A comparison of happiness, physical and mental health in male and female students' married and single of university

E. Danesh: Associate professor, Islamic Azad University, Karaj branch
E-mail: esmat_danesh@yahoo.com

Abstract
Aim: The purpose of this study was to determine the effects of being married vs. being single on reported happiness as well physical and mental health of university students. Method: Method was causal-comparative and research instruments were the Oxford Happiness Questionnaire of Argyle and Lu, 1989 and the General Health Questionnaire (GHQ-28) of Goldberg & Helder (1979) and a researcher made Questionnaire for attaining demographic data. Out of a population of 8600 students studying in Amiralmomenin Complex of the Islamic Azad University in the City of Karaj (candidates of the 2005 General Entrance Exam). Random sampling based on the Korjci-Morgan table (1970), 400 married and single students were selected. Results: Results showed that married students rated higher levels of happiness and physical and mental health as compared to single students. Somatic symptoms, anxiety symptoms and sleep disorders, social dysfunction and depression of married students were also lower. There were no significant sex and age differences Conclusion: Since marriage has an effective role in maintenance and improving levels of the happiness and physical and mental health, so it is necessary that government adopts contrivances to facilitate marriage.

Keywords: happiness, male and female students, married, single, physical and mental health