# Perceptions of Happiness Through the Lens of Age and Gender Alea Farmer

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How do age and gender contribute to people's perceptions of happiness?

### Literature Review

- Mohanty (2014) found that having a positive attitude is a covariant of happiness, meaning that it does contribute to one's happiness.
- The United Nations Developmental Program reported that perceptions of happiness varied amongst individuals in different country rankings (as cited in Schimmel, 2009).
- Positive family relationships seem to be a predictor of happiness in both adults and children of families (Ramos et al., 2022).
- Morgan (2015) revealed that as people get older, they increasingly attend to positive information, so happiness may increase with age.

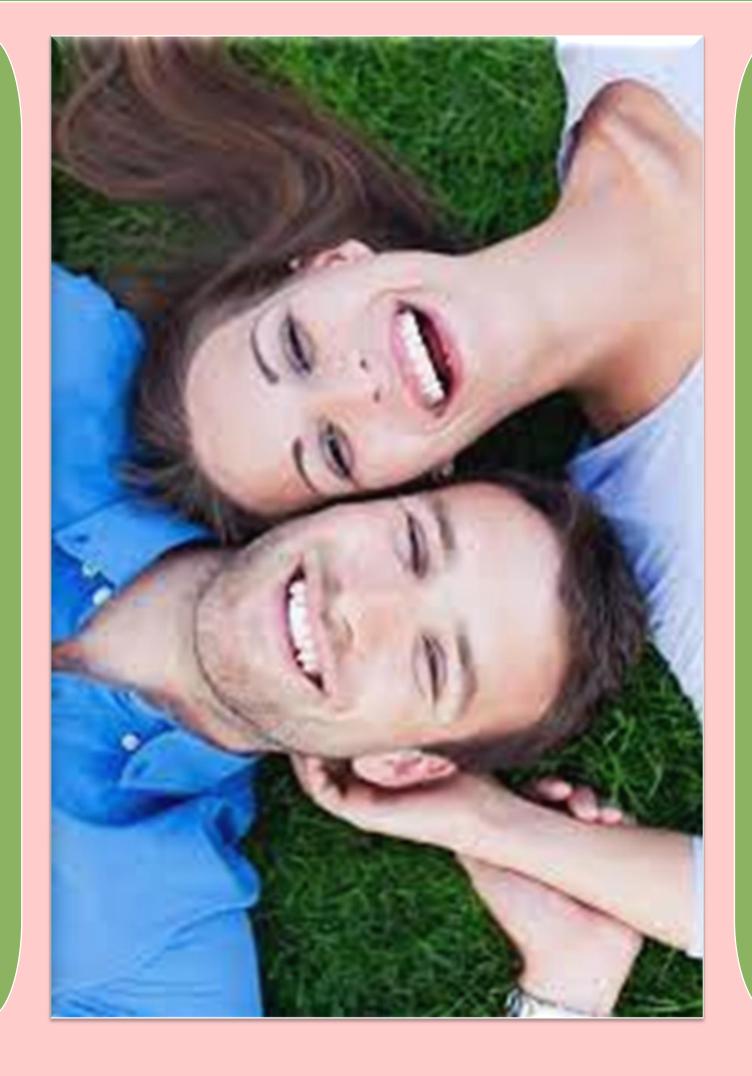


### Method

- Adult participants are being recruited through social media and flyers.
- Participants will take an online Qualtrics survey.
- The Conceptions of Happiness
  Scale (Joshanloo et al., 2018)
  will be administered along with
  questions about the
  participants' age and gender.

## Projected Results

I predict that there will be differences in the perceptions of happiness of participants amongst both the age and gender classifications.



### Implications

Understanding factors contributing to how people perceive happiness by age and gender can be beneficial for psychologists, employers, universities, and even in personal lives and relationships.

### References

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