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The Emotional Filter: Investigating Attitude towards Emotions as a Moderator in the Self-Efficacy-Happiness Connection

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Abstract

This primary and exploratory study investigates the intricate dynamics of the self-efficacy-happiness connection, with a specific focus on the moderating role of attitudes towards emotions. A structured questionnaire was employed to gather responses from 358 working professionals, utilizing a combination of in-person distribution and electronic dissemination through Google Forms. Through meticulous coding and analysis, the study delves into two primary objectives. First, it scrutinizes the impact of self-efficacy on happiness. Second, it explores the moderating influence of attitudes towards emotions on the relationship between self-efficacy and happiness. Employing quantitative tools such as mediation analysis with SPSS 23.0 and AMOS 22.0, the research aims to uncover nuanced insights that can inform targeted interventions for promoting emotional well-being and happiness among diverse populations of working professionals. The robust methodology ensures a comprehensive examination of the variables, paving the way for practical applications in areas such as mental health interventions, educational strategies, and workplace initiatives.

Keywords: *Self-efficacy, Happiness, General self-efficacy, Social self-efficacy, Attitude towards emotions, Mental health.*

Introduction

Teenagers today face a great deal of stress due to the fast-paced, fiercely competitive, anxious, and unhappy nature of the modern world. One of the life skills that the WHO recommends for the wellbeing of young people is self-confidence. It has been repeatedly demonstrated that self-efficacy, a commonly researched confidence metric, improves goal achievement (Maddux, 2002). Instead of being a static feature or attribute, self-efficacy is a dynamic component of the self-system that engages in interactions with the outside world and other motivational systems. According to Lent and Hackett (1987), our level of self-efficacy influences how we use the skills we possess. According to Bandura (1977), it is the conviction that one can achieve desired results by one's own efforts. According to the WHO (2001), self-efficacy plays a critical role in the development and maintenance of a healthy general state of well-being as well as in fostering confidence in one's capacity to manage the challenges and stresses of daily life (Gupta & Kumar, 2010). Research has also linked self-efficacy to attitudes, behaviors, and academic success (Hagger et al., 2001; Salami &Ogundokun, 2009). Students' lives are impacted by both good and harmful factors. A widespread sense of fulfillment and joy is referred to as happiness

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(Baumgardner & Crothers, 2009). According to Diener (2000), happiness can be defined as the perception that one's life is fulfilling and the ratio of positive to negative feelings. A few research found a relationship between happiness and life satisfaction (Khosla, 2021), emotional intelligence (Khosla & Dokania, 2010), and values (Bhushan & Ahuja, 1980; Coenders et al., 2005). According to certain studies, happiness is correlated with both expected positive outcomes and recent and past occurrences (Diener, 1984; Staats& Stassen, 1985). A few research also found a correlation between values and happiness (Bhushan & Ahuja, 1980; Coenders et al., 2005). Researchers Srivastava (2008) and Pandey (2006) studied the causes or measures of children's happiness. Currently, the benefits of happiness and life satisfaction are less well understood than the detrimental consequences of depression on academic performance (Khramtsova et al., 2007). Isen (2003) asserts that desire and cognition—two factors that go into academic success—have a favorable correlation with positive affect.

Mental health issues are becoming more widespread globally in the current environment of active threats from climate change, pandemics, and expanding economic disparities and inequities (Burns, 2015; Hayes et al., 2018; Ip and Cheung, 2020; Twenge and Joiner, 2020). It is imperative to advance scientific research on wellbeing and healthy emotional outcomes in light of these impending societal concerns (Hanlon and Jordans, 2020; Holmes et al., 2020). In order to cultivate resilience, flourishing, vitality, happiness, and life satisfaction—all of which eventually contribute to physical and emotional wellbeing—it is essential to experience positive emotions, feelings, and affect (Bryant, 2003; Cohn et al., 2009; Diener et al., 2009; Silton et al., 2020). It is essential to advance our understanding of how the central and peripheral nervous systems process positive emotions and feelings (such as joy, excitement, contentment, and happiness) because this knowledge will guide the creation and application of evidence-based strategies and interventions that improve the experience of positive emotions in a healthy way and the corresponding outcomes for wellbeing.

