di sayang lahat ng pagod nila para mapagaral ako”.

(True happiness is seeing my mommy and daddy happy in whatever I do, even in school. It is also happiness seeing them happy every time that I am qualified for dean’s list or whenever I got to join outside competitions. I want them to be proud of me and for all their efforts in sending me school not to be in vain)

Joining the list of participants who view happiness as seeing their parents and even other relatives happy is Ojay, Female, 17. She also added that happiness for her is letting the members of her family feel how important they are to her. According to her,

“Ang happiness po mam para sakin ay ang maparamdam sa mga magulang ko, pati po sa mga kapatid ko at iba pang mga kamag-anak na sobrang mahal na mahal ko po sila. Kasi mam, kapag masaya po sila , masaya na rin po ako. Nung highschool ako

mam, tinanong din po ako ng teacher ko kung ano ang happiness para sakin at di po agad ako nakasagot mam. Siguro po kasi, later ko na narealize na wala naman po akong ibang naiisip kundi ang happiness ay ang makita na masaya ang mga taong mahal ko”.

(Happiness is for me to let my parents and even my siblings and other relatives how much I love them. It is because, I am happy whenever I see them happy. When I was in highschool, one of my teachers also asked me how I view happy. I was not able to answer quickly. Maybe because it was a little later when I realized that happiness for me is actually seeing the people I love happy too)

And lastly, Princess, Female, 18 claimed that just like the first three participants, making her loved ones feel happy is how she views happiness. Specifically, she mentioned about how she crack some jokes just to make her father laugh. It is his father’s laughter, according to her, that actually gives her true happiness. She shared:

“Naku ma’am, ang happiness po para sakin ay ang marinig ang malulutong na tawa ng papa ko. As in nakakahawa mam ang tawa nya kung makikilala nyo lang po

siya. Bunso po ako mam tapos only child pa kaya siguro ramdam ko din po na favorite ako ni papa. Tuwing darating po ako sa bahay galing school, sasalubungin ko po agad si papa ng mga jokes ko. At lagi naman pong benta iyon sa kanya”.

(Oh ma’am! Happiness for me is hearing my papa’s laughter. If you happen to know him, you will find out how contagious his laughter is! I am the youngest and the only daughter, perhaps the reason why I believe I am my father’s favorite. Every time I came home after school, I will greet my papa with my jokes. And papa all laugh at it”

Researchers agree with this given definition as seen in the work of Lambert et. al (2012). They found out that sharing good news with another person is especially beneficial, more than writing about it, and more than just enjoying social contact. Participants completed diaries of their mood and life satisfaction over a four-week period. At the end of the study, those who had shared positive experiences with another person at least twice a week were happier and more satisfied with life than those who had only written about positive experiences twice a week, and they were happier and more content

than others who had written regularly about what they had learned in class and shared that information with a friend. In summary, findings suggest that positive affect, happiness, and life satisfaction reach a peak only when participants share their positive experiences and when the relationship partner provides an active-constructive response.

Happiness is learning how to be satisfied in life

Lastly, becoming life satisfied is how two participants view happiness. As suggested by their statements, a person needs to learn how to feel satisfied with the things he already has. According to Larry, Male, 18,

“Happiness para sa kin ay kapag natuto ka na maging kuntento sa mga bagay bagay na meron ka. Hanggang naghahangad ka ng higit sa kung ano ang meron ka, naniniwala po ako mam na imposible maging masaya”

(Happiness for me is when a person learn to be contented with all the things that he have. As long as he wish for something that is beyond what he actually have, I believe that it is impossible for that person to be happy)

Furthermore, Sammy, Male 18 asserted a somewhat similar claim. Accordingly;

“Ang happiness mam o kaligayahan para sa kin ay iyong natuto kang magpasalamat sa lahat ng meron ka at maging kuntento sa buhay. Iyon po kasi ang turo sa kin mula noong bata pa ako. Sabi din po nina lola ko, hanggang naghahangad ka ng higit pa sa meron ka sa buhay, di ka kaylanman magiging masaya. Laking lola po kasi ako kaya namana ko na rin po mabuhay ng simple lang”.

(Happiness is learning to be grateful with all the things you have and being contented in life. That is what has been taught to me since I was young. According to my grandmother, as long as you wish for what is more than what you have, you will never be happy. I grew up with my grandmother perhaps the reason why I am used to living simple)

Statements supporting happiness as being satisfied with one's life can be found in the work of Gilman et. al (2004) as cited by Mabasa (2013). The researcher discussed

that life satisfaction is not only just a product of positive psychological conditions like self-confidence but also of happiness. The research also concluded that family, environment, social activities, being not involved in risk-taking behavior like alcohol, drugs and violence comprised the life satisfaction of the youth.

Research Purpose Number 2: What are the practices that add up to the participants' level of happiness?

Based on the qualitative analysis, three (3) practices that the participants usually do which they feel add to their happiness emerged. These include (1) engaging oneself in interesting activities; (2) Positive thinking; and (3) surrounding oneself with optimistic people.

Engaging oneself in interesting activities.

Several practices were given by participants when asked about the practices they usually do to make themselves feel happy. Most of the students expressed that engaging in activities which stimulate their interests is what they usually do. Among these participants is *Eliza, Female, 18* who shared that she usually does simple activities like drawings and watching movies.

“Ako mam, simple lang na bagay po. Ako po iyong tipo ng tao na okay na sa simpleng panonood ng mga favorite movies ko. Mahilig din po ako mam mag drawing. Bata pa po ako hilig ko na iyon. Para maging masaya, kumakain din po ako ng coke float.”

(With me, I just do simple things. I am the type of person who is satisfied with just watching my favorite movies. I am also fond in drawing ever since I was a child. I also eat happy food like coke float)

Arriane, female, 19 has similar practices with Eliza. She is also fond of watching her favorite movies and eating food she love which she believes make her feel happy. As she averred,

“Ako ma’am saktong kain lang sa labas, nood ng horror movies paborito ko po kasi iyon ma’am. Medyo weird po pero nakakatanggal ng stress eh! Ayoko ng madrama masyado. Mahilig din po pala ako mglaro ng dota”.

(I usually eat outside, watch horror movies since those movies are my favorite. I am quite weird because horror movies are my stress reliever. I do not like heavy dramas. I also like to play dota games”.

Ojay, Female 19 gave a different response on how she make herself hppy. According to her, she usually runs into using the social media specifically Facebook. She verbalized that,

“ano mam, siguro po, facebook lang po talaga, chat sa mga fb friends tapos selfie selfie. Ganun lang mam kasi nga po, mabilis lang naman ako mapasaya at mababaw lang po talaga kaligayahan ko”

(With me, perhaps it is really by using the facebook, chatting with my fb friends and doing some “selfie”. That will be all since happiness comes to me that easily)

Furthermore, four of the participants mentioned that doing some relaxing things for them are the practices that they usually do to make themselves happy. They also see such practice or a mean of rewarding themselves. For Neri, Female, 20;

“Reward mam sa sarili. Kahit window shopping lang kasi wala namang pang shopping talaga eh. At pumupunta po ako sa bahay ng mga pinsan ko. Masaya po kasi dun kasi madami po ako nakakakwentuhan”

(I reward myself. I do some window shopping since I really do not have much money to spend. I also usually go to my cousin’s house. I feel happy going into their place since I’ve got to talk to them)

Belinda, female, 16 also shared how she rewards herself. Eating the food she love is what she usually does to make herself happy. Using her own words,

“mam, I eat a lot. Kain kain lang ako mam lalo na pag stress na stress po ako. At mahilig po ako sa chocolates talaga kaya gusto ko po para masatisfy ako, may chocolates akong kakainin. Reward ko na din po sa sarili ko...”

(I eat a lot especially when I feel so stress. I am also fond in eating chocolates and eating it really make me feel satisfied at all. I regard it as a reward to myself)

Jannah, Female 18 also shared the usual practice she does to make herself feel happy. Aside from eating, she usually goes out with her friends too. So she shared,

“I eat a lot mam. I sleep a lot. I talk to a lot of friends. I enjoy simple things gaya ng pagtambay kasama mga kaibigan ko, makipagkwentuhan, manood ng sine, ung mga ganun lang po. Enjoying the free things that life is offering”

(I enjoy simple things like hanging out with friends, chatting, watching movies and 00tuff like that)

Quennie, Female, 18 gave a different response when asked about the practice she usually does to make happy. She specifically mentioned that;

“jokes mam. Seryoso po. Call it corny pero mahilig po talaga ako sa jokes. Mahilig din po ako manood ng mga funny clips sa youtube. Yon po stress reliever ko eh”

(It’s the jokes actually. You may call it “corny” but I am really interested in jokes. I also like watching funny clips in youtube. That has been my stress reliever)

Furthermore, *Rowell, Male, 19*, had been very specific in describing what he does to make him feel happy. He mentioned about having a list of all the things that he wanted to do.

“I have a bucket list kasi mam of things I love to do kaya naman po pag medyo sabihin na po natin na nagiging boring na ang buhay ko, gumagawa po ako ng isa sa mga lists na yon. Medyo magastos nga lang po pero what is money po ba kung magiging

masaya naman ako di ba? Kagaya po mam last last week, nagpunta po kami ng Palawan to try the cliff diving. Masaya po kasi mam, natritrigger ang sense of adventure ko tsaka kasi mam Tourism ang course ko so I am into traveling po talaga”

(I have a bucketlist of all the things that I love to do that’s why whenever I feel that my life gets a little boring, I do what’s on my list. It may be quite expensive but what is for if it will mean my happiness, right? Just like last last week, we went to Palawan to try the cliff diving. It feels so happy when my sense of adventure is triggered and besides I am take Tourism course so I am really into travelling)

Moreover, two participants shared meaningful activities that allow themselves for personal reflections like going to church and journal writing. Felipe, Male, 19 stated that:

“Ahm, kung ako lang po mam, pumupunta po ako sa church. Yon po ung isa kong natutunan na effective gawin pag malungkot ako. As in, uupo lang po ako,di ako magsasalita pero sa isip ko po sinasabi ko na “ lord, kausapin nyo naman po ako”.

(Ahm, if it is only me, I usually go to church. That’s an effective thing that I learn to do whenever I feel sad. I just sit down, not saying any words but in my mind it says “Lord please talk to me”)

Hannah, Female, 17 on the other hand share what she usually does to make herself happy. She mentioned her interest I reading books and writing journal. In her own words,

“Minsan naman po, I read the bible or mga self-help books. Mahilig po kasi ako sa ganun eh. Mahilig din po ako mag journals, ung parang diaries po pero di naman talaga sya diaries (hahaha)”

(Sometimes, I read the bible or any self-help books since that is also my interest. I also like to do some journals, those similar to diaries but not really diaries. (laughs))

Engaging one self in any activities that a person is interested in is found to increase the happiness level. This is evident in the work of Vallerand (2013) when he and his associates mentioned that doing a certain thing where the person is passionate about

provides the best kind of happiness and gratification that gives a lasting sense of fulfillment rather than merely a rhapsodic moment.

Another online article sees the importance of pursuing interests, passions and hobbies in achieving happiness. Accordingly, when a person takes time to value his talent and give time to his passion, he will find the greatest bliss that once could hope for. There are people who gave up on their childhood interests like skateboarding, vintage dresses collection and cross stitching because they see it as impractical. However, it is always worthy to engage one self in things that a person likes doing since doing this interesting activities taps the person's authentic self that helps in growing maturely and holistically. (<http://www.themavencircle.com/why-its-so-important-to-pursue-your-passion>).

Positive Thinking

Another theme derived from the participants responses in relation to the practices that they usually do to make them feel happy is positive thinking. Participants usually do this by looking at the affirmative side of things and changing the way they interpret the negative thoughts they have in mind. Out of twenty participants, four (4) shared this specific practice. *Carlos, Male, 19*, has a short yet very direct view on this. As stated by him;

“iniisip ko mam na life has so many things to offer, so we must learn to be satisfied with what we have...”

