

Beholding the Faces of Happiness: Soliciting the Views of the Chinese Art Students Toward an Enriched Well-Being Program

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Abstract: The basic purpose of this study was to investigate the happiness levels of students in Chinese art colleges, with the aim of addressing pressing issues of student well-being and identifying the factors that influence happiness levels in this academic context. This study adopts qualitative interview research method. We conducted in-depth interviews with representative students from art schools in different regions of China to gain a deeper understanding of their experiences and perceptions. Analysis of the survey data revealed several key findings. Overall, most students at Chinese art colleges say their happiness ranges from medium to high. Factors that promote their well-being include a supportive social environment, opportunities for artistic expression, and a sense of belonging to the university community. However, there is a significant correlation between happiness levels and factors such as work intensity, stress levels and financial problems. Qualitative analysis of the interview data further shed light on the students' nuanced experiences, underscoring the importance of overall well-being to academic success. The survey results show that the happiness of Chinese art college students is obviously affected by internal and external factors. To improve overall well-being, it is recommended that the Institute implement targeted interventions aimed at reducing academic stress, fostering a culture of support and inclusion, and providing resources for mental health and financial assistance. In addition, promoting a balance between academic rigor and extracurricular activities can lead to a more fulfilling student experience. Future research efforts should continue to monitor and assess student well-being levels, with a focus on longitudinal studies and comparative analyses across different academic institutions.

Keywords: Student Happiness; Happiness; Academic Pressure; Academic Environment.

1. Introduction

In modern China, people's ideas of happiness have begun to shift to the West, with many young people valuing material success and social status more than personal achievement. Especially in the group of college students, "Buddha", "bereavement", "low desire", "lying flat", "boring", "meaningless", "confused", "anxiety" and other Internet hot words have become the mantra of college students, and even the portrayal of some college students' real life. These people are mentally depressed, impetuous, confused about their future development, lack enthusiasm for life and motivation to learn, and can not find happiness. College is an important stage for healthy physical and mental development. College students in this period are far away from their families and are under pressure from study, employment, emotions and interpersonal relationships. Their inner feelings and happiness are easily overlooked, leading to some mental health problems and even suicide and disregard for the lives of others. The deep reason is undoubtedly that students' happiness is not high, which runs counter to the mission of university education.

On November 15, 2021, the Ministry of Education of China answered questions related to adolescent depression through data analysis and in-depth research, and included depression screening in the entrance exam, whose significance cannot be underestimated. From the level of policy concern, build a person's mental health profile. Fully assess students' mental health status to ensure the healthy development of students' physical and mental health. In fact, not only depression, anxiety, obsessive-compulsive disorder and other mental disorders will hinder the healthy growth of students, so that

people's life experience is poor, low happiness. Although the number of college students suffering from mental illness is small, most of them have different degrees of mental sub-health state. College students majoring in art, in particular, face multiple pressures in study and employment. Due to the particularity of the major, the college students majoring in art are faced with more strict professional requirements and more severe employment situation. Therefore, in this study, we aim to explore Chinese art students' views on happiness and well-being. We will examine their experience of being involved in the arts, including any challenges or benefits they may have encountered. By doing so, we hope to gain a deeper understanding of how art education contributes to the overall well-being of contemporary Chinese youth.

2. Statement of the Problem

This study aims to solicit the views of Chinese art students toward an enriched well-being program.

In particular, it seeks answers to the following questions:

- 1) What are the participants' sources of happiness?
- 2) How do the participants sustain their happiness?
- 3) What factors influence the participants' happiness?
- 4) What is the role of happiness in enhancing their academic performance?
- 5) What problems do the participants encounter in sustaining their happiness?
- 6) Based on the findings, what well-being program for the Art students may be proposed?

3. Methodology

Descriptive qualitative method was adopted in this study.

With the rapid development of higher education in our country, more and more attention has been paid to the cultivation of college students' happiness ability. In order to better understand the happiness level of Chinese art college students, this study adopts the way of interview survey to discuss the current situation, problems and countermeasures of the happiness level of Chinese art college students, and puts forward corresponding suggestions. Research design is mainly divided into six steps:

Step 1: Review the literature. The main task of this study is to conduct an in-depth study of relevant literature to understand the current research status, existing problems and proposed solutions on the happiness level of Chinese art college students. This step will lay a theoretical foundation for the research.

Step 2: determine the research object and research method. On the basis of understanding the relevant literature, the object of this study is clearly the investigation of the current situation of happiness level of art college students in China. In order to obtain comprehensive information, this study adopts the method of interview and mainly studies art students to understand their feelings and needs in terms of happiness.

Step 3: Interview design and testing. In order to ensure the validity of the interview, 3 students were selected for a preliminary questionnaire test. Their feedback helped to improve the content and structure of the questionnaire. At the same time, the content of the interview is determined through the expert discussion to ensure the high reliability and validity of the interview.

Step 4. Implementation of interview survey. Interviews were conducted with students from three art colleges: National Academy of Chinese Opera, Hunan University of Arts and Nanjing University of the Arts. Students are encouraged to actively participate and conduct in-depth interviews. This step will provide the necessary data support for the study.

Step 5: Data analysis and result verification. Through the statistics and analysis of the interview data, this study will deeply understand the current situation of the happiness level of art college students in China. Through the analysis of data, this study will verify the previous research hypothesis and analyze the results. This will help identify problems and challenges and provide a basis for developing improvement plans.

