THE RELATIONSHIP BETWEEN NON-ATTACHMENT AND CONSCIENTIOUSNESS

TOWARDS HAPPINESS AMONG UNDERGRADUATES IN MALAYSIA

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A RESEARCH PROJECT

SUBMITTED IN

PARTIAL FULLFILLMENT OF THE REQUIREMENTS FOR

THE BACHELOR OF SOCIAL SCIENCE (HONS) PSYCHOLOGY

FACULTY OF ARTS AND SOCIAL SCIENCE

UNIVERSITI TUNKU ABDUL RAHMAN

APRIL 2024

The Relationship Between Non-Attachment and Conscientiousness Towards Happiness Among

Undergraduates In Malaysia

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This research project is submitted in partial fulfilment of the requirements for the

Bachelor of Social Science (Hons) Psychology, Faculty of Arts and Social Science, Universiti

Tunku Abdul Rahman. Submitted on April 2024.

ACKNOWLEDGEMENT

APPROVAL FORM

This research paper attached here, entitled "The Relationship Between Non-Attachment And Conscientiousness Towards Happiness Among Undergraduates In Malaysia" prepared and submitted by "Chai Mei Jun, Ch'ng Shen Xin and Yeo Quan Yee" in partial fulfillment of the requirements for the Bachelor of Social Science (Hons) Psychology is hereby accepted.

Date:___9 April 2024____

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Supervisor

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Abstract

This study is aimed to examine how the variables of non-attachment, conscientiousness and satisfaction with life influence one another. The sample consist of only 92 valid participants, all of them are undergraduates from Universiti Tunku Abdul Rahman. The sample consisted mostly Chinese ethnicity which are 83 out of 92 valid responses. The three instrument we used for this study was Non-attachment Scale (NAS), Big-Five Inventory – Conscientiousness (BFI-C) Scale and Satisfaction With Life Scale (SWLS). This study used Pearson's Correlation to find out the correlation between these three variables. The report found that the relationship between satisfaction with life and conscientiousness are significant and positively correlated ($r=0.546$, $p<.001$). This also applies to the relationship between satisfaction with life and conscientiousness as they are also significant and positively correlated ($r=0.225$, $p=.031$). The only hypothesis that was not supported was the relationship between Conscientiousness and Non-attachment as their Pearson's correlation results are not significant ($r=0.096$, $p=.363$). The conclusion is that there are certain degree of correlation between these three variables except Conscientiousness and Non-attachment.

Keywords: Non-attachment, Conscientiousness, Satisfaction With Life, Undergraduate in Malaysia.

DECLARATION

I declare that the materials contained in this paper is the end result of our own work and that due

acknowledgement has been given in the bibliography and references to all sources be they

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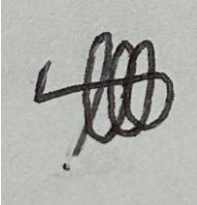
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List of Abbreviations

Abbreviations	
BFI	Big Five Inventory
CBT	Cognitive Behavioural Therapy
NAS-7	7 Item Non-Attachment Scale
SDT	Self-Determination Theory
SERC	Scientific and Ethical Review Committee
SPSS	Statistical Package for Social Sciences
SWLS	Satisfaction With Life Scale
UTAR	Universiti Tunku Abdul Rahman

Introduction

1.1 Background of the study

For thousands of years, Buddhist monks have thoughtfully engaged in the practice of non-attachment as a means to achieve profound spiritual enlightenment. Individuals distinguish themselves from material possessions, physical environments, and interpersonal relationships, directing their attention towards emulating esteemed spiritual figures such as Buddha (Rinpoche, 2017). The word "non-attachment" is frequently, but not inevitably, applied in a spiritual sense. In simpler terms, non-attachment is the capacity to separate oneself from things that negatively impact or control oneself in ways that are not beneficial to our general well-being. It is optional to engage in spirituality if one intends to implement or obtain the benefits of non-attachment. Therapies like cognitive behavioural therapy (CBT) place a strong emphasis on mindfulness and the capacity to disassociate from unhelpful thoughts (Hick & Chan, 2010). This is closely related to non-attachment because both aim to improve people's lives, thoughts, and cognitive processes by learning to let go.

Besides, individuals have many worthwhile goals in life, but happiness is the most important thing to them all. *People's perceived well-being* in both thoughts and feelings have been defined as the feeling of happiness (Diener, 2000). Self-sufficiency in happiness is an inevitable consequence of practising non-attachment. When we stop attempting to influence other people, we come to terms with the fact that we are the only ones who can consistently bring happiness. The fact that other people are not always able to fulfil our every emotional need is no indication that they do not care. It showed that we can make ourselves truly happy every time we recognize that we are not satisfied and are in the most significant position to know what it takes.

Furthermore, the Big Five personality which consist of traits such as neuroticism, extraversion, agreeableness, along with conscientiousness and openness have been acknowledged by researchers as the strongest predictors of subjective well-being (Mayungbo, 2016). According to Hu et al. (2022), conscientiousness is characterized by perseverance, neatness, achievement-oriented, impulse control, delayed gratification, proactive handling of stress, and adherence to social rules and norms. This characteristic has been found to be associated with enhanced job performance, job self-efficacy, positive relationships with others, and academic performance or achievement. Thus, conscientious people can better manage unpleasant emotions and are less susceptible to developing sadness or anxiety.

1.2 Problem statement

Nowadays, an essential component of interpersonal connection is attachment. The initial bonds we have with our parents and other family members can influence and mold the later relationships we have with friends and romantic partners. One of the most prevalent forms of emotional attachment is secure attachment. It emerges when people are at ease and have confidence in someone's capacity to fulfil their requirements (Litner, 2022). The individuals have a close relationship and can rely on one another both emotionally and physically. Although there are some empirical differences between non-attachment and secure attachment, at least in the current measurement context, there are also numerous similarities between the two (Shaver, 2020). However, emotional attachment can occasionally become overpowering and turn into emotional reliance. This dependency can have a severe impact on both the interpersonal relationship and health. According to Hillin (2017), 29% of adults acknowledged losing themselves in relationships, with men slightly more likely than women at 31% and 28%, respectively. So, if they

feel that they are dependent on someone and cannot live without them, they may find themselves going towards any extremes to acquire acceptance and long-term support. As a result, they lose their sense of self and seek approval from others, and their well-being is affected.

Besides, everybody in the world aspires to lead a life devoid of as much regret, anxiety, stress, and unhappiness as possible. The desire to be happy is the one thing that unites us all. Nobody likes being depressed or anxious, but a great deal of people in this world exhibit all the signs of these emotions. Numerous concerns regarding the nature of employment in the future, the health of the economy, and enduring health hazards have been raised by the COVID-19 pandemic. Because of all the uncertainty, people find it difficult to plan ahead and realize that their plans might not work if circumstances change. According to Morin & Gillespie (2021), 40% of Americans claim that within the past month, they have worried about the future several times a week. Furthermore, 36% of respondents claim that their level of worry about the future has increased recently. People are typically kept awake at night by the prospect of future pandemics, political and economic unrest, and other uncertainties. However, concerns differ throughout generations. Concerns about global warming are greatest among Generation Z (38%), then the Silent Generation (34%). In addition, Gen X is mostly concerned about financial instability and catastrophes. It is likely to attribute this to the 2008 recession, which disproportionately affected this generation.

Apart from that, conscientiousness is a personality trait that frequently corresponds to a more significant state of awareness. Conscientious individuals typically exhibit strong organisational skills, demonstrate self-regulation, and possess effective time management abilities. However, one of the main causes for the need for more attention to personality traits like conscientiousness had been the lack of a widely acknowledged organizational taxonomy, which

had resulted in a confused proliferation of constructs in previous research. According to Gordon (2022), people who are not very conscientious avoid making plans in advance. Because they are abruptly distracted and tend to make impulsive decisions, they can find it challenging to accomplish long-term goals. Besides, they could also have trouble staying disciplined, as some individuals might view them as inconsistent, irresponsible, or impulsive. Conversely, a strong internal locus of control defines conscientious people (Darby, 2023). Individuals with an internal locus of control feel more in charge of their future. And their actions, skills, and abilities directly impact what transpires.

1.3 Conceptual Definition

Happiness. Happiness, also known as subjective well-being (Steptoe, 2019), is an important nature of a human being. People perceive happiness in their own different way, leading to difficulty in measuring one's happiness, however, there are researchers who developed scales to measure different aspects of happiness. In a philosophical setting, happiness was defined as hedonic, which most people perceive as the want to enjoy the pleasure in the moment and disregard future consequences (Ng, 2021). This caused some people have a bad impression regarding the concept of hedonism, however, it is not entirely a negative concept as having a certain amount of happiness or hedonism would reduce the risk of having mental illnesses and having a better life-satisfaction for certain people (Brülde, 2006).

Non-Attachment. Non-attachment is defined as detached from being fixated on self-related concepts, thoughts and emotions. Incorporating more on the idea of flexibility towards concepts, thoughts and emotions with just necessary control over them (Whitehead et al., 2018). According to Bhambhani & Cabral (2016), non-attachment is comprehended as living in the present and

experiencing it wholeheartedly without being obsessed with the experience brought by the event. In the aspects of Buddhism, non-attachment brings benefits of autonomy, sense of security and empathy.

Conscientiousness. Conscientiousness is mainly defined as the tendency to follow socially identified norms, in control of impulsivity, goal oriented, well-organized, and highly capable of delaying gratification (Roberts et al., 2009). On the contrary, people with low conscientiousness were expected to be more impulsive, inattentive, and undisciplined. Conscientiousness motivates the person to strive for success with its facet components such as achievement striving, careful and self-disciplined. According to one's level of conscientiousness, they would have different types of approach towards tasks and task completion (Kim et al., 2016).

1.4 Operational Definition

Happiness: Happiness is measured with a 5-item Satisfaction with Life Scale (SWLS), a scale developed by Diener et al, (1985). It is an assessment to find out whether a person is satisfied with life or not. The possible range of scores of the scale is from 1.0 to 7.0, higher score indicates greater satisfaction.

Non-attachment: This study uses The 7-item Nonattachment Scale (NAS-7) which briefly measures the non-attachment level of participants by allowing them to answer the questionnaire based on their experience at this point in life. This scale was developed by Elphinstone et al. (2022) which was a shortened version of the original 30-item Non-attachment Scale (Sahdra et al., 2015). Higher score on this scale shows that the individual has greater mindfulness, autonomous self-

regulation, sense of self-fulfilment, well-being, places less priority towards extrinsic factors and consumer materialism, and shows lower levels of depression.

Conscientiousness: To measure conscientiousness, the 9-items that measure conscientiousness in the Big Five Inventory (BIF) which was developed by John et al. (1991) were used to measure the Big Five Personality traits of participants. The scale consists of 44-items constructed in total, however, this study will only use the conscientiousness scale within the Big Five Inventory (BIF) as the other personality scale would not be applicable towards this study. The participants will need to complete a 9-item regarding conscientiousness with the 5-point Likert scale. The lowest score would be 9 and the highest score would be 45, the higher the score indicates having higher conscientiousness.

1.5 Significance of study

There is a limited number of studies on the relationship between happiness, conscientiousness and non-attachment, this may lead to a lack of awareness or possibly misinformation if the public decides to look for information from unreliable sources. In order to avoid these situations, this research finding can help to raise awareness about the importance of happiness, conscientiousness and non-attachment among undergraduate students. According to the World Happiness Report (2023), Malaysia ranked 55th among 137 countries based on the data collected in 2020 and 2021, indicating that Malaysians may not have a particularly high happiness level. One of the benefits of experiencing happiness is that it provides a positive mental state for people to fight against illnesses, this is because when an individual is in a good mood, they can have a better immune system (Cohen et al, 1995). Another study also found that unhappiness is

positively associated with mortality (Liu et al., 2016). Besides that, happiness is proven to have a reciprocal relationship with academic achievement, which is beneficial for undergraduate students who want to achieve high grades in their examinations (Quinn and Duckworth, 2007).

