

A Study on Family Relationship, Subjective Happiness and Quality of Life among Young Adults

Rini Angeline¹, Hemanth Babu²

^{1,2}Division of Psychology, Jain University, Bangalore, India

Abstract: A family relationship involves interaction and emotional bond between all members in a family. It usually involves living under one roof, communicating, taking care of oneself, solving challenges, continuing family traditions and giving each member a sense of belonging. Happiness is an emotional state of well-being, narrowly defined as good things that happen to a person at a given moment, or more broadly, a positive evaluation of his life and achievements, i.e. a subjective feeling. Quality of Life as the subjective evaluation of one's perception of their reality relative to their goals as observed through the lens of the culture and value system. 150 young adults of age ranging from 17 to 23 were selected by using Convenience Sampling method. The scales used were Brief Family Relationship scale (1994) by Ting Fok C C. et.al, Subjective Happiness Scale (1999) by Lyubomirsky, S. and Lepper, H.S. and Quality of Life Scale (2003) by Burchkardt, C.S and Anderson, K.L. Pearson correlation, independent sample t test and Multivariate Analysis of Variance were used to analyse the data. Results showed that Family relationship, Subjective happiness and Quality of life have significant relationship. Also, it was found that there is no significant difference between Family relationship, Subjective happiness and Quality of life based on gender and birth order.

Keywords: Family Relationship, Subjective Happiness, Quality of Life, Young adults

1. Introduction

Family relationships constitute an important aspect of an individual's social and psychological environment. The family is often one of the earliest and most enduring sources of emotional support, interpersonal interaction, acceptance, and security. The quality of relationships within the family may influence how individuals perceive themselves, interact with others, cope with difficulties, and experience their overall well-being. Family relationships can involve several dimensions, including emotional closeness, communication, cohesion, expressiveness, support, and conflict. Positive family relationships may provide individuals with a sense of belonging and emotional security, whereas difficulties within the family environment may negatively affect psychological well-being.

Young adulthood is an important developmental period characterised by increasing independence, educational and career-related responsibilities, and changes in social and family roles. Although young adults gradually develop greater autonomy, family relationships may continue to play an important role in their emotional and psychological lives. The nature of these relationships may therefore be associated with how young adults experience happiness and evaluate their overall quality of life.

Subjective happiness refers to an individual's personal perception and experience of happiness. Happiness is not experienced in the same way by every individual, as people may differ in the extent to which they perceive their lives and experiences positively. Subjective happiness is an important component of psychological well-being and may be influenced by several personal, social, and environmental factors. Positive interpersonal relationships, including supportive family relationships, may contribute to an individual's positive emotional experiences and overall sense of happiness.

Quality of life is another important aspect of individual well-

being. It reflects an individual's subjective evaluation of different aspects of life and may be influenced by physical, psychological, social, and environmental factors. Family life and interpersonal relationships may form an important part of an individual's perception of quality of life. Supportive and positive relationships may contribute to feelings of security, acceptance, and well-being, whereas difficulties in interpersonal relationships may negatively influence an individual's overall life experience.

Family relationships, subjective happiness, and quality of life are closely related aspects of psychological well-being. The social environment in which an individual lives, particularly the family environment, may influence emotional experiences and perceptions of life. Similarly, individuals who experience greater happiness may also perceive their overall quality of life more positively. Previous research has examined family functioning and interpersonal relationships in relation to psychological well-being, happiness, and life satisfaction. Studies have also explored the relationship between happiness and quality of life across different populations. However, examining these variables together may provide a broader understanding of the psychological well-being of young adults.

The present study therefore focuses on family relationship, subjective happiness, and quality of life among young adults. It aims to examine the relationships among these variables and to explore whether differences exist according to gender and birth order. Understanding these relationships may contribute to a better understanding of the social and psychological factors associated with the well-being of young adults.

2. Literature Review

Badri.M et al., (2022) exploring reciprocal relationships between happiness and life satisfaction. 32, 087 working adults participated in this study. The data were collected through online forms. The survey includes OECD's Better Life Index, World Happiness Report, Gallup Global Well-being Survey and European Quality of Life Surveys. Chi -

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square test and covariance matrix were used to analyze. The results of this study provide insights into the reciprocal relationships between life satisfaction and happiness.

Singh. K et al., (2022) exploring study on subjective perceptions of happiness. 60 adults aged 19 to 73 years participated in the study. The data were collected through semi-structured interviews. The interviews were between 25 to 45 minutes. Reflexive thematic analysis was used to analyze. The findings of this study revealed the different dimensions of happiness.

In 2021, Xu. J and Liu. A et al., conducted a study on "Family life and Chinese adult's happiness across lifespan". The aim of this study was to find the relationship between Happiness and family economic condition, family process and child characteristics. Data analyzed from China family panel studies. Results showed the family economic condition (household income, homeownership) is related to happiness and In the family process married adults are happier than unmarried adults, also during old age less happy because of childlessness. Under child characteristics, good education and happy married life increases the happiness of the parents.

In 2021, Zahang. M et al., Study was conducted on "Relationship between family function, Anxiety, quality of life for older adults with hypertension in lower income communities". The main aim of the research was to find the association between quality of life, anxiety, family function for older adults from lower income also with hypertension. Data was collected through questionnaires from 363 older adults in Wuhan but most of them are females. Pearson analysis method was used to find the relationship. Results showed that there is a relationship between family function, anxiety and quality of life, anxiety has a mediating effect on family function and quality of life.

Goerlich. F. J. and Reig. E (2021)., Explains Quality of life ranking of Spanish cities, A non-compensatory approach in cities. 20, 243 working adults participated in the study. The data collected through online forms. The square test and matrix was used to analyze. In cities, this test was taken from urban people, and the results were found through square testing and the matrix method. The results of the study provide clear insight into the quality of life.