Step 6: Make suggestions. According to the research results, this study will propose a plan to strengthen the happiness level of students in Chinese art colleges from the current situation assessment, including introducing happiness courses, providing more support and resources, and cultivating and improving students' happiness ability. This step aims to provide higher education institutions with concrete directions for improvement to better meet the needs of students and the expectations of society.

3.1. Instrument

In terms of data investigation and collection, this study chooses to interview and dialogue with art college students in China to carry out practical investigation. This research interview is divided into five parts.

- 1) The first aspect is what makes students feel happy;
- 2) The first aspect is what makes students feel unhappy;
- 3) The third aspect is does happiness play a role in the learning process?

4) The fourth aspect is whether the student's school provides some activities to achieve happiness.

5) The fifth part is to give some suggestions to improve the happiness of study from the perspective of students.

It is worth noting that all problems can spawn multiple problems. See Appendix A for interviews.

3.2. Data Gathering Procedures

The collection of data is an important part of this study, which will provide key information for this study to deeply understand the happiness level of Chinese art college students. In this study, effective data collection and analysis were carried out through the following four steps.

The first step in the study was to design a preliminary interview to gather basic information about students' happiness levels. At this stage, 3 students were selected as participants in the validity test of the interview questionnaire. The purpose of this step is to ensure that the questions in the interview questionnaire are clear, accurate, and have high reliability and validity. Participants provide feedback based on their expertise and practical experience, while also taking into account the opinions of experts. According to the test results and expert suggestions, the researchers modified and improved the interview questionnaire.

After determining the design scheme of the interview questionnaire, the researchers chose the online interview format to facilitate the collection and analysis of data. The researcher recorded the interview content throughout the process and ensured the confidentiality and anonymity of the data to protect the privacy of the participants. In-depth interviews were then conducted with students from the three art schools to ensure the representativeness of the research. The completion time of the interview questionnaire will last more than half an hour to ensure the depth and breadth of the conversation.

Once the interview data is collected, the interview data is classified and counted, which helps the researcher to have a clear understanding of the overall situation of the data. After the classification, description and correlation analysis of the data, the statistical results of the data are analyzed, which provides strong support for the research objectives and helps to formulate reinforcement plans and improvement strategies.

Through the above four steps, this research can collect, sort out and analyze the relevant data of the happiness level of Chinese art college students. This gives local researchers a better understanding of students' happiness levels and needs, thereby providing strong support for improving students' happiness levels and learning outcomes. At the same time, the data analysis results can provide an important basis for the formulation of targeted strengthening plans and improvement strategies, so as to improve the overall well-being of Chinese art college students.

3.3. Validity and Reliability of Instrument

As for the reliability and validity of the interview questionnaire, the three experts believe that the reliability and validity of the interview questionnaire have been fully verified, indicating that the design of the interview questionnaire project is reasonable and executable. The experts also discussed the sampling and sample size of the interviews. They believe that it is necessary to conduct a preliminary survey of Chinese art college students to ensure the representativeness and generality of the results. The sampling method and sample size should be determined

according to the purpose and resources of the study to support the confidence of the conclusions. Therefore, this study randomly selected 3 Chinese art college students for investigation.

Three students took part in a pilot test of the research instrument. To assess internal consistency, Cronbach's alpha was used as a measure of reliability testing. This measure determines the degree of interconnection between a group of projects within the research tool. The research instrument proved to have excellent reliability in its various components. Therefore, it can be inferred that the research tool can be effectively used for the intended purpose of the study (see Appendix 1, Reliability Analysis Results).

4. Conclusion

Researchers investigated the factors that contribute to the happiness of college students majoring in the arts. After analyzing the derived data, eight themes were identified that connected the participants' data. The key findings of this study are summarized below:

1) The Multifaceted nature of happiness: Happiness comes from all aspects of life: personal achievements, social relationships, creative activities, family happiness, career satisfaction, daily pleasure, physical activity, and unexpected positive events.

2) Correlation between professionalism and happiness: There is a strong positive correlation between professionalism and happiness, especially when professional activities are aligned with personal passions and interests. Factors that enhance this relationship include creativity, acceptance, and the ability to positively influence others. Some participants noted that happiness is multifaceted, including other aspects of life outside of professional pursuits.

3) Sources of unhappiness: Major sources of unhappiness include academic and professional challenges, relationships, lack of opportunities, emotional and mental health issues, and the need for validation and support. Addressing these issues through better support systems, engagement opportunities, and mental health resources can significantly improve well-being.

4) Factors that affect the happiness of art students: "Performance and competition" and "community activities" are the most frequently mentioned sources of happiness. Other important factors included "learning and personal development", "social welfare activities" and "teamwork".

5) Effects of happiness on motivation and enthusiasm for learning: Most participants rated happiness as having a positive impact on their motivation and enthusiasm for learning. Other important themes include maintaining a positive attitude towards challenges and gaining a sense of accomplishment and satisfaction from learning, social interaction and recognition. Several participants noted increased interest and engagement, and one recognized the complex relationship between emotions and learning.

6) Impact on happiness: Maintaining happiness is significantly affected by external pressures, competition, and the need for validation. Internal factors such as self-anxiety, expectations, and motivation also play a crucial role. Strategies for dealing with these challenges include stress management, improving self-control, and fostering mutually supportive relationships. Creating a more equitable environment and striving for fair recognition can help mitigate feelings of unfairness and improve overall well-being.

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