

## The Relationship Between Stress and Happiness Among Senior High School Students Amidst the COVID-19 Pandemic

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### Abstract

Stress and happiness are broad issues and in this kind of situation, people are not well informed about them. Particularly during the pandemic, students face the new normal of learning – online learning. Thus, this study investigates the relationship between stress and happiness among senior high school students. Based on the statistical analysis, indicates that there is an existing relationship between stress and happiness ( $r=0.134$ ) during the COVID-19 pandemic. Moreover, the study suggests that reducing the workloads of senior high school students can lower stress and increase their happiness.

**Keywords:** Stress, Online Learning, Happiness, Covid-19 Pandemic, Senior High School Students

### Introduction

Stress and happiness are broad issues and in this kind of situation, people are not well informed about them. Particularly when there is a pandemic, students face the new normal and this includes online learning. The stress of online learning can be complicated and tough for many different reasons and for students at risk, it can lead to a bad path and misguided such as substance abuse problems (Samson, 2020). Personal appearance, health matters, academic performance, and also behavior can affect if a student is stressed.

In the Philippines, the student's stress level amidst the presence of the COVID-19 pandemic was an average level (Tus, 2020). Thus, it shows that students are most likely to have coping mechanisms in place, such as activities that reduce their level of stress. Since they seek, it might be concluded that they are determined personal development, some growth, and self-fulfillment

Stress, anxiety, and depression are also seen as important indicators of social health and are especially common among students. (Tee et al., 2021). Kentucky Counseling Center stated that online learning can affect the mental health of students and even teachers. With the availability of online learning, internet connection, and environment and the main issue becomes a barrier to a student's learning. This time of the pandemic, we will experience both stress and happiness. Based on the psychology researcher's book, she describes happiness as an experience combined with joy, positive happiness, and the feeling that your life is good, meaningful, and worth the effort. (Lyubomirsky, 2007 as cited in Mamen, 2017).

Yunus et al., (2020) conducted research that the findings indicate that students with higher levels of happiness are less likely to have severe or extreme symptoms such as stress, anxiety, and depression. The researchers explain that a similar finding was found in the analysis based, where evidence of a negative linear link between happiness and the three mental health variables was discovered. However, Mahmud et al., (2020) discussed even though academic stress and self-control are not significantly related, these attributes are found to be negatively related to happiness.

Moreover, this study investigates the relationship between happiness and stress among senior high school students. Thus, this study will find a way to gain a deeper understanding and help such research on how to do when involved in such a situation.

### Research Question

This study investigates the relationship between stress and happiness among senior high school students. Specifically, it sought to answer the following question:

1. Is there a significant relationship between the stress and happiness of senior high school students?

### Literature Review

#### Stress

With an excessive charge of infection and deaths, COVID-19 can result in many mental issues consisting of stress, anxiety, depression, and fear. According to

Arslan et al. (2020), the findings show that COVID-19 has a significant impact on stress, anxiety, depression fear causes psychological problems.

Based on Moawad (2020), the results confirmed that the main issue with the highest percent of stress amongst college students turned into the pile of lecture assignments, their uncertainty over exams, and end-of-semester assessment. The results of Moawad's studies showed that the highest percentage of stress has significant on a pile of lecture assignments, uncertainty over exams, and end-of-semester.

Students experience academic stress that can have positive or negative effects depending on how they are managed. The results showed that both positive and negative effects were significant for a student experiencing academic stress. In that case, as stated by Zhu et al. (2021), the students need to know what is the possible solution to avoid the stress in terms of their academics.

There is a significant relationship between academic stress and online learning. As mentioned by Matulesky (2021), their findings suggest that academic stress and online learning have a significant effect. Hence, the presence of academic stress has a connection to a child's online learning. and need to determine what needs to be done to overcome this issue.

According to a recent report, at the time of COVID-19, college students suffered from post-traumatic stress disorder, anger, anxiety, sadness, anxiety, and mental illness. According to Rabiaah et al. (2020), The results show that post-traumatic stress disorders, anger, fear, sadness, anxiety, and emotional disorders are important factors driving the COVID 19 epidemic.

Based on the findings of Tee et al. (2021), stress, depression, and even anxiety are recognized as important indicators of mental health by society in general, especially among students. Tee conducted research and the results show that the impact of stress, depression, and anxiety is significant for the general public and university students. Those three are possibly connected with each other.

As stated by Liu et al. (2020), several studies have addressed depression, anxiety, and stress in college students, although psychological disturbances have been reported in high numbers at the time of the COVID19 outbreak. Research results show that psychological disturbances are important for depression, anxiety, and stress at the time of the COVID-19 epidemic.

Epidemics affect different segments of society in different ways and can affect how some people show signs of depression, anxiety, and stress. In the study made by Balsamo and Carlucci (2020), their findings

suggest that depression, anxiety, and stress have a significant relationship with outbreaks in different sections of society.

