1.1 OBJECTIVES OF THE STUDY

According to previous literature and authentic suppositions, following objectives are formed.

- To explore and compare the factors that determines SWB amongst college students in rural area and urban area.

- To assess the cause of the happiness when compared with attitude scale, religiosity scale, and Bell’s adjustment inventory.

- To explore relation between subjective well-being, Religiousness, Optimism and Adjustment. A major emphasis is placed on sex differences in the relationship between these constructs.

- To formulate recommendations plan for a happy and healthy conditions for living a better life and to suggest suitable measures for improving happiness.