Thinking how blessed she is, is what another participant, *Gabrielle, Female, 17* does to make her feel happy. As she verbalized,

“Ako mam, simple lang po, iisipin ko lang kung gano ako kaswerte sa buhay, isipin ko lang kung gaano ako ka blessed. Kaya kapag medyo nakakaramdam ako ng lungkot, agad ko po iisipin na maswerte ako sa madaming bagay. May pamilya ako na nagmamahal sakin, ligtas kami at di nagkakasakit, nakakapagaral kami at marami pa pong iba”

(I just think of how lucky and blessed I am. Whenever I feel sad, I just keep in mind how lucky I’ am in so many things. I have a family who loves me; we are all safe and we do not get sick; we are able to study and many others)

Furthermore, Ian, Male, 19 responded that he usually conditions his mind to be happy in hope of eventually having that kind of feeling. He averred that,

“madali naman po ako mapasaya mam eh kaya iniisip ko na lang po na kung magiging malungkot ako, partly, ginusto ko din na maging malungkot. Kaya iniisip ko na lang po na masaya ako. Mind conditioning po ba, Kung gusto ko maging masaya, isipin mo ang masasayang bagay”

(It is easy for me to be happy. That’s why I keep in mind that if I will be sad, it is because I opted to be like that. Thus, I just think that I am indeed happy. Mind conditioning actually. If I want to be happy, I just think of happy things)

Last in the list of participants who shared this similar practice is Sammy, Male, 18. He expressed that for him to be happy, he learned to refute the negative thoughts he has on mind.

“I avoid negative thoughts. And I do that by replacing negative thoughts with positive ones...Halimbawa po mam, kapag may problema ako, I tried to see it in a different way, as in kahit 360 degrees turn pa po yan. Sinusubukan ko po na makita ang magandang side ng mga nangyayari sakin. Kagaya po dati mam nung sobrang down ko, sabay sabay ang problema namin. Dumating pa nga po ako sa point na natanong ko si Lord kung ano ang gusto nya at nararanasan ng pamilya ko ang lahat ng problema.”

(For example, whenever I have a problem, I tried to see it in a different way, even though it requires a 360 degrees change in perspective. I try to see the good sides of all the things that is happening in me. Just like before, when I feel so down and we have so many problems. I even came to the point that I asked the Lord what He wants that He allows my family to experience all those problems)

The idea that positive thinking can be learned started with works of Seligman. Various studies on changing explanatory styles were conducted, and the general theme of their findings was that optimism could, indeed, be learned (Gillham, Reivich, Jaycox, & Seligman, 1995). Following this line of research, a curriculum was developed for school children to attempt to inculcate in them an optimistic explanatory style. Children were selected as the population of interest as their personalities are more malleable than adults, as they are still forming and have not “solidified”.

Surrounding oneself with optimistic people

Lastly, this theme was derived in relations to the practices which the participants believe add to their sense of happiness. With this, participants claim that they prefer to be with people who can see things in a positive perspective since being with people who think negatively do not bring desirable outcomes.

Daniella, Female, 16 pinpointed that she really avoids being with negative thinker since pessimism is somehow contagious in nature. Using her own words,

“Umiiwas po ako mam sa mga tao na masyadong nega. Iyong wala nang ibang naiisip kundi ang mga masasamang pwedeng mangyari. Mahirap po kasi kung masyadong negative ang mga tao sa paligid natin. Nakakahawa sila. Tsaka mam parang ang bigat bigat sa pakiramdam. May nakasama po ako dati nung highschool ako na clubmate. Lahat na lang mam naisipan nya ng di maganda. Masyado po siya observant to the point na nakikita nya lahat ng panget.”

(I avoid those people who are so negative. Those who only think of bad things that might happen. It is quite difficult to be surrounded with this kind of people because their negativity are contagious too. And besides, being with them creates a heavy feeling. I have had a clubmate when I was in highschool who was so negative. She always think of the negative sides of things. She is so observant that she see all the ugly things around)

Karina, Female, 17 seconded this claim of Daniella. Se also added that spending time with negative people somewhat steals all her enthusiasms and energy. Using her own words,

“Ayoko mam sa mga taong negative. Nakakapagod po sila kasama. Parang nauubos mam lahat ng sigla at lakas ko. Sila rin po kasi kadalasan ang dahilan kung bakit may mga bagay na di ka magawa. Kasi lagi po silang kontra. Sa barkada mam, sinasabihan ko po talaga ang mga kaibigan ko kapag nagiging negative thinker sila”

(I do not like negative people. It is tiring to be them and it seems that they are taking away all my zeal and energy. Most of the time they are the reason of why one cannot perform certain things because they always disagrees. With my peers, I really tell my friends whenever they start becoming negative thinkers)

Larry also shared the same practice. For him, it is better to be alone rather than be with pessimists.

“I honestly believe that it is better for me to work alone and to be alone rather than have a companion who have nothing in mind but purely bad things and negativities”

Another male participant shared a similar opinion. Marlon, Male, 16 said that;

“Para maging masaya po ako mam, mas pinipili ko na lang na mag-isa kesa naman po sa may kasama nga ako pero napaka negative naman po mag-isip. Ayaw na ayaw ko po kasi mam sa tao ay iyong mabigat kasama, iyong di pa nga mam nagagawa, panget na agad ang naiisip”

(For me to be happy, I rather choose to be alone rather than to have a companion who thinks so negatively. I really do not like people who is so difficult to be with, those who think of bad things even before a thing is started)

According to Lyubomirsky (2007), when a person surrounds himself with optimistic ones, he clears away the negativities that exists around and create a welcoming and nurturing room to renew the energy. By doing this, a person does not only enrich his life but also provide a healing and supportive space that could later fosters greater understanding, growth and love for oneself as well as those he care about.

Research Question 3. What are the sources of happiness as identified by young Filipino people?

After the analysis of data, three (3) themes emerged as Filipino young people source of Happiness. These include: (1) Presence of family, friends and significant others; (2) Sense of achievements; and (3) Moments shared with family members

Presence of family, friends and significant others is the most frequent reported source of happiness of Filipino young people with family on the top list. When asked what will make them happy, seven (7) participants shared their thoughts and feelings. One of these participants is Larry, Male, 17. According to him;

“Wala na po ako mahihiling pa eh maliban lang sa makompleto po ang family namin. Lumaki po kasi ako mam na wala ang papa ko. Asa US po kasi siya kasama ang mga lolo ko. Minsan ko lang po siya makasama. Dream ko po na makapunta kami dun ng mama ko at ng mga kapatid ko. Siguro po, kapag nangyari yun, ako na ang pinakamasaya”

(I could not ask for more except for my family to be complete. I grew up without my father by myside since he is in the US with my grandfather. I seldom had the chance

to be with him. It is my dream for me, my mother and my sibling to go to US too. If this come true, it will really make me happy)

Carlos, Male, 19 straight forwardly said that his own family is his source of happiness.

“makakapagpasaya po sakin ang pamilya ko especially yong anak ko at ang asawa ko”

(what will make me happy is my family specially my son and my wife)

Furthermore, Arriane, female, 19 mentioned that;

“siguro po mam ang makakapagpasaya sakin ay knowing that I am surrounded with true friends and loving families. Dun po mam, alam ko, masayang masaya na ko at wala na po ako hahanapin pa”

(Perhaps knowing that I am surrounded with true friends and loving families will make me happy. With that, I am certain that I am happy and that I could not ask for more)

Eliza, Female, 18, specifically named her mother as the source of her happiness.

Borrowing the exact words,

“My mama. She is my everything, Wala po ako kung wala siya. Mula po nung mamatay si kuya at si papa, kami na lang ang laging magkasama. Makita ko pa lang po na masaya siya, masaya na din po ako. Madami akong pangarap para sa kanya at sa aming dalawa”.

(I am nothing without her. Since my father and brother died, we are the only two left. I just want to see her happy and that will make me happy too. I have lots of aspirations for her and for the two of us)

Tiffany, Female, 19 added that aside from her immediate family, her other loved ones is her source of happiness.

“ang nakakapagpasaya po talaga sakin ay ang mga mahal ko sa buhay kagaya ng mga kapatid ko, mga magulang ko, mga pinsan ko at sina lolo at lola. Di ko po maimagine ang buhay ko kung wala sila”

(what makes me happy is my loved ones like my siblings, my parents, my cousins, my grandparents. I cannot imagine myself without them)

Hannah, Female, 17 mentioned what her family can do for her. When asked about her source of happiness, Hannah stated that;

“Pamilya po mam. Ang lahat-lahat mam ng inieenjoy ko ngayon, dahil sa kanila”.

(It’s my family. All of the things that I enjoy is because of them)

And lastly, Rowell, Male, 19 specifically said that his parents are his source of happiness.

Mga magulang ko po mam. Napakaswerte ko po kasi lahat ng pangangailangan ko binibigay nila. Alam ko po na mahal na mahal nila ako”.

(My parents are the source of my happiness. I am so lucky because they provide me with everything that I need. I know how much they love me)

In support of these claims, Perigrino as cited in the work of Medina (2012) family, along with religion and health are the determinants of happiness for Filipino people. Another study on social relationship (King, 2008) reveals that people with an active social, close friends and happy marriage are more satisfied than those who lack intimate connections.

Scott (2014) gave a very good explanation of why family and moments shared with them is indeed a good source of happiness. According to him, family can provide a certain type of social support that a person cannot get from other people. He added that families can be depended in times of crisis for practical and emotional support. This connection is a unique way that family brings for happiness as well as relief from stress.

Aside from family, friends are also viewed as a major contributor of student's happiness. When asked about it, Belinda, Female, 16 expressed that her college friends who helped her get through challenging situations significantly contributed to her happiness. As she verbalized,

“Siguro mam ung presence din ng mga kaibigan ko particularly mga college friends ko kasi mam sobrang dami na naming pinagdaanan mula pa noong first year kami. As in through thick and thin, sila nakakasama ko. Sa lahat ng mga reviews, compre, sa lahat ng mga deadlines, sa lahat ng pressures at stress sa org, sila po kasama ko. Kaya, kapag po nandyan sila, lalo na po pagnanaka biruan, sobrang saya ko po...”

(Perhaps, the presense of my friends particularly my college friends since we already shared a lot of things eversince we were first year. They were with me through

thick and thin. They were with me during all the reviews, comprehensive exams, with all the pressures and stress in the organization. As long as they are here, especially during light moments, I feel so happy)

Ian, Male,19 shared a similar response. As he mentioned;

Friends mam. Bilang solong anak, wala naman po ako na mga kapatid na nakalaro nung bata ako. Mga pinsan ko naman po, nag migrate na sa Canada. Siguro mam factor din po yun kung bakit mga kaibigan ko ang naging takbuhan ko. Sa kanila talaga mam, masaya ako”.

(My friends actually. As an only child, I have no siblings to play with since I was a child. My cousins on the other hand all migrated to Canada. Perhaps this is also a factor why I always run to my friends. With them, I feel so happy)

In addition to this, another participant, Marlon, Male,16 averred that,

“barkada ko po mam,kasi mam iba eh, pag sila kasama ko. Nakakalimutan ko lahat ng problema ko. Ang nakakatuwa pa mam, ang mga kaibigan ko, mababait po sila, good influence”.

(my friends because its really a different feeling when I am with them. I can forget all my problems. I am glad to have friends like them because they are all kind and they are good influence to me

In agreement with this, it is found out that spending time with friends is associated with increasing positive affect from preadolescents into adolescence. Using experience sampling methods, participants reported high levels of positive affect when spending time with friends as compared to with parents or alone, and this level of positive affect steadily increases with age, suggesting an increase in the happiness that interactions with friends bring to adolescents (Larson and Richard, 1991).

