

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

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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, $F(4,77)=26.428$, $p<.001$, $R^2=.579$, 95% CI [.41,.66]. The study suggests the importance of learned optimism among college students.

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

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