Furthermore, people have different perspectives on feelings. They differ, for instance, in how they perceive emotions—be they flexible (Kneeland et al., 2020), desirable or pleasant (Harmon-Jones et al., 2011), or bearable (Kisley et al., 2019). The valence of emotion (positive to negative) has been characterized in a number of ways by psychological scientists (Lazarus, 1991). A popular interpretation focuses on the subjective perception of the emotion, i.e., does the organism find the emotion pleasurable or unpleasant? (Ekman, 2003; Panksepp, 2004). People tended to like feelings that are often thought of as having a positive valence, such as joy, and they generally disliked emotions that are thought of having a negative valence, such as wrath, disgust, fear, and sadness. For instance, it is likely that people with more positive views toward anger also had less negative attitudes toward anger when we write that they scored higher or lower on another construct (Szymaniak et al., 2022, 2023).”

Review of Literature

Self – Efficacy

“Self-efficacy is a concept that centers on how well someone believes they can do a task in a particular circumstance. "People's judgments of their capabilities to organize and execute courses of action required to attain designated types of performances" is how Albert Bandura described the construct (Bandura 1986: 391). It is important to realize that the idea is not related to one's actual performance or capacities, but rather to beliefs about one's perceived abilities or inabilities to finish a certain activity (Mills et al., 2007). With the emergence of social cognitive theories, which hold that people are active agents in charge of their own decisions and behaviors,

self-efficacy initially attracted attention (Wyatt, 2018). Bandura (1977) made a major addition to these advancements by demonstrating how our self-efficacy beliefs can affect the activities we choose to engage in, the amount of effort we put into them, and our perseverance in seeing them through, particularly when faced with obstacles (Waddington, 2022, 2023).

Attitude towards Emotions

According to Izard (1971), attitudes toward emotions are a component of the emotional experience. Participants were asked to select one of the core emotions as the response to the most of the items on his scale. One question was, "Which emotion do you most prefer to experience?" as an example. Understanding emotions and the frequency of experiences were the subjects of other queries. Because of this, the questionnaire's attitude questions evaluated one-word (emotional) replies, which makes it challenging to perform linear analyses. It also examined ideas that are not considered attitudes in current attitudes research. Similar assessments were employed in later studies on attitudes toward emotion (Sommers, 1984).

People describe varying degrees of valence and arousal. Additionally, people's subjective perceptions of emotions' action tendencies exist (Frijda, 1986). According to Lazarus (1991), three factors might determine whether an emotion is considered positive or negative: (a) the circumstances that sparked the feeling; (b) the emotion's adaptive outcomes; or (c) the emotion's subjective feel. Paul Ekman, a discrete emotion theorist, actually proposed that the perception of certain emotions as positive or negative may depend on how much one likes or enjoys experiencing them. He said, "Just as there is a set of distinctive emotions that we usually don't enjoy feeling, there is a set of distinctive emotions that we do enjoy feeling." An organism's adaptive reaction to an evocative event is organized by emotions, therefore even when one has a negative attitude toward the event, a negative emotional response may be advantageous. According to the ATE (Attitude Towards Emotions) concept, attitudes toward an emotion—rather than the emotion itself—drive attempts to control it (Harmon-Jones et al., 2011).

Happiness

The definition of happiness is the emotional and cognitive assessment of life (Diener, 1984). The assessments and conclusions made by people about different aspects of life (health, work, marriage, etc.) represent the cognitive component of happiness. On the other hand, the emotional component of happiness is determined by the frequency of either happy or negative emotions. As a result, those with high levels of life satisfaction are believed to be those who experience good feelings more often than negative emotions (Myers & Diener 1995). The psychological, biological, and social factors that influence happiness have been the subject of several studies (Lyubomirsky, 2001). As a result, research has revealed that the most significant predictors of happiness are hereditary variables. According to research, happiness is influenced by genetics between 40% and 50% of the time (Lykken&Tellegen, 1996). On the other hand, it has been found that demographic and life circumstances (such as age, gender, marital status, and degree of education) have a 10% impact on happiness. Additionally, studies have shown that intentional behaviors (self-talk, volunteering, stress management, etc.) have a 40% impact on happiness (Lyubomirsky, 2001; Lyubomirsky et al., 2005). A person's life can profit much from happiness in addition to happiness, good feelings, welfare, and tranquility. According to research findings, people who are happy have stronger immune systems, higher levels of energy and creativity, are more favored in social situations, work more efficiently, and live longer (Lyubomirsky et al., 2005).

