



Perceptions Of Daily Behaviors That Create Happiness Among Adolescent In Bangkok, Thailand

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Abstract

Background: Nowadays in Greater Bangkok in Thailand, most adolescents are facing a lot of stress from academics, family, friends, and their society. Bangkok, 25 December 2017 (NNT) – The Department of Mental Health has found up to 44 % of Thai teens are at risk of clinical depression. The disease is a leading cause for teens and stops many from leading functional lives. The main objective of this study is to find the main behaviors among adolescent’s perception which affect their happiness creation, therefore helping them to enjoy their lives and forming a good relationship in the society. They should be checked for signs of depression, suggesting daily habits and behaviors.

Purpose: The purpose of this study was to assess perceptions of daily behaviors that create happiness among adolescents in private school in Saimai.

Methodology: In August 2022, all secondary students in a private school were invited to participate in completing an online questionnaire. A total of 72 students participated. personal data, level of happiness, causes of stress, activity that create happiness data were collected. Descriptive statistics were used to analyze results.

Findings: The 41 students: 56.2% of total 72 students participated who have too much stress in their daily life. And the 32 students: 43.8% of the total 72 students who participated didn't have too much stress in their daily life. The 33 students: 45.2% have at the 3rd level of happiness from totally the 5th level. Only 1 student: 1.4% has at the 1st level of happiness from totally the 5th level, and the 5 students: 6.8% have the 2nd level of happiness from totally 5th level in order. It’s mean 39 students :53.4% of total 72 students participated have over average of stress which be shown from The Department of Mental Health has found up to 44% of Thai teens who suffer with the depression. The main factors which cause their stress are grade 75.6%, environment 46.3%, parent 43.5%. The daily habits and behaviors which make them feel better are spending time with their friends 61.6%, staying alone 56.2%, and sleeping 50.7%. More than 83.6% of total student’s participants are doing exercises every week. The data show that 28 students: 38.4% of total 72 students participated doing 3 or more exercises a week, and 19 students: 26.0% of total 72 students participated doing exercises once a week, and 14 students: 19.2% of total 72 students participated doing exercises twice a week.

Conclusion: A total of 72 respondents, most were female (n=42, 58.30%), most were aged 14-16 (n=33, 45.83%) studying in Year 11th (n=20, 21.78%) and Year 13th (n=15, 20.83%). Most of them exercise 3 times a week (n=25, 37.50%), followed by exercising once a week or less (n=19, 26.39%) Most respondents reported that they have too much stress in their lives (n=41, 56.94%).

Keywords: Daily behaviors, psychological knowledge, risk habits create added stress, students with depression

Introduction

In Thailand, a study of citizens aged between 10 and 19 found up to 44 percent, or around 3 million people, are at risk of clinical depression and as much as 18 percent of the adolescent population, or over 1 million individuals, is suffering from the condition.¹ He noted that most cannot access proper care because signs of depression in teens differ from those of adults, giving examples such as violent tendencies, self-harm, mood swings, isolation, and risky behavior, which fool caretakers into believing their teen is simply acting out.² There are 4 groups mainly at risk from depression, they are those with a history of mental illness in their family, those with a chronic physical illness that is outwardly manifested, those experiencing social trauma and those in a less than optimal family situation.³ They should be checked for signs of depression, suggested daily habits and behaviors which can create their happiness in need of psychological treatment and encouraged strengthening of family and school institutions to provide teens a support base for stress problem solving.⁴ Regardless of your true happiness, living a happier, more satisfied life is within reach. A few tweaks to your regular habits can help you get there. Habits matter. If you've ever tried breaking a bad habit, you know all too well how ingrained they are.⁵ Well, good habits are deeply ingrained, too. Why not work on making positive habits part of your routine? Here's a look at some daily, monthly, and yearly habits to help kickstart your quest. Just remember that everyone's version of happiness is a little different, and so is their path to achieving it. If some of these habits create added stress or just don't fit your lifestyle, ditch them. With a little time and practice, you'll figure out what does and doesn't work for you. The following daily habits may help you achieve more happiness in your life such as *the 1st example: Smile*. You tend to smile when you're happy. But it's a two-way street. We smile because we're happy, and smiling causes the brain to release dopamine, which makes us happier. While not completely foolproof, researchers have found that the link between smiling and happiness could be attributed to the "facial feedback hypothesis," where facial expressions may have a modest influence on emotions. That does not mean you have to go around with a fake smile plastered on your face all the time. But the next time you find yourself feeling low, crack a smile and see what happens. Or try starting each

