World Academy of Science, Engineering and Technology International Journal of Psychological and Behavioral Sciences Vol:16, No:04, 2022

Predicting College Students' Happiness During COVID-19 Pandemic; Be optimistic and Well in College!

Authors: Michiko Iwasaki, Jane M. Endres, Julia Y. Richards, Andrew Futterman

Abstract : The present study aimed to examine college students' happiness during COVID19-pandemic. Using the online survey data from 96 college students in the U.S., a regression analysis was conducted to predict college students' happiness. The results indicated that a four-predictor model (optimism, college students' subjective wellbeing, coronavirus stress, and spirituality) explained 57.9% of the variance in student's subjective happiness, F(4,77)=26.428, p<.001, R2=.579, 95% CI [.41,.66]. The study suggests the importance of learned optimism among college students.

Keywords: COVID-19, optimism, spirituality, well-being

Conference Title: ICPPW 2022: International Conference on Positive Psychology and Wellbeing

Conference Location : Paris, France **Conference Dates :** April 14-15, 2022