Self-Efficacy, Attitude towards Emotions and Happiness

Self-efficacy beliefs, or an individual's belief in his or her own ability to achieve goals by planning particular courses of action, have been argued by social cognitive theorists to play a unique role in the regulation of emotions. This is because these beliefs influence thought and behavior in a way that makes it possible for people to choose and put into practice efficient regulatory strategies to increase their happiness levels (Bandura et al., 1997; Caprara, 2002). For instance, college students' good and negative emotional experiences throughout weeks and at a year were predicted by their general reported ability to modulate emotions in particular emotion-eliciting settings (Tamir et al., 2007). On the other hand, the majority of research examined how different self-efficacy beliefs affect the regulation of intensely unpleasant emotions as well as how to appropriately experience and express good emotions, particularly in trying circumstances (Bandura et al., 2003; Caprara et al., 2008). Over time, young adults who thought they were better at expressing their happy feelings generally felt happier and more contented (Bassi et al., 2018).

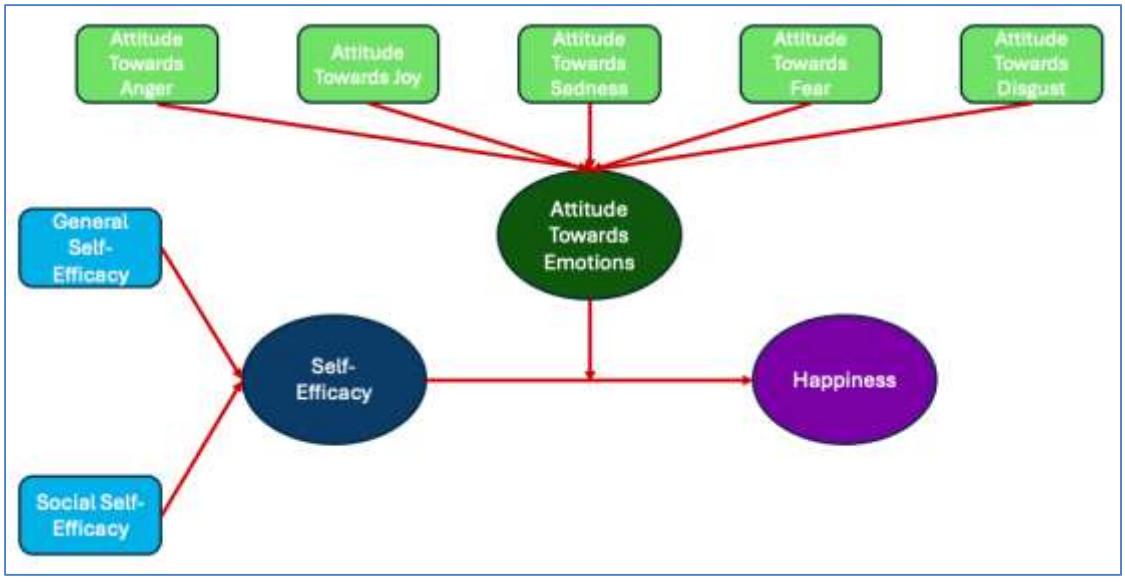
Particularly in the sample of adulthood, a positive attitude is both a predictor and a covariate of happiness. Therefore, the study suggests policies aimed at assisting people in raising their wages as well as improving their attitudes in order to boost personal satisfaction (Mohanty, 2014)."

Research Methodology

Conceptual Framework

"The conceptual framework depicts that self-efficacy is an independent variable and happiness is a dependent variable, whereas attitude towards emotions is a moderating variable in the relationship between these dependent and independent variable.

Figure 1. Conceptual Framework



General self-efficacy and social self-efficacy are determinants of self-efficacy. Attitude towards anger, joy, sadness, fear and disgust are all determinants of attitude towards emotions.

Research Objectives

Objective 1 –To study the impact of self-efficacy on happiness.

Objective 2 – To analyse moderating role of attitude towards emotions on the relationship between self-efficacy and happiness.

