

Study on the Experiences and Emotions Associated with Happiness among High School Students

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Abstract : The study of happiness focuses on how people perceive their well-being, the ways they seek happiness, and the factors that affect their feelings of happiness, including self-esteem, depression, satisfaction, and the quality of life. Researchers also aim to explore the relationship between happiness, self-esteem, depression, satisfaction, and quality of life, with the goal of assessing people's sense of achievement. Happiness is strongly linked to an individual's sense of achievement and overall life satisfaction. In this article, we will discuss the findings of a study that examines the feelings of happiness and the factors that influence them among 562 high school students.

Keywords : happiness, high school students, feelings of happiness, happiness level

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