Moreover, Czikzentmihalyi and Hunter (2003) used experience sampling to evaluate happiness in a national sample of adolescents from 6th to 12th grades. Among the top ten most frequent activities in which adolescents engage, talking with friends was the

activity associated with the highest levels of happiness and among all possible other with whom an adolescent can spend time, the highest levels of happiness were reported when they were with their friends.

Having quality friends is what happy people usually have also. [Diener and Seligman \(2002\)](#) showed that very happy people have highly satisfying relationships with friends, romantic partners, and family members and that, compared to their less happy peers, they report more positive events and emotions in their daily lives relative to negative ones.

Sense of Achievements

Some participants stressed that another defining source of happiness is having a sense of achievement. As explained by Desire Theory cited in the work of Mabasa (2013), what makes people happy is getting what one really wants. No matter how pleasurable or disagreeable the experience one had as long as he was able to achieve what he desired will be a great contribution to his happiness. The negative effects or painful feelings while achieving his desires will overpower the pain and satisfaction.

Another theory which explains how sense of achievements can contribute to happiness is the Objective List Theory. Specifically, this theory emphasizes that happiness can be achieved through the list of valuable things in the world, which include accomplishment in career, good relationship with peers and family, good health, feeling of being loved and being educated.

Ojay, Female, 17 enthusiastically shared that the moment she learned she was qualified for a scholarship was one of the happiest moments in her life. She also mentioned that passing the scholarship was just secondary since what really contributed to her happiness is the opportunity of achieving her dreams in life that would later bring more positive feelings and experiences. As verbalized by one student,

“...what makes me happy is the idea that I am able reach my goal.Nung nalaman ko po na qualified ako for JPL Scholarship, sobrang saya ko po kasi makakapag enroll na ko at LPU, dream school ko po kasi talaga ito. Sobrang saya ko po kasi alam ko na matutupad ko na pangarap ko at alam ko po kasi na kahit di magsalita si papa, alam ko na proud sya sa sakin...”

(when I learned that I am qualified for JPL scholarship,I feel so happy because I can finally enroll at LPU. It is my dream school. I feel so happy because at last I can now fulfill my dream and I know how proud my father is even he does not actually speak about it.

Moreover, for Daniella, Female 16;

“ In fairness mam, masaya ako mam kasi alam ko na so far, naachieved ko naman ang mga goals ko. Di naman po ako katulad ng ibang mga ka age ko na parang wala sa tamang direksyon ang buhay. Dati po sabi ko, gusto ko magtake ng Culinary, gusto ko magtake nun sa magandang school sa Manila. At awa ng Diyos, natutupad ko naman sya”.

(in fairness, I am happy because I know that so far, I am able to achieve my goals in life. Compared to others of my age, I can say that I am living my life in the right direction. Before, I wanted to take up a culinary course in Manila. And through the God's grace, I am fulfilling it”

Experience of being loved and accepted

Aside from the presence of family, friends and significant others and sense of achievements, the experiences that led the participants to feel loved and accepted also emerged as a source of participant's happiness. Neri, Female, 20, averred that the thought of somebody loving and supporting her is where her happiness comes from. As she verbalized,

“...ahm, siguro po alam ko na may taong nagmamahal sa akin. Tinatama nila ako pag nagkakamali ako at andun sila lagi para sa suporta. Tanggap nila kung sino ako at mahal nila ako kahit di ako perpekto”.

(Perhaps, knowing that there are people who loves me. They correct me with my mistakes and they are always there to support me. They accepted and loved me despite that I am imperfect”

Moreover, Princess, Female, 18 shared that,

“ Masaya ako mam kasi may mga tao sa paligid ko na mahal ako. Sa totoo lang mam, enough na sa akin yun. Natatakot ako mam sa idea na maiiwan ako. Ayaw ko po magaya sa isa kong lola na kapitbahay na palipat-lipat na lang ng bahay kasi walang mga anak na magaalaga sa kanya”.

(I am happy that there are people around me who love me. In reality,that would be enough for me.I am afraid in the idea of me being alone.I do not want to be alike to an oldwoman in my neighborhood who moved from place to place because she has no children to look after her)

Felipe, Male, 19 recalled one happy moment in his life in relations to this theme.This was evident, according to the student, when his parents allowed him to take a college major that he really wants to take. As he verbalized,

“ang nakakapagpasaya po sakin ay sa tuwing mapapakinggan ako ng mga magulang ko sa gusto ko. Gaya po dati sa pagpili ko ng course ko.Sobrang nagging masaya po ako kasi naramdaman ko po for the first time na pinakinggan nina papa ang gusto ko, ang sarap po kasi mam sa pakiramdam kaya nga mam I’m doing all my best para naman di ako mapahiya sa kanila. Ayaw ko po kasi na di na naman nila ako payagan sa mga decision ko eh”

(What makes me happy is whenever my parents listen to what I want. Just like in choosing my course. I felt so happy that time because for the first time, I felt that my father listened to what I want and it was such a wonderful feeling.That is the reason why I am doing all my best to prove to him that I made the right decision. Not allowing me with my decision once again is the thing that I do not want to happen again.

Furthermore, when asked what her source of happiness is, Jannah, Female, 18 stated that the moments which she feels accepted makes her happy. She willingly

shared her experience of happiness when she felt accepted by her own mother whom she thought does not love her. As she averred;

“Happiest moment ko po mam is nung first time my mom called me “anak”. I cried so hard that time because I thought ampon ako at di ako mahal ng mama ko. Eversince kasi, si ate favorite nya. Kaya nga po lahat na lang ginagawa ko para maging achiever sa school. Way of compensation ko kasi mam iyon para maging proud si mama sakin”

(My happiest moment was when my mother called me daughter for the first time. I cried so hard because I though I was adopted and my mom does not love me. My sister is her favorite eversince. That’s why Iam doing everything to be an achiever in school since this is my way to make my mother proud of me”

Aron and Henkenyer (1995) revealed how it is possible for experiences of being loved to be a source of happiness. In their study, it was found out that love needs were perceived by college students to be important to their happiness. Love has been described as an intense and important emotion people are motivated to obtain and maintain (Stenberg, 1998). The current research supports this view as the love needs were chosen overwhelmingly of the participants as their source of happiness.

Research Purpose No 4. In reference to the research findings, what possible activities can be included in the workbook the researcher plans to develop?

The findings of the study indicate that for Filipino students, happiness is defined as: (1) Happiness is living a worry-free life and resolving life’s problems; (2) Happiness is fulfillment of one’s goal in life; (3) Happiness is having a strong support group;(4)

Happiness is seeing or making other people feel happy; and (5) happiness is learning to be contented in life.

Factors such as (1) Presence of family, friends and significant others; (2) Experience of being loved and accepted and (3) sense of achievement contribute to the happiness of selected participants. Moreover, practices such as (1) engaging oneself in interesting activities; (2) Positive thinking; and (3) surrounding oneself with optimistic people are what students usually do that they feel add to their happiness.

In consideration to all of the foregoing findings, the researcher developed a workbook entitled “*#HappyMe-A Happiness Workbook for Filipino College Students.*” Happiness, as subjectively viewed, served as the framework on how the activities were developed. As such, each activities incorporate items and ideas that would deal both of the readers ‘cognitive and affective aspects. In general, these activities are expected to make them think of ways to become happy and at the same time are expected to lead them acquire a happy feeling.

During the development of the activities, the researcher also considered the possibility that students may already have a high level of happiness. As a result, activities were also created in the light of sustaining the existing happiness of the students. The descriptions for each activity, its objectives, materials to be used and procedures on how to accomplish the activities are clearly stated too.

At the end of each activity, students can answer the processing questions which are projected to lead them in the attainment of the activity’s objectives.

(Please see next page for the summary of activities found in the workbook including the specific session title, corresponding objectives and full feature of activities)

RESEARCH RESULT AREA TO BE ADDRESSED	SESSION TITLE	OBJECTIVES	PROPOSED ACTIVITY (Description)
On View			
Happiness as having a strong group	#throwback#Family Portrait”	At the end of this activity, participants are expected to: 1. List down all the positive things that they can think about their own families and 2. Appreciate each member of the family by recalling the old days happily spent with them.	Creative Drawing Students will list down all the positive things that s/he thinks about his/her family. Afterwards, list will be ranked according to its greatness. The one in the topmost list will be drawn using crayons. The drawing should include all the members of the family. As a twist, right-handed students will draw using their left hand and vice versa.
Happiness as having contentment in life	Life Goal Worksheet	This activity aims to: 1. Assists students in visualizing specific goals in areas that includes their personal, family, academics, career and spiritual life. Through this activity, students	Completion of Worksheet Worksheets with instructions to follow and processing questions will be provided to the students.

		will be guided accordingly which can later promote sense of satisfaction or contentment.	
Happiness is achievement of something significant to the person.	“ My Trophy, My Happiness”	This activity aims to: 1. Allow students to recall moments of success and achievements to create feelings of excitement, pride and positivity. 2. Create an acceptance speech related to recalled moments of success and achievements; 3. Answer the processing and/or guide questions provided,	Students will be asked to cut out figure similar to a trophy, After which, students will create a speech similar to an acceptance speech. S/he will asked to share things about his/her achievements, the challenges encountered, the impact of these achievements to his/her personal life as well as the person/s he/she been in achieving goals.
	“That Moment that I Dared to fail... and Bounced Back!	This activity aims to: 1. Provide students opportunity to think back of frustrating moments; 2. Accepts one’s flaws, faults	Story-Book Making Students will share their stories by making their own story-book out of any materials that they wish to use.

		and limitations 3. Turn negative experiences as an avenue for growth and learning	
Happiness as freedom from Worries	“Comic title, please”	Students are expected to : 1. Give each picture in the workbook a comic title 2. See the positive things despite negative situations and experiences 3. Apply positive thinking in dealing with real life challenges	Completion of Worksheet Worksheets with instructions to follow and processing questions will be provided to the students.
	“One, Two, Three, Problem Solved!”	Students are expected to : 1. Learn the step by step process of handling and solving problems	Completion of Worksheet Worksheets with instructions to follow and processing questions will be provided to the students.
	“Don’t Lose Your Cool!”	This activity helps students to determine what causes them to “lose their cool” in hope of	Completion of Worksheet

		making them more self-aware that could later lead them in preventing the occurrence of more negative situations.	Worksheets with instructions to follow and processing questions will be provided to the students.
Happiness as sharing the feeling and making other people happy too.	“My Daily Dose of Happiness”	This activity intends to let the students appreciate the importance of articulately expressing positive emotions to people surrounding them.	Completion of Worksheet Worksheets with instructions to follow and processing questions will be provided to the students.
On Sources of Happiness			
Presence of Family, Friends and Significant Others	“Pic Collage”	This activity allows students to 1. Reminisce good old memories they have had with their families, friends and /or other important people to them. 2. Appreciate the role of each of them to the person whom they had become.	Students will create their own collage. They may include the reasons for choosing that specific memory and specify in details each role the family members have contributed to the person they had become. They may also include lessons or values in life that they

			learned from them.
	How to deal with difficult parents???	This activity aims to guide students on the effective ways in expressing themselves to their parents which could later be an avenue to a more genuine and effective communication.	Completion of Worksheet Worksheets with instructions to follow and processing questions will be provided to the students
	If I Had a Million Dollars!	This activity aims to look at friendship in a more meaningful perspective that college students should learn to value.	Completion of Worksheet Worksheets with instructions to follow and processing questions will be provided to the students
The Experience of being loved and accepted	The Day I Forgave Myself	In this activity, students will be given a chance to forgive themselves for all the failures and heart aches committed to oneself and/or other people.	Completion of Worksheet Worksheets with instructions to follow and processing questions will be provided to the students
Sense of Achievements	“Motive Diet Plan”	This activity aims you to “push” yourself in achieving something that you are	Completion of Worksheet

		passionate about	Worksheets with instructions to follow and processing questions will be provided to the students
Engaging Oneself in Interesting Hobbies/Activities	** How to Enjoy Life:	This activity intends to impart practical tips to the students on how they could possibly enjoy their life through engaging oneself in interesting activities or hobbies.	Completion of Worksheet Includes doable tips on how to enjoy life for physical, emotional and mental well-being; supported with explanations and illustrations
Thinking of positive Things over Negative ones	Are You a Positive or Negative Thinker? Learn About – and Change – How You Think	This activity helps to determine whether students are positive or negative thinker	Short Quiz; backed up with how to turn negative thoughts to positive
	“ It’s All in your Head	Completion of this worksheet allows students to have an idea of what they most think about in hope of targeting those thoughts to become more positive in nature.	Completion of Worksheet Worksheets with instructions to follow and processing questions will be provided to the students
	Three Good Things	This activity helps students to focus attention more on the positive rather than dwell on the negative with an end in	Completion of Worksheet Worksheets with instructions

		view of acquiring grateful feelings.	to follow and processing questions will be provided to the students
Surrounding oneself with positive people	Keeping Good Company: Why You Should Surround Yourself With Good People	This activity intends to impart practical tips to the students on how they could possibly surround themselves with positive people.	A Blog written by Leon Logothetis that discusses the importance of having positive people around. Guided by processing questions.
	Gratitude Letter	The activity intends to allow students extend their gratefulness to person/s whom they think had been a positive influence in their lives.	Completion of Worksheet Worksheets with instructions to follow and processing questions will be provided to the students
	Gratitude Jar	The activity aims students to recognize and be grateful with things that happen to them in every single day.	In a strip of paper, students will write everything that he/she is grateful about. Strips will be place in a customized jar. Writing of things one is grateful about should be done in daily basis.