Other than that, this research also wishes to study whether students with high conscientiousness are more likely to involve themselves in completing the particular tasks that can lead them to academic success (Jiang et al., 2019) due to the benefits of their personality traits which are goal-oriented, perseverance of effort, and self-disciplined etc (Icekson et al., 2019). These students are believed to experience great happiness after completing their tasks, henceforth, the intrinsic motivation would help them to persevere in completing their tasks. Furthermore, non-attachment has contributed to higher grades as non-attachment provides greater adaptability to an individual (Elphinstone et al., 2019).

To validate the association between these variable and the benefits that they bring towards students, this research study will play an important role in justifying the above statements while also being able to help other university students to raise awareness regarding the relationship between happiness, conscientiousness and non-attachment in hopes that they may impart these knowledge into their academic journey.

1.6 Research Objectives

1. To examine the relationship between happiness and non-attachment.

2. To examine the relationship between happiness and conscientiousness.

3. To examine the relationship between conscientiousness and non-attachment.

1.7 Research Questions

1. Is there any significant relationship between happiness and non-attachment?

2. Is there any significant relationship between happiness and conscientiousness?

3. Is there any significant relationship between conscientiousness and non-attachment?

1.8 Hypotheses

H1: Happiness is positively correlated with non-attachment.

H2: Happiness is positively correlated with conscientiousness.

H3: Conscientiousness personality is positively correlated with non-attachment.

Literature review

2.1 Non-Attachment

Attachment in the Buddhist context was referred as the energy inclining towards happy experiences and evading from the negative ones (Sahdra et al., 2010). Buddhism is seen as a philosophical, psychological, ethical, and cultural framework that provides various remedies to human suffering (Kelly, 2008). A significant study conducted by Ainswo, Blehar, Waters, and Wall in 1978 showed that a secure attachment is established when caregivers consistently meet infants' physical, emotional, and psychological needs (Lamb, 1979). In this case, the infant acquires a perception of others as reliable, affectionate, and nurturing and of themselves as worthy of affection. Various forms of insecure attachment, such as anxious-ambivalent and avoidant, are caused by combinations of inconsistent, uninvolved, and rejecting patterns of caregiving. In these circumstances, newborns form negative models of themselves and others. Sahdra and Shaver (2013) contrast the ideas of secure attachment and non-attachment, pointing out that the first is comparable to non-attachment in that both highlight the value of minimising clinginess and disengagement with loving and supporting social relationships. However, non-attachment focuses on the subjective experience of ease and balance rather than feeling trapped or unsatisfied or focusing on mental visualisations. This differs from the concept of attachment, which emphasises external security sources, such as relationships, occupations, success, or reputation.

Besides, nonattachment is the ability to refrain from allowing items that may negatively affect one's well-being to govern or influence one's conduct (Whitehead et al., 2018). The potential outcomes of attachment and affiliation are concerning, as they have been associated with the development of depression, anxiety, hyperactivity syndrome, and suicidal behavior (Zylowska et

al., 2007). The inability to let go of previous memories creates a state of fluctuation in which individuals alternate between moments of happiness and despair, thereby preventing the pursuit of inner peace. In order to cultivate a state of well-being and satisfaction in one's life, it is imperative to engage in the practice of nonattachment (Gupta & Agrawal, 2021). Unhealthy attachments can be freed from a person's life by letting go of undesirable ideas and emotions and distancing oneself from unpleasant events. Research has shown that in adults, non-attachment is associated positively with behavioural empathy and liberality and negatively correlates with dissociation behaviour (Sahdra et al., 2010). Furthermore, among certified social health activist workers, non-attachment was found to have a negative correlation with burnout and a significant impact on job satisfaction. This can be seen in the employees of International Automobile Organizations, who tend to be more non-attached and have a stronger propensity to develop positive personality traits that increase their sense of competence, social skills, job satisfaction, and accountability for all activities performed at work (Pandey & Singh, 2015).

Apart from that, self-compassion is another Buddhist psychology notion, and research shows that adopting a more self-compassionate, balanced attitude toward oneself might be good for one's mental health (Neff, 2003). Self-compassion includes an unattached stance toward negative self-focus and "requires a balanced approach to one's negative emotions so that feelings are neither suppressed nor exaggerated." Like nonattachment to self, self-compassion contains the advantages of a less restrictive approach to self. One of the differences that self-compassion and nonattachment to self has shown was that self-compassion focuses on overcoming negative self-focus. In contrast, nonattachment to self involves removing one's over-focus on themselves, regardless of valence. According to Whitehead et al. (2018) used an online survey to conduct a study that included 388 respondents, which comprised 71 men and 317 women aged from 18 to

77 years from different countries. Another sample contained 388 respondents, 76 men and 262 women from other countries ranging from 18 to 75 years old. Both results show that nonattachment is distinct from self-compassion through the 7-item version which was extracted from the original nonattachment scale. A 7-point Likert scale starting from 1 (Strongly Disagree) until 7 (Strongly Agree) was used by participants to score their agreement with 7 statements. According to Whitehead et al. (2018), nonattachment is associated with releasing negative ideas and feelings and separating oneself from unfavorable experiences. This approach allows people to appreciate connections without feeling compelled to cling to them.

There was a surprising discovery regarding the relationship between detachment and eating disorder in a research study by Awad et al. (2021). The result stated that detachment, perseverance, antagonism and along with few other facets were positively associated with high orthorexia nervosa (TOS-ON), a passion of eating healthy by restricting certain food intake, leading to malnourishment, relationship issues, and poorer quality of life (Scarff, 2017). The reason people with orthorexia nervosa have higher detachment is because they wanted to dismiss any source of rejection from others (Waller et al., 2012), leading to social withdrawal and trust issues (Klenotich et al., 2015). There were some differences between detachment and non-attachment when comparing their conceptual definition in the research by Awad et al. (2021) and this study, leading to a matter that should be further investigated in future research.

2.2 Happiness

Happiness is a subjective term which every individual interprets it differently. Throughout the

years, the researchers have not come to consensus on the definition of happiness as they are using

different methods to investigate the definition of happiness. According to Veenhoven (1997), he

mentioned that happiness is the extent to which an individual conveys their current life in a positive

way. Happiness of an individual was also defined as the nice and positive affective feelings that

an individual senses in a period of time deducted by the bad and negative feelings over the period

of time (Ng, 2021).

The term "happiness" is primarily employed interchangeably with the term "life

satisfaction" , "flourishing" or "subjective well-being". It is a combination between life

satisfaction and positive feelings that represent the cognitive and affective components

respectively (Veenhoven, 1997; Kahneman et al, 1999; Haybron, 2011). The term "subjective

well-being" and "life satisfaction" do not necessarily have the exact same meaning as "happiness",

but they are partly overlapping with each other (Nawijn & Veenhoven, 2012). A study about

validity and reliability of the Subjective Happiness Scale has found that life satisfaction is

significantly and positively correlated with happiness, ranging from 0.61 to 0.72 in the convergent

validity test in 4 different samples (Lyubomirsky & Lepper, 1999). Another study also found that

happiness has positive significant correlation (r=0.61) with flourishing in convergent validity tests

(Sumi, 2013). These studies have further proved that happiness, life satisfaction and flourishing

imply the same meaning.

Happiness is likely to be affected by several factors such as, the current environment an

individual is in, social interaction with others, physical health of the individual and the emotional

state of the individual (Hurst, 2023). A study conducted by Han and Sa (2023) has found that a group of Korean old ladies felt their own happiness through dancing activities. Continuously engaging in physical activities not only builds a healthier lifestyle, but it also improves their self-image and happiness by reducing the unawareness of depression and poor health conditions. Engaging in dance activities improve the old ladies' social relationships and self-development, which contribute more to happiness (Han & Sa, 2023). This is because they are happy with the current environment in which they can do the things they like, have friends, and feel good about their own health.

2.3 Conscientiousness

Conscientiousness is one of the common Big 5 Personality Traits which indicates a person as being hard-working, self-disciplined, punctual and abides to rules (Roberts et al., 2014). Conscientiousness can be beneficial in a variety of aspects, one of them being a crucial factor in the workplace. Individuals with high conscientiousness are more likely to be achievement oriented in the workplace (Barrick et al., 2012), making them capable of enhancing the productivity of the workplace. They are motivated to achieve the goals set by the company and would have lesser failures due to procrastination in the workplace setting which can boost their self-esteem further. People with high conscientiousness would usually prefer to be in an environment where things are predictable and within their control so that it will not hinder their planning while also ensuring their personal sense of security with a clear expectation towards goals (Wilmot & Ones, 2019).

According to Topino et al. (2021), conscientiousness can also be significantly associated with the level of job satisfaction one has in a workplace setting. Among the Big 5 Personality Traits, conscientiousness would seldomly achieve the highest job satisfaction compared to the

other personality traits (Steel et al., 2018). This is because individuals with high conscientiousness are usually well-organised, hardworking and tend to persevere to reach their goal (Zhao & Seibert, 2006). Although perseverance has a high association with job satisfaction, it may not necessarily apply to all ages. The result from the study stated that younger employees have higher association between perseverance and job satisfaction compared to average-age employees and even less significant for older workers, showing that age can be a moderator towards the association with perseverance and job satisfaction (Topino et al., 2021).

To further support that conscientiousness plays a major role in the workplace, a study by Ahmed Iqbal et al. (2021) made a discovery that conscientiousness can influence the relationship between leadership style and employee thriving. Conscientiousness brings the motivation to pursuit goals and achievements (Ngozi Amanchukwu et al., 2015), and this will allow the employee to train and educate themselves, analyse their own strengths and weaknesses, and accumulate a variety of experiences that eventually helps them to accomplish their goal while also developing good leadership traits. Therefore, it is important for leaders to have high conscientiousness for them to be responsible and strive to achieve goals so that it can help employees to thrive in the workplace.

Besides the fact that conscientiousness supports individuals to thrive well in the workplace, it also provides a fair share of benefits in academic settings (Wang et al., 2019). According to a meta-analysis by Poropat (2009), conscientiousness had an average association with a student's academic performance without considering the relationship of general intelligence. Further support from a systematic review revealed that the conscientiousness trait has the largest absolute effect size in predicting academic performance (Schneider & Preckel, 2017).

Icekson et al. (2019) also supported the statement with the findings of conscientiousness being associated with academic performance and dispositional optimism positively. Students who reported having high conscientiousness were demonstrated to have higher self-confidence and the optimistic view to achieve high academic scores compared to those who reported having low conscientiousness. These studies showed that individuals with high conscientiousness would be more likely to perform confidently in academics and achieve the result they desire quite often.

A past study found that conscientiousness along with few other variables were associated with adolescents' increased risk of diagnosis of eating disorder (Dufresne et al., 2019). Keys et al. (1952) stated that the effect of hunger and nutrient imbalance can influence personality development, leading to Disinhibition-Conscientiousness traits (low-conscientiousness).

Other than that, conscientiousness was also announced to have association with psychopathology structuring. Hierarchical Taxonomy of Psychopathology (HiTOP) is a model to identify more detailed symptoms of psychopathology and assess the problem in a broader aspect (Kotov et al., 2017). The study by Watson and Clark (2019) stated that conscientiousness and detachment is associated with HiTOP, indicating that there is a relationship between conscientiousness and detachment with psychopathology symptoms. Zimmermann et al. (2021) also reported to have the same result regarding the association of conscientiousness and attachment towards mental disorder development. Past researchers decided to find out whether detachment and conscientiousness have any correlation between one another. However, the HiTOP Detachment scales are identified to be negatively correlated with conscientiousness, indicating that they do not influence one another, but only contribute to the mental disorder development in a group factor.

2.4 Non-attachment and Happiness

Subjective well-being (SWB) emphasises how people assess their lives (Ali et al., 2023). Several studies have been conducted on subjective well-being and the substantial influence of cultural differences on reaching life satisfaction. Based on studies, people from individualistic cultures, like those in North America, report higher levels of life satisfaction or happiness and fewer adverse effects than people from collectivist cultures, such as those in Asia (Tran et al., 2023). Similar findings have been seen in collectivist cultures such as Japan and South Korea, where social anxiety and low subjective well-being persist despite economic prosperity (Schimmack et al., 2002). This shows that people in individualistic cultures are generally happy because individualised civilisations are better adapted to human nature. However, it is crucial to emphasise that collectivist cultures can still prosper provided they make individuals who embrace and fulfil their social dedication (Ahuvia, 2002).

