

# Happiness and Influencing Factors: a Comparative Analysis of Perceptions among Nursing Students

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## Introduction

The first year of higher education is a critical period of transition. The evidence highlights social and academic adaptation in this period as essential for the well-being and happiness of students.

## Objective

Compare and contrast the perceptions of happiness and the factors that influence it, in students of the 1st year of the Nursing Degree, between two moments of evaluation (before and after the implementation of a guided meditation and mindfulness practice project).

## Methods

Exploratory, qualitative study, carried out between September 2022 and February 2023. Data collection through two open quests integrated into a longer study form. Treatment and analysis of data respecting the thematic content analysis technique, using the NVivo software. Participation of 63 students.

## Results

Positive interpersonal relationships, personal fulfillment and physical and psychological balance are identified, in both endorsements, as the main components of happiness, highlighting the importance of a supportive environment, personal achievements and a state of comprehensive health and well-being for the happiness of the students. Although there is consistency regarding the factors that influence happiness, in the final assessment there is greater emphasis on the balance between personal relationships and academic life, on activities that bring personal satisfaction and on the integration of these activities with social and family life, and a more holistic view of the environmental impact on happiness and of personal and academic relationships on general well-being.

## Conclusion

The study reveals that students maintain a consistent view of the elements that constitute happiness and a more holistic view of the factors that influence it, after implementing the project. It is recommended that initiatives and projects that promote healthy and supportive academic environments continue.

## Keywords

Happiness; Psychological Well-Being; Students; Nursing.

## References

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