Ljubisa Bojic[1]

SOCIAL CONNECTIONS AND WELLBEING

Abstract: *Fears, attitudes, closeness of different social categories and media use were explored by through the Results of Oxford Happiness Inventory and Multiple Lickert scale. Findings include that happier individuals are better connected to their family, express positive stands on teachers, professors, sport workers and members of some nations. These notions are connected to results of previous research inquiries about wellbeing and increased agreeableness, increased extroversion, increased openness to experience and decreased neuroticism.*

Keyword*s: Wellbeing, Connectivity, Social connections, Family, Personality*

1. Introduction

Wellbeing is composed of three components: positive affect, absence of negative affect, and satisfaction with life (Diener, 1984). Research studies in the past have found correlations of demographics, socio-economic position and personality traits and wellbeing. Marital statuses, educational status, income, health, satisfaction with social relationships and networking have been in spotlight of wellbeing research. Social communication and its relation to wellbeing have been studied through personality traits such as extraversion, openness to experience and agreeableness. Some findings on social interaction and subjective well-being are listed here.

Happier people are very social and have more romantic and other relationships than less happy individuals, write Diener & Seligman (Diener, Ed and Martin E.P, 2002). According to them happier individuals are more extroverted, more agreeable, and less neurotic. Diener & Seligman conclude no variable is sufficient for happiness, but good social relations are necessary suggesting that very happy people have a working emotional system that can adopt to most events in life.

Increasing agreeableness and neuroticism are related to of fear of happiness on positive affect, while higher levels of extraversion, conscientiousness, and openness are connected to wellbing (Adibe and all, 2017).

Naseri, Shoshtsri, Khosravani, Ahmadimehr & Khaledian (Naseri and all, 2013) used 60 item Neo Five Factor Personality Test survey, the 29 item Oxford Happiness survey and employing statistical analysis to find positive relationship between wellbeing and extraversion, openness, agreeableness and conscientiousness. On the other hand they found negative relationship between wellbeing and neuroticism.

Related factors to wellbeing among women in pregnancy are age between 31-35 years, high in education, high in income, having saving deposition, no drug abuse, improved marital relationship, no conflict with relatives, extrovert and stable personality and no concerns about body image (Jayasvasti and all, 2005).

---

[1] Corresponding author: Ljubisa Bojic
   Email: ljubisa.bojic@gmail.com

Leisure satisfaction accounts for 20 percent of the variance in wellbeing in a study by Ragheb & Griffith (Ragheb and all, 2018). They also find that the higher frequency of participation in leisure activities outcomes with higher wellbeing.

Argyle & Lu (Argyle and all, 1990) examine findings of previous inquiries about correlation of wellbeing with extraversion. They confirm the hypothesis that participation of extraverts in social activities is greatly connected with wellbeing. Extraverts enjoy more in social activities, while wellbeing is connected with extraversion and enjoyment and participation in social activities, note Argyle & Lu.

Although social relationships are a self-evident source of wellbeing, happy introverts are also found (Hills and all, 2001).

While exploring Facebook use and wellbeing Kim & Lee (Kim and all, 2011) find that the that the number of Facebook friends and positive self-presentation may enhance users' subjective well-being. Honest self-presentation they conclude, may enhance happiness rooted in social support provided by Facebook friends.

Extraversion and neuroticism predicted wellbeing and neuroticism it, through the mediating effect of assertiveness (Argyle Michael and Luo Lu, 1990).

There is a positive direct relation between extraversion and wellbeing and a negative direct relation between neuroticism and psychoticism with wellbeing (Pishva, 2011).

Bojic & Marie (Bojic Lj. and J.L. Marie, 2013) find dependence to new media is higher than dependence to old media, while instant messaging as substitution for direct social activity may explain this level of dependence.

Graney (G. Marshall J. 1975), found direct relationships between wellbeing and social activity among elderly people. He who adds that increases in activity over time are often related to increases in wellbeing. Importantly Graney finds face to face interaction highly associated with wellbeing. Also, listening to radio is found to be related to happiness.

Strong relationship between wellbeing and close social connections is found (Myers 2000). Marriage is also examined in terms of wellbeing with clear findings that married people are happier than those divorced, never married and separated.

According to above presented research findings the following questions are being posed in this inquiry.

Question 1. What is the relationship between closeness to different family members and wellbeing?

Question 2. What is the relationship between closeness different social connections and wellbeing?

Question 3. What is the relationship between closeness to different professions, groups and nations and wellbeing?