Besides, one of the study cases conducted by Ali et al. (2023) uses an online survey method to recruit respondents composed of 384 members (141 men and 243 women) ranging from 16 to above 40 years of age from Pakistani. Their study found that nonattachment positively correlates with greater life satisfaction, positive effects, and lower adverse effects. The evaluation of nonattachment was conducted by implementing the 7-item version of the Nonattachment Scale (NAS-7), as presented in the study by Sandra et al. (2016). The NAS-7 was derived from the more extensive 30-item Nonattachment Scale (NAS), initially introduced by Sahdra et al. (2010). The participants were requested to express their level of agreement with each of the seven statements by utilizing a Likert scale which 1 indicates "Strongly Disagree" and 6 indicates "Strongly Agree". Apart from that, subjective well-being was appraised using the following measures. Satisfaction with Life (SWLS) scale was used to assess life satisfaction (Diener et al., 1985). This scale

included five items based on a 7-point scale, in the range from 1 (Strongly Disagree) to 7 (Strongly Agree). The SWLS is a widely used measure of life satisfaction that has been proven to have better convergent validity with other scales of subjective well-being and discriminant validity from measures of emotional well-being.

On top of that, Wang et al. (2015) conducted a study by using an online survey to recruit 262 students in psychology courses from five Taiwan universities with the percentage of 45.4% male and 54.6% female. Based on studies, high levels of nonattachment incorporated with low levels of dialectical coping were associated with higher levels of happiness and lower levels of psychological discomfort. The Nonattachment Scale (NAS), a 30-item self-report questionnaire, was used to assess individuals' current level of nonattachment. Respondents rate the extent to which each statement accurately demonstrates their experience according to a 6-point Likert-type scale ranging from 1 (strongly disagree) to 6 (strongly agree). Also, the 5-item Satisfaction With Life Scale (SWLS) was used to assess individuals' cognitive assessment of the quality of their lives (Diener et al., 1985). Items are rated on a 6-point Likert-type scale, with 1(strongly disagree) to 6 (strongly agree). The overall score was obtained by averaging responses to all items, with higher scores indicating greater levels of life satisfaction.

Furthermore, nonattachment and mindfulness, when combined, promote subjective well-being (Whitehead et al., 2019). A human can benefit from mindfulness and nonattachment through life events and noteworthy interactions. Based on empirical research, mindfulness is related to non attachment but unique in its separate components (Sahdra et al., 2016). The distinction between the two is significant, with the first referring to an individual's recognition of what is happening in the current moment, whilst the second emphasizes the same acknowledgement but in a sense of spirituality. Being more mindful is related to improved mental health in a variety of domains,

including mental health, anxiety and depression, cognitive rigidity, and emotional control. According to Lamis and Dvorak (2013), mindfulness is consistently associated with nonattachment. This distinction is crucial as nonattachment has similarities to the mindfulness component of 'acceptance'. Mindfulness's 'acceptance' component comprises a non-reactive and non-judgmental relationship with experience. It is thought to explain the extraordinary effect of mindfulness training on lowering negative affective experiences (Lindsay & Creswell, 2017). Additionally, non-attached people are better at managing their time, dealing with social circumstances, and accomplishing key goals because they can face problems with a sense of serenity and mental stability (Sahdra et al., 2016). As a result, Banth and Talwar (2010) concluded that non-attachment was significantly and positively related to subjective, psychological well-being and happiness.

2.5 Conscientiousness and Non-attachment

There were not many past studies conducted regarding the relationship between conscientiousness and non-attachment, leading to difficulty in verifying their relationship. However, there were other facets such as detachment (Zimberoff & Hartman, 2002) and disengagement from desire (Gleig, 2016), and emotional stability which is close to similar to non-attachment and perseverance of effort, tidiness (MacCann et al., 2009) and self-disciplined (Schmidt et al., 2018) that are similar with conscientiousness. Hence, our study would compensate by using the word substitution with a similar effect as conscientiousness and non-attachment.

Non-attachment Scale included emotional regulation related items such as being able to get over the experienced emotions after it happens, whether positive or negative emotions, helping them to detach from the experience without being emotionally attached to a certain experience

(Elphinstone et al., 2022). On the other hand, people with high conscientiousness were reported to have high tendency in self-regulation and emotional regulation, indicating that they have high capability in emotion regulation which is quite similar with the emotion regulation or even correlated. To investigate the similarity or correlation between the emotion regulation in non-attachment and conscientiousness, Chen et al. (2018) conducted a study regarding this matter. The result they found was that conscientiousness and emotion-regulation was correlated with one another, it was explained through the perspective of brain structural basis. The region in the brain responsible for urge control, known as inferior frontal gyrus (IFG) has the presence of gray matter volume (GMV) and the amount of it would influence the emotion regulation of both aspects (Chen et al., 2018).

According to Chen et al. (2020), the relationship between conscientiousness and emotional stability positively affects emotional exhaustion in workplace settings. The reason for this statement was that conscientiousness has facets of goal-orientation and has a high need for achievement (LEPINE et al., 2000), hence, they are intrinsically motivated and are more willing to complete tasks as they would feel a sense of satisfaction after completing, which helps reduce their emotional exhaustion. As for individuals with high emotional stability, they would be able to cope with job demands of high difficulty or urgency compared to peers who are emotionally unstable (Grant & Langan-Fox, 2007).

Other than workplace benefits, there were also research studies regarding the functionality of conscientiousness and emotional stability in the academic setting for children through adolescence. Their result stated that academic performance was positively associated with conscientiousness which is correlated with emotional stability (Andersen et al., 2020). Through the research, age was found out to be an influencing factor which induced some changes to both

conscientiousness and emotional stability across the childhood to adolescence. The justification

for this statement was that children would develop new personality throughout the age (Bissoli,

2014) or being raised in an environment which would influence their personality development

(Fidan, 2022). Although we are unable to make a definitive conclusion regarding this statement

due to insufficient statistical data, it is still a reasonable factor that future researchers can explore

once more research data are collected.

People who are inclined towards non-attachment are also appraised with their emotion

regulation level which allows one to adapt well with emotions, helping them to cope well with a

variety of emotions and they would express their emotions after a process of thought. Emotion

regulation was found to have a significant prediction towards life satisfaction while

conscientiousness was said to have a higher significant impact towards life satisfaction compared

to emotional regulation (Kobylińska et al., 2020). This shows that emotion regulation and

conscientiousness is able to contribute towards more than just subjective well-being, but also

towards the level of life satisfaction.

2.6 Happiness and Conscientiousness

Several studies have explored the positive association between happiness and

conscientiousness across a diverse population. A cross-sectional study consisting of 562 students

aged between 20 to 24 years old had been conducted in Croatia, Balkans to examine the association

between happiness and conscientiousness (Milić et al., 2019). A Croatian version of Subjective

Happiness Scale (SHS) was used to measure happiness, while conscientiousness was measured

using International Personality Item Pool (IPIP) for conscientiousness in this study. The finding

has found that students who scored high in subjective happiness will also score high in

conscientiousness. It indicates that individuals with conscientiousness trait are putting more effort

in their studies and they tend to be happier when they achieve academic success (Milić et al., 2019).

In the longitudinal study by Tabernero et al. (2019), they have recruited 514 participants aged between 34 to 82 years old to explore the relationship between conscientiousness and subjective well-being. They used the shortened version of Big Five Questionnaire (BFQ) to measure the conscientiousness of the participants. The questionnaire consists of 12 items related to conscientiousness. On the other hand, subjective well-being of the participants was measured using 10 items of the Positive and Negative Affect Scale (PANAS) and 5 items of Satisfaction with Life Scale (SWLS). The result showed that conscientiousness had a significant relationship between life satisfaction and positive affect in the two different period. This has suggested that participants have a positive mindset and have higher satisfaction in their lives when they have a high level of conscientiousness trait (Tabernero et al., 2019).

A study in Malaysia also found that students with a high level of conscientiousness trait tend to be happier than those who are not (Chung et al., 2019). The study has involved 130 undergraduate students that aged between 18 to 25 years old. The study utilized Oxford Happiness Questionnaire (OHQ) to examine the participants' happiness and NEO Five Factor Inventory (NEO-FFI) to measure participants' conscientiousness. They found that the happiness of the students is most likely to be predicted by conscientiousness and the relationship between them are significant. Given this situation, they conclude that students with high conscientiousness traits are diligent, systematic, and disciplined and they put more effort into their academic performance. By doing this, they are able to achieve good results which leads them to be happier (Chung et al., 2019). This result is also in line with the study conducted by Milić et al. (2019).

Rabiu et al. (2020) has conducted a study that focused on the association of consientiousness and subjective well-being of African samples. A total number of 732 individuals were included in the study. The participants' conscientiousness was examined using 10 Item Personality Traits (TIPI) while the subjective well-being of the participants was examined by 4 items Subjective Happiness Scale (SHS), and 5 items Satisfaction with Life Scale (SWLS). The result turned out that conscientiousness is significantly and positively associated with happiness and satisfaction with life. As conscientious individuals are goal-oriented, they feel happier when achieve their goals.

Chheda et al. (2021) had found a significant positive relationship between subjective well-being and conscientiousness among 316 Indian samples aged between 18 to 40 years old in their study. Conscientiousness was measured using 9 items derived from the Big Five Inventory (BFI) and subjective well-being was measured using 5 items Satisfaction with Life Scale (SWLS). The researchers established the relationship between conscientiousness and subjective well-being as conscientious individuals are more likely to be happy because they can do their tasks well and achieve their goals. The conscientious individuals are against being disorganized which may lead them to not achieving their goals (Chheda et al., 2021).

The correlation of conscientiousness and happiness is ranging from 0.139 to 0.609 across the studies. This might be due to the environmental factors as the studies were conducted in different countries. The studies conducted by different research groups produced parallel results as individuals with high conscientiousness traits are conscientious, attentive, and efficient, and this personality trait makes individuals work harder in order to achieve goals. Therefore, achieving their goals brings them a sense of happiness (Chung et al., 2019; Rabiu et al., 2020; Chheda et al., 2021). In short, the relationship between conscientiousness and happiness is positively associated.

2.7 Theoretical Framework

The relationship between happiness and conscientiousness can be explained through the top-down theories of SWB. In SWB, individuals with a positive mindset will interpret an event or experience more positively as they think that their mindset will affect the result (Brief et al., 1993; Diener & Ryan, 2009). Individuals tend to lean towards positive or negative reactions to life events based on their inherent personality traits (Brief et al., 1993). An individual's happiness shall not solely tie to the objective sense they felt, rather it should be more about how their personality traits and life experiences combined to shape their life perspectives (Brief et al., 1993). In this case, individuals who possess conscientious traits may be inclined toward positive interpretations of life events, which lead them to be happier.

Apart from that, top-down theories of SWB could be used to explain the relationship between non-attachment and happiness as well. As mentioned previously, an individual's happiness is shaped from their personality traits and life experiences to view the world (Brief et al., 1993). In this case, an individual that practices non-attachment is able to let go of those excessive attachment such as the undesirable ideas, emotions or unpleasant experiences and they are less likely to be affected by the external factors (Sahdra et al., 2010). Individuals with a high degree of non-attachment will be happier as they find satisfaction in themselves and not easily be affected by external components.

Meanwhile, the relationship between non-attachment and conscientiousness will be explained by the self-determination theory (SDT) proposed by Edward L. Deci and Richard M. Ryan. SDT emphasizes that individuals need to satisfy their autonomy and competence to maintain happiness (Deci & Ryan, 2015). In this instance, non-attachment can be viewed as the autonomy,

which allows individuals to detach from external undesirable factors. On the other hand, conscientiousness can manifest as a sense of competence in the individual. Therefore, when an individual possesses both conscientiousness and non-attachment, they are likely to have a higher level of happiness.

