

Happiness and Physical Activity among Housewives in Gapan City, Nueva Ecija

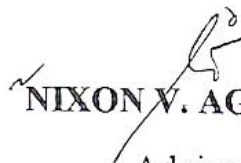
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An Undergraduate thesis presented to the faculty of the Department of Psychology,
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for the degree of

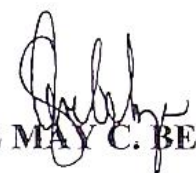
BACHELOR OF ARTS IN PSYCHOLOGY

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This undergraduate thesis entitled "**HAPPINESS AND PHYSICAL ACTIVITY AMONG HOUSEWIVES IN GAPAN CITY, NUEVA ECIJA**", prepared and submitted by **KRISTINE JADE R. PASCUAL** in partial fulfillment of the requirements for the degree **BACHELOR OF ARTS IN PSYCHOLOGY** in hereby approved and accepted.

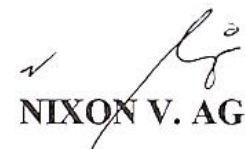

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Abstract

PASCUAL, KRISTINE JADE R., Bachelor of Arts in Psychology, Department of Psychology, College of Arts and Sciences, Central Luzon State University, Science City of Muñoz, Nueva Ecija, Philippines, February 2017, **HAPPINESS AND PHYSICAL ACTIVITY AMONG HOUSEWIVES IN GAPAN CITY, NUEVA ECIJA.**

Adviser: NIXON AGASER.

This study explored the relationship between happiness and physical activity among housewives in Gapan City, Nueva Ecija. Two hundred (200) housewives that are currently married and not married were chosen purposively. The main objectives of this study is to identify if there is a significant relationship between happiness and physical activity and to identify whether the socio demographic characteristics (age, number of children, and religion) of the respondents are factors affecting the happiness and physical activities as well. Data were analyzed via descriptive analysis and Pearson r correlation coefficient. The finding revealed that majority of housewives in Gapan City, Nueva Ecija do spend more of their time in doing household chores. It is also noted that vigorous, moderate, and walking activity were found to have a weak correlation between happiness. In addition housewives were found to have a mean level of happiness.

Keywords: happiness, physical activity, housewives

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