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## Relationship between Social Desirability and Argue with Happiness

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**ABSTRACT:** This study predicts happiness and debate on the social desirability of seeking the students. Methods: For this purpose 120 students of University of Mohagheg Ardabil were selected by random cluster sampling. The instrument used in this study, questionnaires measuring social desirability and Oxford Happiness Inventory Questionnaire was seeking discussion. To identify and analyze the relationships between variables and predict happiness, methods of correlation and regression analyzes were used. Results: The results showed that social desirability has a significant negative correlation with happiness. Discussion of the relationship between ambition and happiness found. The difference between girls and boys in happiness scores was not significant. Conclusion: Overall, the results suggest that social desirability plays a fundamental role in happiness.

**Keywords:** Happiness of students, Argue, Social desirability

### INTRODUCTION

One of the issue taken into consider by psychologist is to explain the relationship between social disability and argue with happiness. Psychologists are interesting concepts such as positive sensations<sup>1</sup>. Much research has so far been done concerning happiness and the factors influencing it<sup>2</sup>, and psychologists focused their attention on potential sources of positive feelings, including feelings of happiness<sup>3</sup>.

Happiness is a scientific term used for evaluating individuals about their lives. Happiness is the degree to which a person evaluates the overall quality of his present life-as-a-whole positively. Happiness is theoretically conceptualized as a process rather than a state<sup>4,5</sup>. Through the past century, psychologists have mainly focused on human unhappiness (such as anxiety and depression) and neglected the positive aspect of human potential.

Finding the effective factors of grief and distress and treating the patients is necessary but since prevention is always better than cure. Argyle et al<sup>6</sup>. (1995) defined happiness as having three partly independent components: (1) the average

level of satisfaction over a specific time period; (2) the frequency and degree of positive affect; and (3) the relative absence of negative effect such as anxiety and depression. Happiness is the goals that all men striving to get it<sup>7</sup>. And more survey needs about knowing factors that influencing happiness. In addition to cognitive factors, non-cognitive factors like social desirability are effective in determining happiness level. Social desirability as a part of social communication is related to providing an acceptable personality and attractiveness. Social desirability is the tendency of individuals to respond socially Popularity and desirable instead of describing what they really believe and do. Social desirability has little effect on the relationship between personality and academic performance .It can be said that the way students interpret special situations affect their educational motivation .

Social desirability has been described as a tendency to overestimate desirable traits and behaviors and underestimate undesirable ones, when using self-reported measures<sup>8</sup>. Effects of socially desirable responding have been found in several research areas<sup>9</sup>, goal orientation<sup>10</sup>, happiness<sup>11</sup>.

Socially desirable response has been evident in the self-reporting of anxiety, coping, happiness and self-esteem<sup>12</sup>.

One of the others variables that relating with happiness is argue, and prepares the individual in communication situations in which s/he can support a position in controversial subject to criticize others position verbally, argue as a motivation in human interactions is the first tendency of individuals in controversial subjects. In fact this form of communication and opposition is a way of constructing a logical and cohesive mix of ideas that form the basis of person thinking. Argue as a positive attribute is constructive form of communication and opposition. These people tend to be more active in speaking when they are in groups and try to attract the attention of others and in general they are very courageous also knowing as a stability characters.

With respect to the positive movement of psychology in recent years and considering that more variables associated with happiness are investigated the discussions on the role of social desirability and controversy in happiness seems to be essential in the Iranian students. The aim of this study was to determine the contribution of each of the variables of social desirability and controversy in predicting the rate of happiness in Iranian Students.

## **Material and Methods**

### **Participants**

The participants of this survey study included all the male and female student of Mohagheg Ardebili University (120). The stratified sampling method was used and to determine the sampling size, Krejcie and Morgan table was used.

Oxford Happiness Test: This scale was provided by Argile and Lou (1990)<sup>13</sup> which consist of 29 articles and its reliability and validity have been explored in various studies. For example, Argile and Lou (1990)<sup>13</sup> calculated the reliability

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coefficient of this questionnaire using Cronbach's alpha as equivalent to 90%. Also, Alipour and Nourbala (2008)<sup>14</sup> obtained its reliability coefficient using Cronbach's alpha on 132 Iranian subjects as 93%. The validity of this questionnaire has been reported appropriate in various studies (Argile, 2001)<sup>15</sup> and Francis (1998)<sup>9</sup> reported the correlation of this questionnaire 52%.

Distortion scale of Ahvaz reality: scale (ARDI) consists of 10 questions. Participants should choose one of the four options for each question. The total score of ten materials shows the distortion rate of reality for each subject. Higher scores indicate more distortion of reality. Answers to questions take place in a framework of 5 Likert scale item (1 totally disagree to 5 strongly agree).