2.8 Conceptual Framework
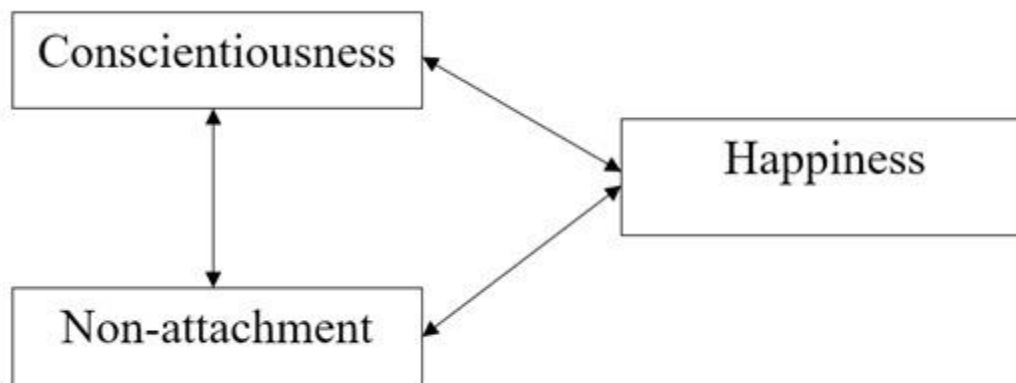
Figure 1. The Relationship between Non-attachment, Conscientiousness and Happiness among undergraduates in Malaysia.

The conceptual framework is proposed based on the theories mentioned in the theoretical framework. Non-attachment and conscientiousness are the two independent variables in this study while happiness is the dependent variables. The study does not only concern with examining the relationship between independent variables and dependent variables, it is also concern about the correlation between the two independent variables. Hence, this study aimed to examine the relationship between non-attachment, conscientiousness and happiness.

Methodology

3.1 Research Design

Cross-sectional study design was utilized in this research study. A cross-sectional study design was employed to simultaneously examine outcomes and exposures within a selected population (Wang & Cheng, 2020). Participants will be recruited when they meet the inclusion criteria, otherwise they will be excluded upon meeting the exclusion criteria (Setia, 2016). The reason to employ cross-sectional study design is because it can collect huge amounts of data in a short time and is cost-effective (Wang & Cheng, 2020). The quantitative research method has been utilized as it is used to determine how the variables are associated with each other (Curtis et al., 2016). The data collection will be done by distributing an online questionnaire created using Qualtrics.

3.2 Sampling Method

The sampling method of this study is a purposive sampling method. The purposive sampling method was used to set certain criteria for participants who answered the survey.

3.3 Location of the study

The study will be conducted in Malaysia. The online questionnaires will be distributed to others via social media, such as Facebook, WhatsApp, Instagram, and Microsoft Teams.

3.4 Ethical Clearance Approval

A research proposal will be submitted to and approved by the supervisor of this study, Dr

Siah Poh Chua. The study will gain ethical clearance approval from the Universiti Tunku Abdul

Rahman's Scientific and Ethical Review Committee (SERC) by submitting the demographic

information form and the instrument used for review purposes. The online questionnaire will

start to be distributed after getting ethical approval from SERC. This is to ensure there is no

ethical issues involved in the study.

3.5 Sample Size

Calculation of sample size for this study is done by using G*Power 3.1.9.7 software. The

effect size of the study was calculated by using the formula, $f2 = R/((1-R^2))$. The total effect

size for this study is 0.37 which showed a large effect size according to Cohen's criteria (refer to

Appendix A) and the total sample size needed for this study is 45 (refer to Appendix B). The

power analysis was 0.95 which indicates that there was a 95% chance of the result being

significant. The margin of error for this study is 0.05. To avoid the data collected consisting of

incomplete questionnaires and missing data, the actual total number for the study will be targeted

as 90.

A total of 112 participants were recruited for this study. 20 cases with missing data were

removed as they are having incomplete questionnaire, which met our exclusion criteria.

Therefore, the data collected from the other 92 participants were proceed to the data analysis.

3.6 Procedure

The online questionnaire of this study will be created using Qualtrics. The questionnaire is in English, and the words used in each of the instruments will not be too complicated. The study will obtain ethical approval from Universiti Tunku Abdul Rahman's Scientific and Ethical Review Committee before distributing the questionnaire to others. The online questionnaire will start to be distributed by sending the link or scanning the QR code after getting the ethical clearance approval. The first page of the questionnaire consists of title of this study, description of this study, objectives and criteria for participants who are eligible for the study. This is to ensure the participants know the objectives of the study and criteria to be eligible for the study. The inclusion criteria of this study is: (a) participants must be an undergraduate that is currently pursuing a bachelor's degree; (b) participants must study in Malaysia's universities. Participants would need to meet the criteria to answer the survey questions for their study, if there are participants who did not meet the criteria, their data will not be used as they would be invalid data (Etikan et al., 2016). Exclusion criteria of this study included: (a) fill disagree to provide information for the study in the consent form; (b) incomplete questionnaire. The questionnaire will consist of five sections which section A is for the introduction and consent form, section B is for demographic information, section C is for the Nonattachment Scale (NAS-7), section D is for the conscientiousness personality trait in Big Five Inventory (BFI) and section E is for Satisfaction with Life Scale (SWLS). The total item in the online questionnaire is 21 items and it takes 5 to 10 minutes to complete the questionnaire. The online questionnaire will be distributed to eligible participants via social media such as Facebook, WhatsApp, Microsoft Teams, etc.

3.7 Instrument

There were three instruments used in present study by researchers to examine the

relationship between non-attachment, conscientiousness, and happiness. These three instruments

measure the intensity of non-attachment, the level of conscientiousness, and satisfaction with life

of participants who are university students. Participants were also shown Personal Data

Protection Statement and consent form beforehand where they have to agree to take part and

answer the online survey or disagree to withdraw from participating in this study. Moreover,

several questions will be created to gather the participant's demographic information.

3.8 Demographic information

Participant's demographic information was gathered before they answered the online survey.

Four closed-ended questions were asked in the demographic information section. First would be

participants' current age. Secondly, the participants will need to verify whether they are male or

female. Thirdly, they are required to provide their racial identification. Next, the participants will

need to indicate whether they are currently pursuing undergraduate studies in Malaysia.

3.9 The 7-Item Nonattachment Scale (NAS-7) (Elphinstone et al., 2022)

The 7-item Nonattachment Scale is an instrument for measuring the level of non-

attachment that the participants have by allowing them to answer the questionnaire based on their

experience at this point in life. For example, "I can let go of regrets and feelings of

dissatisfaction about the past.". This scale was developed by Elphinstone et al. (2022) which was

a shortened version of the original 30-item Non-attachment Scale (Sahdra et al., 2015). Higher

score on this scale shows that the person has greater mindfulness, autonomous regulation, self-

actualization, well-being, less importance placed on extrinsic aspirations and consumer

materialism, and lower levels of depression. The Cronbach's Alpha are experiential

avoidance/Psychological inflexibility ($\alpha = 0.94$), Depression ($\alpha = 0.96$), Satisfaction with life (α

$= 0.86$) and general motivation scale ($\alpha = 0.87$) (Elphinstone et al., 2020). It shows a strong

internal consistency.

3.10 The Big Five Inventory (BFI) - (Conscientiousness Items) - (John et al., 1991)

The scale is used to measure the personality trait of individuals. However, we would only utilise

items that is related to Conscientiousness to measure only the personality trait we require for our

study. The conscientiousness related items consist of 9-items. For example, "Does a thorough

job". Out of 9-items, 4 items were reverse items. For example, "Can be somewhat careless".

These reverse items will be calculated in a reverse pattern, for example if participants answer the

reverse question with 1 score, we will reverse the score from 1 to 5 in order to match with other

items to calculate and measure conscientiousness. The Cronbach alpha of conscientiousness

subscales was $\alpha = 0.90$ for males and $\alpha = 0.92$ for females.

3.11 Satisfaction with Life Scale (SWLS) - (Diener et al., 1985)

This study used the Satisfaction with Life Scale to measure the level of happiness and

unhappiness of an individual. For example, "In most ways my life is close to my ideal:

1(Strongly Disagree) to 7 (Strongly Agree)". The scale consists of 5 items and each item scores

from 1 to 7, with the maximum score of 35 and the minimum score of 5. The interitem

correlation of SWLS ranged from 0.48 to 0.76 while the internal consistency was 0.86

(Aishvarya et al., 2014).

3.12 Data Analysis

      The collected data will be proceeded to data analysis. Data analysis will be exported into

SPSS data file. IBM SPSS will be used to conduct the data analysis of the study. Researchers

will screen the data by running descriptive statistics. Pearson Correlation techniques will be used

to examine the relationship between non-attachment, conscientiousness and happiness.

Chapter 4

Results

4.1 Descriptive statistics

Demographic characteristics

A total of 112 university students have participated in this study which included 39.3% of

participants are male (*n=44*) and 60.7% of participants are female (*n=68*). 71.4% of participants

aged between 21 to 24 years old (*n=80*), 26.8% of participants aged between 18-20 years old

(*n=30*), and 1.8% of participants aged 25 years old and above (*n=2*). Among the participants,

88.4% of participants are Chinese (n=99), 4.5% of participants are Malay (*n=5*) and 7.1% of

participants are Indian (n=8). All participants are Malaysian, and they are currently pursuing in

undergraduates studies in Malaysia's universities (refer to Table 4.1).

Table 4.1

Demographic Information of Research Sample (n = 112)

	n	%	*M*	*SD*
Gender				
Male	44	39.3		
Female	68	60.7		
Age				
18-20	30	26.8		
21-24	80	71.4		
25 and above	2	1.8		
Race				
Chinese	99	88.4		

Malay	5	4.5
Indian	8	7.1
Nationality		
Malaysian	112	100
Undergraduates		
Yes	112	100

Note. n = number of cases; % = percentage; M = mean; SD = standard

deviation;

4.2 Topic-specific Characteristics

As the author of Non-attachment scale (NAS) and Big-Five Inventory-Conscientiousness (BFI-

C) scale have not mentioned the categorization of the score. Therefore, percentile 33rd,

percentile 66th, and percentile 100th were utilized as the cut-off points to divide the scores into

low, moderate and high score group in our study. For non-attachment scale, the correspond score

for percentile 33rd, percentile 66th and percentile 100th are 27.69, 30, and 42. In this study,

moderate level of non-attachment was reported with the highest percentage (37%), followed by a

low level of non-attachment (32.6%), and finally, a high level of non-attachment was reported

with 30.4%. On the other hand, the correspond score for BFI-C at the 33rd, 66th and 100th

percentile are 27, 30, and 39. Majority of the participants reported low level of conscientiousness

(41.3%), while 30.4% of participants reported high level of conscientiousness. Meanwhile,

28.3% of participants reported a moderate level of conscientiousness. According to scoring

manual of Satisfaction with Life Scale (SWLS), the categorization of the score is as follows,

which 5 to 9 indicates extremely dissatisfied, 10 to 14 indicates dissatisfied, 15 to 19 indicates

slightly dissatisfied, 20 indicates neutral, 21 to 25 indicates slightly satisfied, 26 to 30 indicates

satisfied, and 31 to 35 indicates extremely satisfied. In our study, most of the participants are

reported being slightly satisfied (33.7%), followed by satisfied (29.3%), slightly dissatisfied

(19.6%), neutral (7.6%), dissatisfied (4.3%), extremely dissatisfied (3.3%) and extremely

satisfied (2.2%) (refer to Table 4.2).

Table 4.2

Frequency Distribution of Topic-Specific Characteristics (i.e., *Non-attachment,*

Conscientiousness, Satisfaction with Life) (n = 92)

	n	%	M	SD	Min	Max
Non-attachment			28.49	5.92	10	42
Low (≤27.69)	30	32.6				
Moderate (27.7<score≤30)	34	37.0				
High (30<score≤42)	28	30.4				
Conscientiousness			28.63	4.41	18	39
Low (≤27)	38	41.3				
Moderate (27<score≤30)	26	28.3				
High (30<score<39)	28	30.4				
Satisfaction with Life			22.39	5.41	6	235
Extremely dissatisfied	3	3.3				
Dissatisfied	4	3.3				
Slightly dissatisfied	18	19.6				
Neutral	7	7.6				
Slightly satisfied	31	33.7				
Satisfied	27	29.3				

| Extremely satisfied | 2 | 2.2 |

Note. n = number of cases; % = percentage; M = mean; SD = standard deviation; Min

=minimum value; Max = maximum value

4.3 Data Diagnostic and Missing Data

Frequency and Percentage of Missing Data

A total number of 20 cases with missing data (17.9%) are found in the data set.

Methods Employed for Addressing Missing Data

A total number of 20 cases with missing data are considered as incomplete questionnaire.