morning by smiling at yourself in the mirror, *The 2nd example: Exercise regular exercise* can help reduce stress, feelings of anxiety, and symptoms of depression while boosting self-esteem and happiness. Even a small amount of physical activity can make a difference. You don't have to train for a triathlon or scale a cliff — unless that's what makes you happy, of course. The trick is to not overexert yourself. If you suddenly throw yourself into a strenuous routine, you may just end up frustrated (and sore). Remind yourself of any fun activities you once enjoyed but that have fallen by the wayside. Or you could consider starting activities you always wanted to try, such as golf, bowling, or dancing, *The 3rd example: Get plenty of sleep* most adolescents need at least 8 hours a day of sleep every night. If you find yourself fighting the urge to nap during the day or just generally feel like you're in a fog, your body may be telling you it needs more rest. If you consistently have problems sleeping, consider talking with a doctor. You may have a sleep disorder that requires treatment, *The 4th example: Eat with mood in mind*. You may already know that your food choices have an impact on your overall physical health. But some foods can also affect your state of mind for example: *Carbohydrates* release serotonin, a "feel good" hormone. Just keep simple carbs — foods high in sugar and starch — to a minimum because that energy surge is short, and you'll crash. Choosing complex carbs, such as vegetables, beans, and whole grains, can help you avoid a crash while still providing serotonin. *Lean meat, poultry, legumes, and dairy* are high in protein. Protein-rich foods release dopamine and norepinephrine, which boost energy and concentration. *Omega-3 fatty acids*, such as those found in fatty fish, have been found to have anti-inflammatory effects that extend to your overall brain health. If you don't eat fish, you might consider talking with a doctor about possible supplementation. Highly processed or deep-fried foods tend to leave you feeling down and so will skipping meals. If you want to eat with your mood in mind, consider starting with making one food choice for your mood each day. For example, swap a big, sweet breakfast pastry for some Greek yogurt with fruit. You'll still satisfy your sweet tooth, and the protein will help you avoid a midmorning energy crash. Consider adding in a new food swap each week, *The 5th example: Practice gratitude*. Simply being grateful can give your mood

a big boost, among other benefits. For example, a two-part study found that practicing gratitude can have a significant impact on feelings of hope and happiness. You might try starting each day by acknowledging one thing you're grateful for. You can do this while you're brushing your teeth or just waiting for that snoozed alarm to go off. As you go about your day, consider keeping an eye out for pleasant things in your life. They can be big things, such as knowing that someone loves you or getting a well-deserved promotion. But they can also be little things, such as a co-worker who offered you a cup of coffee or the neighbor who waved to you. Maybe it could even just be the warmth of the sun on your skin. With a little practice, you may even become more aware of all the positive things around you. *The 6th Example: Give a compliment.* Giving a sincere compliment is a quick, easy way to brighten someone's day while giving your own happiness a boost. Catch the person's eye and say it with a smile so they know you mean it. You might be surprised by how good it makes you feel. If you want to offer someone a compliment on their physical appearance, make sure to do it in a respectful way. *The 7th Example: Breathe deeply* when you are stressed, we all know that feeling. Instinct may tell you to take a long, deep breath to calm yourself down. If you're having a hard time taking slow, deliberate breaths, try counting to 5 in your head with each inhale and exhale. *The 8th Example: Acknowledge the unhappy moments.* A positive attitude is generally a good thing, but bad things happen to everyone. It's just part of life. If you get some bad news, make a mistake, or just feel like you're in a funk, don't try to pretend you're happy. Acknowledge the feeling of unhappiness, letting yourself experience it for a moment. Then shift your focus toward what made you feel this way and what it might take to recover. Would a deep breathing exercise help? A long walk outside? Talking it over with someone? Let the moment pass and take care of yourself. Remember, no one's happy all the time, *The 9th Example: Keep a journal.* A journal is a good way to organize your thoughts, analyze your feelings, and make plans. And you don't have to be a literary genius or write volumes to benefit. It can be as simple as jotting down a few thoughts before you go to bed. If putting certain things in writing makes you nervous, you can always shred it when you've finished. It's the process

that counts. Not sure what to do with all the feelings that end up on the page? Our guide to organizing your feelings may help, and *the 10th Example: Face stress head-on* *Life is full of stressors, and it's impossible to avoid all of them. There's no need to. Stress isn't always harmful, and we can even change our attitudes about stress. Sometimes, there's an upside to stress. For those stressors you can't avoid, remind yourself that everyone has stress — there's no reason to think it's all on you. And chances are, you're stronger than you might think you are. Instead of letting yourself get overwhelmed, try to address the stressor head-on. This might mean initiating an uncomfortable conversation or putting in some extra work, but the sooner you confront it, the sooner the pit in your stomach may start to shrink, and the 11th Example: Avoid comparing yourself to others* whether it happens on social media, at school, or even at any class, it's easy to fall into a place where you're comparing yourself to others. The result? You may experience Trusted Source more discontent, lower self-esteem, and even depression and anxiety. It can take practice to stop comparing yourself to others, but it's worth it for the benefit of having your inner peace and happiness. You can start with some of the other tips on this list that can help draw your attention inward to yourself, such as deep breathing and journaling. You may also consider talking with a therapist for perspective. So, they need to know the daily behaviors which can build them to have the happiness creation routinely and they should have knowledge on how to check their stress and how to solve the stress and create the happiness. ⁶

