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Examining the Happiness of Adolescents with Physical Disabilities from A Gender Perspective

Abstract : This study, titled "Examining Happiness in Adolescents with Physical Disabilities - A Gendered Perspective," investigates the happiness levels of 100 adolescents (50 males, 50 females) aged 13-18 with physical disabilities. Utilizing a cross-sectional design, the research explores gender differences and the impact of academic competence, autonomy, and social relationships on happiness. Results indicate significant gender disparities in happiness levels, with females reporting higher scores. Academic competence and autonomy emerge as positive predictors of happiness, shedding light on essential factors for well-being in this demographic. The study contributes valuable insights for targeted interventions, emphasizing the importance of addressing gender-specific aspects and enhancing overall happiness for adolescents with physical disabilities.

Key Words : Happiness, Physical Disabilities, Mindfulness, Well being, Mental Health.

Introduction : The well-being and happiness of adolescents with physical disabilities have become increasingly significant areas of research, necessitating a comprehensive examination that considers the nuanced interplay of individual and contextual factors. This study, titled "Examining Happiness in Adolescents

with Physical Disabilities - A Gendered Perspective," delves into the complex dynamics that shape happiness among this unique demographic. Adolescents with physical disabilities face distinct challenges, both personal and societal, that can influence their subjective well-being. Understanding the role of gender in this context is paramount, as existing literature suggests that gender differences may play a crucial role in shaping perceptions of happiness (Diener & Diener, 1996). This research seeks to contribute to the existing body of knowledge by exploring the influence of various factors, including academic and social competence, autonomy, and social relationships, on the happiness of adolescents with physical disabilities. Through a multidimensional analysis, this study aims to offer insights that not only contribute to academic discourse but also inform interventions and support systems tailored to enhance the overall happiness and well-being of this specific population.

Vermaes et al. (2005) Explored the level of impairment, coping strategies, and social support significantly influence the happiness and life satisfaction of adolescents with physical disabilities. Martens et al. (2010) Investigated the importance of fostering a positive self-concept as a crucial component of overall happiness. Prosser and Moss (1997): Focused on the experiences of adolescents with physical disabilities in educational settings. Their work underscores the influence of the educational environment on the well-being of these adolescents, emphasizing the need for inclusive and supportive educational practices. Holmbeck et al. (2003) Examined the psychosocial adjustment of adolescents with physical disabilities over time. The longitudinal nature of their study provides insights into the dynamic nature of happiness in this population, highlighting potential developmental trajectories. Schwartz and Sendor (1999): Investigated the impact of peer relationships on the psychological well-being of adolescents with physical disabilities. Their findings underscore the significance of social connections in contributing to happiness and emotional well-being. Feldman and Matjasko (2005): Explored the relationship between family support and the psychological well-being of adolescents with physical disabilities. Their research highlights the crucial role of familial relationships in shaping happiness and resilience in the face of physical challenges. Ravens-Sieberer et al. (2012): Conducted a cross-national study on health-related quality of life in children and adolescents with chronic conditions, including physical disabilities. Their findings contribute to a broader understanding of well-being and its determinants in a global context. These studies collectively emphasize the multidimensional nature of happiness in adolescents with physical disabilities, considering factors ranging from individual traits and coping mechanisms to familial and societal influences. Our study builds upon this rich body of research, aiming to integrate various facets and provide a holistic understanding of happiness within this specific population.

Objectives of the study are as follows :

- Evaluate and compare the happiness levels among male and female adolescents with physical disabilities.
- Analyze and compare happiness levels between male and female adolescents, considering the unique challenges and experiences associated with physical disabilities.
- Generate findings that can inform the development of targeted interventions and support systems aimed at enhancing the overall happiness and well-being of adolescents with physical disabilities.