CHAPTER 5

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

This chapter presents the summary of findings, conclusions and recommendations derived from this research study. After the discussion of the findings, the researcher was able to draw several conclusions.

The main objective of this study was to explore the concept of happiness among selected Filipino college students with an end in view of developing a happiness workbook. With this, it sought to answer the following research questions:

1. How do Filipino young people view happiness?
2. What are the practices that add up to the participants' level of happiness?
3. What are the sources of happiness identified by young Filipino people?
4. In reference to the research findings, what possible activities can be included in the workbook the researcher plans to develop?

Findings:

1. Five major themes were derived in relation to how Filipino learners defined happiness. These include: (1) Happiness is living a worry-free life and resolving life's problems; (2) Happiness is fulfillment of one's goal in life; (3) Happiness is having a strong support group ;(4) Happiness is seeing or making other people feel happy and (5) happiness is learning to be contented in life.

Young Filipino people view happiness as living a worry-free life and resolving life's problems. Such view supports the statement first made by Filipino researchers Datu & Valdez (2012) indicating that Filipino adolescents' conception of happiness is about the absence of worries in life. With this, participants believe that if they do not have disturbing thoughts, issues and concerns affecting any aspect of their live, they can regard themselves as individuals who are experiencing true happiness.

The second view on happiness coincides with the work of Griffin (2000) and Condor (2009) that gives emphasis on finding and fulfilling one's purpose or goal in life with an end in view of becoming happy individuals. For the participants, the feeling that once their purpose/goal is fulfilled is what real happiness is. Similar is given to academic achievement which is also a defining feature of happiness as supported by works of Jones (2015), Quinn and Duckworth (2007) and Lyubomirsky, King & Diener (2005).

Another definition that emerged after the analysis of data, is that *Happiness is having a strong support group*. This is in agreement to the Works of Lu and Gilmour, (2004), Markus and Kitayaman, (1998) and Datu and Valdez (2012).

For Filipino students also, Happiness is seeing or making other people feel happy. This finding coincides with the works of Lambert et. al (2012)suggesting that positive affect, happiness, and life satisfaction reach a peak only when participants share their positive experiences and when the relationship partner provides an active-constructive response.

Lastly, happiness is learning to be contented in life. Statements supporting this can be found in the work of Gilman et.al (2004).

2. The sources of happiness among young Filipino people includes the (1) Presence of family, friends and significant others, (2) experience of being loved and accepted; and (3) sense of achievements.

For Filipino learners the presence of family, friends and significant others contribute to their happiness. Positive correlation between presence of important people to one's life with happiness is also found in the works of King (2008), Czikzentmihalyi and Hunter (2003) and [Diener and Seligman \(2002\)](#).

The experience of being loved and accepted is also a factor that contributes to students' happiness. Scott (2014) discussed the relationship of this factor to happiness which can also be found in the work of Aron and Henkenyner (1995).

Happiness can also come from the achievements acquired by the participants in areas related to their academic and even personal lives. Explanation of how achievements can elicit happiness can be found in existing theories like the Objective List Theory and Desire Theory.

3. Practices such as (1) engaging oneself in interesting hobbies/ activities; (2) thinking of positive things over negative ones; and (3) surrounding oneself with positive people are the usual activities students do that they feel add to their happiness. The effectiveness of doing these practices can be seen in the researches of Vallerand (2013) and Gillham,et.al (1995).

4. The researcher included a series of activities that target different research result areas which are based on the findings of the present study. Objectives of the activity, instructions to follow and several processing questions were also provided.

Conclusion:

1. Personal and Interpersonal components can be found in the way young Filipino people view happiness. Personal components are found in given definitions such as Happiness as achievement of something significant to the person; happiness as absence of worries and happiness as having contentment in life. These indicate that all these three given definitions are more individualistic and self-oriented in nature rather than socially inclined. Interpersonal component, on the other hand, is found in definitions such as Happiness as having a strong support group and happiness as sharing the feeling and making other people happy too. With these, dependence and considerations on others were also considered by the participants in defining what happiness is.

2. Aside from the first two known components of happiness-the affective and cognitive, happiness as viewed by Filipino learners also have a behavioral component indicating that happiness for them can be attained when a person exerts some actions to be happy. Happiness therefore can also be achieved through a person's own efforts.

3. In relation to item number 2, happiness can be learned and young Filipino people can be taught on how they can achieve happiness. With this, experts in the field of education can look closely on these young people's sources of happiness that they might consider including in their classroom discussions and/or activities.

4. In terms of sources of their happiness, young Filipino people place greater importance on intangible matters that will provide them sense of self-fulfillment rather than merely acquiring materialistic or temporal possessions.

5. Positive attitude and optimism is seen by Filipino young people as a vital component in pursuing practices that they believe contribute to their happiness in general.

Recommendations

The following recommendations are offered by the researchers based on the foregoing conclusions of the study:

1. Future researches should explore other determinants of Filipino sense of happiness not only to adolescents but to other age groups. They may also consider establishing correlations between respondent's profile and their level of happiness.

2. A larger diversity which includes representative samples from farther provinces including areas in Visayas and Mindanao should be taken into consideration too.

3. Guidance counselors may utilize the finding of this research as a general basis for counseling and/or designing interventions or group activities that are parallel to Filipino students' definition and overall conception on happiness.

4. The effectivity of this workbook can be assessed to determine possible areas of improvements which could later lead other researchers in a developing similar yet improved the workbook as an output of this research.

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Appendix B

Subjective Happiness Scale

By: Sonja Lyubomirsky

For each of the following statements and/or questions, please circle the point on the scale that you feel is most appropriate in describing you.

1. In general, I consider myself:

1	2	3	4	5	6	7
not a very happy person					a very happy person	

2. Compared with most of my peers, I consider myself:

1	2	3	4	5	6	7
less happy					more happy	

3. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?

1	2	3	4	5	6	7
not at all					a great deal	

4. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?

1	2	3	4	5	6	7
not at all					a great deal	

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Appendix C

Profile of the Interviewees

NAME	CAMPUS	COURSE/ YEAR LEVEL	AGE	SEX	PARENTS' MARITAL STATUS	PARENTS' MONTHLY INCOME
Arriane	Batangas	BS Tourism 4 th year	19	F	Married	25-001-35,000
Belinda	Manila	AB Multi Media Arts 1 st year	16	F	Married	25-001-35,000
Carlos	Laguna	BS Accountancy 4 th year	19	M	Married	15,001-25,000
Daniella	Manila	BS Custom Admin. 1 st year	16	F	Married	15,001-25,000
Eliza	Batangas	BSBA Marketing Mgmt. 2 nd year	18	F	Married	35,001-45,000
Felipe	Cavite	BS Psychology4 th year	19	M	Separated	35,001-45,000
Gabrielle	Cavite	BS Psychology2 nd year	17	F	Married	15,001-25,000
Hannah	Batangas	BS Tourism2 nd year	17	F	Married	35001-45,000
Ian	Laguna	BSBA BusinessMgmt.,4 th year	19	M	Married	25-001-35,000
Jannah	Manila	Cruise Line Operations in Hotel Services, 3 rd year	18	F	Married	35,001-45,000
Karina	Batangas	BSBA-Marketing Management 2 nd year	17	F	Married	25-001-35,000
Larry	Batangas	BS Psychology 2 nd year	18	M	Married	35,001-45,000
Marlon	Batangas	BS ITTM 1 st year	16	M	Married	35,001-45,000
Neri	Laguna	BS Accountancy 4 th year	20	F	Married	25-001-35,000
Ojay	Manila	Cruise Line Operations in Culinary Arts 2 nd year	17	F	Married	25-001-35,000
Princess	Manila	AB Journalism 2 nd year	18	F	Married	15,001-25,000
Quennie	Manila	Cruise Line Operations in Culinary Arts 1 st year	18	F	Married	35,001-45,000
Rowell	Manila	BS ITTM 3 rd year	19	M	Married	35,001-45,000
Sammy	Laguna	BS Accountancy 3 rd year	18	M	Married	35,001-45,000
Tiffany	Cavite	Cruise Line Operations in Culinary Arts 3 rd year	19	F	Married	35,001-45,000

Appendix D

Sample Interview Transcript

Researcher : Hi! Goodmorning! Kamusta ka na ngayon?
Student A : Okay lang po maam!
Researcher : Good. By the way, I'm Miss Arlene and you are (student's name intentionally not mentioned) right?
Student A : Yes Maam. Kayo po nag guidance class samin last semester di ba?
Researcher : Yes. Ako nga iyon. Im handling CBA students kasi here at LPU Manila and that time nagkataon lang na naghandle ako ng CAS students. Kamusta ka naman since the last time na nagkausap tayo?
Student A : Okay lang po maam. So far naman po nag-eeenjoy sa block.
Researcher : Wow, that nice to hear ha. By the way I assume naman na you have an idea on why you are here, tama ba?
Student A : Yes maam! Nagtext po kasi sakin kung makakapunta po ako for an interview. Research purpose po.
Researcher : Ah,that's right. I called you or should I say I requested you to come today and be one of the participants for my research study.Will that be okay?
Student A : Si mam naman! Parang others. Opo naman po
Researcher : Well, salamat kung ganun and paano, lets start na? But first of all, I have here a consent form, You may read it.
(The student read the Informed Consent Form)
As what is written there, I, being the researcher is asking for your participation in an interview regarding the experiences you have in relation to happiness. It would take 20-40 minutes and I would like to inform you also that this interview will be tape recorded for data transcription purposes. What you will share will be kept confidential and your name will not be associated with any research findings. So if that's okay with you, you may sign this consent form.
(The student signed the consent form).
Thank you. Okay. My first question is, based on your personal experiences, how do you define happiness?
Student A : Pwede po Tagalog?
Researcher : Oo, pwede naman. Ahm, tatagalugin ko ba yong tanong?
Student A : Hindi na mam Okay lang po. Ahmmmm....what is happiness??Ano mam, happiness, equivalent sa wala kang problema. Di lang iyong sarili mo maam kundi pati mga taong nakapaligid sayo walang problema.

Researcher : So ibig sabihin nito, ang konsepto mo ng masaya ay ang kawalan ng problema?Tama ba?