Variables Used for the Study

Table 1. Constructs Used for the Study

Name of Researchers	Year of Research	Title	Construct
Mukti & Tentama	2020	Construction of self-efficacy scale: a psychometric study for students	Self-Efficacy
Harmon-Jones et al.	2011	Attitudes toward emotions	Attitudes toward emotions
Iqra Zaffar	2019	Happiness at Workplace A Study of its Antecedents and Impact on Job Performance	Workplace Happiness

Research Design

The present study is primary and exploratory in nature. The responses have been collected through structured questionnaire from working professionals. A total of 400 questionnaires were shared in person and electronically via Google forms. Out of the 400 distributed, 32questionnaires (8%) were unreturned; in other words, 368 (92%) were returned. However, out of the 368 questionnaires that were returned, in the course of coding, 10 (2.5%) were found to be uncompleted, and these were removed, leaving us with 358 questionnaires (89.5%) that were utilized for the analysis. The quantitative tools were applied, namely, mediation analysis using SPSS 23.0 and AMOS 22.0."

Analysis and Interpretation

Objective 1: To study the impact of self-efficacy on happiness.

Hypothesis 1: There is no significant impact of self-efficacy on happiness.

"Descriptive statistics provide a summary of the main features of a dataset. Happiness (HP) Variables are HP1, HP2, HP3, HP4 and their mean (Average) ranges from 3.24 to 3.31, indicating a moderate level of happiness. Also, their standard deviation ranges from 1.247 to 1.306, suggesting moderate variability in responses.

Self-Efficacy variables are subdivided in two parts, i.e., General Self-Efficacy (GSE) and Social Self-Efficacy (SSE). Variables of GSE are GSE1 to GSE17 and their mean ranges from 3.02 to 3.16, indicating a moderate level of general self-efficacy across various items. Standard deviation ranges from 1.247 to 1.364, suggesting moderate variability in responses for different self-efficacy aspects. Social Self-Efficacy (SSE) Variables are SSE1 to SSE6. Their mean ranges from 2.96 to 3.06, indicating a moderate level of specific self-efficacy. Standard Deviation ranges from 1.288 to 1.333, suggesting moderate variability in responses for different specific self-efficacy aspects."

Table 2. Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
HP1	358	1	5	3.24	1.247
HP2	358	1	5	3.24	1.274
HP3	358	1	5	3.31	1.269
HP4	358	1	5	3.25	1.306
GSE1	358	1	5	3.14	1.247
GSE2	358	1	5	3.09	1.290
GSE3	358	1	5	3.15	1.275
GSE4	358	1	5	3.13	1.307
GSE5	358	1	5	3.16	1.297
GSE6	358	1	5	3.13	1.321
GSE7	358	1	5	3.06	1.287
GSE8	358	1	5	3.08	1.297
GSE9	358	1	5	3.06	1.322
GSE10	358	1	5	3.13	1.311
GSE11	358	1	5	3.11	1.358
GSE12	358	1	5	3.02	1.328
GSE13	358	1	5	2.94	1.329
GSE14	358	1	5	3.05	1.327
GSE15	358	1	5	2.92	1.364
GSE16	358	1	5	2.95	1.338
GSE17	358	1	5	3.02	1.347
SSE1	358	1	5	3.06	1.300
SSE2	358	1	5	2.96	1.288
SSE3	358	1	5	2.97	1.320
SSE4	358	1	5	3.03	1.333
SSE5	358	1	5	3.02	1.316
SSE6	358	1	5	2.96	1.300
Valid N (listwise)	358				

"There seems to be a moderate degree of these dimensions, as shown by the means for the

happiness and self-efficacy variables being somewhat constant. The modest standard deviations indicate some diversity in the replies, but not a great deal of it. The self-efficacy and happiness variable means, which range from 3.02 to 3.31, show a reasonable degree of consistency across the sample. The acceptable response dispersion without excessive variability is shown by the modest standard deviations, which range from 1.247 to 1.364. This shows that while people's reports of their pleasure and self-efficacy are usually modest, there is considerable diversity in them. A balanced distribution of impressions within the dataset is indicated by the combination of moderate means and standard deviations, which helps to provide a more comprehensive picture of the studied constructs. It indicates that respondents agree that self – efficacy has significant impact on happiness."

Table 3. Reliability Statistics	
Cronbach's Alpha	N of Items
.962	27

"A high Cronbach's Alpha of.962 over 27 items is reported by the reliability statistics, suggesting great internal consistency in the dataset. A scale's or collection of items' reliability is evaluated using Cronbach's Alpha, where values nearer 1 indicate more consistency. The high Alpha value of.962 in this instance indicates that the 27 elements together measure a very dependable and internally consistent construct."