2. Methodology

The Attitude Examination Survey has been conducted by TNS Medium Gallup from Belgrade in collaboration with the University of Megatrend in November of 2009. This survey consists of 366 questions placed into the following sections: Daily Activities, Attitudes and Statements, Satisfaction, Emotions and Values, Relationship with Others, Media, Society and Politics, Household and Demographics.

Surveying was done by students of The Faculty for Culture and Media. Students conducted face-to-face interviews. The response rate was 75%. The sample included cities such as Belgrade, Novi Sad, Nis. Coordinators of the research received 2966 inputs. This sample was representative for Serbian citizens older than 15 years of age.

The sample is formed in three steps: first, sample points are randomly chosen from the lists of voting stations (Myers, 2000). Statistical database of voting places is used

as a source for selecting sample points. Selection is conducted randomly. Ten respondents in each sample are chosen. In the second and third stages participants are chosen at random. The following procedure was implemented: the interviewer would start from a initial point, randomly determined by local supervisor from maps and street lists. In the household, interviewer chooses person older than 15 years of age whose birthday is closest to the day of the discussion.

Data came from several scales. Each participant was guaranteed confidentiality of the investigation and subsequently received a brochure containing the following questionnaires.

Participants completed the 30-item Oxford Happiness Inventory, created by Argyle, Martin, & Crossland, (Branković, 2014).

Multiple Lickert scale self-report inventory questions were engaged to access attitudes, fears, media use and closeness of social categories to the participants.

Pearson correlations were calculated to examine significance and strength of associations between happiness and items of interest. After that, multiple regressions were used to examine these relationships in more detail.

3. Results

Significant positive correlations have been found between question P1 and K14 on one side and results of Oxford Happiness Inventory on another side, in relation to the family members and happiness. Found correlations are P1/17.grandfather - father's father (r=.243, n=211); P1/2.grandson or grandsons (r=.215, n=708); P1/7. brother or brothers (r=.198, p=1209); P1/28.husband's father (r=.197, n=183); P1/15. grandmother - father's mother (r=.164, n=339); P1/21.girlfriend (r=.156, n=291); P1/1.granddaughter or granddaughters (r=.153, n=807); P1/24.boyfriend (r=.152, n=256); P1/4.son or sons (r=.143, n=1153); P1/11.mother (r=.137, n=1278), K14.higher number of household members (r=.130, n=2381); P1/6. female cousin or cousins - sister or sisters (r=.120, n=1791); P1/8.male cousin or cousins - brother or brothers (r=.110, n=1802); and P1/3.daughter or daughters (r=.101, n=1251).

Significant positive correlations of weak strength have been found in relation of results of Oxford Happiness Inventory to questions P1/19, O9, P10 and P11. Question P10 is about good social ties with correlation coefficient of r=-.195, n=2394 to results of Oxford Happiness Inventory. Survey question O9 about people who are often asked for help and advice bears correlation coefficient r=.154, n=2395 with results of Oxford Happiness Inventory. Question P1/19 about close relationship with male friends correlates with results of Oxford Happiness Inventory with correlation coefficient of r=.118, n=1849. Question P11 about being well connected to influential people correlates to results of Oxford Happiness Inventory in strength of r=.103, n=2395.

Significant positive correlations of weak strength have been found between questions O6 and results of Oxford Happiness Inventory in relation to the following professions. Correlation strengths are provided in brackets, sorted from highest to lowest. These are J16/3.teachers (r=.165, n=2149), J16/4.professors (r=.149, n=2148) and J16/28.sport workers (r=.120, n=2212).

Significant positive correlations of weak strength have been found between questions J16 and results of Oxford Happiness Inventory in relation to the following nations: 40.English (r=.134, n=1846); 38.Americans (r=.113, n=1875); 35.Slovenians (r=.110, n=1837) and 33.Montenegrins (r=.104, n=2033).

4. Conclusion

All answers of this research are examined. It may be possible to conclude that fulfilled individuals are closely connected to their family and friends. For some reason, research shows that happier individuals are close to and have general positive opinions about the following professions: teachers, professors and sport workers. Explanation for this may be that noted professions are not spoiled by politics in some way as many others are because crisis in Serbian society. Happy Serbs have positive opinions about the following nations: English, Americans, Slovenians and Montenegrins. This may be because Serbian economy is well connected to these countries and logically wealthier individuals would have affirmative opinion about them.

It could be possible to conclude that more expressive activities are linked to individual fulfillment. This is same as the international findings on this topic which relates happiness on one side and some personality traits such as extroversion, neuroticism, openness to experience and agreeableness. These research results do not mean much if we omit to notice the ones connecting strong social component and wellbeing. Happier people with strong ties to family and friends may be because of the depth and quality in those relationships enabling higher expressivity. This may be compared to previous finding about the media addiction claiming the highest levels of addiction to newer when compared to older media.