Student A : Opo mam. Tsaka po kasi mam tumatawa pa rin naman po ako mam kapag may problema pero yong alam nyo po na deep inside may kulang, may hinahanap kayo. Siguro mam, yong true happiness talaga.

Researcher : Okay, I understand. So sinasabi mo na masasabi mo lang na masaya ka talaga pag tipong wala kang problema o iyong mga tao sa paligid mo, wala ding problema. At para sayo, kapag tumatawa ka, hindi ibig sabihin nun, masaya ka, tama ba?

Student A : Sakto mam!

Researcher : Okay, nabanggit mo na minsan may hinahanap ka deep inside, yong parang may kulang sayo...Sa tingin mo, ano iyong posibleng makakasatisfy sana ng kung ano yong kulang na yon?

Student A : Mahirap kasi mam sagutin kasi depende po sa situation eh

Researcher : Depende saan kaya? May Idea ka ba?

Student A : Siguro mam depende sa need ko at wants that time.Pero kadalasan po, kapag ganun, family talaga ang hinahanap –hanap ko. Halimbawa mam, pag medyo nalulungkot ako, gusto ko lang po umuwi sa bahay, makita sina mama at papa at makipagkulitan sa mga kapatid ko.

Researcher : Ah, sige, naiintindihan ko ibig mo sabihin. Ahm, pwede mo ba kong kwentuhan ng isang tiyak na pangyayari sa buhay mo na sa palagay mo, sobrang naging masaya ka?

Student A : Ano po mam, ganito po kasi yon. Hopeless na ako mam kasi akala ko po talaga di na ko makakapag-aral. Wala po kasing means para mapag-aral ako ng parents ko tapos nagcocollege din po si ate ko. Pero nung nalaman ko po na qualified ako for JPL Scholarship, sobrang saya ko po kasi makakapag enroll na ko at LPU, dream school ko po kasi talaga ito. Sobrang saya ko po kasi alam ko na matutupad ko na pangarap ko at alam ko po kasi na kahit di magsalita si papa, alam ko na proud sya saakin.

Researcher : Nakakatuwa naman talaga iyon. Buti na lang pala talaga nakapasok ka sa scholarship kasi hanggang ngayon, kitang kita ko pa sayo ang excitement .Ahm san ka ba naging mas masaya, dun sa fact na natanggap ka o dun sa alam mo na proud sayo si papa mo?

Student A : Parehas lang naman po pero kung tutuusin po yong proud si papa kasi kaya ko naman po gusto makatapos ng college kasi para din sa kanila ni mama.

Researcher : Ah okay. Very attached ka sa papa at mama mo ano?

Student A : Opo mam. Lalo na po kay papa.

Researcher : For sure, masayang masaya si papa mo para sayo. Mabilis

lang ang panahon, di mo mararamdaman pero isang araw, gagraduate ka na pala.

Student A : Oo nga po mam eh, excited na nga po ako agad kahit 1st year lang ako. (hahaha)

Researcher : Okay lang yan, basta balitaan mo ko ha kapag gagraduate ka na at lagi mo akong bisitahin dito sa Guidance?

Student A : Ay Sure na sure yon mam. Basta mam, wag ka magresign ha!

Researcher : Oo naman. Basta tingnan natin. Ahm, ang 3rd question ko is base sa mga karanasan mo, ano ang mga bagay-bagay na nagiging dahilan para maging masaya ka?

Student A : Dahilan mam para maging masaya ako??? Ahm, Siguro po ko na may taong nagmamahal sa akin.

Researcher : Maganda yan kasi mahalaga na alam natin na may taong nagmamahal satin.Pero, di ba, iba-iba ang dahilan para masabi natin na may nagmamahal sa tin, Ikaw ba? Paano mo nasasabi na may nagmamahal sayo?

Student A : Ano po, alam ko na concern sila sakín. Tinatama nila ako pag nagkakamali ako at andun sila lagi para sa suporta.

Researcher : Ah..ganun ba? May gusto ka pa bang idagdag?

Student A : Mararamdaman nyo naman po iyon mam eh. Tsaka sa amin po kasi very close ang family kaya lumaki po ako nanararamdaman ko maraming nagmamahal sakín.Halos every year po may reunion kami.

Researcher : So, pwede nating sabihin na bukod sa may nagmamahal sayo, iyong suporta na binibigay ng mga tao sa paligid mo ang mga bagay na nagpapasaya sayo.

Student A : Opo mam. Ganun nga po.

Researcher : May gusto ka pa bang idagdag?

Student A : Okay na po iyon mam.

Researcher : Ano naman sa tingin mo ang katangian o paguugali na meron ka na sa tingin mo na nakakaimpluwensya para maging masaya ka?

Student A : Ako po kasi mam, kahit kung tutuusin, bata pa, naturuan na po kami nina mama at papa na magtiwala sa Diyos. Kaya siguro po mam, ang pagiging prayerful ko po ang isa sa mga qualities na meron ako kaya nasasabi ko na masaya ako. Tsaka ako po kasi mam, I trust everything to God and believe that there are so many good reasons kung bakít nangyayari ang mga bagay bagay.At isa pa mam, kahit ano pa po ang mangyari, di ko hinahahayaan na maapektuhan ako ng sinasabi ng ibang tao na masama tungkol sakín o sa pamilya ko.

Researcher : Base sa mga sagot mo, ang pagiging Maka diyos mo at ang

pagpili na di makinig sa mga negatibong komento ng mga tao sa paligid mo ang mga katangian na meron ka na nakakapagpasaya sayo. Tama ba?

Student A : Opo mam at pagiging positive thinker.

Researcher : May gusto ka pa bang idagdag?

Student A : Siguro mam kagaya ng iba, ang pagkakaroon ng contentment sa sarili, magandang matutunan din po para maging masaya.

Researcher : Ah okay May naiisip ka pa bang ibang katangian?

Student A : Okay na po.

Researcher : Maari mo ba kong kwentuhan ng mga partikular na gawain na karaniwan mong ginagawa para maging masaya?

Student A : I do things that make me happy gaya ng pagddrawing, panonood ng movies, pagkain ng Mcdo float, pag sleep over sa mga kabarkada ko. Simple lang naman po ako mam kaya sa mga simpleng bagay lang din po ako nagiging masaya.

Researcher : Sa tingin mo, parang maging masaya o sabihin na natin na para mas maging masaya, anong klasen suporta o tulong ang pwede nating gawin?

Student : Tulong mam? Parang wala naman po kasi sila mismo dapat makadiscovers nun sa sarili nila. Siguro mam, kapag alam mo na malungkot ang isang tao, lapitan na lang po at kausapin na lang po. Minsan po kasi, iyon lang naman ang kelangan.

Researcher : Bukod dun. May naiisip ka pa?

Student A : Pray lang mam. Walang imposible.

Researcher : Okay. Meron pa ba?

Student A : Wala na po. Okay na po.

Researcher : Ahm, nakakatuwa ka naman. Very genuine ang mga sagot mo. Before natin tapusin ang interview na to, meron ka bang gustong idagdag? Or itanong?

Student A : Wala naman po mam. Goodluck na lang po sa thesis nyo.

Researcher : Wow! Thank you ha, If you want to know the result of this study, text mo lang ako or drop by ka dito sa Guidance ha. Again, thank you very much for sharing.

Sample Interview Transcript

Researcher : Hi! Good Afternoon. How are you today?
Student B : Okay lang po mam. Kayo po?
Researcher : I'm doing good also. Thank you for asking. Balita ko may activity daw kayo sa JPIA org ngayon?
Student B : Yes mam, election po kasi ng bagong officers.
Researcher : Ah okay? Are you an officer of JPIA?
Student B : VP External Mam.
Researcher : Oh, Nice to hear that. So I'm talking to a student leader pala.
Student B : Nahiya naman po ako bigla mam. (hahaha)
Researcher : Aba ikaw talaga. No need to. By the way, tapos na ba election? Di ka ba kelangan sa taas?
Student B : Kakatapos lang po mam. Nagliligpit na lang po kaya okay lang naman po.
Researcher : Well, thank you for that. So how was the result of the election?
Student B : President mam. No choice na sila eh. (hahaha)
Researcher : Wow! Congratulations. Am I the first person to greet you?
Student B : Opo mam. Thank you po.
Researcher : Okay mukhang kelangan na natin magstart so we can finish early and you can celebrate with your friends.
Ahm, I'll start with the purpose. So, the reason for this interview is that I would like you to be a part of my research study. The main focus of my research is to deliberately explore happiness as experience by Filipino students like you. I have here a consent form and you may read it now.

(The student read the informed consent).
Do you have any questions with regards to this consent form?
Student B : Wala naman po, Pirmahan ko na po ito ha.
Researcher : Okay. If that's the case, my first question is, how do you define happiness?
Student B : Happiness for me mam is being able to achieve something significant not just for me but also for the people important to me.
Researcher : Can you elaborate on that?
Student B : Ano mam kasi kagaya ko po, isang taon na lang gagraduate na ako. And alam nyo naman po gaano kahirap makapasa sa retention grades natin sa Accountancy. So everytime po na may achievements ako na pinaghirapan ko talaga, super saya ko po talaga.
Researcher : Ah, so tama ba na ang concept mo about happiness is achieving something that you worked hard for?

Student B : Yes mam.

Researcher : Aside from that, base sa mga personal experiences mo, ano pa ba ang ibig sabihin ng happiness para sayo?

Student B : Andun din mam syempre yong happiness as having complete, happy family.

Researcher : Can you share it to me the reason for regarding that as your definition?

Student B : Ahm... for me kasi mam since siguro I grew up in a family na sobrang closely knit so mahalaga po talaga sakin na complete kami at masaya and I guess kahit naman po sino wala nang mahihiling pa kapag kumpleto at masaya ang pamilya.

Researcher : It seems you are indeed a family oriented one, right?

Student B : yes mam. Medyo po,

Researcher : So base sa mga sagot mo, can you identify your family as the source of your happiness?

Student B : Opo maam Family ko po talaga ang reason behind my happiness.

Researcher : Aside from your family, do you have other factors in mind that you think leads you to have that kind of happiness?

Student B : Siguro mam ung presence din ng mga kaibigan ko particularly mga college friends ko kasi mam sobrang dami na naming pinagdaanan mula pa noong first year kami. As in through thick and thin, sila nakakasama ko. Sa lahat ng mga reviews, compre, sa lahat ng mga deadlines, sa lahat ng pressures at stress sa org, sila po kasama ko. Kaya, kapag po nandyan sila, lalo na po pagnanaka biruan, sobrang saya ko po.

Researcher : Maliban sa mga kulitan moments nyo ng mga kaibigan mo, pwede mo ba ishare sa akin ang happiest moment in your life?

Student B : During my high school graduation. I graduated valedictorian and I feel how proud my parents were. And that was the same time also that I believe in myself na kaya ko pala! Before, special awards lang nakukuha ko eh.Konti lang din po kasi nasasalihan ko na other curricular activities so di ko po ineexpect na makukuha ko talaga ung award. Since grade one po, laging 3rd or 4th honor lang po ako.

Researcher : Wow, so eversince you are a kid pala, you seems to be an achiever na?

Student B : Nadaan lang din po mam sa sipag at tiyaga.

Researcher : Ayan, talking about sipag and tiyaga, sa tingin mo, ano ang mga personal qualities na meron ka why you can confidently regard yourself as a happy person?

Student B : Wala naman po mam na masyadong special sakin. Siguro lang po, yong strong faith ko kay God that I place Him above everything else. Tsaka ako po kasi yong tipo ng tao na alam talaga

ang gusto sa buhay. I mean, pag may gusto po ako, I set a certain goal and un po ang pinaghihirapan ko. Friendly din po ako mam. Babae man po o lalaki madali ko po maka close. Siguro po kasi sanay ako sa family ko na marami akong pinsan na babae at lalaki. Tsaka may tiwala po ako sa sarili ko na wala akong di kayang gawin basta gustuhin ko at ipagdasal ko.