Therefore, these 20 cases have been removed from this study.

4.4 Defining and Processing of Statistical Outliers.

Univariate Outliers

We have converted the total score of Non-attachment, Conscientiousness and Satisfaction

with Life Scale into z-score to detect the presence of outlier. According to Mowbray et al.

(2018), they mentioned that any z-score that exceed 3.29 or lower than -3.29 were considered as

an outlier. None of the z-score exceed 3.29 or lower than -3.29. Hence, none of the cases are

removed.

Multivariate Outliers

In our study, Mahalanobis distance was utilized to determine the multivariate outliers. In

our study, cases whose p-value of Mahalanobis distance lower than .001 were considered as

multivariate outliers. None of the cases are identified as multivariate outlier in our study as they

are not lower than .001.

4.5 Data transformation

Data transformation was utilized for reverse-scored items in Big Five Inventory-Conscientiousness (BFI-C). Question 2, question 4, question 5 and question 9 are the reverse items for BFI-C. The scoring of reversed items has been changed, "1" reversed to "5", "2" reversed to "4", "3" reversed to "3", "4" reversed to "2", and "5" reversed to "1".

4.6 Test of Normality

Histogram, Quantile-Quantile plot (Q-Q plot), skewness and kurtosis and Kolmogorov-Smirnov test (K-S test) were utilized in our study to examine the normality of the collected data. In short, Satisfaction with Life meets the requirements of each indicator and test, while Non-attachment and Conscientiousness only violates the K-S test. Thus, all of the scales demonstrated acceptable normality.

Histogram

Histogram provides an estimated probability of distribution for continuous variables in research. According to Mishra et al. (2019), if a histogram exhibits a bell-shaped curve and have a symmetric distribution around the mean, then it suggests that the data may follow a normal distribution. In our study, all the scales meet the requirements for histogram (refer to Appendix I, J, K).

Q-Q plots

Q-Q plots compare the quantiles of two datasets by plotting them against each other in statistics. The observed quantiles should be closely aligned with the expected quantiles to show that they are statistically equivalent in the case of a normally distributed data (Mishra et al, 2019). In our study, all the scales meet the requirement for Q-Q plot (refer to Appendix L, M, N).

Skewness and Kurtosis

Skewness refers to the degree of asymmetry of a distribution while kurtosis refers to the

degree of peakedness of a distribution (Mishra et al, 2019). Positive value of skewness refers to

low score in distribution while negative value of skewness refers to high score in distribution.

Positive value of kurtosis refers to pointy and heavy-tailed distribution while negative value of

kurtosis refers to flat and light-tailed distribution. The researchers have not come to a consensus

on which values indicated a normal distribution. According to Mishra et al (2019), when

skewness and kurtosis are between the value of -1 and +1, it will be considered as approximately

normal distribution. However, according to George and Mallery (2010), skewness and kurtosis

value between -2 and +2 are still considered acceptable. Hence, the skewness and kurtosis values

in our study fulfil the requirements (refer to Table 4.6A).

Table 4.6A

Skewness and Kurtosis

Scale	Skewness	Kurtosis
Non-attachment	-.729	1.372
Conscientiousness	.318	-.090
Satisfaction with Life	-.447	.758

Kolmogorov-Smirnov test

Kolmogorov-Smirnov test (K-S test) is utilized to compare the values of observed score

from the sample with normally distributed population. When $p > 0.05$, it indicates that the null

hypothesis (no significant difference between sample and population) is accepted, and the data is

normally distributed (Mishra et al., 2019). In our study, only Satisfaction with Life shows the

sample distribution is not significantly different from a normal distribution while Non-

attachment and Conscientiousness violates the test (refer to Table 4.6B).

Table 4.6B

Kolmogorov-Smirnov test

Scale	Statistic	df	*p-value*
Non-attachment*	.141	92	<.001
Conscientiousness*	.122	92	.002
Satisfaction with Life	.078	92	.200

* Violate K-S test

Normality of Residuals, Linearity of Residuals and Homoscedasticity

The scatterplot (refer to figure 4.1) from the study indicated that the residuals are

normally distributed. Apart from that, the residuals are considered evenly distributed around the

horizontal axis and it showed approximately constant variances of the residuals. Therefore, the

assumption of the normality of residuals, linearity of residuals and homoscedasticity are met.

Charts
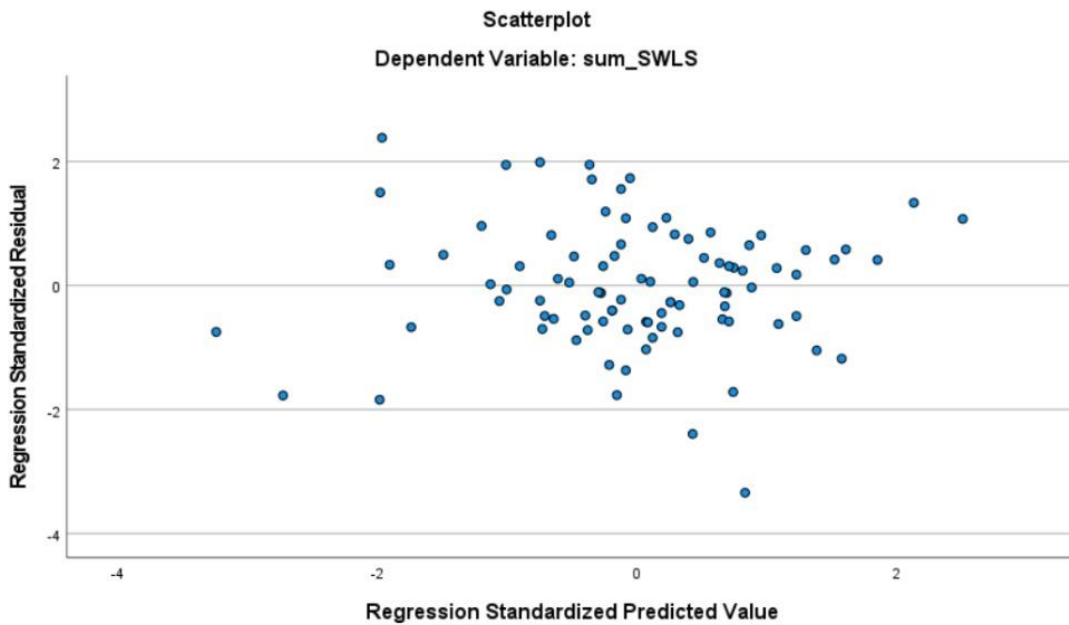
4.7 Data Analysis

H_1: **Happiness is positively correlated with non-attachment. (supported)**

Table 4.7A

Correlation between Satisfaction with Life and Non-attachment

Variable	Satisfaction with Life
Non-attachment	.546**

**Correlation is significant at the 0.01 level (2-tailed).

Table 4.6A showed the relationship between happiness and non-attachment. *Pearson's*

correlation results showed that the relationship between happiness and non-attachment was

significant and positively correlated (r=0.546, p<.001), which indicates that higher levels of

happiness are associated with high levels of non-attachment. According to rule of thumb

(Guilford, 1973), the positive relationship between these two variables is considered as

moderately strong as it falls within the range of 0.4 to 0.7. The correlation between these two

variables is statistically significant at 0.01 level.

H₂: **Happiness is positively correlated with conscientiousness. (supported)**

Table 4.7B

Correlation between Satisfaction with Life and Conscientiousness

Variable	Satisfaction with Life
Conscientiousness	.225*

*Correlation is significant at the 0.05 level (2-tailed).

Table 4.7B showed the relationship between happiness and conscientiousness. *Pearson's*

correlation results showed that the relationship between happiness and conscientiousness was

significant and positively correlated ($r=0.225$, $p=.031$), which indicates that higher levels of

happiness are associated with higher levels of conscientiousness. According to rule of thumb

(Guilford, 1973), the positive relationship between these two variables is considered as weak as

it falls between the within the range of 0.2 to 0.4. The correlation between these two variables is

statistically significant at 0.05 level.

H₃: **Conscientiousness personality is positively correlated with non-attachment. (not**

supported)

Table 4.7C

Correlation Among Variables

Variable	Non-attachment
Conscientiousness	.096

Table 4.7C showed the relationship between conscientiousness personality and non-attachment.

Pearson's correlation results showed that the relationship between conscientiousness personality

and non-attachment was not significant and positively correlated (r=0.096, p=.363). According

to rule of thumb (Guilford, 1973), the positive relationship between these two variables is

considered negligible relationship. The correlation between these two variables is not statistically

significant.

Chapter 5

Discussion

5.1 Background knowledge

The three hypotheses in our study are as follows,

H_1: Happiness is positively correlated with non-attachment.

H_2: Happiness is positively correlated with conscientiousness.

H_3: Conscientiousness personality is positively correlated with non-attachment.

In our study, non-attachment and conscientiousness are the two independent variables while happiness is the dependent variable.

H1: Happiness is positively correlated with non-attachment.

Based on our findings, we can say that happiness is linked with non-attachment as our hypothesis is supported. Individual high in non-attachment will experience greater happiness as they have the ability to maintain their own equanimity while facing with their life's ups and downs. This result is aligned with the finding by Ho et al. (2022) as they mentioned that individuals with non-attachment are associated with greater well-being.

The result of our findings indicates that happiness is significant and positively predicted non-attachment of students in Malaysia. The results of our findings are consistent with the previous findings. Therefore, the first hypothesis (H1) was supported.

Happiness is a fundamental aspect of human well-being and is intricately linked to psychological health and functioning (Allahverdipour et al., 2019). According to Wasil et al., 2021 study shows that persons who have higher levels of happiness tend to experience lower levels of stress, anxiety, and depression, hence resulting in enhanced mental well-being. Cultivating happiness might act as a buffer against psychological suffering for students, who

frequently deal with cultural expectations, academic constraints, and personal struggles. For instance, they are more likely to exhibit resilience in the face of adversity, cope effectively with academic stressors, and maintain a positive outlook on life.

Furthermore, non-attachment refers to the ability to detach oneself from desires, expectations, and material possessions, leading to a state of inner peace and contentment (Hang & Ngan, 2017). In Malaysia, where Buddhism and other Eastern philosophical traditions have significant influence, the value of non-attachment is often emphasized as a pathway to spiritual enlightenment and liberation from suffering (Whitehead et al., 2018). Students who cultivate non-attachment are less likely to be swayed by external pressures, societal norms, or academic achievements. Instead, they develop a sense of inner strength and acceptance, allowing them to navigate life's challenges with grace and calmness (Soler et al., 2021).

Therefore, happiness plays a significant role in predicting non-attachment among students in Malaysia. By cultivating happiness and embracing non-attachment, students can develop resilience, inner peace, and a sense of interconnectedness, ultimately contributing to their personal growth and overall life satisfaction.

H2: Happiness is positively correlated with conscientiousness.

The result of our findings indicates that happiness is significant and positively predicted the conscientiousness of students in Malaysia. The results of our findings are consistent with the previous findings. The hypothesis of relationship between happiness and conscientiousness is also supported. Conscientiousness individuals are discipline and goal-oriented, and this led to them engage in behaviours that promote long-term well-being. Study by Hu et al. (2022) also mentioned that conscientious individuals are more likely to have greater satisfaction.

Happiness serves as a crucial determinant of overall psychological well-being, encompassing feelings of satisfaction, contentment, and positive affect. (Lomas, 2017). According to Sutin et al., (2011) show that happier individuals tend to exhibit higher levels of conscientiousness, which is characterized by traits such as self-discipline, organization, and goal-directed behaviour. When students experience higher levels of happiness, they are more likely to approach their studies with enthusiasm and diligence, leading to greater academic achievement and personal development (Mauri et al., 2021).

Moreover, individuals who possess a high level of conscientiousness are more likely to carry out tasks with efficiency, precision, and reliability, hence leading to achievements in both school and work environments. The attainment of success can result in tangible benefits, such as income, as well as psychological benefits, such as a greater sense of purpose. These factors may contribute to the positive correlation shown between conscientiousness and happiness (Soto, 2014). Also, because of their self-control, independence, and drive for success, these people have better mental health and fewer illnesses. (Ziapour et al., 2018).