In 2021, Rastelli. C. N et al., (2021) conducted a study on "The Art of Happiness". The program was conducted for 9 months. The participants were recruited from the Institute Lama Tzong Khapa. Twenty-nine participants followed the entire program. They were ages of 39 to 66 years. 72 % were females. The participants were not randomly selected, they were volunteers in the program. The effectiveness of the retreats was examined using a 2x2 factor designed approach. Analytical and reflective contemplations were a form of deconstructive meditation. The responses on each questionnaire were scored according to their protocols and which resulted in one score per participant and a time point for each of the 22 scale/subscale questionnaires examined. Missing values (<2%) were imputed using median. These results show the specific effects between retreat experiences within the program as an intervention for fostering happiness. The retreats had a positive effect on the participants' perceived

well-being.

Huang. Z et al., (, 2020) examine the relationship between family function and life satisfaction through the mediating role of meaning in life and depression. 900 post graduate medical students participated and 447 of them were females. Data were collected through questionnaires. Family APGAR Scale, Chinese Version of Meaning in Life Questionnaire (C - MLQ), Patient Health Questionnaire (PHQ-9) and Satisfaction With Life Scale (SWLS) were used. Harman's single factor test, Pearson correlation analysis, Regression analysis and Path analysis were used to analyze. The findings of this study shows that family function predicts life satisfaction and meaning in life and depression mediates the link between family function and life satisfaction.

Szczesniak. M and Tulecka. M (2020) measure the correlation between family functioning and life satisfaction through the mediating role of emotional intelligence. 204 adults aged 18 to 70 participated in this study and 86% of them are women. The data were collected through online forms. Participants did a self- report questionnaire of Family Adaptability and Cohesion Evaluation Package (FACES), Satisfaction With Life Scale (SWLS), Emotional Intelligence Questionnaire (INTE). Pearson coefficient correlation test and linear regression analysis were used. The results of this study shows that life satisfaction and emotional intelligence were positively correlated.

Verrastro. V et al., (2020) assessed the relationship between family relationships, happiness and self concept. 1549 young children and pre adolescents aged 7 to 14 years and their parents participated. Data were collected through questionnaires. Data was collected in two stages. In one stage, children completed the questionnaire and in the next stage, parents completed the questionnaire. Piers - Harris Children's Concept Scale 2 (PHS), Happiness Face Scale, UCLA Loneliness Scale and Rosenberg Self - Esteem Scale were used to measure children. Family Adaptability and Cohesion Evaluation Scale (FACES) and Attachment Figure Scale were used to measure parents. Cronbach's paired t - test, multivariate analysis of variance (MANOVA) and Hierarchical multiple regression were used to analyze. The findings of this study shows that the children's personal variables play a role in determining life satisfaction.

Saini. N et al., (2020) published a study on the effect of social networking sites on the Quality of life. 220 college going students of age 18 - 21 years participated in this study. Data were collected through questionnaires. Young's Internet Usage questionnaire was used. Multivariable Analysis is used to analyze. The results of the study shows that almost all of the participants used the internet and they were able to handle stress related to relationships and work better.

Lu H, Tong P and Zhu R., (2020) discuss longitudinal evidence of social trust and happiness in China. The adults participated in this study. The data were collected through online forms. The survey includes a happiness scale. The results of the study are Causal effects and mechanisms. Journal of Happiness Studies

Li Z. and Xie Z. (2020) explore the impact of income

inequality and the use of information media on happiness. Which explains this in the Journal of Social Sciences This test was conducted with adults and social media influencers. The data were collected through online forms. The survey includes a better life index, a happiness report, a square test, and a matrix, which were used to analyze the data. The results of the study provide insight into income inequality and the information medium of happiness.

Plos One (2020) conducted research on Poverty, quality of life and psychological wellbeing in adults. The study enrolled 68 patients aged between 18 and 72 (median 29), 35 being females. a number of psychological scales the General Health Questionnaire, the Basic Psychological Needs Scales and the Beck Hopelessness Scales were used. psychological scales had an association with quality of life, but clinical variables did not show significant correlations to any dimension. The results showed that Poverty has an impact on the quality of life of CHD patients. This population only has a decrease in the quality of life physical dimensions, suggesting that quality of life depends on many different factors.

Kumari. T. L et al., (May, 2019) did an assessment of quality of life and life satisfaction. 100 senior citizens participated in this study. The data were collected through questionnaires. WHO Quality of Life BREF scale and Life Satisfaction Scale Index was used to collect the data. Descriptive and inferential statistical techniques were used to analyze. The results of this study shows that there is a positive correlation between quality of life and life satisfaction.

In 2019, Chen. P et al., Study conducted on "Association of positive family relationship with mental health trajectories from adolescence to middle life" this study aimed to find whether positive relationships with family during adolescence period related with reducing the depressive symptoms in the middle age for both males and females. Data was analyzed from National longitudinal study, 20745 adolescence selected from standard 7th to 12th and this study includes 5 waves, till the subjects aged 32 to 42 years (males -8952, females -9233) Results showed that, positive adolescent family relationships lead to low levels of depression than the males and females who have less positive adolescent family relationships. Positive adolescent family relationships leading to lower levels of depression in middle age are higher for females than males.

In 2019, krysk et al., conducted a study on "Family well-being is valued more than personal well- being", the aim of study is to show that family well- being is more significant than personal. Data is collected from four countries (Canada, Japan, Poland and Columbia). Results showed that family well- being is valued more than personal well- being.

Khan RA and Hussain S (2019) Book Review on The Quality of Life and Policy Matters between the Middle East and North African Countries. Applied Research in Quality of Life. This survey was taken for all the 25 to 40 years old men and women. This test study provides insight into the quality of life of men and women.

Simona-Moussa J (2019), Exploring the subjective wellbeing of people vulnerable to poverty in Switzerland. This survey

was taken for all middle-aged men and women to find their well-being and happiness. This resulted in the Journal of Happiness Studies.

Yin C. (2019), "Exploring Happiness in Urbanising China: The Role of Commuting and Multi-scale Built Environments across Urban Regions." Transportation Research Part D: Transport and Environment... The test was participated in by urban adult people, the data was collected through offline forms, and results and insights were found.