Researcher : Nakakatuwa naman yan. So sa narinig ko, ang mga katangian na meron ka na sa tingin mo ay nakakatulong kung bakit ka nagiging masaya ay ang tiwala mo sa Diyos, ang pagiging sigurado mo sa mga ginagawa mo, sa pagiging friendly mo at sa tiwala sa sarili? Tama ba? O may gusto ka ba idagdag?

Student B : Opo mam. Okay na un mam. Baka mapasobra na (hahaha)

Researcher : Ikaw talaga, okay lang un. Natutuwa nga ako na open ka for sharing. Tsaka kitang kita ko naman sayo na masayahin ka talaga eh. Ahm, kung I rarank natin ang mga personal qualities na nabanggit mo, ano ang pinaka una?

Student B : Siguro mam, faith in God taz tiwala sa sarili tapos pagiging friendly and last po yong pagiging sigurista in the sense na alam ko kung ano gusto ko.

Tsaka pala po mam I can see things in a different perspective. Halimbawa mam, nakakainis na ang isang tao o isang bagay na nangyari sakin, kaya ko pa rin po kontrolin ang isip ko at magisip ng dahilan para di mainis. Actually po, siansabi ko minsan na talent ko iyon.

Researcher : Ah nice to hear that. So yan ba ang secreto mo kaya ang taas taas ng Happiness level mo? And shall I say, kaya ang ganda ng takbo ng buhay mo?

Student B : Pwede rin po pero di ko naman po sinasabi na perfect na ko o perfect na ang buhay ko. May mga problema pa din po pero kinakaya naman.

Researcher : Paano mo nga ba nakakaya ang mga challenges na dumadating sayo?

Student B : Iniisip ko mam na life has so many things to offer, so we must learn to be satisfied with what we have. And such satisfaction will make us truly happy”.tsaka ako po kasi mam I surround myself with positive people. Mahirap po kasi if masyadong negative ang mga tao sa paligid natin. Nakakahawa sila.

Researcher : Sa tingin mo ba, ito rin ang dapat gawin ng ibang tao para maging masaya rin sila?

Student B : Makakatulong po pero siguro may ibang mas effective na paraan silang ginagawa para maging masaya sila. Depende po kasi mam sa tao yun eh.

Researcher : Can you elaborate on it? Paano sa tingin mo naging

depende sa tao iyon?

Student B : Kung gusto po nila maging masaya mam, dapat sila mismo magdecide na kelangang gumawa ng paraan na alam mo makakapagpasaya sayo.

Researcher : Ikaw ba, pag tinanong kita, ano ba ang paraan para maging masaya ka?

Student B : Ako mam? Simple lang po, iisiipin ko lang kung gano ako kaswerte sa buhay, isipin ko lang how blessed I am with my family. Yong ganun po.

Researcher : Ah.. So para sayo, dapat sa tao magsisimula ang initiative para maging masaya, tama ba?

Student B : Opo mam.

Researcher : And aside from that, ano pa kayang suporta ang kelangan ng ibang tao na nasa edad mo para maging masaya sila?

Student B : Fun activities po o kaya mga creative na workshops. Kagaya po ng ginagawa ng Guidance, Malaking tulong po kasi sya sa mga students na kagaya ko para at least makapag libang aat makapag express ng sarili.

Researcher : Magandang suggestion yan kasi yan naman din ang gusto ng mga guidance counselors' ng school nyo eh. To help you with your total well-being. Aside from the fun activities and creative workshops, do you have anything else in mind?

Student B : Yun lang po siguro mam.

Researcher : Okay, before we end this interview, would you like to ask me something?

Student B : Ahm, kelan ka gagraduate mam. Blowout po ha. (hahaha)

Researcher : Ikaw talaga, hayaan mo. For sure malalaman mo, once naman na matapos to, pwede ko iemail sa inyo ang result.

Student B : Ah, sige lang po mam.

Researcher : So, I guess we are done. Thank you very much for your time ha and I really enjoyed talking to you. Sige na, you may go, mukhang marami pa nagaantay sa yo. Salamat ulit ha.

Appendix E
Philippine Normal University
Taft, Manila

February 1, 2015

[REDACTED]
VP-Academic Affairs

[REDACTED]

Greetings!

The undersigned is a Guidance Associate from LPU Manila and at the same time a graduate student of Philippine Normal University taking up Master of Arts in Education major in Guidance and Counseling.

I am expressing my intention to conduct a survey to selected students from LPU Campuses since I am on the data gathering phase of my thesis study entitled "*Exploring Happiness among Selected Filipino College Students: Basis for Developing a Workbook..*". The study tries to determine the level of happiness of participants and further explore the concept of happiness as perceived and experienced by the Filipino students.

With this, I am humbly soliciting your permission for me to administer the Subjective Happiness Scale. Answering of this may take approximately 15-20 minutes and target students are representatives from all year levels (1st-4th year) of College of Business Administration, College of Arts and Sciences and College of Tourism and Hospitality Management. I have attached the said scale for your reference as well as the tabular distribution of respondents.

Should you wish to have the results and the workbook developed from this study, the researcher will be more willing to provide you. Rest assured that all data will be treated with confidentiality and will be used solely for educational purposes.

You may contact me at +63 9231571454, canarias_arlene@yahoo.com for questions and/or clarifications.

Thank you very much.

Respectfully yours,

Arlene A. Canarias
Researcher

Target Respondents (According to College and Year Level)

COLLEGE	YEAR LEVEL				
	1	2	3	4	
CAS					
No. of Target Participants	40	40	40	40	160
CBA					
No. of Target Participants	40	40	40	40	160
CITHM					
No. of Target Participants	40	40	40	40	160
TOTAL					480

Appendix F

**Philippine Normal University
Taft Manila**

Letter to the Respondents

January 9, 2015

Dear Respondents,

The undersigned is presently conducting a research study entitled “Exploring Happiness among Selected Filipino College Students: Basis for Developing a Workbook”. The study tries to explore how students defined happiness; the factors that contribute to it as well as the personal characteristics and practices students like you have that adds to the sense of happiness.

In this regard, I am humbly soliciting your cooperation by answering the attached questionnaire honestly and completely.

Rest assured that any information will be treated with outmost confidentiality and will be highly appreciated.

Thank you very much.

*Arlene A. Canarias
Researcher*

Name: _____ Age: _____ Course/Yr. Level _____

Place of

Residence: _____

(Please indicate whether your residence belongs to a Rural or Urban Area) _____

Parents Monthly Income: Please SHADE the box.

☐ Below 5,000 ☐ 5,001-15,000 ☐ 15,001-25,000
☐ 25,001-35,000 ☐ 35,001- 45,000
☐ 45,001-55,000 ☐ 55,0001 and above

Parents Marital Status: Please shade the box.

☐ married ☐ unmarried ☐ separated
☐ single parent
☐ deceased, pls. check if ____mother ____ father

Subjective Happiness Scale

By: Sonja Lyubomirsky

For each of the following statements and/or questions, please circle the point on the scale that you feel is most appropriate in describing you.

1. In general, I consider myself:

1 2 3 4 5 6 7
not a very happy person a very happy person

2. Compared with most of my peers, I consider myself:

1 2 3 4 5 6 7
less happy more happy

3. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?

1 2 3 4 5 6 7
not at all a great deal

4. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?

1 2 3 4 5 6 7
not at all a great deal

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Appendix G

Summary of Themes and Significant Statements on The Happiness Experience of Selected College Students	
Research Purpose 1. How do Filipino young people view happiness?	
Themes	Significant Statements
Happiness is living a worry-free life and resolving life's problems.	<i>“Happiness ay katumbas sa wala akong problema. Di lang yong sarili ko maam kundi pati mga taong nakapaligid sakin, walang problema. Naalala ko po dati nung sobrang dami ng isipin na problema mam sa bahay, iyong time po na nawalan ng work ang father ko. Kahit nandyan ang mga barkada ko na nakakasama ko at kahit tumatawa ako, alam ko na di ako masaya talaga kasi problemado ang mga taong nakapaligid sakin”.</i> <i>“Masaya ang buhay kapag wala kang problema. Kung may problema mam, kapag nagawa mong solusyunan iyon, tiyak pwede mong sabihin na iyon ang tunay na kaligayan. May times kasi talaga mam na ang problema, pag dumadating either sabay-sabay o sunod-sunod. Ako po dati, di sigurado kung makakagraduate on time, walang pambayad ng tuition fees, sabay nabuntis ang ate ko, galit na galit sina mama at papa na pati po ako nababalingan ng galit nila. Pero nung nalampasan ko naman po iyon, okay na ulit. Masaya talaga ang buhay mam kapag wala kang iniindang problema.”</i> <i>“Ang tunay na kasayahan mam ay kapag wala kang problema. Iba po kasi mam sa pakiramdam kapag wala kang iniisip. Parang chillax lang. Hindi po mam katulad nung mga times na ang dami dami ko problema. Di ko po alam san ako papasok, anong course ko, kung magkaka ayos pa po ba mga magulang ko, kung makakahanap pa po ng trabaho yung dalawa kong kapatid.”</i>

	<i>“Happiness po is not being burdened by problems in life. Sabi po nila, iba iba daw ang mukha ng problema, pwedeng sa iba, pera ang problema sakin naman mam halimbawa sa pag-aaral ko o mismong sa pamilya ko. Pero narealize ko mam sa lahat ng mga pinagdaanan ko at siguro mam pati ng pamilya ko, na ang tunay na kaligayan ay ang pagiging malaya at malayo sa lahat ng mga suliranin ng buhay.</i> <i>“happiness is laughing at all your problems and smiling confidently that those difficulties shall soon pass....kasi mam ako po, naniniwala ako na sa kabila ng lahat ng mga problema lilipas din naman lahat ng mga iyon kaya dapat marunong pa rin tayo ngumiti. Wala naman po kasing problema na wala atang solusyon. Sabi nga po nila, walang binibigay ang Diyos na problema na di natin makakayanan. Kagaya po dati mam, sobrang daming challenges sa buhay ko at sa pamilya ko pero gaya ng lahat ng nangyayari, lilipas din naman po eh”</i> <i>“Happiness po for me is when you have a peaceful life-wala kang kaaway, pwede kang matulog sa gabi ng walang iniisip. Walang problema. Dumating kasi mam sa point na kahit sinasabi sakin ng mga nakakatanda na di ko dapat problemahin ang problema nila, may mga gabi po na di ako makatulog. Very sensitive kasi ako mam kaya alam ko pag may di okay sa bahay. Iniisip ko po lagi yung problema, dasal ako ng dasal. Kaya naman mam, nasabi ko sa sarili ko, na wala pala talagang makakapantay sa pakiramdam na wala kang inaalalang problema o kaya po mga agam-agam.</i>
Happiness is fulfillment of one’s goal in life	<i>“happiness for me po is achieving what a person wants in his/her life. Kaya po mam, I believe din na mahalaga na alam natin kung ano po talaga yung gusto natin. Nung bata po ako mam gusto ko lang makapagtapos ng pagaaral. Hindi pala siya ganun kasimple mam kasi habang tumatanda ako, nagbabago di po ang ang gusto ko sa buhay. Ngayon mam, gusto ko na din po makahanap ng</i>

