

Abstract

The present study aimed to study that cognitive hardiness, humor and emotional intelligence are predictors of happiness among school children (N=500, M=1.461, SD= .6549). The sample consisted of 500 school children out of which 250 were from Government school children and 250 were from Private school children of Lahore. The measures of the study were Cognitive Hardiness Scale (CHS), Humor Style Questionnaire (HSQ), Trait Emotional Intelligence Questionnaire (TEIQue), and Oxford Happiness Questionnaire (OHQ) used for data collection along with demographic information of participants and Consent form. The analysis included the application of correlation, Independent sample t-test, ANOVA, post hoc and linear Regression to explore the relationship and differences between cognitive hardiness, humor, emotional intelligence and happiness among government and private school children. Gender differences were evident as girls exhibited high level of cognitive hardiness than boys. Gender differences were also found in girls exhibited high level of emotional intelligence as compared to boys. Furthermore, cognitive hardiness was found to be a significant predictor of happiness and emotional intelligence among school children, Humor is also a significant predictor of happiness and emotional intelligence on sample of school children. Overall age differences were found important in getting high level of emotional intelligence and happiness. Socioeconomic differences were also found in attaining high level of emotional intelligence and happiness among school children. Similarly, gender differences, age differences, socioeconomic status, appeared to have a significant contribution on cognitive hardiness, emotional intelligence and happiness.

Keywords: Cognitive Hardiness, Humor, Emotional Intelligence, Happiness.