Methods

Participants and procedure

This was a cross-sectional observational study. An online questionnaire was purposely developed and made available through Google from between 29th-August-2022 and 29th-September-2022. All secondary students' years 8th – 13th of the private school in Saimai was eligible and were invited to participate in the study. The invitation was sent by institutional email and class social media groups. The students have access to institutional email and class social media groups, so they all receive an invitation. In this invitation, information about the objectives of the study as well as the ethical guarantee of confidentiality free and voluntary, and

no personal data was collected from any participant. Of the 72 secondary students a total of 146 students participated in the study (response rate: 49.32%).

Instrument

The questionnaire was developed based on a literature review including (1) information about clinical depression, a disease resulting in loss of life, output, and social standing for sufferers of resurgence for those treated. Depression disease symptoms, prevention, how to check for signs of depression, and how to apply daily habits to create happiness. Several common items were used to assess each of the dimensions analyzed in this study in studies conducted on the same themes. A preliminary version of the instrument was reviewed by three experts to validate its content. A pretest was then performed with a small sample of grade 1-6 students to test for comprehension and difficulty. All the questions remained without modifications.

The final version of the questionnaire contained 8 questions; 5 about socio demographic data (gender, age, grade level, level of stress in daily life, average level of happiness in daily life, and 3 were about causes of stress, activities that create happiness and exercise frequency. Causes of stress: this question was a tick box question; participants can choose more than 1 answer. The results will be summarized and calculated into percentages. The higher percentage will be interpreted as the main cause of stress. Activity that creates happiness: this question was a tick box question; participants can choose more than 1 answer. The results will be summarized and calculated into percentages. The higher percentage will be interpreted as the main cause of stress. Exercise frequency: this question has multiple choices; participants can choose only one answer. The result of each choice will be added up and to be calculated into percentages.

Statistical Analysis

The analysis was performed using SPSS for windows, version 26. To analyze psychometric characteristics of the scales, an exploratory factor analysis, using principal component analysis with varimax rotation, was carried out. Reliability was analyzed through the calculation of item-total correlation coefficients and Cronbach’s alpha (α) for the scales of the questionnaire. The descriptive analysis was presented in absolute (n) and relative (%) frequencies, mean (M) and standard deviations (SD).

Ethical Considerations

This research uses an anonymous data collection method to collect data from Year 8th-13th students at a high school in Bangkok, Thailand, by using Google form. The invitation was sent by institutional email and class social media groups to the students. In these invitations, information about the study’s objectives and the ethical guarantee of confidentiality and anonymity in the data collected as stated in the informed consent was explained. Participation was completely free and voluntary, and no personal data was collected from any participant.

Result

A total of 72 students participated in this study. Most of the participants were female (n=42, 58.30%), there were 30 male participants (41.70%). The biggest age group was 14-16 years old (n=33, 45.83%), followed by 11-13 years old group (n=24, 33.33%) and 17-19 years old group (n=15, 20.83%) respectively. Majority of participants study in Year 11th class (n=20, 27.78%), followed by Year 13th (n=15,20.83%) and Year 8th (n=14, 19.40%), as shown in Table 1.

Table 1. Personal data of participants (n=72)

Variable	n (%)	Average Level of Happiness M(SD)
Gender		

Male	30 (41.70%)	3.57 (0.86)
Female	42 (58.30%)	3.40 (0.83)
Age		
11-13	24 (33.33%)	3.65 (0.88)
14-16	33 (45.83%)	3.36 (0.86)
17-19	15 (20.83%)	3.47 (0.74)
Class Level		
Year 7 th	9 (12.50%)	22
Year 8 th	14 (19.40%)	23
Year 9 th	3 (4.17%)	16
Year 10 th	5 (6.94%)	33
Year 11 th	20 (27.78%)	26
Year 12 th	6 (8.33%)	15
Year 13 th	15 (20.83%)	33
<u>Total [students]</u>	<u>72</u>	<u>168</u>

Illustrated in Table 2, referring to the respond, the data indicated that 56.94% (n=41) of the respondents had too much stress in their daily life, especially 61.90% of women (n=26) while 50% of men had too much stress in their life (n=15) 34.72%. The response from the students who are 14-16 years old indicated that they had too much stress in their lives, followed by the age group of 17-19 years old (n=15, 20.83%). Most of the respondents do exercise 4 times a week (n=12, 16.67%), the results show that they have too much stress while the respondents that do exercise 1 or less than 1 times a week (n=19, 26.39%), the results show that they have less stress .

