The comparison of happiness and mental health in boy and girl Mohabad Teenagers

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Abstract

Introduction: This study aims at an examination of the comparison of happiness and mental health in boy and girl Mohabad Teenagers in 1392.

Materials and Methodology: Method was causal-comparative and a Statistical population including 160 teenagers in Mohabad, it uses available sampling method as it sampling method, and survey as it means of data collection. The instruments used in this research include Oxford Happiness and Mental Health (GHQ) questionnaire. Statistical analysis was conducted here through independent T test, using SPSS-16 software.

Results: Findings showed significant difference in Happiness and Mental health scores between boy and girl Teenagers. Also Results showed that boy Teenagers rated higher levels of happiness and mental health as compared to girl Teenagers.

Conclusion: It is concluded that sex effects on Happiness and Mental health Teenagers. Therefore boy Teenagers rated higher levels of happiness and mental health as compared to girl Teenagers.

Happiness, Mental health, Teenagers

Poster