Table 4. Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.566[a]	.321	.317	.87224

"Regression analysis insights are given by the model summary. With a coefficient of determination (R Square) of 0.321, the independent variable(s) accounts for about 32.1% of the variability in the dependent variable. The corrected R Square accounts for possible overfitting and considers the number of predictors, coming in somewhat lower at 0.317. The direction and intensity of the association between the variables are shown by the R value of 0.566, which points to a moderately positive correlation. The average difference between observed and anticipated values is shown by the standard error of the estimate (0.87224), which serves as a gauge for how well the model predicts the dependent variable.

Table 5. ANOVA[a]						
Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	127.561	2	63.780	83.832	.000[b]
	Residual	270.087	355	.761		
	Total	397.648	357			
a. Dependent Variable: HP						
b. Predictors: (Constant), SSE, GSE						

The variation in the dependent variable (HP) explained by the predictors (SSE, GSE) is evaluated in the ANOVA table. The statistical significance of the regression model ($F = 83.832$, $p < .001$) suggests that a minimum of one predictor has a substantial role in explaining the variation in happiness. The overall variance in the dependent variable is measured by the sum of squares (SS) values, which assign 270.087 to residual (unexplained variance) and 127.561 to the

regression (predictors). The F-statistic is influenced by the residual and regression degrees of freedom (df), which are 2 and 355 respectively. The variance-weighted average of the sum of squares is provided by the mean square values. The ANOVA in this instance highlights the model's ability to explain changes in happiness, hence corroborating the importance of the variables (SSE, GSE) in comprehending the observed outcomes.

Table 6. Coefficients[a]

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	1.377	.153		9.020	.000
	GSE	.473	.076	.444	6.239	.000
	SSE	.142	.069	.146	2.053	.041

a. Dependent Variable: HP

The coefficients table shows how the dependent variable (happiness, or HP) is affected by the predictors (specific self-efficacy, or SSE, and general self-efficacy, or GSE). When both the GSE and SSE are zero, the predicted happiness level is represented by the constant term (1.377). With a coefficient of 0.473, GSE has a substantial positive influence (Beta = 0.444), meaning that happiness is predicted to rise by 0.473 units for every unit increase in GSE. With a coefficient of 0.142 and a positive influence (Beta = 0.146), SSE seems to contribute to happiness to a lesser but no less significant extent. Both predictors are statistically significant ($p < .001$ for GSE and $p = .041$ for SSE), according to the t-statistics (6.239 for GSE and 2.053 for SSE), supporting their significance in happiness prediction. GSE is shown to be the more significant component using standardized coefficients (Beta), which provide a measure of the relative value of predictors. Overall, this model emphasizes how important general and specialized self-efficacy are in understanding and predicting happiness levels.

Table 7. Descriptive Statistics

	Mean	Std. Deviation	N
HP	3.2605	1.05540	358
GSE	3.0778	.98991	358
SSE	2.9981	1.08271	358

Efficacy (GSE), and Specific Self-Efficacy (SSE). With a mean of 3.2605 and a standard deviation of 1.05540, respondents generally report a moderate degree of pleasure. This suggests that there is some variation in respondents' happiness ratings. With a mean of 3.0778 and a somewhat smaller standard deviation of.98991, general self-efficacy indicates a moderate degree of self-efficacy with less variability. With a significantly greater standard deviation of 1.08271 and a lower mean of 2.9981, Specific Self-Efficacy demonstrates variability in answers and a somewhat lower average degree of self-efficacy. Understanding the distribution of answers in the dataset is made easier by these statistics, which provide a quick glance at the central tendency and variability in the measured constructs.

Table 8. Correlations

		HP	GSE	SSE
Pearson Correlation	HP	1.000	.559	.496
	GSE	.559	1.000	.789
	SSE	.496	.789	1.000
Sig. (1-tailed)	HP	.	.000	.000
	GSE	.000	.	.000

	SSE	.000	.000	.
N	HP	358	358	358
	GSE	358	358	358
	SSE	358	358	358

The correlation matrix displays the relationships between General Self-Efficacy (GSE), Specific Self-Efficacy (SSE), and Happiness (HP), as well as their strengths and directions. HP and GSE have a significant connection (r = 0.559), suggesting that happiness is positively correlated with general self-efficacy. Interestingly, HP and SSE have a substantial correlation (r = 0.496), indicating that higher levels of specific self-efficacy are linked to higher levels of happiness GSE and SSE have a strong connection (r = 0.789), which highlights their relationship and shows that those who have greater general self-efficacy also often have higher specialized self-efficacy. In the sample of 358 observations, all correlations are statistically significant ($p < 0.001$), confirming the validity of these relationships. This shows that there is a strong correlation between happiness and self-efficacy dimensions, highlighting the role that general and particular self-efficacy play in enhancing people's overall feeling of wellbeing. These results provide insightful information on the interdependent dynamics of happiness and self-efficacy in the setting under study.

