Abstract

The purpose of this study was to investigate the positive influence of family strengths how university students perceive their family strengths and the influence of family strengths to self-esteem and happiness.

For this purpose, 370 students were selected respectively as the subjects. For the measurement of the data we have analyzed frequency, percentage, average standard

* 교신저자: jokim@cu.ac.kr
deviation and Cronbach’s alpha by using SPSS WIN 14.0. And we have applied the t-test, one-way ANOVA, Duncan test and Multiple regression.

The study results are as follows; First, the average points of family strengths are 3.54. It means that university students perceive it positively. They perceive the respect and appreciation of the family members, affection and emotion as the highest. Other elements are faithfulness of a role, family resilience, economic stability and cooperation, consciousness of relation, their sense of values, sharing the same goals and positive communication. They perceive the relation of society as the lowest. There is difference in university student’s perception of family strengths depending on sex, a monthly income, their father’s occupation and their mother’s educational background. Second, the average points of self-esteem are 3.62. It means that university students perceive themselves positively. The average of happiness are 62.67 that is over medium. It means that they perceive their happiness positively. There is difference in self-esteem depending on sex, their major, a monthly income, their father’s occupation and their mother’s educational background and their happiness depends on sex, age, grade, a monthly income, their mother’s educational background. Third, self-esteem is influenced by family resilience, one’s sense of values, sharing the same goals, economic stability and cooperation, faithfulness of a role and consciousness of relation. Happiness is influenced by family resilience. That is, the degree of university student’s self-esteem and happiness are higher when they perceive their family resilience as high.

In conclusion, an individual who has the high level of self-esteem and happiness plays an important role in its society and country in the future. Especially, family resilience influence to one’s self-esteem and happiness. Thus, the business which can enhance family strengths, family life education will be active to improve family resilience.

주제어(key words) : 가족건강성(family Strengths), 자아존중감(self-esteem), 행복(happiness)

I. 서론

최근 들어 행복도시, 행복국가, 행복지수, 국민총행복(GNH: Gross National Happiness)