## Results

The 120 study participants ranged in age from 18 to 27 (mean=21,18, SD=2,32), And all of them.

**Table 1.** Descriptive statistics of variables

Variabels	Mean	Standard deviation	Min	Max
Age	21,18	2,32	18	27
Happiness	72,13	12,01	41	104
Argue	58,92	6,07	43	77
Social desirability	21,48	4,16	11	36

**Table 2.** correlation Coefficients between social desirability, argue and happiness

Variabels	1	2	3
Social desirability	1		
Argue	0.44** 0.000	1	
Happiness	- 0.024 ** 0.007	0.100 0.28	1

\*\* p< 0.05

There were negatively significant correlations between social desirability (r=-0.024 p< 0.05) and happiness. Also, there was no significant correlation between argue and happiness (p>0 .05).

**Table3.** Results of multiple regression to predict happiness from variables

	Sum of squers	Df	Means of squers	F	Sig
regression	1024,21	2	512,10		
residual	16015,63	116	138,06	3.709	0.027
total	17039	118			

**Table4.** Independent t-test for happiness between male and female

Variabels	Gender	Mean	Standard deviation	Means defferent	T	df	Sig
Happiness	Male	73,27	11.07	2,25	1,02	118	,15

	Female	71,01	12.87				
argue	Male	59,33	6.58	,816	,735		
						118	,28
	Female	58,51	5.55				
Social desirability	Male	21,23	4.44	-,50	-,655		
						118	,67
	Female	21,73	3.89				

Because accounting t for happiness (1.02), argue (0.735) and social desirability(-0.655) with 0.05 and degrees of freedom 118 up than t's tables, so dull hypothesis not rejected, this means no significant relationship between happiness, argue and social desirability in male and female.

### Discussion

The purpose of this study was to the determine portion of social desirability and argue at predicted happiness in students. The results of study showed that there is negative and significant relationship between social desirability and happiness, in the other words, by increasing the amount of social desirability, happiness will decrease. Also no significant relationship observed between argue and happiness .

### Conclusion

The results at regressing table showed that social desirability has a significant role in predict happiness. Results of surveys supports are first our hypothesis that there is negative and significant relationship between social desirability and happiness. The results of this study is compatible with Darnon (2009)<sup>16</sup> study. The people who follow social desirability are less happiness. Argile, Martine, lou (1995)<sup>6</sup> reported that happy people following positive relating. According to the results taken into considered social desirability and happiness and according to the fundamental definitions and concepts underlying happiness, it has been found that happy people eschewed from negative emotions, including depression and anxiety and are seeking for gaining positive and sincere relations with others<sup>6</sup>. Therefore, their happiness is not related to being more social. People in advanced societies are compelled to spend more time in the community. And compelled agree with others and this conditions led to less happiness for the people followed social desirability, In addition, taking into considered this point that anxiety and depression are the characteristics of neurosis factors, people are inclined for experiencing negative occurrences and sociality is one of the features of extroversion factor which cause people to be inclined to experience positive events. It seemingly can be justified that happiness has a negative relationship with neurosis personality traits and has a positive relationship with extroversion. Therefore, it is recommended that further research be carried out in this regard in

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order to explore more precisely the relationship between happiness and subscales of each social desirability, since people who are looking for socially desirability do not have features like optimistic, encouragement and participation in team works. This reduces the overall happiness of them. In other research it was stated that if we look to religion because of religion itself, not because of external benefits, then it can be argued that a step in the creation and improvement of mental health is taken. Neuroticism that is one of the five-factor personality traits has a significant negative relationship with internal religious orientation and also has a significant negative relationship with happiness.

With respect to the findings that was examined about the social desirability with happiness and considering definition and conceptions about happiness like such as depression and anxiety that happy people avoid and seek positive, logical and friendly relationships with others<sup>12</sup> Also considering the fact that giving popular and socially acceptable answers rather than describing what they really believe or do. And promote individuals to the unpleasant and unreasonable experiences. It seems justified that happiness is negatively associated with social desirability. The findings about social desirability emphasized that people who try to act in accordance with the wishes of others and do not show their true self enjoy less happiness than those who show their true selves. The second assumption that there is a significant positive correlation between controversy and happiness was not approved that maybe related to characteristics of participants.

On the other hand, individual characteristics, social status and incidents and events in all individuals (both in men and women) are not the same. It can be explained that these factors are not affected by lack of significant differences between two sexes. In examining different controversy levels between girls and boys was not found any significant relationship. Since this study was conducted among students and, science, social, etc. discussion in the classroom and campus, the effect of education and changing role of women in society are essential in resulting. Thus, the results of this study expand our understanding of the nature of the controversy-seeking individuals.

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