College Students’ Happiness Based on Balance in School and Social Life  
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Introduction
The purpose of this study is to prove college students’ happiness is based on the balance between their roles. Discovering the information regarding happiness linked to balance between roles could promote college students to create a balance between their roles to prevent conflict. The literature gives details about methods utilized and results from previous studies about happiness and balance of college students.

Literature
College students can define and experience happiness in many ways. Some college students might feel happy when they are part of a team, with their friends and family, or when they receive a good grade. Flynn & MacLeod (2015) found self-image, academic success and financial security are factors that relate to happiness in college students. Sotgiu (2016) found happiness in college students can be from family, friendship, love, health and self-actualization. These studies show college students’ happiness can be from their education and within their social lives. The researcher defines social life as the students interests that involve other people. These can include attending events, being a member of a team or club, having a job and being with their friends or family members. College students’ social lives can create more roles for the students. Within these roles it could be difficult to find a balance between them. Van Steenbergen et al. (2018) found separating home and school roles reduced conflict between the two roles. Benner & Curl (2018) found there are benefits and consequences of students who worked and attended college at the same time. An imbalance between roles has consequences and often creates conflict between other roles. Creating a balance between roles will reduce the amount of conflict.

Hypothesis
College students’ happiness can be defined by the balance they have between their roles as a student.

Conclusion and Future Directions
The literature shows a balance or imbalance between student roles, it can affect them differently. There was no literature to support a college student’s happiness is based on a balance between their roles. However, the literature showed a balance between roles reduced conflict between different roles the student had. During spring semester 2021 the study will occur to determine if college students’ happiness is because of a balance between their roles.

References