Alm S et al, (2019) conducted a study on "Poor Family Relationship in Adolescence". The data were derived from the Stockholm Birth Cohort study (SBC). There were 4021 sampled individuals. The children were asked to complete a questionnaire in school, asking about friendship relations, interest in school, and future plans. In the multivariate analyses, Cox (proportional hazards) regression modeling was used. The results showed mothers in the Family Study generally rated the family relationships in quite positive terms, and wholly 9.1 percent of the participants were subjected to poor family relations.

In 2018, Santos. B et al. The study was conducted on "subject well- being, life satisfaction and interpersonal relationship associated with social demographic factors and contextual variables. The study aims to find the children's satisfaction in interpersonal relationships within their situational interaction, also subjective well- being considering age, gender, residence and type of school. The research was conducted on children from 9 years to 13 years. Results showed that, based on the type of school: children who study in private schools (31%) satisfied with their family relationship and school environment and children who study in public schools (61%) satisfied with friendships, girls are satisfied in both areas than boys. Children living in the city are satisfied with interpersonal relationships and interpersonal relationships concerning age, there is not much difference in average satisfaction. Subjective well being is high in children who live in the cities and also for the children who study in private and public schools.

Huang J. (2018). , broadened the Income Inequality, Distributive Justice Beliefs, and Happiness in China: the survey includes Evidence from a Nationwide Survey. The results of this study provide an insight to the Social Indicators Research

Baum S., et al. (2018) write about Happy People in Mixed-Up Places: The Association between the Degree and Type of Local Socioeconomic Mix and Expressions of Neighbourhood Satisfaction. The adults in their mid-twenties were asked to participate in the study, and the data was collected directly through forms. The results of the study in the survey have a clear picture about the happy people in mixed places.

Thomas Jozefiak T.et al (2018) studied "Health and Quality of Life Outcomes". The aim of the study was to investigate the degree of discrepancies between child and parent by proxy reports as measured by two different QoL instruments. A representative sample of 1997 school children aged 8–16 years, and their parents were studied. They used an inventory of Life Quality (ILC) and the 'Kinder

Lebensqualitätsfragebogen' (KINDL). Parents evaluated the QoL of the children significantly more positively than the children. Correlations between mother-child and father-child reports were significant ($p < 0.01$) and similar but low to moderate.

In 2017, Namdar. A et al., research was conducted on quality of life. This study measures the quality of life and general health of infertile women. Study is conducted on 161 infertile women and all of them are from Dr. Rostami's infertility center. Data is collected through a convenience sampling method. The participants' age is around 29 and their spouse is around 33. Result of the study shows, in 161 patients 57 patients are normal but 81 patients had impairment, those patients showed anxiety, depression, social dysfunction. The quality of life economically, physically, psychologically and emotionally is less for the women in rural areas. Good educational status has a positive effect on the quality of life infertile women. The study says that education, income, residence are influencing the quality of life and general health of infertile women.

In 2017, bahrami. A et al. Study conducted on "The effect of happiness on various aspects of parenting and positive parenting". The study conducted on 327 mothers aged between 34 to 59 and all were selected from a particular City randomly, Results showed that happiness plays a significant role in parenting, it leads to positive parenting style also in life satisfaction the effect of well being and self esteem are significant. Happiness has positive influence on parenting and negative influence on other two variables.

In 2017, Patricia. A et al., conducted a study on "Family relationship and well being". This study aims to find the influence of family relationships and well-being, considering the type of family relationships (Marital, Intergenerational, siblings). Results showed that relationships with family members are significant for well being.

Singh S. and Aggarwal Y (2017) clearly explain the scale of happiness in the workplace: constructing and psychometrically validating a measurement using a mixed method. Journal of Happiness Studies. The study provides insight for happiness in work.

Yang J. et al (2017) explain happiness inequality in China. Journal of Happiness Studies Working adults participated in this study. The data were collected through offline methods and forms. This study provides insight into the happiness inequality in China.

In 2016, Ho-tang. W et al., the study was conducted on "Relationship among family support, love attitude and well being of junior high school students". Study aims to find the relationship between family support, love attitude and well being. 686 high school students participated in this study. Family support scale, love attitude scale, well being scale these were the tools used which have good reliability and validity. Results showed that family support, love attitude has correlation with well being. For junior high school students all the 3 variables reached from middle to high level. And explanatory power also analyzed for 4 demographic variables in that gender, grade, family structure, economics status with

well-being is 2.40%, explanation power for love attitude for well being is 4% total explanatory is 34.70%.

Ruch, W. 2016; Explains the relationship between the guidelines for happiness and job satisfaction a year later in a cross-section of employees in Switzerland. Journal of Happiness Studies. The adults who are working in the IT field participated in this survey through forms. This survey includes Gallup global well being survey. The results of this study provide an explanation into the relationship between job satisfaction and happiness.

Canlas. J. M (1 March, 2015) studied the influence of family relationship satisfaction and perceived work - family harmony on mental health. 284 employed mothers participated in this study. Data were collected through questionnaires and face to face interviews. Interviews ran between 35 and 45 minutes. Analysis of Moments Structure (AMOS) and Structural Equation Modeling (SEM) were used in analysis. Chi-square test, Tucker and Lewis Index (LTI), Comparative Fit Index (CFI) and Root Mean Square Error of Approximation (RMSEA) were used in testing. The findings of this study indicates that working long hours has a significant positive relationship with mental health.

A Study on Happiness and Related Factors among Indian College Students by Anamika S, et alin 2014, Data was collected through a primary sample survey from Indian college and university students of aged 18-24 years. The overall sample size was 449, out of which 400 were collected through online surveys. This paper uses OLS, OLOGIT and statistical tests to find out whether aspects of social life such as time spent with family, friends, or being in a relationship. The results show that the statistical tests of hypotheses, as well as regression analysis, have been used to determine that happiness of a student is not significantly related to income. Regression results show that income and happiness are not significantly associated. Statistical tests of hypotheses have been conducted to confirm the above results. Tests of hypotheses show us that there are no significant differences between the average levels of overall happiness of students belonging to different income classes.

