

## A MULTIFACETED EMPIRICAL EXPLORATION OF HAPPINESS AND ITS PSYCHOLOGICAL CORRELATES AMONG COLLEGE STUDENTS IN KOLKATA, WEST BENGAL

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*Subjective well-being is important because of the high levels of happiness among college students, despite their exposure to serious academic and psychosocial stressors. The current cross-sectional research is concerned with the score of happiness and its psychological aspects on a sample of 304 college students in Kolkata, West Bengal, through the application of the Oxford Happiness Questionnaire. The findings explained the connections of happiness, socio-demographic, and psychological interrelations, including life satisfaction, mindful attention, perceived stress, contentment, and emotional regulation problems. The average score of happiness was in the range of  $159.57 \pm 9.13$ , which is moderately high well-being. Happiness was strongly correlated with all the dimensions of psychology ( $p < 0.001$ ). The levels of education and marital status were found to be associated with happiness, except for gender, which did not yield significance. A five-factor structure that implied 63.57% of total variance between psychological scales with a strong internal consistency was confirmed by exploratory factor analysis. These results establish that the happiness of college students is a multi-dimensional construct that is heavily affected by psychological characteristics, and thus, the importance of stress management and mindfulness-based programmes in educational establishments.*

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