Table 9. Model Summary[b]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	.566[a]	.321	.317	.87224	.321	83.832	2	355	.000

a. Predictors: (Constant), SSE, GSE

b. Dependent Variable: HP

The model summary shows how well the regression model predicted happiness (HP) using specific and general self-efficacy (SSE and GSE, respectively. With a R Square of 0.321, the model can explain 32.1% of the variation in HP. The number of predictors is taken into account and any overfitting is adjusted for in the Adjusted R Square (0.317). The average difference between the actual and anticipated values is reflected in the estimate's standard error (0.87224). According to the Change Statistics, the model was considerably improved (F Change = 83.832, $p < 0.001$) by including SSE and GSE, which helped to explain a sizable percentage of the variability in happiness. These findings support the model's ability to accurately represent and forecast happiness based on aspects of self-efficacy.

Table 10. ANOVA[a]

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	127.561	2	63.780	83.832	.000[b]
	Residual	270.087	355	.761		
	Total	397.648	357			

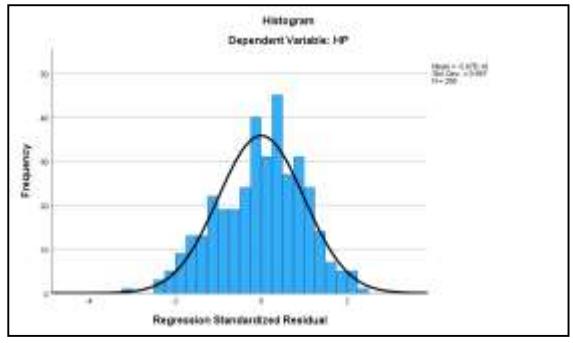
a. Dependent Variable: HP

b. Predictors: (Constant), SSE, GSE

Using Specific Self-Efficacy (SSE) and General Self-Efficacy (GSE) as predictors, the regression model predicting Happiness (HP) is evaluated for significance using the ANOVA table. The variation described by the predictors is shown by the Regression sum of squares (127.561), whilst the variance that cannot be explained is shown by the Residual sum of squares (270.087). The variables together considerably contribute to explaining the variation in HP, as seen by the highly significant ($p < 0.001$) F-statistic (83.832). The considerable F Change (83.832), which shows the improvement in model fit following adding SSE and GSE, supports this conclusion. The findings support the regression model's general robustness and highlight the significant roles that SSE and GSE play in predicting pleasure within the parameters of the dataset under study.

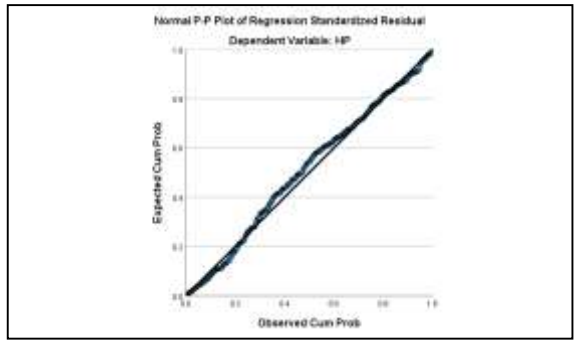
From the figure below, it is observed that histogram has a fitted distribution line, and the heights of the bars follow the shape of the line closely. Since bars follow the fitted distribution line closely, then the data fits the distribution well, so it is a good fit.