According to Huang and Zhao (2020), researchers found that participants under the age of 35 were more prone to symptoms of anxiety and depression than other age groups. The findings of the study showed that anxiety and depressive symptoms were significant for the participants under 35 years of age.

According to the research results of You (2018), academic stress can be defined as a condition in which the requirements of the learning environment are believed to exceed their ability to cope with the demands of the learning environment. Learning needs causing psychological and biological changes. Research shows that psychological and biological changes are very important for learning stress.

As Mendoza (2019) stated, one study outlines studies on the stress and occupational difficulties faced by veterinarians. The results of the study show that stress and occupational difficulties are important for veterinarians.

In a study by Dangi et al. (2020), stress is more than just a physical reaction, it is more than that. It can also affect your emotions, behaviors, and cognition. Their results show that stress affects behavior, emotions, and cognition.

Karyotaki et al. (2020), there is evidence that college students are experiencing a lot of stress associated with mental health problems during their studies. Their evidence shows that stress has a significant impact on college students in the context of their research. In addition, stress is associated with psychological problems.

### **Happiness**

According to a study by Sahin and Altun (2020), happiness has a significant impact on family support. Their findings show that happiness has a parallel relationship between family support and the level of patient well-being. Also, the level of well-being is related to family support, and others increase as well. According to

Spirituality with happiness is indirectly associated with perceived stress, health condition, social support, and mental health. Ebenner and Kaseroff (2017), in the results, all respondents confirmed that spinal cord injury was important for their level of well-being. In that case, any aspect of health is one of the factors why people have happiness.

As Ghazali and Hamzah (2018) point out, happiness is

very important to employees in the workplace. It is a common need in terms of the workplace to have a good connection with each other. Professional status and relationships at work are associated with happiness. The results of the study show that the position of the job had the most important relationship with the job. As

Yufi (2019) points out, that there are many factors that can make a significant contribution to a student's level of well-being. Students are mostly reasonably happy with the results. Moreover, it shows that religion and self-efficacy have a great impact on student well-being at the same time.

According to Dahiya (2020), happiness has great organizational virtues. It affects the way people work. The findings show that attention should be paid to developing and implementing active interventions for employees to promote virtues and self-employed employees.

Tourists are satisfied with their smart tourism technologies experience. The impact of experience with sightseeing happiness is also examined. According to studies by Chenkuo et al. (2020), the results show that the happiness of tourists is positive in the correction intention. Finally, in the future, there was practical importance to the development of smart sights. Based on the conclusions of the

Permaiakove and Varkker's (2019) research, the cognitive and emotional children of children feel happy or unfortunate, subjective of the cognitive and emotional development of children It depends largely on happiness. One of the factors that can affect is the influence of parents, especially mothers. The results showed that happier mothers have happier and less anxious children. Finally, a factor in a child's well-being is the subjective perception that family relationships are favorable.

As stated by Bortoloto, et al. (2019), people may match different stimuli through behavioral tests derived from the logical properties of flexibility, symmetry, and transitivity. The results show that happy faces had a greater influence on the reaction of symbolic relationships than negative faces.

Sleep patterns, irritate to other matters characteristics are also distinguished between liberals and conservatives for different characteristics for happiness. Those characteristics can trigger to have a barrier in order to feeling happiness. As mentioned in the study of Danielus (2020), it correlates with stress and political orientation, and they are lucky and religious. The results showed that it has found a significant effect.

As shown in Kumalasari (2021), people are still watching that happiness is important in the past, despite the past. The survey results showed that happiness is really important in humans. It also shows the proposed findings that people make choices based on what they think will make them happy.

School classrooms are where students are and build relationships that allow them to feel gratitude and happiness. According to Jang (2020), the results show that school classrooms have a positive impact on student satisfaction. This promotes interest and improvement in the discipline.

Based on the study of Vallina et al. (2020), leadership influences follow-up and attitude. How they inspire the characteristics of their followers, which leads to their joy at work. The results show that inspirational leadership has a better impact on employee satisfaction in the workplace. It also has a great effect on the characteristics of followers.

According to a study by Moskowitz (2021), all students had their own perceptions and opinions about foreign language teachers related to student motivation and attitude. As a result, it was found that foreign language teachers and happiness have an influence. That is the most important thing for students. It can actually give students a voice to express their opinions.

Happiness can enhance the correlation of quantum leadership even in organizational health. As mentioned by Ahmadiyan et al. (2022), the results show that there is an important link between Quantum leadership and organizational health and well-being when it comes to happiness.

Youth attitudes and sentiments towards Muslim asylum seekers could affect their well-being and fear. The results showed that happy participants showed more positive feelings towards asylum seekers. According to Harriet R Tenenbaum et al. (2018), the results also suggest that the overall emotional state needs to be improved in order to develop a positive attitude.

