

## **Predicting Happiness in Urban Males and Females Through Perception of Resource Adequacy**

**Vandana Kaushik and Purva Jaggi**

*College of Home Science, Maharana Pratap University of Agriculture & Technology,  
Udaipur 313 001, Rajasthan, India*

**KEYWORDS** Happiness. Human Resources. Materialism. Idealism. Likert Summated Rating

**ABSTRACT** Happiness could be sought through both spirituality and material affluence by different people of different cultures. According to Indian school of thought, the state of joyousness is a natural state of happiness. It considers different dimensions of wellness ranging from social, physical to spiritual. The lifestyle satisfaction from accumulation is difficult to come, and the technological revolution has made it harder by challenging everything that is conventional, stereotyped, stagnant and reluctant to change. Perceptual indication can be useful in identifying conditions affecting quality of life or happiness. The present paper will focus on a comparison of perceived adequacy of resources among 30 couples with dual earnings (working wives) and 30 couples with single earnings (homemakers). The results indicate a non-significant difference between the PAR scores of males and females. Further, the PAR scores of Human Resources were higher than scores of material resources.