Family Quality of Life, by Poston, D., et al. In 2013 in this qualitative inquiry, the authors investigated the conceptualization of family quality of life. Focus groups and individual interviews were conducted with 187 participants. Ten domains of family quality of life resulted from the qualitative analysis: advocacy, emotional well-being, health, physical environment, productivity, social well-being, daily family life, family interaction, financial well-being, and parenting. Sub-domains, indicators, and key points raised by the participants are identified for each of the 10 domains. These domains will be used as the basis of a long-term goal of developing a psychometrically sound scale for measuring family quality of life. A participatory action research process involving collaboration with family members, service providers, administrators, and researchers was used to insure maximum rigor and relevance. Focus groups and individual interviews were used for data collection in 3 states. The 187 participants included 78 family members of children with disabilities, 18 parents who use English as a second language, 33 parents of children without disabilities, 8 individuals with

disabilities, and 50 professionals. The constant comparative method was used to analyze transcript data to generate categories, subcategories and codes as well as to interpret patterns and themes.

A study on relationship between income, health and family relationship and happiness by Mahmoud M. et al in April 2013. They raised a question of whether money buys happiness by analyzing more than 450,000 responses to the Gallup-Healthways Well-Being Index, a daily survey of 1,000 US residents conducted by the Gallup Organization. Economists reported that happiness increases in income but decreased in income aspirations, and this work examined how aspirations form and adapt over time. The study reported that expectations and social comparisons significantly could influence reported satisfaction and their findings supported an aspirations-based theory of happiness. performed an empirical analysis and studied whether the effect of income on happiness tends to be underestimated by ignoring the fact that income had to be earned. They confirmed this by using the German Socio-Economic Panel. The results have confirmed that family income influences positively on subjective happiness scale as well as satisfaction with life scale. In addition, the results of the survey have confirmed that family income, family relationships and health conditions all impact happiness, positively.

In 2013, Rahim.M et al., conducted a study on "Factors influencing family life satisfaction among parents in Malaysia" by considering four main variables (parental environment, family functioning, family resilience and time with family) and 2808 parents were involved in this study which 1484 are fathers and 1324 are mothers, who have children around 13 years or more. Study is conducted by the National population and family development board of Malaysia. Results showed that family functioning, family resilience and time with family has a direct influence on family life satisfaction among parents in Malaysia other than parental environment.

In 2013 Yildirim.Y. et al, conducted research on "Relationship between life satisfaction and quality of life in nursing school students. The research was conducted with a research population of 396 nursing students who received education at a school of nursing. The data collection tools included "Student Description Form, " Life Satisfaction Scale, and WHOQOL-BREF (TR) Quality of Life (QOL) Scale. There was a significant positive correlation between life satisfaction and quality of life among those nursing students. And being a nursing student had a positive effect on students' life satisfaction and quality of life.

Bhatia.G (2012) did a study on relation between family relationship and emotional intelligence of secondary level students. 340 secondary school students participated in this study. The data were collected through questionnaires. Family Relationship Inventory and Emotional Intelligence Test were used. Product moment correlation, one way ANOVA and t-test were used to analyze. The findings of this study reveal that family relationships influence emotional intelligence.

Stappen. L (2012) researched on Happiness and Quality of Life. An empirical study for the EU-25. In this study 25 EU

member states were picked. The data for these analyses stem from different sources. For some data this was the same source, for others they stem from different organizations. They are first analyzed by the use of a linear model then if concave scatter plots appear, logarithmic modeling. The results showed that there is a positive relation visible between income and happiness between the 25 EU countries.

Family connections and Family Well-Being A Study of the Families of Nine Year-Olds in Ireland by Tony Fahey and Patricia Keilthy in 2012. The element of the check was grounded on a public representative sample of 568 children who progressed in 2007-08. The sample was generated from the applicable age-grades in 910 primary seminaries which were named on a probability-commensurable-to-size base from the, 200 primary seminaries in the country. the confines of well-being and the pointers were used. The analysis is presented under five headlines: the structure of families, relationship quality between parents, the individual well-being of parents, relationship quality between parents and children, and the well-being of children. The results then support the view that family size is an important aspect of family well-being, indeed if it's delicate to decrypt exactly what its significance is.

3. Research Gap

Previous research reviewed in the present study has established the importance of family relationships, happiness, well-being, and quality of life across different populations and contexts. Some studies have examined the association between family-related factors and happiness, while others have investigated family functioning in relation to quality of life. Similarly, other studies have explored the relationship between happiness and life satisfaction or overall well-being. These studies provide valuable evidence regarding the individual connections among these psychological and social factors.

However, the existing literature reviewed in the present study largely examines these relationships separately and across diverse populations, including working adults, individuals across broad age groups, older adults with health conditions, and individuals experiencing specific social or personal circumstances.

As a result, the existing literature reviewed in the present study does not provide a clear and integrated understanding of how family relationship, subjective happiness, and quality of life are interrelated within the same young-adult population.

The present study seeks to address this gap by bringing these three closely related variables together within a single investigation. Rather than examining only whether family relationships are associated with happiness or whether family functioning is related to quality of life, the present study examines the relationships among family relationship, subjective happiness, and quality of life simultaneously among young adults aged 17–23 years.

Specifically, the study examines the following relationships:

Family Relationship ↔ Subjective Happiness
 Family Relationship ↔ Quality of Life
 Subjective Happiness ↔ Quality of Life

By examining these interrelationships within the same group of young adults, the present study aims to provide a more integrated understanding of how family relationships and subjective happiness are associated with young adults' perceptions of their overall quality of life. The study further examines whether family relationship, subjective happiness, and quality of life differ according to gender and birth order. Thus, the present study differs from the previous literature reviewed by examining these three dimensions not as isolated pairs of variables, but as interconnected aspects of well-being within the same young-adult population. This integrated approach may contribute to a broader understanding of the social and psychological factors associated with well-being during young adulthood.

