

Correlation between Meaning in Life and Academic Performance in Japanese College Students

Authors : Jihyun Park

Abstract : This research suggests that meaning in life or Ikigai can be associated with better academic performances in Japanese college students. To measure meaning in life in Japanese college students, the Ikigai questionnaire and the Meaning in Life Questionnaire (MLQ) are both used, and the survey was collected using Microsoft Teams Forms for a total of 80 Japanese college students. The data revealed that students who have a higher than a 3.0 grade point average (GPA) showed the highest score in both the Ikigai and MLQ. The participants with between a 2.0 and a 3.0 GPA reported lower scores in both MLQ and Ikigai than the previous participants. The group of students who have lower than a 2.0 GPA had the lowest scores for MLQ and Ikigai. This result can indicate that implementing meaning in life or Ikigai to early college students can bring about better academic performance, which also can improve students' college life better as well.

Keywords : college students' academic performance, Ikigai, meaning in life, purpose of life

Conference Title : ICPPW 2023 : International Conference on Positive Psychology and Wellbeing

Conference Location : Tokyo, Japan

Conference Dates : February 20-21, 2023