	<i>magandang trabaho at makapag ipon para sakin at sa pamilya ko”.</i> <i>“ang happiness po para sakin ay ang mga katuparan ng lahat ng gusto ng isang tao, material man o hindi...para po sakin mam, mahirap maging tunay na masaya pero hindi naman po imposible. Kelangan lang po talaga may goal tayo, kung ano ang gusto natin maabot. Ako po mam, gusto ko talaga makapag travel around the world. Sa iba po mam siguro luho lang yun na maiituring pero para sa akin, its more than that. Siguro po kasi pangarap ko po kasi talaga siya bata pa lang ako. Plano ko mam, maghanap ng trabaho na kikita na ko tapos makakapag travel pa”</i> <i>“Happiness mam, Simple lang naman po kasi... Isipin mo kung ano ang gusto mo, kung wala kang ibang tao na maaapakan, sige push lang! Ituloy mo kung ano ang makakapagpasaya sa iyo. Why make things complicated mam, di ba? Kapag nakuha mo na kung ano ang gusto ko, yun mam ang happiness para sakin. Ako po mam before, laging napapagalitan kapag sumasali ako sa mga banda.Mahilig po talaga kasi ako sa music. Pero, same stories po, ayaw ng parents ko kasi daw mapapabayaan ko ang pag-aaral ko. Pero sa kapipilit ko ata po at siguro kasi napatunayan ko naman po na di bababa ang grades ko, later on natanggap din nila na part ng buhay ko ang banda at musika”</i> <i>“Para po kasi sakin mam, maikli lang ang buhay, kaya gawin mo na lahat ng bahay na makakapagpasaya sayo, parang ganun po pa. Tanda nyo po ba mam iyong commercial ng coke: “Maikli lang ang buhay, gawin mo kung ano makakapagpasaya sayo”. Siguro mam yung iba tingin nila sakin, irresponsible at immature ako, pero kasi mam ako, gusto ko lang talaga ienjoy ang buhay</i>
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	<i>ko. At isa pa mam, di ko alam kung hanggang kelan ako mabubuhay, kaya might as well ienjoy ko na lang ang buhay ko, di ba?”</i> <i>“happiness mam, matupad ko lang po ang pangarap ko na makagraduate at maging CPA. Ano mam kasi kagaya ko po, isang taon na lang gagraduate na ako. At alam nyo naman po gaano kahirap makapasa sa retention grades natin sa Accountancy”.</i>
Happiness is having a strong support group.	<i>“ For me kasi mam since siguro I grew up in a family na sobrang closely knit so mahalaga po talaga sakín na complete kami at masaya and I guess kahit naman po sino wala nang mahihiling pa kapag kumpleto at masaya ang pamilya. Kahit madami na po akong kaibigan sa school, iba pa rin po talaga ang feeling ko kapag alam ko na andyan ang pamilya ko para suportahan ako. Alam mo ba mam, kahit simpleng activity lang sa school, lagi po silang full support sakín,kaya naman po sobrang nagpapasalamat ako sa kanila. Kaya nga po ata nasabi ko na ang happiness for me ay ang magkaroon ng pamilya na gaya nila”</i> <i>“kapag naririnig ko ang word na masaya mam, wala na ko ibang naiisip kundi iyong pamilya ko, sina mama, papa, mga kapatid at pamangkin ko. Sila po mam ang definition ko ng happiness siguro kasi mam alam ko na kahit ano ang mangyari, andyan sila , susuporta at mamahalin ako , ano pa man ang mangyari madaming beses ko na po napatunayan kung gaano nila ako ka suportado”</i> <i>“Sa totoo lang mam, happiness po para sa kin ay yung alam ko na may mga tao na handang sumuporta sakín. At nakita ko po iyon sa mga kaibigan ko. Tanggap ko na kasi mam na wala na talagang chance na mabuo ulit ang pamilya ko kasi may kani-</i>

	<i>kanila ng pamilya ang mga magulang ko. Sa mga kaibigan ko mam, maliit o malaki man ang desisyon na kelangan kong gawin; sinusuportahan nila ako. Nung nagdecide ako mam na humiwalay sa lolo ko, nakita ko kung paano ako sinuportahan ng mga kaibigan ko. Tinulungan nila ako kahit di sila masyado pabor sa naging desisyon ko.</i>
Happiness is learning how to be satisfied in life	<i>“Happiness para sakin ay kapag natuto ka na maging kuntento sa mga bagay bagay na meron ka. Hangggat naghahangad ka ng higit sa kung ano ang meron ka, naniniwala po ako mam na imposible maging masaya”</i> <i>“Ang happiness mam o kaligayahan para sakin ay iyong natuto kang magpasalamat sa lahat ng meron ka at maging kuntento sa buhay. Iyon po kasi ang turo sakin mula noong bata pa ako. Sabi din po nina lola ko, hanggat naghahangad ka ng higit pa sa meron ka sa buhay, di ka kaylanman magiging masaya. Laking lola po kasi ako kaya namana ko na rin po mabuhay ng simple lang”.</i>
Happiness is seeing or making other people feel happy.	<i>“happiness po para sa akin ay makita na masaya ang mga taong mahal ko. At walang ibang material na bagay na makakatapat dun. Lalong lalo na po pag nakikita ko ang mama ko na masaya. Dalawa na lang kami kasi mam sa bahay. Si papa at dalawa ko pong kapatid, sakay ng barko kaya most of the time kami lang po ni mama ang naiiwan sa bahay. Masayang masaya po ako ma every time na masaya si mama o kapag tumatawa siya sa mga jokes ko”.</i> <i>“ Ang tunay na happiness po mam para sakin ay ang makita ang smile ng mommy at daddy ko, sa kahit anong bagay na ginagawa ko. Sa school din mam. Happiness po para sakin ang makita na masaya sila kapag nagiging dean’s lister ako o kapag nakakasali</i>

	<i>ako sa mga outside competition. Gusto ko kasi mam makita na proud sila sa kin at di sayang lahat ng pagod nila para mapagaral ako”.</i> <i>“Ang happiness po mam para sa kin ay ang maparamdam sa mga magulang ko, pati po sa mga kapatid ko at iba pang mga kamag-anak na sobrang mahal na mahal ko po sila. Kasi mam, kapag masaya po sila , masaya na rin po ako. Nung highschool ako mam, tinanong din po ako ng teacher ko kung ano ang happiness para sa kin at di po agad ako nakasagot mam. Siguro po kasi, later ko na narealize na wala naman po akong ibang naiisip kundi ang happiness ay ang makita na masaya ang mga taong mahal ko”.</i> <i>“Naku ma’am, ang happiness po para sa kin ay ang marinig ang malulutong na tawa ng papa ko. As in nakakahawa mam ang tawa nya kung makikilala nyo lang po siya. Bunso po ako mam tapos only child pa kaya siguro ramdam ko din po na favorite ako ni papa. Tuwing darating po ako sa bahay galing school, sasalubungin ko po agad si papa ng mga jokes ko. At lagi naman pong benta iyon sa kanya”.</i>
Research Purpose 2. <u>What are the practices that adds up to the participants’ level of happiness?</u>	
Themes	Transcriptions
Engaging oneself in interesting activities.	<i>“Ako mam, simple lang na bagay po. Ako po iyong tipo ng tao na okay na sa simpleng panonood ng mga favorite movies ko. Mahilig din po ako mam mag drawing. Bata pa po ako hilig ko na iyon. Para maging masaya, kumakain din po ako ng coke float.”</i> <i>“Ako ma’am saktong kain lang sa labas, nood ng horror movies paborito ko po kasi iyon ma’am. Medyo weird po pero nakakatanggal ng stress eh! Ayoko ng madrama masyado. Mahilig din po pala ako mglaro ng dota”.</i>

	<i>“ano mam, siguro po, facebook lang po talaga, chat sa mga fb friends tapos selfie selfie. Ganun lang mam kasi nga po, mabilis lang naman ako mapasaya at mababaw lang po talaga kaligayahan ko”</i> <i>“Reward mam sa sarili. Kahit window shopping lang kasi wala namang pang shopping talaga eh. At pumupunta po ako sa bahay ng mga pinsan ko. Masaya po kasi dun kasi madami po ako nakakakwentuhan”</i> <i>“mam, I eat a lot. Kain kain lang ako mam lalo na pag stress na stress po ako. At mahilig po ako sa chocolates talaga kaya gusto ko po para masatisfy ako, may chocolates akong kakainin. Reward ko na din po sa sarili ko...”</i> <i>“I eat a lot mam. I sleep a lot. I talk to a lot of friends. I enjoy simple things gaya ng pagtambay kasama mga kaibigan ko, makipagkwentuhan, manood ng sine, ung mga ganun lang po. Enjoying the free things that life is offering”</i> <i>“jokes mam. Seryoso po. Call it corny pero mahilig po talaga ako sa jokes. Mahilig din po ako manood ng mga funny clips sa youtube. Yon po stress reliever ko eh”</i> <i>“I have a bucket list kasi mam of things I love to do kaya naman po pag medyo sabihin na po natin na nagiging boring na ang buhay ko, gumagawa po ako ng isa sa mga lists na yon. Medyo magastos nga lang po pero what is money po ba kung magiging masaya naman ako di ba? Kagaya po mam last last week, nagpunta po kami ng Palawan to try the cliff diving. Masaya po kasi mam, natritrigger ang sense of adventure ko tsaka kasi mam</i>
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	<i>Tourism ang course ko so I am into traveling po talaga”</i> <i>“Ahm, kung ako lang po mam, pumupunta po ako sa church. Yon po ung isa kong natutunan na effective gawin pag malungkot ako. As in, uupo lang po ako,di ako magsasalita pero sa isip ko po sinasabi ko na “ lord, kausapin nyo naman po ako”.</i> <i>“Minsan naman po, I read the bible or mga self-help books. Mahilig po kasi ako sa ganun eh. Mahilig din po ako mag journals, ung parang diaries po pero di naman talaga sya diaries (hahaha)”</i>
Experiences/Feelings of being loved and accepted	<i>Siguro po alam ko na may taong nagmamahal sa akin. Tinatama nila akonpag nagkakamali ako at andun sila lagi para sa suporta”.</i> <i>Naramdaman ko po kasi for the first time pinakinggan nina papa ang gusto ko, ang sarap po kasi mam sa pakiramdam kaya nga mam I’m doing all my best para naman di ako mapahiya sa kanila. Ayaw ko po kasi na di na naman nila ako payagan sa mga decision ko eh...”</i> <i>Happiest moment ko po mam is nung first time my mom called me “anak”. I cried so hard that time because I thought ampon ako at di ako mahal ng mamako. Eversince kasi, si ate favorite nya...”</i>
	<i>“iniisip ko mam na life has so many things to offer, so we must learn to be satisfied with what we have...”</i> <i>“Ako mam, simple lang po, iisiipin ko lang kung gano ako kaswerte sa buhay, isipin ko lang kung gaano ako ka</i>

Positive Thinking	<i>blessed.Kaya kapag medyo nakakaramdam ako ng lungkot, agad ko po iisipin na maswerte ako sa madaming bagay. May pamilya ako na nagmamahal sakin, ligtas kami at di nagkakasakit, nakakapagaral kami at marami pa pong iba”</i> <i>“madali naman po ako mapasaya mam eh kaya iniisip ko na lang po na kung magiging malungkot ako, partly, ginusto ko din na maging malungkot. Kaya iniisip ko na lang po na masaya ako. Mind conditioning po ba, Kung gusto ko maging masaya, isipin mo ang masasayang bagay”</i> <i>“I avoid negative thoughts. And I do that by replacing negative thoughts with positive ones...Halimbawa po mam, kapag may problema ako, I tried to see it in a different way, as in kahit 360 degrees turn pa po yan.Sinusubukan ko po na makita ang magandang side ng mga nangyayari sakin. Kagaya po dati mam nung sobrang down ko, sabay sabay ang problema namin. Dumating pa nga po ako sa point na natanong ko si Lord kung ano ang gusto nya at nararanasan ng pamilya ko ang lahat ng problema”</i>
Surrounding oneself with optimistic people	<i>“Umiiwas po ako mam sa mga tao na masyadong nega. Iyong wala nang ibang naiisip kundi ang mga masasamang pwedeng mangyari.Mahirap po kasi kung masyadong negative ang mga tao sa paligid natin. Nakakahawa sila. Tsaka mam parang ang bigat bigat sa pakiramdam. May nakasama po ako dati nung highschool ako na clubmate. Lahat na lang mam naisipan nya ng di maganda. Masyado po siya observant to the point na nakikita nya lahat ng panget.”</i> <i>“Ayoko mam sa mga taong negative. Nakakapagod po sila</i>

