1.1 INTRODUCTION

Positive psychology is the study of positive human strengths, traits, motives, virtues, and behavior, with the avowed goal of understanding how to optimize these qualities in peoples’ lives (Peterson, & Park, 2009; Seligman &Csikszentmihalyi, 2000; Sheldon & King, 2001).

Positive psychology is a recent branch of psychology that studies the strengths and virtues that enable individuals and communities to thrive. Positive psychologists seek to find and nurture genius and talent, and to make normal life more fulfilling, not simply to treat mental illness.

Several humanistic psychologists—such as Abraham Maslow, Carl Rogers, and Erich Fromm—developed various theories and practices that involved human happiness.

Philosophers and religious thinkers often define happiness in terms of living a good life, or flourishing, rather than simply as an emotion.

The present study is examined the subjective well-being of students and its relation with religiousness, optimism and adjustment.

Subjective well-being can be simply defined as the individual’s current evaluation of his/her happiness. Such an evaluation is often expressed in affective terms; when asked about subjective well-being, participants will often say, “I feel good” (Schwartz &Strack, 1999). Subjective well-being is thus, at least in part, a proxy for a global affective evaluation.

Well-being is a multifaceted concept. It is often thought of as one of the hallmarks of the liberal arts experience, resulting from educational encounters that both guide students in the search for meaning and direction in life and help them realize their true potential.

Let us first have a look at the basic principles of Subjective Well Being and Student Religiousness, Optimism and Adjustment before we go about finding out the
relation between them in the context of urban and rural area. Subjective well-being (SWB) is a field of psychology that attempts to understand people's evaluations of their lives.

These evaluations may be primarily cognitive (e.g., life satisfaction or marital satisfaction) or may consist of the frequency with which people experience pleasant emotions (e.g. joy) and unpleasant emotions (e.g., depression).

Few people have ever doubted that happiness is very important. In fact, starting at least with the Ancient Greeks, the concept has been subject of unremitting debate. Surely this would not have been the case if people generally felt it did not matter.

Evaluating SWB:

Subjective well-being (SWB) refers to how people evaluate their lives, and includes variables such as life satisfaction, lack of depression and anxiety, and positive moods and emotions. The idea of SWB or happiness has intrigued thinkers for millennia, although it is only in recent years that it has been measured and studied in a systematic way. A person's evaluation of his or her life may be in the form of cognitions (e.g., when a person gives conscious evaluative judgments about his or her satisfaction with life as a whole, or evaluative judgments about specific aspects of his or life such as recreation). However, an evaluation of one's life also may be in the form of affect (people experiencing unpleasant or pleasant moods and emotions in reaction to their lives). Thus, a person is said to have high SWB if she or he experiences life satisfaction and frequent joy, and only infrequently experience unpleasant emotions such as sadness and anger.

Contrariwise, a person is said to have low SWB if he or she is dissatisfied with life, experiences little joy and affection, and frequently feels negative emotions such as anger or anxiety. The cognitive and affective components of SWB are highly interrelated, and only recently are we beginning to understand the relations between various types of SWB. In short, Subjective Well Being is a measure of overall satisfaction and happiness of an individual in any context.
Surveys show that social sciences have taken huge steps in their understanding of the factors underlying differences in SWB ratings (e.g. Diener et al., 1999).

**Components of SWB:**

There are three primary components of SWB: satisfaction, pleasant affect, and low levels of unpleasant affect. Subjective well-being is structured such that these three components form a global factor of interrelated variables. Each of the three major facets of SWB can in turn be broken into subdivisions. Global satisfaction can be divided into satisfaction with the various domains of life such as recreation, love, marriage, friendship, and so forth, and these domains can in turn be divided into facets. Pleasant affect can be divided into specific emotions such as joy, affection, and pride. Finally, unpleasant or unpleasant affect can be separated into specific emotions and moods such as shame, guilt, sadness, anger, and anxiety. Each of the subdivisions of affect can also be subdivided even further. Subjective wellbeing can be assessed at the most global level, or at progressively narrower levels, depending on one's purposes. For example, one researcher might study life satisfaction, whereas another might study the narrower topic of marital satisfaction.

Psychologists have deeply studied the influence of personality on SWB, and found it to be the strongest and most dependable factor underlying differences in SWB between persons.

Gender and age in particular are robust determinants of SWB across samples. Generally, women report higher SWB scores than men do, and SWB is U-shaped with age: SWB is higher among young people, declines in middle age cohorts and increases again at older age.

Environmental conditions are an important factor in observed differences in SWB that operates strictly at a macro level.

In much the same fashion, the analysis by Becchetti et al. (2007) confirms the link between climate and SWB but indicates that global warming might, in contrast, lead to higher SWB worldwide.
Satisfaction Happiness Subjective Well Being

Subjective well-being is only one aspect of psychological well-being. Nevertheless, the subjective frame of reference implicit in the concept of SWB has the strength of being based on the respondent's own internal perspective, and thus gives priority and respect to people's own views of their lives. Rather than a standard imposed by a mental health professional, SWB grants importance to the experience of people. The focus on an internal perspective means that other criteria of well-being recognized by the community, philosophers, or by mental health professionals may not be met in every individual who has high SWB. Although we cannot say whether high SWB is essential for mental health, we can say that most people consider it to be a desirable characteristic.

Happiness is a state of mind or feeling characterized by contentment, love, satisfaction, pleasure, or joy. A variety of philosophical, religious, psychological and biological approaches have striven to define happiness and identify its sources.

While direct measurement of happiness presents challenges, tools such as The OxfordHappiness Questionnaire have been developed by researchers. Positive psychology researchers use theoretical models that include describing happiness as consisting of positive emotions and positive activities, or that describe three kinds of happiness: pleasure, engagement, and meaning.

Researcher has identified a number of attributes that correlate with happiness: relationships and social interaction, extraversion, marital status, employment, health, democratic freedom, optimism, religious involvement, income and proximity to other happy people.