4. Objectives of the Study

The present study was undertaken with the following objectives:

- To examine the relationship between family relationship and subjective happiness among young adults.
- To examine the relationship between family relationship and quality of life among young adults.
- To examine the relationship between subjective happiness and quality of life among young adults.
- To examine whether family relationship, subjective happiness, and quality of life differ according to gender among young adults.
- To examine whether family relationship, subjective happiness, and quality of life differ according to birth order among young adults.

5. Hypotheses of the Study

The following hypotheses were formulated for the present study:

- There will be a significant relationship between family relationship and subjective happiness among young adults.
- There will be a significant relationship between family relationship and quality of life among young adults.
- There will be a significant relationship between subjective happiness and quality of life among young adults.
- There will be a significant difference in family relationship, subjective happiness, and quality of life according to gender among young adults.
- There will be a significant difference in family relationship, subjective happiness, and quality of life according to birth order among young adults.

6. Methodology

6.1 Research Design

The present study employed a quantitative approach to examine the relationship among family relationship, subjective happiness, and quality of life among young adults. The study also examined differences in family relationship, subjective happiness, and quality of life according to gender and birth order.

6.2 Participants and Sampling

The study included 150 young adults aged between 17 and 23 years who were pursuing undergraduate or postgraduate education in various colleges in and around Coimbatore. The participants were selected using the convenience sampling method.

6.3 Inclusion Criteria

The study included young adult students aged between 17 and 23 years who were pursuing undergraduate or postgraduate education in colleges in and around Coimbatore.

6.4 Exclusion Criteria

Children, older adults, and working young adults were excluded from the study.

6.5 Instruments

The following instruments were used to collect data for the present study.

6.5.1 Brief Family Relationship Scale

Family relationship was assessed using the Brief Family Relationship Scale, developed by Ting Fok C. C. et al. (1994). The scale consists of 16 statements with three response options: Not at all, Somewhat, and A lot. The scale assesses three dimensions of family relationship: cohesion, expressiveness, and conflict.

The scale consists of 10 positively worded items and 6 negatively worded items. Positively worded items are scored as 1 for Not at all, 2 for Somewhat, and 3 for A lot. Negatively worded items are reverse scored, with 3 for Not at all, 2 for Somewhat, and 1 for A lot. Higher scores indicate stronger family relationships.

According to the original study, the Brief Family Relationship Scale has demonstrated strong reliability, convergent validity, and discriminant validity.

6.5.2 Subjective Happiness Scale

Subjective happiness was assessed using the Subjective Happiness Scale, developed by Lyubomirsky and Lepper (1999). The scale consists of four statements rated on a seven-point scale ranging from 1 to 7. It consists of three positively worded statements and one negatively worded statement. The negatively worded statement is reverse scored.

Higher scores indicate a higher level of subjective happiness. According to the information reported in the original study, the scale has demonstrated Cronbach's alpha values ranging from 0.79 to 0.94, stability reliability of 0.72, and satisfactory convergent validity.

6.5.3 Quality of Life Scale

Quality of life was assessed using the Quality of Life Scale, developed by Burckhardt and Anderson (2003). The scale consists of 16 statements rated on a seven-point scale:

7 – Delighted
 6 – Pleased

- 5 – Mostly satisfied
 4 – Mixed
 3 – Mostly dissatisfied
 2 – Unhappy
 1 – Terrible

All 16 statements are positively worded. The total score is obtained by summing the ratings of all items. According to the original study, the scale has demonstrated reliability, content validity, and construct validity.

6.6 Procedure

The participants were selected from colleges in and around Coimbatore using the convenience sampling method. The Brief Family Relationship Scale, Subjective Happiness Scale, and Quality of Life Scale were administered along with a demographic information form.

Data were collected directly from the participants through in-person administration of the questionnaires. Before administering the questionnaires, the participants were asked for their consent to participate in the study. The participants were then requested to complete the questionnaires.

6.7 Ethical Considerations

Data were collected only after obtaining the consent of the participants. Participation in the study was voluntary, and none of the participants were forced to participate. The data and results of the participants were kept confidential.

6.8 Statistical Analysis

The collected data were analysed using the following statistical techniques:

- Pearson correlation analysis was used to examine the relationship among family relationship, subjective happiness, and quality of life among young adults.
- Independent-samples t-test was used to examine gender differences in family relationship, subjective happiness, and quality of life among young adults.
- Multivariate Analysis of Variance (MANOVA) was used to examine differences according to birth order in family relationship, subjective happiness, and quality of life among young adults.
- Mean and standard deviation were used for descriptive analysis of the study variables.

7. Results and Discussions

7.1 Demographic Characteristics of the Participants:

Table 1: Frequency distribution of the participants based on their age, N=150

Age	No. of Participants	Percentage
17	2	1.30%
18	14	9.30%
19	50	33.30%
20	57	38%
21	13	8.70%
22	13	8.70%
23	1	0.60%

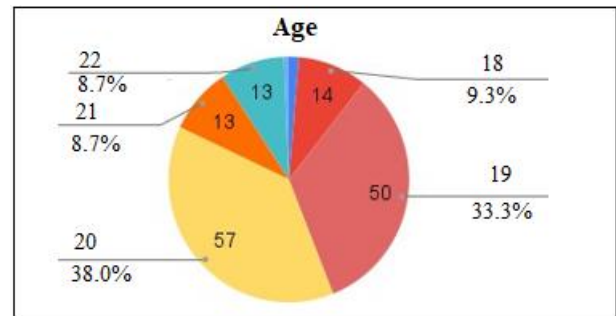


Figure 1: Pie-chart of distribution of the participants according to the age

Table 2: Frequency distribution of the participants based on their Gender, N=150

Gender	No. of participants	Percentage
Male	84	56%
Female	66	44%

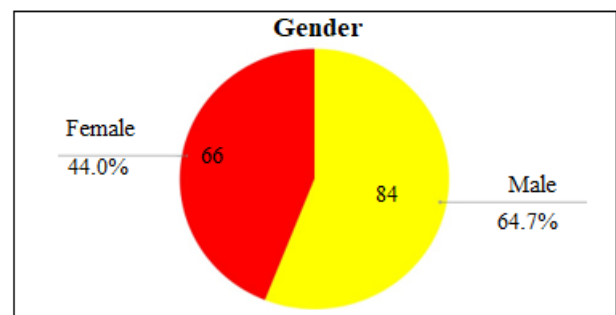


Figure 2: Pie-chart of distribution of the participants according to the gender

Table 3: Frequency distribution of the participants based on their Birth order, N=150