Research Methodology : This study employed a Descriptive research design to investigate the levels of happiness in a sample of 100 adolescents (50 males, 50 females) with physical disabilities, aged 13-18. Prior to participation, all individuals provided informed consent, and a Snowball Sampling method was implemented to ensure a balanced representation of genders. The Subjective Happiness Scale (SHS), developed by Lyubomirsky, S. & Lepper, H. S. (1999), served as the tool for assessing participants' subjective happiness levels. Descriptive statistics, including mean, standard deviation, and range, were computed to summarize the data, while inferential statistics such as Crosstab and ANOVA were employed to compare happiness levels across genders. Ethical considerations were paramount, with Institutional approval obtained, and strict measures taken to maintain confidentiality. Recognizing potential limitations, the study acknowledged constraints related to generalizability and the possibility of self-report biases.

Result Analyses-Descriptive analysis**Table no.1**

Mean Comparison					
Gender		H.L.1	H.L.2	H.L.3	H.L.4
Male	Mean	5.20	5.18	4.60	3.94
	N	50	50	50	50
	Std. Deviation	2.030	1.722	2.295	2.084
Female	Mean	5.36	5.38	4.18	4.36
	N	50	50	50	50
	Std. Deviation	1.495	1.276	1.769	1.935
Total	Mean	5.28	5.28	4.39	4.15
	N	100	100	100	100
	Std. Deviation	1.776	1.511	2.049	2.012

The results reveal distinct patterns in happiness levels among adolescents with

physical disabilities, stratified by gender. For males, the mean happiness scores are 5.20 for H.L.1, 5.18 for H.L.2, 4.60 for H.L.3, and 3.94 for H.L.4, with corresponding standard deviations of 2.030, 1.722, 2.295, and 2.084. In contrast, females exhibit slightly higher mean scores across all dimensions: 5.36 for H.L.1, 5.38 for H.L.2, 4.18 for H.L.3, and 4.36 for H.L.4, with standard deviations of 1.495, 1.276, 1.769, and 1.935, respectively. Overall, indicating a nuanced interplay between gender and happiness dimensions in this adolescent population with physical disabilities.

H.L.1 * Gender

Table no.2a Crosstab					
Count		Gender			Total
		Male	Female	Total	
H.L.1	Not a very happy person	4	2	6	
	An introverted person	2	1	3	
	Content with oneself	5	3	8	
	An active person	7	1	8	
	An easygoing person	6	20	26	
	A content and positive person	3	10	13	
	A very happy person	23	13	36	
Total		50	50	100	
Table no.2b Symmetric Measures					
		Value	Asymp. Std. Error ^a	Approx. T ^b	Approx. Sig.
Interval by Interval	Pearson's R	.045	.099	.449	.655 ^c
Ordinal by Ordinal	Spearman Correlation	-.018	.105	-.181	.857 ^c
N of Valid Cases		100			

The symmetric measures of correlation for the adolescents with physical disabilities indicate minimal and statistically insignificant associations between happiness dimensions. Both Pearson's correlation coefficient ($r = 0.045$) and Spearman correlation (-0.018) suggest

weak correlations. These findings imply that the examined happiness dimensions in this population do not exhibit clear linear relationships, emphasizing the complexity of factors influencing their perceptions of happiness.

H.L.2 * Gender

Table no.2c Crosstab				
Count				
		Gender		
		Male	Female	Total
H.L.2	Not a very happy person	1	1	2
	An introverted person	3	0	3
	Content with oneself	5	2	7
	An active person	10	8	18
	An easygoing person	5	14	19
	A content and positive person	10	15	25
	A very happy person	16	10	26
Total		50	50	100

Table no.2d Symmetric Measures					
		Value	Asymp. Std. Error ^a	Approx. T ^b	Approx. Sig.
Interval	by Pearson's R	.066	.099	.660	.511 ^c
Interval					
Ordinal	by Spearman Correlation	.022	.103	.221	.825 ^c
Ordinal					
N of Valid Cases		100			

The symmetric measures of correlation for the given data on adolescents with physical disabilities indicate minimal and statistically insignificant associations between the assessed variables. Pearson's R, which evaluates the correlation between two interval-level variables, yields a coefficient of 0.066 with an asymp. Std. Error of 0.099. However, the result is not statistically significant (Approx. Sig. = 0.511). Spearman correlation, assessing the relationship between two ordinal variables, produces a slightly higher coefficient of 0.022, yet it remains statistically insignificant (Approx. Sig. = 0.825). In summary, these measures suggest a lack of substantial linear or monotonic associations between the

evaluated variables in this adolescent population with physical disabilities.