Figure 2. Histogram



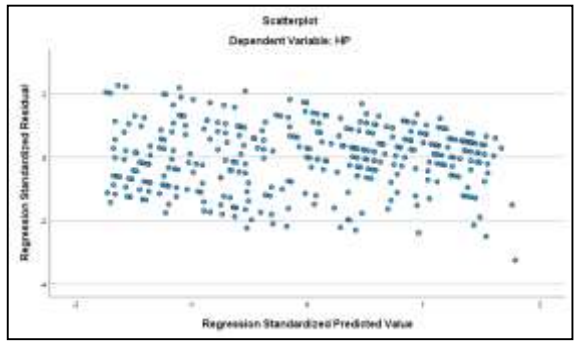
A normal probability plot of the residuals is a scatter plot with the theoretical percentiles of the normal distribution on the x-axis and the sample percentiles of the residuals on the y-axis. The normal probability plot of the residuals is approximately linear supporting the condition that the error terms are normally distributed.

Figure 3. Normal P-P Plot of Regression Standardized Residual



The scatter plot reveals a strong positive correlation between variables. The trendline indicates a clear linear relationship, supported by the high correlation coefficient. Overall, data points align closely, suggesting a robust association."

Figure 4. Scatter Plot



Objective 2: To analyse moderating role of attitude towards emotions on the relationship between self-efficacy and happiness.

Hypothesis 2: Attitude towards emotions does not have moderating role on the relationship between self-efficacy and happiness.

For the present study, "we must mean center the values for the quantitative variables used in our study. The resultant standardized values saved as variable in our study are Zscore (Attitude), Zscore (SelfEfficacy) and Zscore (Happiness). Next, we compute values for the Interaction variable by calculating the product between the independent(Self-Efficacy) variable and the moderator (Attitude towards Emotions) variable."

Figure 5. AMOS Output Model without INTTERM

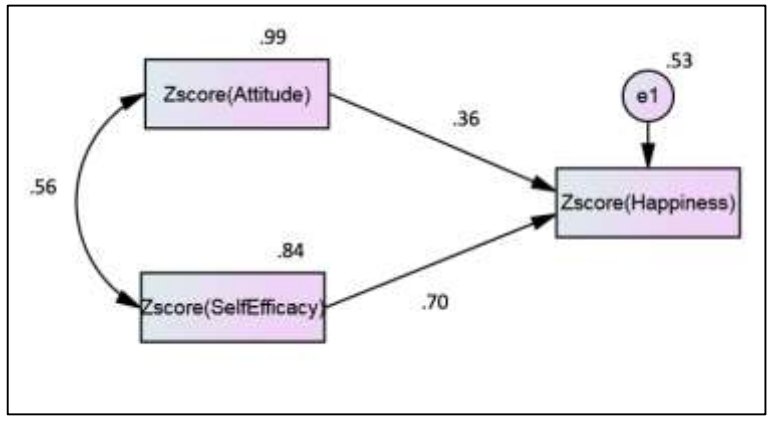
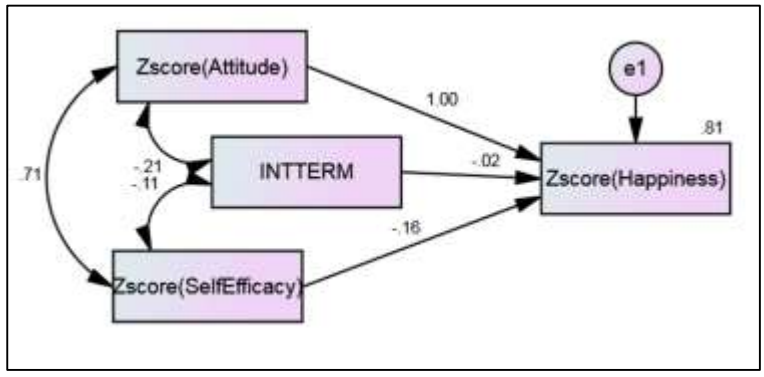


Figure 6. AMOS Output Model with INTTERM



The above model may be used to confirm if the path coefficients between these variables and their corresponding factor is significant or not. “For a newly developed items, the factor loading for every item should exceed 0.5. For an established items, the factor loading for every item should be 0.6 or higher (Awang, 2014).” For all the factors, as evident from above figure results, the path coefficients are not greater than 0.5.