Birth order	No. of participants	Percentage
1st	90	60%
2nd	50	33.30%
3rd and above	10	6.70%

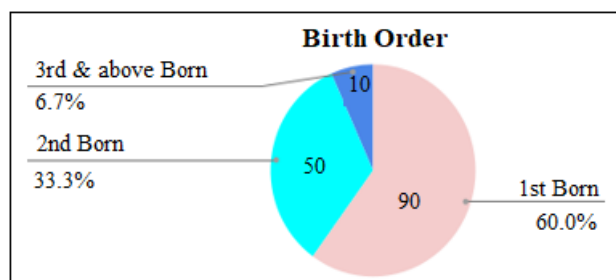


Figure 3: Pie-chart of distribution of the participants according to the birth order

Table 4: Frequency distribution of the participants based on their Locality, N=150

Locality	No. of participants	Percentage
Urban	114	76%
Semi Urban	23	15.30%
Rural	13	8.70%

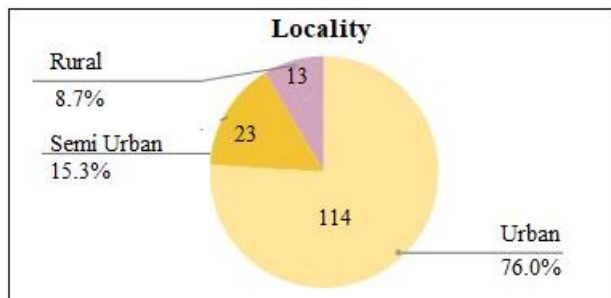


Figure 4: Pie-chart of distribution of the participants according to the locality.

Table 5: Frequency distribution of the participants based on their Education qualification, N=150

Education qualification	No. of participants	Percentage
UG	139	92.70%
PG	11	7.30%

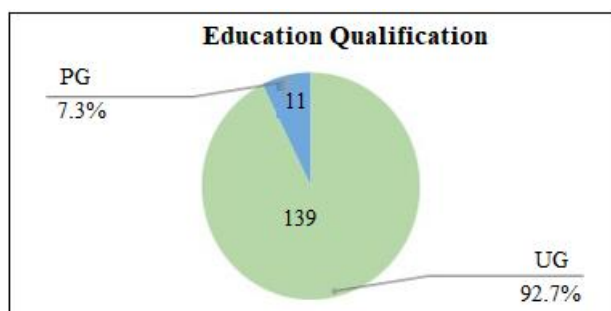


Figure 5: Pie-chart of distribution of the participants according to the Educational Qualification.

Overall Interpretation:

The study included a total of 150 young adults aged between 17 and 23 years. The largest proportion of participants was 20 years old (38%), followed by those aged 19 years (33.3%). Participants aged 17, 18, 21, 22, and 23 years constituted smaller proportions of the sample.

With regard to gender, 84 participants (56%) were male and 66 participants (44%) were female.

In terms of birth order, the majority of participants were first-born (60%), followed by second-born participants (33.3%), while participants who were third-born or later constituted 6.7% of the sample.

Regarding locality, most participants were from urban areas (76%), followed by semi-urban areas (15.3%) and rural areas (8.7%).

With respect to educational qualification, the majority of participants were pursuing undergraduate education (92.7%), while 7.3% were pursuing postgraduate education.

Overall, the sample consisted predominantly of 19- and 20-year-old undergraduate students, with a slightly higher proportion of male participants. The demographic characteristics provide important contextual information for interpreting the findings of the present study.

7.2 Levels of Family Relationship, Subjective Happiness, and Quality of Life:

Table 6: Frequency distribution of the participants based on their level of Family relationship, N=150

Family relationship	No. of participants	Percentage
High	97	64.70%
Moderate	50	33.30%
Low	3	2%

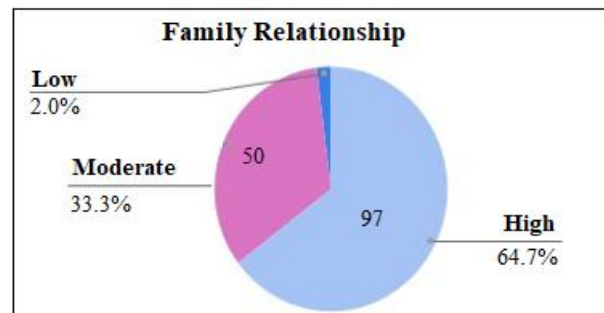


Figure 6: Pie-chart of distribution of the participants according to the level of Family Relationship

Table 7: Frequency distribution of the participants based on their Subjective happiness, N=150

Happiness	No. of participants	Percentage
High	72	48%
Moderate	66	44%
Low	12	8%

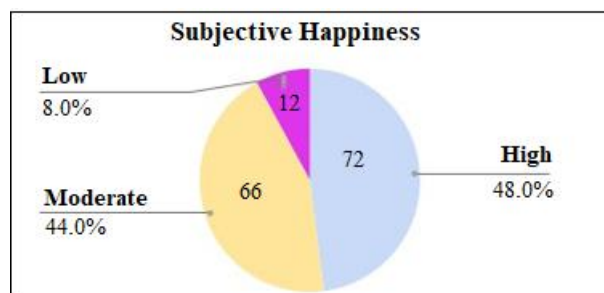


Figure 7: Pie-chart of distribution of the participants according to the level of Subjective Happiness

