

*The Relationship Between Optimism and Perceived Health in Generation-Z An Explanatory Investigation*

By Natalie Woodward

Under the Mentorship of Dr. Daniel Czech

ABSTRACT

Research has found possible links between optimism, happiness, and perceived health in past generations (Peterson & Bazio, 1991). Little research has been found examining these variables within Generation Z. Thus, the purpose of this study is to examine the relationship between optimism, happiness, and perceived health in Generation Z. A secondary purpose of this study is to examine the relationship between optimism, happiness and perceived health between genders and ethnicities. A third purpose of this study is to predict happiness by examining optimism, perceived health, and sleep within Generation Z. 2287 Generation Z participants took the Life Orientation Test, the Subjective Happiness Test and a self-report questionnaire. Results were examined and researchers found a significant negative correlation between health and happiness, a significant positive correlation between health and optimism, and a significant negative correlation between happiness and optimism. Research also found a statistically significant difference between males and females for overall health, happiness, and optimism. There was also a significant difference in perceived health in African Americans and Caucasians. The results of the regression indicate the three predictors, optimism, happiness, and perceived health, explain 28.7% of the variance in happiness. Result implications and future research will be discussed.