Palihakkara and Weerakkody (2019), stated that employees may also be concerned about the work environment, relationships with colleagues, and other senior positions within the organization. It negatively impacts their behavior and job satisfaction. The results show that there is a strong positive relationship between employee satisfaction within the organization and citizen behavior.

### **Stress and Happiness**

This study showed that stress in academics had a positive and significant effect on students' happiness, thus increasing students' happiness. Awareness is

increasingly being utilized to boost young people's health as a mental health intervention. According to the study by Amirinejad et al. (2021), the goal of this study was to see if stress training may help female high school students cope with stress, test anxiety, and happiness in order to improve their health.

The results suggest that students with high levels of well-being are less likely to exhibit severe or very severe symptoms of stress, anxiety, and depression. In conclusion of Yunus et al. (2020), such findings were also coordinated by pathway analysis, which found evidence of a negative linear relationship between happiness and the three mental health components.

Based on a study by Singh and Ganguly (2019), the results show that students can benefit from counseling sessions aimed at understanding and reducing the stress they are experiencing. However, the perceived stress was not significantly associated with school performance. Moreover, in this study, academic self-efficacy was not significantly associated with well-being and academic performance.

Silva et al. (2018), this study showed significant levels of stress, anxiety, and happiness in pharmacy students, confirming that student life generally induces stress and anxiety. Anxiety, depression, and stress have been found to have predictors of student happiness. Students' psychological distress, academic fulfillment, and satisfaction vary from grade to grade. Tracking potential cumulative effects during pharmacy education can help identify students at risk.

According to Shadfard et al. (2020), There was a significant negative correlation between student happiness and self-esteem and their perceived stress levels. In addition, two variables, happiness and self-esteem, predicted 21% of the perceived stress variance. However, no significant association was observed between the students' view of the hospital's ethical climate and their perceived stress levels.

As stated in a study by Moras et al. (2020) The findings of the hypothesis in the study, supports that showing happiness has a positive effect on self-efficacy and stress has a negative effect on happiness and self-efficacy. Stress has been shown to have different effects depending on gender, age, marital status, course type, and field of study.

Happiness and purpose in life were uniquely and negatively associated with perceived stress and anxiety and depressive symptoms, but happiness was more strongly associated with these mental health consequences. In addition, Wong et al. (2019), life's well-being and meaning were indirectly associated

with anxiety and depressive symptoms through a positive association with perceived stress.

First, as Hwang and Lee (2018) pointed out, stress was negatively correlated with growth spirit, self-esteem, and happiness. However, the spirit of growth had a positive correlation with self-esteem and happiness. Second, the results of the macro process analysis showed that stress adversely affected growth thinking, self-esteem, and well-being.

According to Kim and Lim (2017), the mean subjective happiness was 19.91 (range: 4 to 28). The average school-related stress was 2.92, and the average clinical-related stress was 2.61 (range: 1 to 5). The average self-esteem score was 29.74 (range: 10-40). Important predictors of the subjective well-being of nursing students were self-esteem, financial status, interpersonal relationships, and satisfaction with the major. The explanatory power of variance was 68%, and self-esteem served as the most important predictor of subjective well-being.

This showed a strong correlation between depression, stress, anxiety and demographics, health, and lifestyle variables. Some variables also predicted depression, stress, and anxiety. Hamaideh et al. (2021), aimed to assess the prevalence and predictors of depression, anxiety, and stress in Jordanian college students during "home quarantine" due to the outbreak of COVID-19.

## Methodology

### Research Design

This study employed a descriptive correlation approach to assess the relationship between stress and happiness among senior high school students. It is a type of study used in scientific research that collects data without changing the subject of the study. This helps determine the relationships between variables without affecting the subject and should allow researchers to use their current knowledge to predict future events.

### Participants

The respondents of the study were senior high school students from a private school during school year 2021-2022. The total number of respondents to this survey was 201 high school students. Due to the pandemic, convenience sampling technique was used to select the targeted respondents needed for this survey.

### Instrument of the Study



The researchers' first instrument used came from Cohen, Kamarck and Mermelstein who created the Perceived Stress Scale (PSS) is a classic stress assessment tool. Originally developed in 1983, this device is a popular option to assist us to apprehend how different conditions within the have an effect on someone's feelings and perceived strain. Questions in this scale ask approximately emotions and mind over the last month. Questions on this scale ask about feelings and thoughts over the past month. It contains almost 10 questions and respondents will be asked to indicate how often they feel or think in a particular way. In the study conducted by Siqueira et al. (2010), Cronbach's alpha coefficients were 0.83, 0.77, and 0.87. Test and retest reliability values were 0.83, 0.68, 0.86.