Table 8: Frequency distribution of the participants based on their Quality of life, N=150

Quality of life	No. of participants	Percentage
High	104	69.30%
Moderate	43	28.70%
Low	3	2%

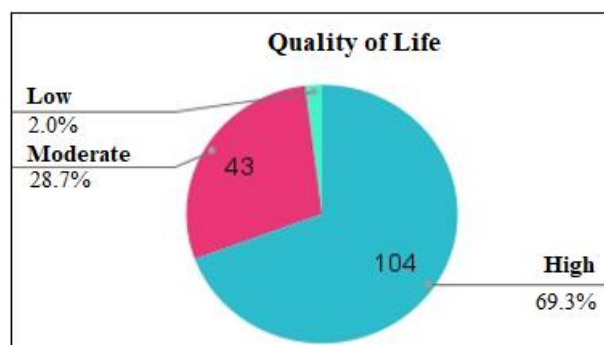


Figure 8: Pie-chart of distribution of the participants according to the level of Quality of life

The distribution of participants according to their levels of family relationship, subjective happiness, and quality of life is presented in Tables 6, 7, and 8 and the corresponding figures.

Overall Interpretation of the Levels of Study Variables

The findings indicate that the majority of the participants demonstrated a high level of family relationship, with 64.7% of the participants falling within the high category. A further 33.3% demonstrated a moderate level of family relationship, while only 2% were classified as having a low level of family relationship.

With regard to subjective happiness, 48% of the participants demonstrated a high level, while 44% demonstrated a moderate level. Only 8% of the participants were classified as having a low level of subjective happiness.

Similarly, the majority of the participants demonstrated a high level of quality of life, accounting for 69.3% of the sample. A further 28.7% demonstrated a moderate level, while only 2% were classified as having a low level of quality of life.

Overall, the findings show that most of the young adults in the present sample reported high levels of family relationship and quality of life. Subjective happiness was also predominantly distributed across the high and moderate categories, with relatively few participants reporting low levels. These findings provide a descriptive overview of the levels of the three study variables before examining the statistical relationships among them.

7.3 Relationship Between Family Relationship, Subjective Happiness, and Quality of Life

The relationship among family relationship, subjective happiness, and quality of life among young adults was examined using Pearson's correlation analysis. The results are presented in Table 9.

Table 9: Relationship between family relationship, subjective happiness and quality of life among young adults.

Variables	Family Relationship	Subjective Happiness	Quality of life
Family Relationship	1	.182*	.281**
Subjective Happiness	.182*	1	.181*
Quality of life	.281**	.181*	1

*. Correlation is significant at the 0.05 level (2-tailed)

**. Correlation is significant at the 0.01 level (2-tailed).

The results of Pearson's correlation analysis revealed a statistically significant positive relationship between family relationship and subjective happiness ($r = .182, p < .05$). This indicates that participants who reported stronger family relationships also tended to report higher levels of subjective happiness.

A statistically significant positive relationship was also found between family relationship and quality of life ($r = .281, p < .01$). This was the strongest correlation observed among the three relationships examined, indicating that stronger family relationships were associated with higher perceived quality of life among the participants.

Similarly, subjective happiness was found to have a statistically significant positive relationship with quality of life ($r = .181, p < .05$). This suggests that participants with higher levels of subjective happiness also tended to report a higher quality of life.

Overall, the findings indicate that family relationship, subjective happiness, and quality of life are positively associated with one another among the young adults included in the present study. However, the correlation coefficients are relatively small, indicating weak positive relationships rather than strong relationships. Therefore, while the variables are significantly associated, the findings do not indicate that changes in one variable necessarily cause changes in another.

Accordingly, H_1 , H_2 , and H_3 were supported, as statistically significant relationships were found between family relationship and subjective happiness, family relationship and quality of life, and subjective happiness and quality of life.

7.4 Gender Differences in Family Relationship, Subjective Happiness, and Quality of Life

An independent-samples t-test was conducted to examine whether family relationship, subjective happiness, and quality of life differed according to gender among young adults. The results are presented in Table 10.

Table 10: Gender difference in family relationship, subjective happiness and quality of life among young adults, N=150

Variables	Gender	Mean	Standard Deviation	t value
Family Relationship	Male	38.18	5.13	1.056ns
	Female	38.98	3.92	
Subjective Happiness	Male	18	4.59	1.948ns
	Female	19.34	3.54	
Quality of life	Male	84.6	15.34	1.095ns
	Female	87	10	

ns not significant at 0.05 level of significance

The results indicated that there was no statistically significant gender difference in family relationship among the participants ($t = 1.056, ns$). Although the mean score of female participants ($M = 38.98, SD = 3.92$) was slightly higher than that of male participants ($M = 38.18, SD = 5.13$), the difference was not statistically significant.

Similarly, no statistically significant gender difference was found in subjective happiness ($t = 1.948, ns$). Female participants reported a slightly higher mean score ($M = 19.34, SD = 3.54$) than male participants ($M = 18.00, SD = 4.59$); however, this difference was not statistically significant.

With regard to quality of life, no statistically significant gender difference was observed ($t = 1.095, ns$). The mean score of female participants ($M = 87.00, SD = 10.00$) was marginally higher than that of male participants ($M = 84.60, SD = 15.34$), but the observed difference was not statistically significant.

Overall, the findings indicate that gender was not significantly associated with differences in family relationship, subjective happiness, or quality of life within the present sample.

Although female participants obtained slightly higher mean scores across all three variables, these differences were not statistically significant. Therefore, H_4 was not supported.

7.5 Differences in Family Relationship, Subjective Happiness, and Quality of Life According to Birth Order

Differences in family relationship, subjective happiness, and quality of life according to birth order were examined using the statistical analysis reported in the study. The results are presented in Table 11.