Table 2. Too much Stress in Life categorized by personal data

Variable	n (%)	Too much stress in life	P Value
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Gender		Yes	NO	0.315
Male	30 (41.7%)	15 (50.00%)	15 (50.00%)	
Female	42 (53.3%)	26 (61.90%)	16 (38.10)	
Age				
11-13	24 (33.33%)	7 (9.72%)	16 (22.22%)	0.005
14-16	33 (45.84%)	25 (34.72%)	9 (12.50%)	
17-19	15 (20.83%)	9 (12.50%)	6 (8.33%)	
Class Level				0.062
Year 7	9 (12.50%)	4 (44.44%)	5 (55.55%)	
Year 8	14 (19.44%)	3 (21.43%)	11 (78.57%)	
Year 9	3 (4.17%)	1 (33.33%)	2 (66.67%)	
Year 10	5 (6.94%)	4 (75.00%)	1 (25.00%)	
Year 11	20 (27.78%)	15 (75.00%)	5 (25.00%)	
Year 12	6 (8.34%)	5 (83.33%)	1 (16.67%)	
Year 13	15 (20.83%)	9 (60.00%)	6 (40.00%)	
Weekly Exercise				0.002
Once a week or less than once a	19 (26.39%)	14 (19.44%)	5 (6.94%)	

week				
Twice a week	14 (19.44%)	4 (5.56%)	10 (13.89%)	
3 times a week	25 (37.50%)	12 (16.67%)	15 (20.83%)	
4 times a week	12 (16.67%)	11 (15.28%)	1 (1.39%)	
Total	72 (100%)	41 (56.94%)	31 (43.06%)	

Discussion

From the result of the research on daily behaviors that create happiness among 72 adolescents, most were female (n=42, 58.30%), most were aged 14-16 (n=33, 45.83%) studying in Year 11th (n=20, 21.78%) and Year 13th (n=15, 20.83%). Most of them exercise 3 times a week (n=25, 37.50%), followed by exercising once a week or less (n=19, 26.39%) Most respondents reported that they have too much stress in their lives (n=41, 56.94%). Factors studied in this research were gender, age, class level and exercising. The results showed that 61.90% of female students reported that they had too much stress in life while 50.00% of male students reported that they had too much stress in life. This could be because of women usually stress easier than men because when people have problems, we usually talk to women rather than men since women have more ability in deep listening and sympathizing. As a result, some women might take that problem to themselves. The result was consistence with a study conducted by We Voice that 24.71% of women had the highest levels of stress, while men had the highest levels of stress, the same factor measured only 19.40%.⁷ Responders between 14-16 years old (n=33, 45.83%) could have more stress than other age groups which could be attributed to factors such as parents' expectation, self-expectation, changing school, cyber bullying, finding their own value and competition. Furthermore, among this age group, these ages have mood swings because of changes in hormones.⁸ All in all, sometimes when we put too much pressure on ourselves to study well, it's

stressful, we're putting more and more pressure on ourselves, and it can be a mental health issue.⁹

From the results, respondents from Year 11th (n=20, 27.78 %) have the highest stress. Respondents from Year 13th (n=15, 20.83%) have high stress. Year 11th students are the class level that many students must make new friends and adapt themselves in a new environment such as a new school. Furthermore, they might start to plan their future, for example, university and career. As a result, they need to take special classes to reach their goal which they expect. Year 13th students are at the class level that need to prepare for the university entrance exam, so this may cause a lot of stress to them. Normally, people will produce endorphins which are the hormones that make people feel happy after and between exercising, so it may decrease stress.¹⁰⁻¹² Referring to the results, the respondents who exercised 4 times a week, 91.76% of them have the highest stress level. The respondents who exercise once a week or less than once a week, 73.68% of them have high stress levels. However, adolescents must prepare for their university and take a lot of special classes, too much exercising can also cause stress when they do not want to, but their parents force them to. As a result, they will have less free time to relax since they need to do too many activities.

Conclusion

A total of 72 respondents, most were female (n=42, 58.30%), most were aged 14-16 (n=33, 45.83%) studying in Year 11th (n=20, 21.78%) and Year 13th (n=15, 20.83%). Most of them exercise 3 times a

week (n=25, 37.50%), followed by exercising once a week or less (n=19, 26.39%) Most respondents reported that they have too much stress in their lives (n=41, 56.94%).

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