Therefore, happiness plays a significant role in predicting conscientiousness among students in Malaysia. By cultivating happiness and promoting a supportive learning environment can encourage students to adopt conscientious behaviors, leading to greater academic achievement, personal development, and societal contributions.

H3: Conscientiousness personality is positively correlated with non-attachment.

The last hypothesis in our study about the relationship between the two independent variables are not supported. This hypothesis is not supported might be due to the lack of alignment between the specific facets in these two variables.

In this study, we hypothesized that conscientiousness personality is positively correlated with non-attachment. However, we found out that conscientiousness personality was positively correlated with non-attachment but not significant. To understand why this result was found, we decided to explore more literature to explain this phenomenon. According to Young et al. (2017), having early attachment security is correlated with low conscientiousness, showing that having attachment would influence the conscientiousness personality more compared to non-attachment. This study mainly hypothesized that early attachment security would predict the personality of the adults at the age of 32, however, they later found out that the effect of the attachment can be seen at the age range of 23 to 26, which is around the age of undergraduates.

Another research that suggested the hypothesis that Mindful meditation (MM) that consist of the element of non-attachment would correlate to higher conscientiousness was found unsupported by the data they accumulated (Bailey et al., 2019). It was stated that the personality trait that was influenced the most by the Mindful Meditation was Agreeableness instead of Conscientiousness, indicating that non-attachment may possibly influence other personality traits more. However, this study was conducted in a small sample size, hence, it may not be a significant result as the effect size is also diminished with the small sample size.

Levine et al. (2021) suggested that secure attachment and conscientiousness would contribute to autonomy support and autonomous motivation, with possibly both. However, there were no mention of attachment and conscientiousness are influencing one another. Since attachment is considered the opposite of non-attachment, if attachment and conscientiousness does not influence one another, then non-attachment and conscientiousness may also not influence one another.

5.2 Conclusion

The first objective of finding whether Happiness is positively correlated with non-attachment is supported by the study was fulfilled using Pearson's correlation. The result was significant and positively correlated ($r=0.096$, $p=.363$) indicating that these two variables are able to influence one another at a moderate level. The second objective was to test the correlation between Happiness and Conscientiousness which was also found significant and positively correlated ($r=0.225$, $p=.031$). The third objective of knowing whether if Conscientiousness personality is positively correlated with non-attachment was not supported as the result was found to be not significant and positively correlated with each other ($r=0.096$, $p=.363$), meaning that they have a weak relationship with one another, making them difficult to influence one another.

This study is expected to have beneficial effect to future studies which focus on one of these three variables. However, further studies are required to further clarify the significance of the result this study has to offer as there are several limitations that may had affected the overall result of this study. The first one was ethnicity in which most of our participants are Chinese (83) with the remaining participants consist of 3 Malay and 6 Indian. The second limitation was that most of the responses are from University Tunku Abdul Rahman as the researcher physically find most of the participants within the venue of UTAR.

It is recommended that ethnicity quota for the participants are implemented to avoid ethnicity biasness and spread the range of participants to more universities in Malaysia instead of focusing mostly in one vicinity to have a better understanding of the undergraduates throughout the population of Malaysia.

5.3 Implication

The findings of this study hold several implications for theory, research, and practice in

psychology. This research study aims to enhance the theoretical understanding of psychological

well-being by examining the association between non-attachment, conscientiousness, and

happiness among undergraduate students in Malaysia. This research emphasises the significance

of dispositional traits and attitudes towards attachment in shaping individuals' happiness levels

(DeYoung & Tiberius, 2022). Moreover, the study emphasises the need for further research into

the environmental and cultural factors that can affect these relationships, which will improve our

comprehension of the reasons for cross-cultural variations in happiness. Furthermore, from a

practical perspective, the identification of non-attachment and conscientiousness as potential

indicators of happiness implies ways to implement interventions designed to enhance well-being

among undergraduate populations. These interventions may include mindfulness training and

character development programmes specifically tailored to the cultural context of Malaysia. (Oh

et al., 2022). These implications collectively contribute to advancing knowledge in psychology

and informing practical strategies for enhancing happiness and well-being in diverse cultural

settings.

5.4 Limitation

There are several limitations identified in this research that may affect the results of our

findings. First of all, researchers did not monitor the participants when they are answering the

survey. There could be chances of participants misunderstanding the question or having bias in

answering the questions, hence affecting the accuracy the survey's result.

The second limitation that we found out is that most of the participants that answered the

survey were Chinese participants, out of 112 participants, 99 of them are Chinese. This may lead

to the result being more bias towards Chinese ethnicity and culture, causing the result unable to represent the students of other races. Furthermore, the participants that we found are all from Universiti Tunku Abdul Rahman (UTAR), this indicates that this study can only represent the undergraduates of UTAR and not any other universities.

This research was also facing difficulties in finding relevant past studies regarding the variables that we are currently researching. Especially articles with these three variables which are Non-attachment, Conscientiousness, and Satisfaction with Life. There were very few of these studies and most of them would correlate with other variables, having low relevance to our research. However, we did find numerous articles where two variables are correlated to one another.

5.5 Recommendation

The improvements we suggest for future research is that monitoring the participants would be recommended to ensure they are able to answer the survey questions without any misunderstanding if they have doubts regarding the questions. Researchers may provide assistance to the participants when necessary to ensure the participants are ablet to answer the survey questions without much issue to improve the accuracy of the survey.

The sample of the current study are mostly participants from UTAR, hence, it does not represent most of the undergraduates from other universities. This was because the researcher found most of the participants from the UTAR venues physically. To improve the significance of future studies, it is essential to include undergraduates or participants from variety of places to identify whether the result of the study can be beneficial to a larger population from other places. According to Lakens (2022), future research will require larger samples due to the increasing

number of journals and articles being published because sample size may influence the result of the study due to the effect size. If future researchers want to bring out the significance of the study, large sample size can also be a crucial element to bring an impact to the public.

Another recommendation to improve regarding the participants is to implement a sample quota different race. For instance, future research may include the quota of 30 Chinese, 30 Malay and 30 Indians as the minimum requirement to ensure that other ethnicity may be included within the research and be part of the data to benefit the public. This is because different ethnicity has different cultures, which may also be an influential factor towards the variables we are researching, meaning that the result of the study may differ compared to a study that includes majority of one ethnicity. This was further supported by Kunst et al. (2021) which discovered that people with different culture will also have different personality traits.

Further research study is needed to verify whether these three variables are correlated with one another in undergraduates as the current study is unable to represent the majority of the public due to the limitations found in the study, future studies can try to improve the sample inclusion as well to have a fair result to other ethnicity and undergraduates from other universities.

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Appendix

Appendix A: Effect size calculation

Conscientiousness

Chung, E., Mathew, V. N., & Subramaniam, G. (2019). In the Pursuit of Happiness: The Role of

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Table 1. Correlation between five personality traits and Happiness

Variables	1	2	3	4	5
Conscientiousness	-				
Agreeableness	.391**	-			
Neuroticism	-.134	-.055	-		
Openness to Experience	.104	.262**	.326**	-	
Extroversion	.294**	.403**	.083	.405**	-
Total happiness	.609**	.391**	-.166	.243**	.446**

**. Correlation is significant at the 0.01 level (2-tailed).

$$f^2 = \frac{r^2}{1-r^2}$$

$$f^2 = \frac{(0.609)^2}{1-(0.609)^2} = 0.59$$

Non-attachment

Chen, H., Richard, O. C., Dorian Boncoeur, O., & Ford, D. L. (2020). Work engagement,

emotional exhaustion, and counterproductive work behavior. *Journal of Business*

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Table 4
Means, standard deviations, and correlations for study 2.

Variables	M	SD	1	2	3	4	5	6	7	8	9
1. Imagination	4.38	0.56	(0.79)								
2. Agreeableness	4.84	0.55	0.232**	(0.75)							
3. Extraversion	4.21	0.62	0.462**	0.282**	(0.79)						
4. Industry experience	5.56	5.97	0.017	-0.047	0.078	–					
5. Work engagement	5.11	0.93	0.259**	0.242**	0.286**	0.108	(0.91)				
6. Conscientiousness	4.85	0.60	0.253**	0.387**	0.165**	0.119*	0.360*	(0.82)			
7. Emotional stability	4.36	0.58	0.241**	0.233**	0.255**	0.018	0.217**	0.319**	(0.78)		
8. Emotional exhaustion	2.91	1.24	-0.182**	-0.393**	-0.221**	-0.024	-0.220**	-0.400**	-0.362	(0.93)	
9. Performance deviance	2.13	1.11	-0.067	-0.348**	-0.113*	-0.093	-0.131*	-0.387**	-0.140*	0.520**	(0.90)

N = 324 supervisor-subordinate dyads; reliabilities appear on diagonal; ** p < .01, * p < .05; two-tailed

$$f^2 = \frac{r^2}{1 - r^2}$$

$$f^2 = \frac{(0.319)^2}{1 - (0.319)^2} = 0.11$$

Conscientiousness and Non-attachment

Wang, S.-Y., Wong, Y. J., & Yeh, K.-H. (2015). Relationship Harmony, Dialectical Coping, and

    Nonattachment. *The Counseling Psychologist*, *44*(1), 78–108.

    https://doi.org/10.1177/0011000015616463

Table 1. Means, Standard Deviations, Ranges, and Intercorrelations Among Main Variables (N = 262).

Variable	1	2	3	4	5	6	7	8	9	10	11
1. Relationship harmony	—										
2. Dialectical coping	.17**	—									
3. Nonattachment	.28**	.65**	—								
4. Self-esteem	.20**	.46**	.45**	—							
5. Life satisfaction	.23**	.46**	.51**	.50**	—						
6. Positive affect	.18**	.44**	.39**	.50**	.42**	—					
7. Negative affect	−.18**	−.24**	−.42**	−.38**	−.26**	.07	—				
8. Psychological distress	−.30**	−.38**	−.53**	−.45**	−.44**	−.20**	.63**	—			
9. Peace of mind	.26**	.50**	.59**	.54**	.67**	.41**	−.47**	−.63**	—		
10. Happiness	.38**	.44**	.54**	.49**	.63**	.46**	−.36**	−.60**	.70**	—	
Meaning in life	.31**	.39**	.37**	.50**	.40**	.36**	−.23**	−.46**	.43**	.55**	—
M	5.65	4.21	3.99	4.20	3.66	3.45	2.85	1.73	3.30	4.11	4.75
SD	0.78	0.80	0.59	0.79	0.96	0.71	0.70	0.51	0.67	1.02	0.97
Possible range	1-7	1-6	1-6	1-6	1-6	1-5	1-5	0-3	1-5	1-7	1-7
Missing (%)ª	10.69	0.38	0.38	0.0	0.0	0.38	0.38	0.38	0.0	0.38	0.0