Table 11: Birth order difference in family relationship, subjective happiness and quality of life among young adults.

Variables	Birth order	Mean	Standard deviation	F value
Family Relationship	1st born	38.84	4.49	1.83ns
	2nd born	38.48	4.13	
	3rd and above	35.9	7.56	
Happiness	1st born	18.82	4.17	1.26ns
	2nd born	18.54	4.29	
	3rd and above	16.6	4.06	
Quality of Life	1 st born	87.1	13.18	1.96ns
	2 nd born	84.28	13.16	
	3rd and above	79.3	13.95	

ns not significant at 0.05 level of significance

The results indicated that there was no statistically significant difference in family relationship according to birth order ($F = 1.83$, ns). First-born participants obtained a mean score of 38.84 ($SD = 4.49$), followed by second-born participants with a mean score of 38.48 ($SD = 4.13$). Participants who were third-born and above obtained a comparatively lower mean score of 35.90 ($SD = 7.56$). However, the observed differences were not statistically significant.

Similarly, no statistically significant difference in subjective happiness was found according to birth order ($F = 1.26$, ns). First-born participants obtained a mean score of 18.82 ($SD = 4.17$), followed by second-born participants with a mean score of 18.54 ($SD = 4.29$). Participants who were third-born and above obtained a mean score of 16.60 ($SD = 4.06$). These differences were not statistically significant.

With regard to quality of life, no statistically significant difference was found according to birth order ($F = 1.96$, ns). First-born participants obtained the highest mean score ($M = 87.10$, $SD = 13.18$), followed by second-born participants ($M = 84.28$, $SD = 13.16$) and participants who were third-born and above ($M = 79.30$, $SD = 13.95$). However, these differences were also not statistically significant.

Overall, the findings indicate that birth order was not associated with statistically significant differences in family relationship, subjective happiness, or quality of life among the young adults included in the present study. Although the mean scores showed some variation across the birth-order groups, these differences were not statistically significant. Therefore, H_5 was not supported.

8. Summary

The present study examined the relationship between family relationship, subjective happiness, and quality of life among

young adults. The study also examined whether these variables differed according to gender and birth order.

The study included 150 young adults aged between 17 and 23 years who were pursuing undergraduate and postgraduate education in colleges in and around Coimbatore. Participants were selected using the convenience sampling method.

Family relationship was assessed using the Brief Family Relationship Scale, subjective happiness was assessed using the Subjective Happiness Scale, and quality of life was assessed using the Quality of Life Scale.

The study examined the relationships among family relationship, subjective happiness, and quality of life using Pearson's correlation analysis. Gender differences were examined using an independent-samples t -test, while differences according to birth order were examined using the statistical analysis reported in the study. Descriptive statistics were also used to examine the levels of the study variables.

The findings indicated statistically significant positive relationships among family relationship, subjective happiness, and quality of life. Family relationship was positively associated with subjective happiness and quality of life, while subjective happiness was also positively associated with quality of life. However, the reported correlation coefficients indicated relatively weak positive relationships.

The findings further indicated that there were no statistically significant gender differences in family relationship, subjective happiness, or quality of life. Although female participants obtained slightly higher mean scores than male participants across the three variables, the observed differences were not statistically significant.

Similarly, no statistically significant differences were found in family relationship, subjective happiness, or quality of life according to birth order. Although the mean scores varied across the first-born, second-born, and third-born-and-above groups, the reported differences were not statistically significant.

Overall, the findings of the present study suggest that family relationship, subjective happiness, and quality of life are positively associated among the young adults included in the study. At the same time, the findings indicate that gender and birth order did not produce statistically significant differences in these variables within the present sample.

9. Conclusion

The present study examined the relationship between family relationship, subjective happiness, and quality of life among young adults. The findings revealed statistically significant positive relationships among all three variables. Young adults who reported stronger family relationships tended to report higher levels of subjective happiness and quality of life, while higher subjective happiness was also associated with a higher quality of life. However, the reported relationships were weak in magnitude and should therefore be interpreted as associations rather than causal effects.

The findings further revealed no statistically significant gender differences in family relationship, subjective happiness, or quality of life. Similarly, no statistically significant differences were found in these variables according to birth order. Although some variations were observed in the mean scores of different groups, these variations were not statistically significant within the present sample.

Overall, the findings suggest that positive family relationships are associated with subjective happiness and quality of life among the young adults included in the study. The study highlights the importance of examining family relationships alongside psychological well-being and perceived quality of life. However, the findings should be interpreted within the context of the study sample and design, and future research may further explore these relationships among larger and more diverse populations.

10. Limitations of the Study

The present study has certain limitations that should be considered when interpreting its findings.

First, the study examined the relationships among family relationship, subjective happiness, and quality of life. As the findings are based on the relationships observed among these variables, the study cannot establish a cause-and-effect relationship between them.

Second, the study focused specifically on family relationship, subjective happiness, and quality of life. Other psychological and contextual variables that may be associated with these factors were not included in the present study.

Finally, the present study did not include any intervention designed to improve family relationship, subjective happiness, or quality of life. Therefore, the findings provide information about the associations and differences observed among the variables but do not provide evidence regarding the effectiveness of any intervention.

11. Suggestions for Future Research

Based on the findings and limitations of the present study, the following suggestions are proposed for future research.

First, future studies may examine the relationships among family relationship, subjective happiness, and quality of life using research designs that allow a better understanding of the direction and possible influence of these relationships. This may provide further insight into how changes in one variable may be associated with changes in the others.

Second, future research may include additional psychological and contextual variables that could be associated with family relationship, subjective happiness, and quality of life. Examining a broader range of factors may provide a more comprehensive understanding of the psychological and social influences related to young adults' well-being.

Finally, future studies may develop and evaluate appropriate interventions aimed at strengthening family relationships and

promoting subjective happiness and quality of life. Such research may help determine whether structured interventions can contribute to improvements in these areas among young adults.

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