Table 11. Regression Weights: (Group number 1 - Default model)

			Estimate	S.E.	C.R.	P	Label
ZHappiness	<---	ZAttitude	1.000	.034	29.824	***	
ZHappiness	<---	ZSelfEfficacy	.157	.033	-4.748	***	
ZHappiness	<---	INTTERM	.021	.027	.769	***	

The moderating role of ZAttitude on the link between ZSelfEfficacy and ZHappiness is examined in the regression weights table. The positive relationship between ZSelfEfficacy and ZHappiness is significantly amplified by ZAttitude (Estimate = 1.000, C.R. = 29.824, $p < 0.001$). This implies that attitudes enhance the relationship between self-efficacy and happiness by playing a critical moderating function. Together, the positive coefficients for INTTERM, ZSelfEfficacy, and ZAttitude emphasise how important these variables are in predicting ZHappiness. They also show how attitude, self-efficacy, and happiness interact in complex ways, offering important insights into well-being and perhaps even improving it.”

Social Implications

“There are significant social ramifications for "The Emotional Filter: Investigating Attitude towards Emotions as a Moderator in the Self-Efficacy-Happiness Connection" that span numerous areas of both individual and collective well-being. Through exploring the relationship between happiness, self-efficacy, and attitude towards emotions, the research illuminates potential areas for social progress.

First of all, this research offers information about mental health therapies. The identification of attitude as a moderator in the relationship between self-efficacy and happiness facilitates the creation of focused initiatives meant to promote optimistic affective states. Enhancing emotional intelligence, encouraging adaptive emotional reactions, and reducing negative emotional filters are all possible ways to create interventions that may improve mental health outcomes for society as a whole.

Second, there are advantages for educational systems. Emotional intelligence instruction can help people overcome obstacles in life by being incorporated into curriculum. Comprehending the moderating influence of attitudes towards emotions can help shape educational approaches that foster emotional resilience, well-being, and social skills in addition to improving cognitive talents.

Furthermore, there may be favourable effects on work conditions. Companies should think about incorporating emotional attitude programmes since they may have an impact on workers' satisfaction and sense of self-efficacy. This could result in workplace cultures that are more encouraging, higher levels of job satisfaction, and an overall improvement in worker wellbeing.

In summary, this study adds important information to the ongoing discussion concerning mental health and human flourishing. Through a deeper comprehension of the emotional dynamics that influence individual well-being, the social implications can lead to chances for good societal change in the areas of policy-making, educational reform, and workplace practices.

Conclusion

The results of the study point to a strong connection between happiness and self-efficacy. The sample's general self-efficacy (GSE), specific self-efficacy (SSE), and happiness levels are all moderate, according to the descriptive statistics. The interconnectivity of these psychological variables is shown by the significant positive correlations, which show that those with higher GSE and SSE also tend to report higher levels of happiness.

This association is further clarified by the regression analysis. With GSE and SSE as predictors, the model accounts for 32.1% of the variation in happiness. Each of the two GSE and SSE coefficients shows that they each have a distinct contribution to making when predicting happiness. With a bigger t-statistic and a higher standardized coefficient (Beta), GSE seems to have a more significant effect.

The predictors' statistical importance is shown by the ANOVA findings. When compared to the residual sum of squares, the sum of squares attributable to the regression is significant, highlighting the significant role that GSE and SSE play in explaining the observed variation in happiness. The regression model's validity is supported by the F-statistic, which is extremely significant.

In conclusion, the study offers strong evidence in favor of the theory that happiness levels are significantly influenced by general and specialized self-efficacy. People who have more confidence in their skills in both general and specialized areas are more likely to be happier. These results have significance for psychological well-being therapies, suggesting that improving self-efficacy in a range of life domains might have a favorable impact on people's overall satisfaction. Nevertheless, more investigation may examine plausible moderating factors and dive into the causal processes that underlie this association. All things considered, this research sheds light on the variables that affect subjective well-being and offers insightful information on the intricate relationship between happiness and self-efficacy."

Future Scope

"Further research can explore specific demographic or cultural influences on emotional attitudes, informing culturally sensitive strategies. Longitudinal studies can track the lasting impact of interventions on individuals' emotional attitudes and subsequent well-being. Additionally, integrating neuroscientific approaches may deepen understanding. Practical applications could

include the development of evidence-based emotional education programs, workplace initiatives, and mental health policies. This research opens avenues for multidisciplinary collaboration, fostering a comprehensive understanding of emotional attitudes' long-term effects and offering practical solutions for promoting psychological resilience and happiness in diverse populations."

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Informed Consent statement

The respondents were informed about the motive of the study and their consent was taken in context of information provided by them.

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