



**Faculty of Administrative Science  
& Policy Studies  
Universiti Teknologi MARA**

**Bachelor of Administrative Science**

**Title of Research  
Factors Influencing Individual  
Happiness towards Quality of Life**

**Name of Student:**

**Wan Aminah Binti Wan Ibrahim 2016598147  
Noor Ayunni Binti Aladin 2016728275**

**Name of Supervisor:**

*P.N.* **Nurulaini Binti Zamhury**

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## DECLARATION

We hereby declare that the work contained in this research proposal is my own except those which have been duly identified and acknowledged. If I am later found to have plagiarized or to have committed other forms of academic dishonesty, action can be taken against me under the Academic Regulations of UiTM's.

Signed



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Name: Wan Aminah Binti Wan Ibrahim

Matric No: 2016598147

Signed



-----  
Name: Noor Ayunni Binti Aladin

Matric No: 2016728275

## **ABSTRACT**

Quality of life (QOL) is a broad multidimensional concept that usually includes subjective evaluation of both positive and negative aspect of life. Quality of life covers three meanings which are quality of the living environment, quality of performance and subjective enjoyment of life. This chapter highlighted the relationship between factors of individual happiness towards quality of life.

Happiness' is understood as part of latter meaning and it is defined as the overall appreciation of one's life-as-a-whole. The concept of happiness consists of overall evaluation of life which is involves all the criteria figuring in the mind of the individual where it means that how good it feels, how well we meet expectations and how desirable it is deemed to be. Empirical research shows that there are three factors of individual happiness towrds quality of life which are the occupation, education and income.

The analysis illustrates that income is the most influential factors of individual happiness toward quality of life among residents at Mukim Tasek Gelugor and followed by occupation.

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