Furthermore, researchers also used Oxford Happiness Inventory (OHI, Argyle, Martin & Crossland, 1989), the Oxford Happiness Inventory is a fairly comprehensive measure of happiness, the questionnaire has 29 multiple-choice items. A more compact instrument is the Oxford Happiness Survey. It consists of a similar number of individual questions with similar words that respondents can answer on a consistent 6-point Likert scale. The latter scale should have about the same number of positive and negative items, can be mixed with other items in the personality survey design, and is less likely to bias the survey subjects. According to the findings constructed by Shu (2020), Cronbach's alpha scores are 0.63 and 0.55, respectively. The two dimensions show the validity of a good configuration.

## Procedures

Concepts and ideas were first created before using the data acquired from the respondents. A highly organized instrument was used because the ultimate goal of this study was to know the level of stress and well-being of seniors in private schools. The Perceptual Stress Scale (PSS) and Oxford Happiness Inventory (OHI) were used to obtain reliable information and conclusions. These were used by creating forms in Google Forms and distributed to each respondent via an online platform. The form was a consent that respondents must fill out before completing the online survey.

Participants were given enough time to deal with the question. Participation in the survey is voluntary, responses are treated confidentially and are protected under the Data Protection Act 2012 (R.A. 10173). After the high school students answered the questionnaire, the data was organized by listing and

finding their totals and averages. Microsoft Excel existed to do this part. The data collected was used as the basis for formulating interpretations and analyzes and preparing the presentation of the results.

## Ethical Considerations

Respondents were identified and carefully selected based on criteria established through the use of the equipment. You have consent to the first part of the Google Forms and you can get full consent from the respondents before you complete the survey. Researchers will also ensure that respondents are given all possible considerations and sufficient time, even if they are just Google Forms.

Researchers sought to obtain the consent of the research professor during the course of the study, especially during data collection. Considering the researcher's situation during the COVID 19 pandemic, ethical standards are very tightly implemented on various online platforms. The documents answered by the respondents have been thoroughly revised to ensure that the words are used correctly. In addition, the researchers followed and respected the I.A.T.F. Health and Safety Protocol. During the research, especially during the data collection process. In the case of voluntary participation, the intent of the survey was clarified to the respondents. In addition, the confidentiality of the respondent's data entry was maintained and the purpose of the survey was explained to the respondents.

## Result

The findings of the study are revealed in this part through the use of a research question. The Pearson correlation coefficient was also calculated using SPSS. The comparison and determination of the mean, as well as the relationship between variables, were completed as a result of this.

### *The Relationship between Stress and Happiness*

The study investigates the relationship between stress and happiness. Stress and happiness have a significant relationship, according to the results of the statistical study in Table 1. As a result, the null hypothesis is rejected.

Table 1  
*Relationship between Stress and Happiness*

| CORRELATION |        |           |
|-------------|--------|-----------|
|             | Stress | Happiness |
| Stress      | -      | .134*     |
| Happiness   | .134*  | -         |

Figure 1.

The conclusions of the study of Amirinejhad et al. (2021), the study found that academic stress had a beneficial and substantial impact on students' happiness, resulting in an increase in happiness. As a mental health intervention, awareness is increasingly used to improve the health of young people. Therefore, the relationship between stress and happiness is determined.

As well as, based on the study by Silva et al. (2018), admit that research of students found significant levels of stress, anxiety, and happiness. Showing that student life in general causes stress and anxiety. Students' happiness has been proven to be significantly correlated with stress.

## Discussion

Most of the students take a part has a difficulty when it comes to manage their stress and happiness at some point. Dealing with a variety of challenges, such as having COVID-19 may have a significant influence on them. Thus, the students should help themselves to overcome such a thing. Stress and happiness are inevitable but they need to be managed properly in order to avoid having a hard time in that issue.

Furthermore, the researchers clearly understand that stress and happiness is an essential part of being an individual not just as student. Moreover, to keep the study's possible solution, students should be supplied with desire, inspiration, and a strong sense of sociability. Generally, schools and institutions also need to be considerate of their students. This is one of the best ways to prevent students from feeling overly stressed. Each of every one of the students has different ways of accepting and how to process of what they have learned. More than that, giving enough time is one of the foremost considerations for the reason that enjoying learning also reduces the pressure on students. Happiness can deal with a lot of stress.

## Conclusion

The pandemic affects the happiness and stress of students due to online learning. As shown in the result of statistical average score of 0.134, there is a significant relationship between stress and happiness among the senior high school students in the Philippines during the pandemic. A response from the participants proved that during pandemic, stress make a hindrance to the happiness of students.

Therefore, the researchers recommend that schools should give more free time to students to avoid too much stress. Moreover, stress of the senior high school students must be prioritized. The study suggests that reducing workloads of senior high school students can lower stress and increase their happiness. In conclusion, implementing a positive relationship in online learning, students will make through the stress and increase their happiness.

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