Internet employs more senses than TV, radio and press and therefore that may be why it is the most addictive. Decline in expression and reception potential towards non-proffered media may be caused by substitution of more expressive activities, such as direct communication with less expressive activities such as online communication (Bojic and all, 2014). Thus the reason why extraversion is correlated with individual fulfillment may be that family and social interactivity indicate high expressivity.

Future research endeavors should use similar measurements to the ones used by international researchers in the past in order to make parallels more accurately. In other words, limitation of this research may be in measures which should be the identical one used in previous inquiries.

More research of online social networks should be done in order to see how positive and negative emotions fluctuate in different countries, through the day and in relation to different weather parameters.

References:

Adibe, Aaron, Agboa Christopher and Ndubisi Ngwub (2017), "Aversion to Happiness and the Experience of Happiness: The Moderating Roles of Personality", *Personality and Individual Differences*, 111(1): 227-231. doi:10.1016/j.paid.2017.02.010

Argyle, M., Martin, M., & Crossland, J. (1989). Happiness as a function of personality and social encounters. In J. P. Forgas, & J. M. Innes (Eds.), *Recent advances in social psychology: an international perspective*. Amsterdam: Elsevier.

Argyle, Michael and Luo Lu (1990), "Happiness and Social Skills", *Personality and Individual Differences*, 11(12): 1255-1261. doi:10.1016/0191-8869(90)90152-H

Argyle, Michael and Luo Lu (1990), "The Happiness of Extraverts", *Personality and Individual Differences*, 11(10): 1011-1017. doi:10.1016/0191-8869(90)90128-E

Bojic, L., Marie, J.-L. & Brankovic, S. (2013), "Reception and Expression Capabilities of Media Addicts in Serbia", *Kultura polisa*, 10(22): 353-368.

Bojic, Ljubisa and Jean-Louis Marie (2013), "Media Addiction by Universal Indicators", *Srpska politička misao*, 20(41): 183-197.

Branković, S. (2014) *Metodologija društvenog istraživanja.* Beograd: Zavod za udžbenike.

Diener, E. (1984). "Subjective well-being", *Psychological Bulletin*, 95, 542-575.

Diener, Ed and Martin E.P. Seligman (2002), "Very Happy People", *Psychological Science* 13(1): 81-84. doi:10.1111/1467-9280.00415

Graney, Marshall J. (1975), "Happiness and Social Participation in Aging", *Journal of Gerontology*, 30(6): 701–706. doi:10.1093/geronj/30.6.701

Hills, Peter and Michael Argyle (2001), "Happiness, Introversion–Extraversion and Happy Introverts", *Personality and Individual Differences*, 30(4): 595-608. doi:10.1016/S0191-8869(00)00058-1

Jayasvasti, Kanthika and Buranee Kanchanatawan (2005), "Happiness and Related Factors in Pregnant Women", *Journal of the Medical Association of Thailand*, 88(4): 4:S220-S225. http://europepmc.org/abstract/MED/16623032

Khaledian (2013), "The Relationship of Five Personality Factors With the Feeling of Happiness Among Students", *International Letters of Social and Humanistic Sciences*, 8: 43-48.

Kim, Junghyun and Jong-Eun Roselyn Lee (2011), "The Facebook Paths to Happiness: Effects of the Number of Facebook Friends and Self-Presentation on Subjective Well-Being", *Cyberpsychology, Behavior, and Social Networking*, 14(6): 1193-1203. http://doi.org/10.1089/cyber.2010.0374

Myers, D. (2000), "The funds, friends, and faith of happy people", *American Psychologist*, 55: 56–67. doi:10.1037//0003-066X.55,1.56

Naseri, Elham, Mojgan Shoshtsri, Fakhralsadat Khosravani, Zahra Ahmadimehr and Mohamad

Pishva, Nooshin, Maryam Ghalehbanb, Afsane Moradi and Leila Hoseini (2011), "Personality and Happiness", *Procedia - Social and Behavioral Science*s, 30: 429-432. doi:10.1016/j.sbspro.2011.10.084

Ragheb, Mounir G. and Charles A. Griffith (2018), "The Contribution of Leisure Participation and Leisure Satisfaction to Life Satisfaction of Older Persons", *Journal of Leisure Research*, 14(4): 295-306. doi:10.1080/00222216.1982.11969527

Ljubiša Bojic
University of Kragujevac
Faculty of Engineering
Sciences,
Kragujevac,
Serbia
ljubisa.bojic@gmail.com