ªPercentages for missing values were calculated before the Expectation–Maximization imputation was conducted..
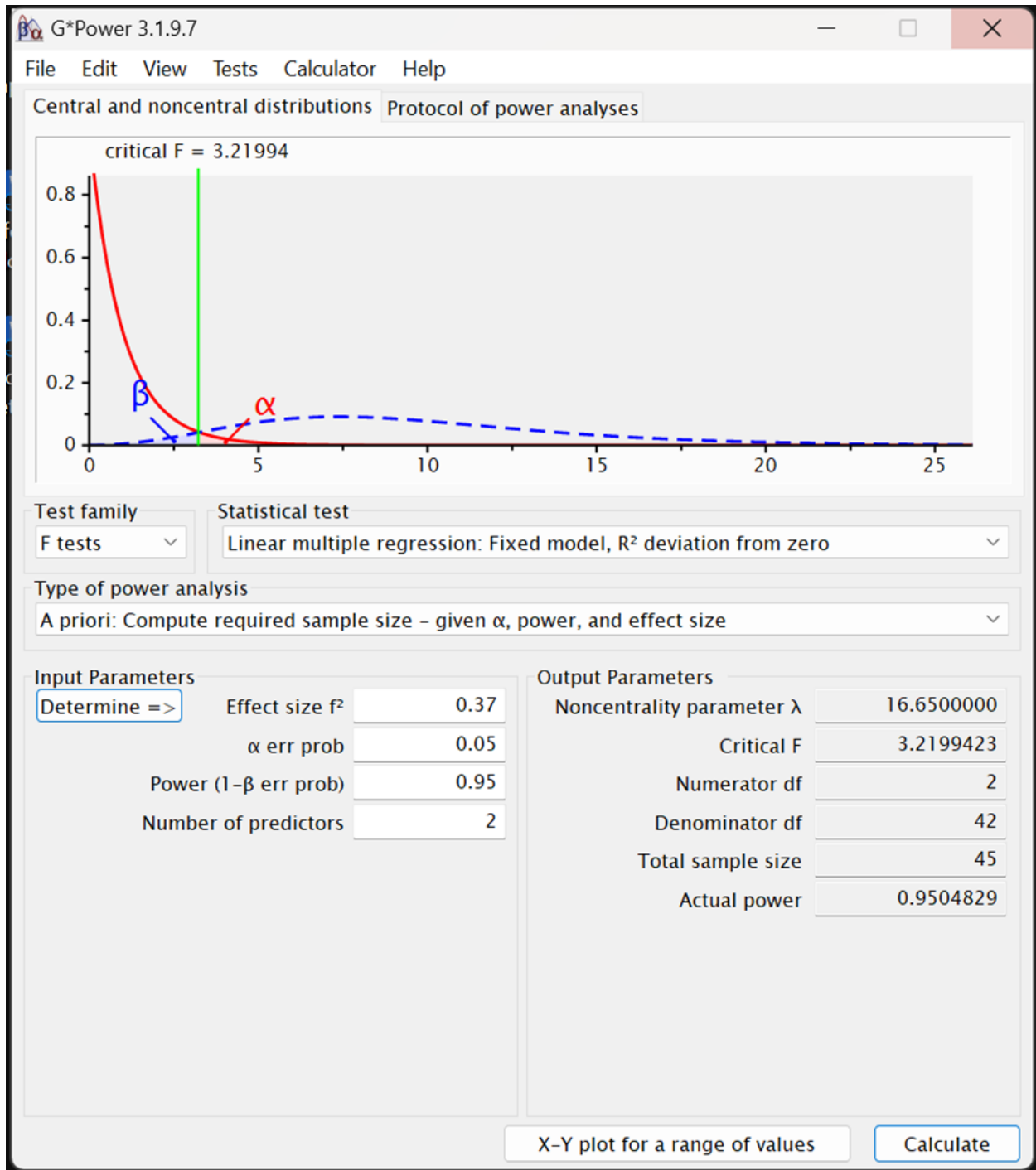**p < .01.

$$f^2 = \frac{r^2}{1-r^2}$$

$$f^2 = \frac{(0.54)^2}{1-(0.54)^2} = 0.41$$

Effect size of the study

$$f^2 = \frac{0.59 + 0.11 + 0.41}{3} = 0.37$$

Appendix B: Sample size calculation

Appendix C: Ethical Clearance Approval

UNIVERSITI TUNKU ABDUL RAHMAN DU012(A)

Wholly owned by UTAR Education Foundation   Co. No. 578227-M

Re: U/SERC/78-189/2024

10 January 2024

Dr Pung Pit Wan
Head, Department of Psychology and Counselling
Faculty of Arts and Social Science
Universiti Tunku Abdul Rahman
Jalan Universiti, Bandar Baru Barat
31900 Kampar, Perak.

Dear Dr Pung,

Ethical Approval For Research Project/Protocol

We refer to the application for ethical approval for your students' research project from Bachelor of Social Science (Honours) Psychology programme enrolled in course UAPZ3023. We are pleased to inform you that the application has been approved under <u>Expedited Review</u>.

The details of the research projects are as follows:

No	Research Title	Student's Name	Supervisor's Name	Approval Validity
1.	The Relationship Between Non-attachment and Conscientiousness Towards Happiness Among Among Undergraduates in Malaysia	1. Ch'ng Shen Xin 2. Chai Mei Jun 3. Yeo Quan Yee		
2.	The Relationship of Dark Triad Traits, Moral Disengagement and Cyberbullying Among Undergraduate Students in Malaysia	1. Kee Xiao Fang 2. Leung Weng Yan	Dr Siah Poh Chua	10 January 2024 – 9 January 2025
3.	Compassion, Greed, and Parenting Styles: A Survey in Examining Their Relationships Among Undergraduate Students in Malaysia	1. Kong Meng Poh 2. Nicole Ong Zi Ying Ng		

The conduct of this research is subject to the following:

(1) The participants' informed consent be obtained prior to the commencement of the research;

(2) Confidentiality of participants' personal data must be maintained; and

(3) Compliance with procedures set out in related policies of UTAR such as the UTAR Research Ethics and Code of Conduct, Code of Practice for Research Involving Humans and other related policies/guidelines.

(4) Written consent be obtained from the institution(s)/company(ies) in which the physical or/and online survey will be carried out, prior to the commencement of the research.

Appendix D: Questionnaire (Online Survey)

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DU012(A)

UNIVERSITI TUNKU ABDUL RAHMAN
FACULTY OF ARTS AND SOCIAL SCIENCE
BACHELOR OF SOCIAL SCIENCE (HONS) PSYCHOLOGY
UAPZ3013 Final Year Project II Year 3 Trimester 3
(202401)

Introduction

This research is being conducted as the requirement for the subject UAPZ3013 FINAL YEAR
PROJECT II. The topic of this research is "The Relationship Between Non-Attachment and
Conscientiousness Towards Happiness Among Undergraduates In Malaysia". In order to collect
the required information, your participation is needed for our research study.

Procedures

This online survey consists of 6 sections. You are required to complete all the questions in the 4
sections. Section A is the personal data protection statement, Section B is consent form for
research participation and personal data protection, Section C is the demographic information of
the respondents, Section D is the The 7 Item Non-Attachment Scale (NAS), Section E is The Big
Five Inventory - 9 Conscientiousness Items, and Section F is Satisfaction With Life Scale. This
online survey consists of 21 items and will take approximately 10 – 15 minutes to complete the
survey.

Confidentiality

All information provided by respondents will remain private and confidential. The information
given will only be reported as group data with no identifying information and only use for
academic purposes. All information will be kept securely where only the research team members
will have the access to it. Participation Participation in this research is completely voluntary.

Respondents have the right to quit or refuse to participate at any point of time.

Contact information

For any inquiry regarding this online survey can contact the research team at ahchai2618@1utar.my (Chai Mei Jun), shenxin@1utar.my (Ch'ng Shen Xin), and yeoquanyee@1utar.my (Yeo Quan Yee).

Section A Personal Data Protection
PERSONAL DATA PROTECTION NOTICE

Please be informed that in accordance with Personal Data Protection Act 2010 ("PDPA") which came into force on 15 November 2013, Universiti Tunku Abdul Rahman ("UTAR") is hereby bound to make notice and require consent in relation to collection, recording, storage, usage and retention of personal information.

1. Personal data refers to any information which may directly or indirectly identify a person which could include sensitive personal data and expression of opinion. Among others it includes:

    a. Name
    b. Identity card
    c. Place of Birth
    d. Address
    e. Education History
    f. Employment History
    g. Medical History
    h. Blood type
    i. Race
    j. Religion
    k. Photo
    l. Personal Information and Associated Research Data

2. The purposes for which your personal data may be used are inclusive but not limited to:

    a. For assessment of any application to UTAR
    b. For processing any benefits and services
    c. For communication purposes
    d. For advertorial and news
    e. For general administration and record purposes
    f. For enhancing the value of education

  g. For educational and related purposes consequential to UTAR

  h. For replying any responds to complaints and enquiries

  i. For the purpose of our corporate governance

  j. For the purposes of conducting research/ collaboration

3. Your personal data may be transferred and/or disclosed to third party and/or UTAR collaborative partners including but not limited to the respective and appointed outsourcing agents for purpose of fulfilling our obligations to you in respect of the purposes and all such other purposes that are related to the purposes and also in providing integrated services, maintaining and storing records. Your data may be shared when required by laws and when disclosure is necessary to comply with applicable laws.

4. Any personal information retained by UTAR shall be destroyed and/or deleted in accordance with our retention policy applicable for us in the event such information is no longer required.

5. UTAR is committed in ensuring the confidentiality, protection, security and accuracy of your personal information made available to us and it has been our ongoing strict policy to ensure that your personal information is accurate, complete, not misleading and updated. UTAR would also ensure that your personal data shall not be used for political and commercial purposes.

Consent:

6. By submitting or providing your personal data to UTAR, you had consented and agreed for your personal data to be used in accordance to the terms and conditions in the Notice and our relevant policy.

7. If you do not consent or subsequently withdraw your consent to the processing and disclosure of your personal data, UTAR will not be able to fulfill our obligations or to

contact you or to assist you in respect of the purposes and/or for any other purposes related   to   the   purpose.

8. You may access and update your personal data by writing to us at:

Chai Mei Jun 1905662 (ahchai2618@1utar.my)
Ch'ng Shen Xin 2003960 (shenxin@1utar.my)
Yeo Quan Yee 2001705 (yeoquanyee@1utar.my)

Acknowledgement of Notice

	I have been notified and that I hereby understood, consented and agreed per UTAR above notice.
	I disagree, my personal data will not be processed.

Section B: Demographic Information

Age

	17-20
	21-24
	25 and above

Gender

	Male
	Female
	Other:_____

Ethnicity

	Chinese
	Malay
	Indian
	Others:(Please specify)_____

Nationality

	Malaysian
	Non-Malaysian (Please specify):_____

Pursuing in undergraduates courses

	Yes
	No

Section C: The 7-item Nonattachment Scale

Instruction: To help us understand your general approach to life and your views about yourself, others, and life in general, tell us the extent to which the following statements reflect your experiences **at this point in your life**. Select a number from 1 to 6 on the scale provided with each statement to rate the extent to which you agree with it.

Please answer according to what **really reflects** your experience rather than what you think your experience should be.

1. I can let go of regrets and feelings of dissatisfaction about the past.	1 **Disagree Strongly**	2 **Disagree Moderately**	3 **Disagree Slightly**	4 **Agree Slightly**	5 **Agree Moderately**	6 **Agree Strongly**
2. I can enjoy pleasant experiences without needing them to last forever.	1 **Disagree Strongly**	2 **Disagree Moderately**	3 **Disagree Slightly**	4 **Agree Slightly**	5 **Agree Moderately**	6 **Agree Strongly**
3. I view the problems that enter my life as things/issues to work on rather than reasons for becoming disheartened or demoralized.	1 **Disagree Strongly**	2 **Disagree Moderately**	3 **Disagree Slightly**	4 **Agree Slightly**	5 **Agree Moderately**	6 **Agree Strongly**

4. I can enjoy my family and friends without feeling I need to hang on to them.	**1** **Disagree Strongly**	**2** **Disagree Moderately**	**3** **Disagree Slightly**	**4** **Agree Slightly**	**5** **Agree Moderately**	**6** **Agree Strongly**
5. I can take joy in others' achievements without feeling envious.	**1** **Disagree Strongly**	**2** **Disagree Moderately**	**3** **Disagree Slightly**	**4** **Agree Slightly**	**5** **Agree Moderately**	**6** **Agree Strongly**
6. I do not get "hung up" on wanting an "ideal" or "perfect" life.	**1** **Disagree Strongly**	**2** **Disagree Moderately**	**3** **Disagree Slightly**	**4** **Agree Slightly**	**5** **Agree Moderately**	**6** **Agree Strongly**
7. When pleasant experiences end, I am fine moving on to what comes next.	**1** **Disagree Strongly**	**2** **Disagree Moderately**	**3** **Disagree Slightly**	**4** **Agree Slightly**	**5** **Agree Moderately**	**6** **Agree Strongly**

SECTION D: The Big Five Inventory

Instruction: Here are a number of characteristics that may or may not apply to you. For example, do you agree that you are someone who likes to spend time with others? Please write a number next to each statement to indicate the extent to which you agree or disagree with that statement.