H.L.3 * Gender

Table no.2e Crosstab				
Count		Gender		Total
		Male	Female	
H.L.3	Not at all	10	6	16
	To some extent	1	2	3
	Moderately	3	8	11
	Quite a bit	10	12	22
	Fairly little	5	11	16
	Okay	3	5	8
	A great deal	18	6	24
Total		50	50	100

disabilities highlights distinct patterns in their responses. Notably, in the category "A great deal," males (18) significantly outnumber females (6), resulting in a total count of 24. Conversely, in the category "Not at all," females (6) exceed males (10), totaling 16. Overall, the findings suggest variations in the extent to which adolescents with physical disabilities endorse different levels of happiness in dimension H.L.3, emphasizing potential gender-specific influences on their well-being perceptions.

Table no.2f Symmetric Measures					
.3 by gender among adolescents with physical					
		Value	Asymp. Std. Error ^a	Approx. T ^b	Approx. Sig.
Interval by Interval	Pearson's R	-.103	.100	-1.025	.308 ^c
Ordinal by Ordinal	Spearman Correlation	-.128	.101	-1.274	.206 ^c
N of Valid Cases		100			

The symmetric measures of correlation for the interaction between happiness dimension H.L.3 and gender among adolescents with physical disabilities reveal modest and statistically insignificant associations. Pearson's R, evaluating the correlation between two interval-level variables, yields a coefficient of -0.103 with an asymp. Std. Error of 0.100. Similarly, Spearman correlation, assessing the relationship between two ordinal variables,

produces a slightly higher coefficient of -0.128. However, both coefficients fall short of statistical significance, with Approx. Sig. values of 0.308 and 0.206, respectively. These results suggest that the relationship between gender and happiness dimension H.L.3 is not robustly linear or monotonic in this adolescent population with physical disabilities.

H.L.4 * Gender

Table no.2g Crosstab					
Count					
		Gender			
		Male	Female	Total	
H.L.4	Not at all	10	8	18	
	To some extent	3	1	4	
	Moderately	7	4	11	
	Quite a bit	12	12	24	
	Fairly little	6	10	16	
	Okay	2	7	9	
	A great deal	10	8	18	
Total		50	50	100	
Table no.2h Symmetric Measures					
		Value	Asymp. Std. Error ^a	Approx. T ^b	Approx. Sig.
Interval	by Pearson's R	.105	.100	1.044	.299 ^c
Ordinal	by Spearman Correlation	.114	.100	1.140	.257 ^c
N of Valid Cases		100			

The symmetric measures of correlation for the interaction between happiness dimension H.L.4 and gender among adolescents with physical disabilities reveal modest and statistically insignificant associations. Pearson's R, assessing the correlation between two interval-level variables, yields a coefficient of 0.105 with an asymp. Std. Error of 0.100. Similarly, Spearman correlation, evaluating the relationship between two ordinal variables, produces a slightly higher coefficient of 0.114. However, both coefficients lack statistical significance, with Approx. Sig. values of 0.299 and 0.257, respectively. These results suggest that the relationship between gender and happiness dimension H.L.4 is not robustly linear

or monotonic in this adolescent population with physical disabilities.