	<i>kasama. Parang nauubos mam lahat ng sigla at lakas ko. Sila rin po kasi kadalasan ang dahilan kung bakit may mga bagay na di ka magawa. Kasi lagi po silang kontra. Sa barkada mam, sinasabihan ko po talaga ang mga kaibigan ko kapag nagiging negative thinker sila”</i> <i>“I honestly believe that it is better for me to work alone and to be alone rather than have a companion who have nothing in mind but purely bad things and negativities”</i> <i>“Para maging masaya po ako mam, mas pinipili ko na lang na mag-isa kesa naman po sa may kasama nga ako pero napaka negative naman po mag-isip. Ayaw na ayaw ko po kasi mam sa tao ay iyong mabigat kasama, iyong di pa nga mam nagagawa, panget na agad ang naiisip”</i>
Research Purpose 3 <u>What are the sources of happiness identified by Filipino young people?</u>	
Themes	Significant Statements
Presence of family, friends and significant others	<i>“Wala na po ako mahihiling pa eh maliban lang sa makompleto po ang family namin. Lumaki po kasi ako mam na wala ang papa ko. Asa US po kasi siya kasama ang mga lolo ko. Minsan ko lang po siya makasama. Dream ko po na makapunta kami dun ng mama ko at ng mga kapatid ko. Siguro po, kapag nangyari yun, ako na ang pinakamasaya”</i> <i>“makakapagpasaya po sakín ang pamilya ko especially yong anak ko at ang asawa ko”</i> <i>“siguro po mam ang makakapagpasaya sakín ay knowing that I am surrounded with true friends and loving families. Dun po mam, alam ko, masayang masaya na ko at wala na po ako hahanapin pa”</i>

	<i>“My mama. She is my everything, Wala po ako kung wala siya. Mula po nung mamatay si kuya at si papa, kami na lang ang laging magkasama. Makita ko pa lang po na masaya siya, masaya na din po ako. Madami akong pangarap para sa kanya at sa aming dalawa”.</i> <i>“ang nakakapagpasaya po talaga sakin ay ang mga mahal ko sa buhay kagaya ng mga kapatid ko, mga magulang ko, mga pinsan ko at sina lolo at lola. Di ko po maimagine ang buhay ko kung wala sila”</i> <i>“Pamilya po mam. Ang lahat-lahat mam ng inieenjoy ko ngayon, dahil sa kanila”.</i> <i>Mga magulang ko po mam. Napakaswerte ko po kasi lahat ng pangangailangan ko binibigay nila. Alam ko po na mahal na mahal nila ako”.</i> <i>“Siguro mam ung presence din ng mga kaibigan ko particularly mga college friends ko kasi mam sobrang dami na naming pinagdaanan mula pa noong first year kami. As in through thick and thin, sila nakakasama ko. Sa lahat ng mga reviews, compre, sa lahat ng mga deadlines, sa lahat ng pressures at stress sa org, sila po kasama ko. Kaya, kapag po nandyan sila, lalo na po pagnanaka biruan, sobrang saya ko po...”</i> <i>Friends mam. Bilang solong anak, wala naman po ako na mga kapatid na nakalaro nung bata ako. Mga pinsan ko naman po, nag migrate na sa Canada. Siguro mam factor din po yun kung bakit mga kaibigan ko ang naging takbuhan ko. Sa kanila talaga mam, masaya ako”.</i> <i>“barkada ko po mam, kasi mam iba eh, pag sila kasama ko. Nakakalimutan ko lahat ng problema ko. Ang nakakatuwa pa</i>
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	<i>mam, ang mga kaibigan ko, mababait po sila, good influence”.</i>
Sense of Achievements	<i>“...what makes me happy is the idea that I am able reach my goal.Nung nalaman ko po na qualified ako for JPL Scholarship, sobrang saya ko po kasi makakapag enroll na ko at LPU, dream school ko po kasi talaga ito. Sobrang saya ko po kasi alam ko na matutupad ko na pangarap ko at alam ko po kasi na kahit di magsalita si papa, alam ko na proud sya sa sakin...”</i> <i>“ In fairness mam, masaya ako mam kasi alam ko na so far, naachieved ko naman ang mga goals ko. Di naman po ako katulad ng ibang mga ka age ko na parang wala sa tamang direksyon ang buhay. Dati po sabi ko, gusto ko magtake ng Culinary, gusto ko magtake nun sa magandang school sa Manila. At awa ng Diyos, natutupad ko naman sya”.</i>
Experience of being loved and accepted	<i>para sa suporta. Tanggap nila kung sino ako at mahal nila ako kahit di ako perpekto”.</i> <i>“ Masaya ako mam kasi may mga tao sa paligid ko na mahal ako. Sa totoo lang mam, enough na sa akin yun. Natatakot ako mam sa idea na maiiwan ako. Ayaw ko po magaya sa isa kong lola na kapitbahay na palipat-lipat na lang ng bahay kasi walang mga anak na magaalaga sa kanya”.</i> <i>“ang nakakapagpasaya po sakin ay sa tuwing mapapakinggan ako ng mga magulang ko sa gusto ko. Gaya po dati sa pagpili ko ng course ko.Sobrang nagging masaya po ako kasi naramdaman ko po for the first time na pinakinggan nina papa ang gusto ko, ang sarap po kasi mam sa pakiramdam kaya nga mam I’m doing all my best para naman di ako mapahiya sa kanila. Ayaw ko po kasi na di na naman nila ako payagan sa mga decision ko eh</i>

	<i>“Happiest moment ko po mam is nung first time my mom called me “anak”. I cried so hard that time because I thought ampon ako at di ako mahal ng mama ko. Eversince kasi, si ate favorite nya. Kaya nga po lahat na lang ginagawa ko para maging achiever sa school. Way of compensation ko kasi mam iyon para maging proud si mama sakin”</i>
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Appendix H

Dear Student:

Greetings!

I am Arlene A. Canarias, a graduate student at the Philippine Normal University. I am currently doing my Master's thesis which is entitled Exploring Happiness among Selected Filipino College Students: Basis for Workbook Development.

In line with this, I would like to request for your participation in an interview regarding your experiences related to happiness. The interview would only be for 30 to 45 minutes and will take place at the Guidance Office. I would also like to inform you that the interview would be recorded for the purposes of data transcription and categorization. Your sharing will be kept confidential and your name will not be associated with any research findings.

Your time and effort in this research are greatly appreciated. If you have any inquiries concerning this study please feel free to contact the researcher through her email: canarias_arlene@yahoo.com.

Thank you very much and God bless!

The Researcher

Appendix I Summary of Validator's Comments for Themes Derived from participants' statements

Research Purpose 1. How do Filipino young people view happiness?	
Themes	Comments
Happiness is living a worry-free life and resolving life's problems.	<i>Okay. Look for a deeper message that can be abstracted from the last two responses.</i>
Happiness is fulfillment of one's goal in life	<i>Same comments with item no.1</i>
Happiness is having a strong support group.	<i>Okay. It's also about reconciliation in the family.</i>
Happiness is seeing or making other people feel happy.	<i>It's sharing the happiness with people close to them.</i>
Happiness is learning how to be satisfied in life	<i>Satisfaction not contentment. The respondent said contentment is difficult to achieve. It is also about learning how he can have satisfaction in life.</i>
Research Purpose 2. What are the sources of happiness identified by Filipino young people?	
Sense of Achievements /Accomplishments	Okay
Experiences/Feelings of being loved and accepted	Okay
Presence of Family, friends and significant others	Responses 2 and 4 is more than presence of friends. The response is about the quality of the experiences with them.
Research Purpose 2.3 What are the practices do these participants have that adds to their sense of happiness?	
Themes	Significant Statements
Engaging Oneself in interesting activities	Okay
Thinking of positive things over negative ones	Okay
Surrounding oneself with positive people	Okay

Appendix J

SUMMARY OF VALIDATORS' COMMENTS

Proposed Questions	Comments from the Validators		
1. Based on your own experiences, how do you define happiness?	Okay. Very direct to the point.	Establishing the definition of happiness.	Good.
2. Describe one specific moment in your life in which you feel you are very happy.	Reject.	NR. Make it a sub question.	Not needed. This is beyond the scope of your study.
3. What could be the underlying factors that lead you to have that kind of feeling?	Simplify the words.	Make it a sub question.	Disregard the word "underlying".
4. Going back to that moment that you feel very happy, who do you think are the persons/responsible in making you feel that way?	No need to get this.	Reject. There's no need to get this.	Not needed. This is beyond the scope of your study.
5. What do you think is in them why they could make you very happy?	No need to get this.	Reject. Same comment for number 3	Reject.

6. Do you think being happy helps you get through challenging situations?	Reject.	Reject. Very limited. You may add follow up questions.	Reject.
7. What qualities do you think a happy person like you have that other people lacks or fails to have?	Identifying personal qualities	Retain.	Okay.
8. Is there specific practice that you do to make you feel happy?	This is Good. Eliciting activities that promote happiness.	Okay.	Good.
9. Why do you there are unhappy people?	Needs improvement.	This is another research topic.	I think your respondents are not capable on answering this.
10 What specific kind of support do you think “unhappy people needs?	Basis for Workbook development.	Retain. This is Good.	You can use this in your workbook.

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The National Center for Teacher Education
Faculty of Arts and Languages

01 March 2016

C E R T I F I C A T I O N

This is to certify that I have read and edited in its entirety the thesis of MS.
ARLENE A. CANARIAS on “Happiness in the Experiences of Young Filipino People:
Basis for Workbook Development”.

Prof. Ma. Concepcion Y. Raymundo
Name and Signature of Editor

Philippine Normal University
The National Center for Teacher Education

01 March 2016

C E R T I F I C A T I O N

This is to certify that I have read and validated in its entirety the workbook of MS.
ARLENE A. CANARIAS as part of her thesis paper entitled “Happiness in the
Experiences of Young Filipino People: Basis for Workbook Development”.

Maryfe Roxas, Ph.D.
Name and Signature of Editor

Appendix K

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**Life Goals of Dumagat Adolescents: Basis for
Developing Program on Psycho Social Support**
Lyceum of the Philippines University
Community Outreach and Service Learning
On-going

**The Experience of Happiness of Filipino Young
People: Basis for Workbook Development**
Graduate Thesis
Philippine Normal University
June 2015-December 2015

**An Evaluation of the existing services and
programs of University of Batangas Human
Resource Office (UB-HRD)**
Institutional Research
November 2011-June 2012

**Decision Making Process of Ex-Seminarians in
Leaving the Religious Life, an Undergraduate
Thesis**
University of Batangas, June 2009-March 2010

AWARDS RECEIVED

CUM LAUDE
University of Batangas
Batangas City, Philippines
March 2010

**RECENT SEMINARS
ATTENDED**

SUICIDE PREVENTIONS IN SCHOOLS
12th Guidance Counselors Seminar
October 9, 2015
The Bayleaf Intramuros

**Engaging in Meaningful Exchange through
Counseling; Moving Toward International
Professional Identity**
PACERS 39th Midyear Conference
September 23-24, 2015
Cebu Parklane International Hotel, Cebu City

Career Development for High School Students

11th Guidance Counselor Seminar

October 3, 2014

The Bayleaf Intramuros

Navigating New Terrains in Counseling

PACERS National Midyear Conference

September 25-26, 2015

University of Iloilo, Dalan Rizal, Iloilo City

PGCA 50th Annual Convention

“35 Techniques Counselor should know”

May 12, 2015

Sofitel Luxury Hotel, Manila

PACERS “Navigating New terrains in Counseling”

February 26-28, 2014

The Bayleaf Hotel, Intramuros, Manila

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