

# Happiness and Indian Personality Dimensions in CHD patients and normal people

Yogesh Jogsan, Saurashtra University ,Rajkot

## Abstract

Cardiovascular diseases caused 2.3 million deaths in 1990; this is projected to double by the year of 2020. The present attempt is a study of Happiness and Indian Personality Dimensions among CHD Patients and Normal People. Data consisted of 60, of these there were 28 CHD patients and 32 were normal people were selected. Indian *triguna* personality dimensions and happiness scale used of measure there happiness and personality dimensions. Independent t-test and correlation used measurement differences and relation between groups. Both the groups of CHD patients and normal people where as significant differences was found between comparative group on happiness and personality dimensions of *Rajasguna* and *Tamasguna*. There is a not significant difference in *Satvaguna* and Happiness. Here Significant correlation between Happiness and Personality Dimensions.

**Keywords:** Happiness, Indian Personality, CHD.

## References

- Argyle, M. (2001). *The Psychology of Happiness*. New York : Taylor & Francis
- Argyle, M., Martin, M., & Crossland, J. (1989). *Happiness as a function of personality and social encounters*.
- Barak (2006). *The Kingdom Come : How the Religious Right Distorts the Faith and threatens America*, New York, NY : Basic Books.
- Cheng, H., Furnham, A. (2003). Personality, Self-esteem, and Demographic Predictions of Happiness and Depression. *Personality and Individual Differences*, 34, 921-942.
- Darrin M. McMahon (2006):*Happiness: A History*. By Darrin M. McMahon (New York: Grove Press,2006. xvi plus 544 pp. \$15.00).
- Diener, E., & Seligman, M.E.P. (2002). Very happy people. *Psychological Science*, 13 (1), 81-84.
- Dunn, E. W., Aknin, L. B. & Norton, M. I. (2008). See reference list. Presents our first studies on the correlational and causal relationship between pro-social spending and happiness.
- Eysenck, H. J. (1973). Personality and the Maintenance of the Smoking Habit, In *Smoking Behaviour Motives and Incentives* (Ed. W. L. Dunn & Sinstion), pp. 113-146. Washington, DC.
- Elliott, J., Coker, S. (2010). Independent Self-construal, Self-reflection, and Self-rumination : A Path Model for Predicting Happiness, *Australian J. Psycho*.
- Ghulam, R., Gupta, S. R., Bandopadhyaya, B. & Mishra, S. N. (1990) Coronary Prone Behaviour and Coronary Heart Disease. *Indian Journal of Psychiatry*, 32, 1, 35-38.
- Galati, D., Manzano, M. (2008). The Subjective Components of Happiness and Their Attainment : A Cross-cultural Comparison between Italy and Cuba Soical, *Science Information*, SAGE Publications, 45(4) : 601-630.
- Gavin, J. H. Mason, R. I. (2004). The Virtuous Organization : The Value of Happiness in the Workplace. *Organizational Dynamic*, 33(4) : 379-392.
- Galati, D., Manzano, M., & Sotgiu, I. (2006). The Subjective Components of Happiness and Their Attainment : A Cross-cultural Comparison Between Italy and Cuba, *Social Science Information*, 45(4), 601-630.
- Hornung, B. R. (2006). Happiness and the Pursuit of Happiness a Socio cybernetic Approach. *Kybernetes*, 35 (3/4), 323-346.
- Haynes, G., Feinlieb, M. & Kennel, W. R. (1980). The Relationship of Psychological Factors to Coronary Heart Disease in the Framingham Study - Eighth Year's Incidence of Cornoary Heart Disease. *American Journal of Epidemiology*, 111, 37-58.
- Kahneman D., Krueger A.B., Schkade D., Schwarz, N., & Stone, A.A. (2006). Would you be happier if you were richer? A focusing illusion. *Science*, 312, 1908-1910.
- Katiyar, M., Gupta, S. c & Singh, H. (1989). Role of Neuroticism and Extraversion in Patients of Acute Myocardial Infarction. *Indian Journal of Clinical Psychology*, 15, 18-20.
- Krishanan (2002). *Indian Social and Psychological Studies (ISPS)* 03-2012, 5(1), 32-40.
- Lyubomirsky, Sonja, Sheldon, Kennon, M., and Schkade, David (2005). Pursuing Happiness : The Architecture of Sustainable Change, *Review of General Psychology*, 9(2), 111-131.

- Lyubomirsky, S., King, L., Diener, E. D. (2005). The Benefits of Frequent Positive Affect : Does Happiness Lead to Success ?  
Psychological Bulletin. 131(6), 803-855.
- Lyubomirsky, S., Sheldon, D. & Schkade, D. (2005): Pursing happiness: The architecture of sustainable change. Review of general psychology, 9, 111-131
- Mogilner, M. (2010). *Renovating Russia: The Human Sciences and the Fate of Liberal Modernity, 1880-1930* (review). *Kritika: Explorations in Russian and Eurasian History* 11(3), 661-672. Slavica Publishers. Retrieved January 24, 2014, from Project MUSE database.
- Murthy, K.R.S. (2007). Third Edition, Vagbhata's Astanga Samhita, (1) Varanasi : Krishnadas Academy.
- Rao, Ramachandra, S. K. (1987). Encyclopedia of India Medicine (Vol. 1-3) Bombay - Popular Prakashan, p. 161.
- Seligman, M.E.P., & Csikszentmihalyi, M. (2000). Positive psychology: An introduction. *American Psychologist*, 55, 5-14.
- Sharma, P. (1981). (Translator). *Charaka Samhita*, 1-3, Delhi : Chaukhamba Orientalia.
- Seth, M. (1979). Investigation of the Relationship of Frustration Aggression Pattern to Coronary Artery Disease, *Indian Journal of Clinical Psychology*, 6, 191.
- Shekelle, R. G., Gole, M., Ostifield, A. M. and Paul, O. (1983). Hostility, Risk of Coronary Heart Disease and Mortality, *Psychosomatic Medicine*, 45, 109-114.
- Singh, A. K. & Thapa, K. (1989). Type A Behavior Pattern and Coronary Heart Disease : A Demographic Study, *Indian Journal of Clinical Psychology*, 16, 9-12.
- Singh, S. B. & Mishra, S. (1987). Stressful Life Events and Myocardial Infarction, *Indian Journal of Clinical Psychology*, 14, 77-79.
- Surgeon General's Report (1983). Health Consequences of Smoking; Cardiovascular Disease, 384, Rockville, MD : US Department of Health and Human Services, Public Health Service Office on Smoking.
- Vitterso, J. (2011). Personality Traits and Subjective Well-being, *Personality and Individual Differences*, 31, 903-914
- Verghese, A., Mohammed, P.M.S. & Krishnaswami, S. (1985). Type A Behaviour and Coronary Heart Disease. A Preliminary Study of Indian Patients, *Journal of Association of Physicians of India*, 33, 362-363.