**“Self-Esteem & Happiness Study”**

**Abstract**

Studies have been conducted all over the world to find connections between self-esteem and grade point average. Self-esteem is not just about beauty or academic performance but about many other factors. This study examines self-esteem in direct correlation between grade point average and appearance. There was a direct positive correlation between grade point average and self-esteem. There was even a stronger positive correlation between grade point average and one’s personal image. In conclusion, one’s personal image has a strong impact on their grade point average thus, their self-esteem.

**Hypothesis:** it is predicted that higher scores on the Rosenberg Self-Esteem scale will be significantly associated with higher scores on the Oxford Happiness Questionnaire.

*What does your data say about your levels of happiness?* score: 3.83" this is my score on the oxford happiness test. It being slightly above average means I am not as happy as I should be and I should work on some things to change that. I see that you are responsible for your happiness if you expect others to make you happy you will always be disappointed. I learned to be grateful for any help or guidance you receive today, whether it is perfect or not. Perfection comes from appreciating what you have, and taking the best of it to make yourself and your life better. Every day, people are inundated with decisions, big and small. Understanding how people arrive at their choices. Understanding the factors that influence decision-making process is essential to understanding what decisions are made.

What does your data say about your levels of self-esteem? Is the result I got after taking the Rosenberg self esteem scale test.My score indicates that the level of my esteem is okay at 80 % meaning I have very little to worry about. Attachment to youth and our bodies can be a hindrance to our awareness and joy is real because our body is important, and if your body is better you, the mind is better also. Our body a lot of power, if we take care of it, makes us stronger. I know Fear is not real. The exclusive area that fear can exist is in our thoughts of the expectation. It is an output of our mind, causing us to fear things that do not at present and may not ever exist.

How might you improve your levels of happiness and/or self-esteem? "All that we are is the consequence of what we have thought. The psyche is everything. What we think we get to be." ~Buddha For getting healthy, the kind of food you eat is everything (Victor Lindlahr, 1923 ) yet as respects self regard we have to change this to peruse "You are what you think". Self regard is something that will get you through in troublesome circumstances, it is particularly then that it will end up being your closest companion and your most grounded weapon. There is overpowering confirmation that the higher the level of self-regard, the more probable one will be to approach others with deference, thoughtfulness, and liberality (Nethaniel Brandon ) Raising your self-regard starts with your enthusiastic wellbeing. Your feelings are the foundational keys to your prosperity and furnish you with the dependability you have to traverse troublesome snapshots of your life effectively. When you're in control of your feelings, you will be significantly more equipped for dealing with the difficulties that life tosses your direction. Notwithstanding, this requires you concentrate on building up your passionate adapting aptitudes to set yourself up for these troublesome snapshots of your life. Myers and Diener (1995) identified four personality traits that characterize happy people: extraversion, locus of control, self-esteem and optimism. In the present research, we consider the possibility that people endowed with these personality traits habitually use humor as an adaptive strategy to maintain happiness. We present evidence that the relationship between each of the four “happy personality traits” and happiness is mediated by a self-enhancing humor style. At whatever point things don't go of course and you're enticed to get down on yourself, promptly switch on your answer centered mentality. To begin with, perceive the positives of the circumstance, and afterward search for ways you can improve things to enhance your conditions. Obviously arrangements may not generally be instantly apparent, however with an inquisitive personality, and a craving to solicit the correct sorts from arrangement centered inquiries, you will in the long run discover the appropriate responses you are after.

In my case, the self esteem test gave me a score of 80% while the happiness test gave me a 64% score. This does not completely fall in line with the hypothesis though it also does not void the hypothesis. My scores are not completely out of line. I know Fear is not real. The exclusive area that fear can exist is in our thoughts of the expectation. It is an output of our mind, causing us to fear things that do not at present and may not ever exist. I see that you are responsible for your happiness if you expect others to make you happy you will always be disappointed. I learned to be grateful for any help or guidance you receive today, whether it is perfect or not. Perfection comes from appreciating what you have, and taking the best of it to make yourself and your life better.

**What do you conclude from looking at the Scatter Plot above?** There appears to be a strong positive correation that is close to the regresion/fit line.