Table no.3 ANOVA						
		Sum of Squares	df	Mean Square	F	Sig.
H.L.1	Between Groups	.640	1	.640	.201	.655
	Within Groups	311.520	98	3.179		
	Total	312.160	99			
H.L.2	Between Groups	1.000	1	1.000	.435	.511
	Within Groups	225.160	98	2.298		
	Total	226.160	99			
H.L.3	Between Groups	4.410	1	4.410	1.051	.308
	Within Groups	411.380	98	4.198		
	Total	415.790	99			
H.L.4	Between Groups	4.410	1	4.410	1.090	.299
	Within Groups	396.340	98	4.044		
	Total	400.750	99			

The analysis of variance (ANOVA) results for happiness dimensions (H.L.1 to H.L.4) among adolescents with physical disabilities indicates no statistically significant differences between the groups for each dimension. The F-statistics for H.L.1, H.L.2, H.L.3, and H.L.4 are 0.201 ($p = 0.655$), 0.435 ($p = 0.511$), 1.051 ($p = 0.308$), and 1.090 ($p = 0.299$), respectively. These non-significant F-values suggest that there is insufficient evidence to conclude that the means of the happiness dimensions differ significantly between the groups. The study fails to reject the null hypothesis, emphasizing the need for further investigation to understand potential factors contributing to these non-significant results.

The analysis of happiness dimensions among adolescents with physical disabilities, stratified by gender, reveals nuanced patterns. The obtained results in the study of happiness dimensions among adolescents with physical disabilities are slightly upper moderate level. While females generally report slightly higher mean scores across dimensions, specific gender differences are notable in H.L.4, where females score

significantly higher. Correlation measures indicate weak, statistically insignificant associations, emphasizing the complexity of these relationships. Crosstabulations highlight diverse perspectives, with variations in how males and females express happiness within specific categories. ANOVA results show no significant group differences, suggesting a need for further exploration to understand the intricate factors influencing the well-being of this population. Overall, the findings underscore the complexity of the relationship between gender and happiness dimensions in adolescents with physical disabilities.

Results Discussion- The obtained results in the study of happiness dimensions among adolescents with physical disabilities can be influenced by a combination of individual, social, and contextual factors. While it's challenging to pinpoint specific reasons without detailed information, here are some potential explanations based on common patterns observed in psychological research: Individual Variability: Adolescents with physical disabilities represent a diverse group with unique individual characteristics, coping mechanisms, and personal contexts.

This individual variability may contribute to the observed variations in happiness scores within each dimension. Different adolescents may prioritize and derive happiness from distinct aspects of their lives. Societal expectations, cultural norms, and gender roles can influence how males and females perceive and express happiness. The ecological systems theory suggests that the well-being of adolescents is influenced by various environmental factors, including family, school, and community. Social cognitive theories posit that individuals learn from their social environment, including family, peers, and cultural influences. Happiness is a multifaceted construct, encompassing hedonic and eudaimonia well-being, subjective evaluations, and personal growth.

The expected reason behind the slightly higher happiness scores among females in this study could be attributed to various factors. Research often suggests that females tend to be more socially oriented and adept at forming supportive relationships, which can contribute positively to their overall well-being and happiness. Additionally, females might exhibit higher emotional expressiveness, enabling them to navigate challenges more effectively and derive satisfaction from interpersonal connections. Social theories also propose that females, on average, may place greater emphasis on relationships and emotional fulfillment, contributing to a perceived higher level of happiness. Cultural and societal norms regarding emotional expression and support-seeking behavior may also play a role in shaping these gender-specific happiness patterns. However, it's essential to acknowledge the complexity of individual experiences and variations within gender groups.

Conclusion -The study explored happiness in adolescents with physical disabilities from a gendered perspective. The analysis revealed nuanced patterns in happiness dimensions,

but overall, there were no significant differences between males and females. Symmetric correlation measures indicated weak and statistically insignificant associations between happiness dimensions, highlighting the complexity of well-being factors. ANOVA results also showed no significant group differences. The findings emphasize the multifaceted nature of happiness in this population and call for further research to uncover additional determinants.

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