I see myself as someone who:					
1. Does a thorough job	1 Disagree Strongly	2 Disagree a little	3 Neither agree nor disagree	4 Agree a little	5 Agree Strongly
2. Can be somewhat careless	1 Disagree Strongly	2 Disagree a little	3 Neither agree nor disagree	4 Agree a little	5 Agree Strongly
3. Is a reliable worker	1 Disagree Strongly	2 Disagree a little	3 Neither agree nor disagree	4 Agree a little	5 Agree Strongly

4. Tends to be disorganized	1 Disagree Strongly	2 Disagree a little	3 Neither agree nor disagree	4 Agree a little	5 Agree Strongly
5. Tends to be lazy	1 Disagree Strongly	2 Disagree a little	3 Neither agree nor disagree	4 Agree a little	5 Agree Strongly
6. Perseveres until the task is finished	1 Disagree Strongly	2 Disagree a little	3 Neither agree nor disagree	4 Agree a little	5 Agree Strongly
7. Does things efficiently	1 Disagree Strongly	2 Disagree a little	3 Neither agree nor disagree	4 Agree a little	5 Agree Strongly
8. Makes plans and follows through with them	1 Disagree Strongly	2 Disagree a little	3 Neither agree nor disagree	4 Agree a little	5 Agree Strongly

9. Is easily distracted	1 Disagree Strongly	2 Disagree a little	3 Neither agree nor disagree	4 Agree a little	5 Agree Strongly

Section E: Satisfaction With Life Scale (SWLS)

Instructions: Below are five statements that you may agree or disagree with. Using the 1-7 scale below, indicate your agreement with each item by selecting the appropriate number on the line preceding that item. Please be open and honest in your responding.

1	In most ways my life is close to my ideal.	**1** **Strongly disagree**	**2**	**3**	**4**	**5**	**6**	**7** **Strongly agree**
2	The conditions of my life are excellent.	**1** **Strongly disagree**	**2**	**3**	**4**	**5**	**6**	**7** **Strongly agree**
3	I am satisfied with my life.	**1** **Strongly disagree**	**2**	**3**	**4**	**5**	**6**	**7** **Strongly agree**
4	So far I have gotten the important things I want in life.	**1** **Strongly disagree**	**2**	**3**	**4**	**5**	**6**	**7** **Strongly agree**
5	If I could live my life over, I would change almost nothing.	**1** **Strongly disagree**	**2**	**3**	**4**	**5**	**6**	**7** **Strongly agree**

Appendix E: Correlation between variables

Correlations

Correlations

		sum_SWLS	sum_NAS	sum_BFI_C
sum_SWLS	Pearson Correlation	1	.546**	.225*
	Sig. (2-tailed)		<.001	.031
	N	92	92	92
sum_NAS	Pearson Correlation	.546**	1	.096
	Sig. (2-tailed)	<.001		.363
	N	92	92	92
sum_BFI_C	Pearson Correlation	.225*	.096	1
	Sig. (2-tailed)	.031	.363	
	N	92	92	92

**. Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).

Appendix F: Multivariate Outliers Tests

*FYP_March 26, 2024_06.08.sav_edited_variable sum.sav [DataSet1] - IBM SPSS Statistics Data Editor

File   Edit   View   Data   Transform   Analyze   Graphs   Utilities   Extensions   Window   Help

1 : P_MAH   .00145887111391

	S...	sumNAS	sumBFIC	sumSWLS	sumSWLSg	MAH_1	P_MAH	var
1	5	29.00	29.00	23.00	5.00	.01321	.0015	
2	5	28.00	29.00	30.00	6.00	.01532	.0017	
3	3	28.00	28.00	25.00	5.00	.02524	.0028	
4	6	28.00	28.00	21.00	5.00	.02524	.0028	
5	5	28.00	28.00	29.00	6.00	.02524	.0028	
6	4	29.00	28.00	23.00	5.00	.03054	.0034	
7	3	30.00	29.00	22.00	5.00	.06873	.0078	
8	4	30.00	29.00	22.00	5.00	.06873	.0078	
9	3	27.00	28.00	21.00	5.00	.07757	.0088	
10	4	27.00	28.00	21.00	5.00	.07757	.0088	
11	2	30.00	28.00	20.00	4.00	.09348	.0107	
12	5	30.00	28.00	21.00	5.00	.09348	.0107	
13	4	28.00	27.00	20.00	4.00	.13896	.0163	
14	4	28.00	27.00	20.00	4.00	.13896	.0163	
15	3	30.00	30.00	22.00	5.00	.14780	.0174	
16	5	27.00	27.00	29.00	6.00	.18388	.0220	
17	6	26.00	29.00	30.00	6.00	.19246	.0231	
18	6	30.00	27.00	27.00	6.00	.22203	.0270	
19	3	30.00	27.00	19.00	3.00	.22203	.0270	
20	3	26.00	30.00	21.00	5.00	.30119	.0379	
21	5	28.00	31.00	20.00	4.00	.30693	.0387	
22	4	30.00	31.00	27.00	6.00	.33068	.0421	
23	3	28.00	26.00	19.00	3.00	.35650	.0459	
24	4	28.00	26.00	23.00	5.00	.35650	.0459	
25	3	25.00	29.00	21.00	5.00	.36749	.0475	
26	3	27.00	31.00	19.00	3.00	.38151	.0496	
27	3	25.00	27.00	24.00	5.00	.44664	.0595	
28	3	32.00	27.00	24.00	5.00	.53565	.0737	

*FYP_March 26, 2024_06.08.sav_edited_variable sum.sav [DataSet1] - IBM SPSS Statistics Data Editor

File   Edit   View   Data   Transform   Analyze   Graphs   Utilities   Extensions   Window   Help

1 : P_MAH   .00145887111391

	S...	sumNAS	sumBFIC	sumSWLS	sumSWLSg	MAH_1	P_MAH
29	6	24.00	28.00	29.00	6.00	.58040	.0810
30	7	24.00	28.00	19.00	3.00	.58040	.0810
31	6	32.00	31.00	26.00	6.00	.58498	.0818
32	5	32.00	31.00	22.00	5.00	.58498	.0818
33	3	33.00	28.00	22.00	5.00	.62811	.0891
34	4	25.00	26.00	17.00	3.00	.64193	.0914
35	5	29.00	25.00	24.00	5.00	.70539	.1025
36	4	27.00	25.00	23.00	5.00	.70794	.1029
37	5	24.00	30.00	21.00	5.00	.72370	.1057
38	4	26.00	25.00	18.00	3.00	.79567	.1187
39	6	33.00	31.00	28.00	6.00	.79858	.1192
40	5	23.00	28.00	21.00	5.00	.86329	.1312
41	5	34.00	29.00	25.00	5.00	.86719	.1319
42	1	34.00	28.00	26.00	6.00	.92160	.1422
43	7	34.00	27.00	26.00	6.00	1.07981	.1730
44	6	31.00	33.00	24.00	5.00	1.09138	.1753
45	4	28.00	24.00	19.00	3.00	1.10301	.1776
46	6	29.00	24.00	27.00	6.00	1.13797	.1847
47	6	22.00	28.00	18.00	3.00	1.20380	.1980
48	4	26.00	24.00	18.00	3.00	1.20600	.1985
49	6	30.00	24.00	27.00	6.00	1.23057	.2035
50	4	30.00	24.00	16.00	3.00	1.23057	.2035
51	4	22.00	27.00	19.00	3.00	1.27304	.2123
52	6	34.00	32.00	23.00	5.00	1.32686	.2235
53	2	34.00	26.00	23.00	5.00	1.34184	.2266
54	2	31.00	24.00	20.00	4.00	1.38080	.2348
55	2	31.00	24.00	18.00	3.00	1.38080	.2348
56	5	22.00	26.00	23.00	5.00	1.44609	.2486

*FYP_March 26, 2024_06.08.sav_edited_variable sum.sav [DataSet1] - IBM SPSS Statistics Data Editor

File   Edit   View   Data   Transform   Analyze   Graphs   Utilities   Extensions   Window   Help

1 : P_MAH   .00145887111391

	S...	sumNAS	sumBFIC	sumSWLS	sumSWLSg	MAH_1	P_MAH
57	4	28.00	34.00	27.00	6.00	1.52293	.2649
58	6	32.00	24.00	28.00	6.00	1.58867	.2790
59	2	28.00	23.00	17.00	3.00	1.63198	.2883
60	1	35.00	26.00	10.00	2.00	1.70779	.3047
61	5	30.00	23.00	14.00	2.00	1.77437	.3191
62	6	21.00	31.00	28.00	6.00	2.03936	.3764
63	4	29.00	35.00	26.00	6.00	2.08928	.3871
64	6	30.00	35.00	24.00	5.00	2.10032	.3895
65	3	34.00	34.00	27.00	6.00	2.15236	.4006
66	3	34.00	34.00	24.00	5.00	2.15236	.4006
67	3	29.00	22.00	18.00	3.00	2.31455	.4351
68	1	33.00	23.00	20.00	4.00	2.42022	.4573
69	3	35.00	34.00	22.00	5.00	2.45899	.4653
70	1	25.00	22.00	19.00	3.00	2.46122	.4658
71	4	21.00	24.00	20.00	4.00	2.47212	.4680
72	3	38.00	30.00	22.00	5.00	2.60759	.4958
73	6	30.00	36.00	17.00	3.00	2.80225	.5345
74	2	28.00	36.00	13.00	2.00	2.85265	.5443
75	6	37.00	25.00	27.00	6.00	3.00068	.5725
76	2	38.00	26.00	29.00	6.00	3.15146	.6003
77	7	36.00	35.00	30.00	6.00	3.37690	.6398
78	5	35.00	36.00	29.00	6.00	3.68491	.6897
79	7	38.00	34.00	30.00	6.00	3.72471	.6958
80	5	17.00	26.00	23.00	5.00	3.93909	.7273
81	5	28.00	38.00	28.00	6.00	4.59762	.8093
82	7	42.00	29.00	35.00	7.00	5.23068	.8688
83	4	28.00	39.00	26.00	6.00	5.62582	.8975
84	2	23.00	38.00	16.00	3.00	5.80640	.9088
85	5	28.00	31.00	29.00	6.00	6.16706	.9282

	S...	sumNAS	sumBFIC	sumSWLS	sumSWLSg	MAH_1	P_MAH
85	5	38.00	21.00	29.00	6.00	6.16706	.9282
86	5	21.00	18.00	18.00	3.00	6.89171	.9566
87	7	15.00	34.00	14.00	2.00	7.27731	.9672
88	3	14.00	33.00	27.00	6.00	7.51046	.9724
89	7	40.00	39.00	35.00	7.00	8.51472	.9873
90	1	13.00	35.00	8.00	1.00	9.75133	.9955
91	2	10.00	31.00	6.00	1.00	10.46780	.9976
92	3	12.00	19.00	9.00	1.00	11.47205	.9990

Appendix G: Skewness and kurtosis of the variables.

Descriptives

			Statistic	Std. Error
sum_SWLS	Mean		22.3913	.56409
	95% Confidence Interval for Mean	Lower Bound	21.2708	
		Upper Bound	23.5118	
	5% Trimmed Mean		22.5990	
	Median		22.0000	
	Variance		29.274	
	Std. Deviation		5.41052	
	Minimum		6.00	
	Maximum		35.00	
	Range		29.00	
	Interquartile Range		8.00	
	Skewness		-.447	.251
	Kurtosis		.758	.498
sum_NAS	Mean		28.4891	.61699
	95% Confidence Interval for Mean	Lower Bound	27.2636	
		Upper Bound	29.7147	
	5% Trimmed Mean		28.7705	
	Median		29.0000	
	Variance		35.022	
	Std. Deviation		5.91793	
	Minimum		10.00	
	Maximum		42.00	
	Range		32.00	
	Interquartile Range		6.00	
	Skewness		-.729	.251
	Kurtosis		1.372	.498

sum_BFI_C	Mean		28.6304	.45973
	95% Confidence Interval for Mean	Lower Bound	27.7172	
		Upper Bound	29.5436	
	5% Trimmed Mean		28.5652	
	Median		28.0000	
	Variance		19.444	
	Std. Deviation		4.40957	
	Minimum		18.00	
	Maximum		39.00	
	Range		21.00	
	Interquartile Range		5.00	
	Skewness		.318	.251
	Kurtosis		-.090	.498

Appendix H: Kolmogorov-Smirnov (KS-Test)

Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
sum_SWLS	.078	92	.200[*]	.972	92	.044
sum_NAS	.141	92	<.001	.949	92	.001
sum_BFI_C	.122	92	.002	.975	92	.071

*. This is a lower bound of the true significance.
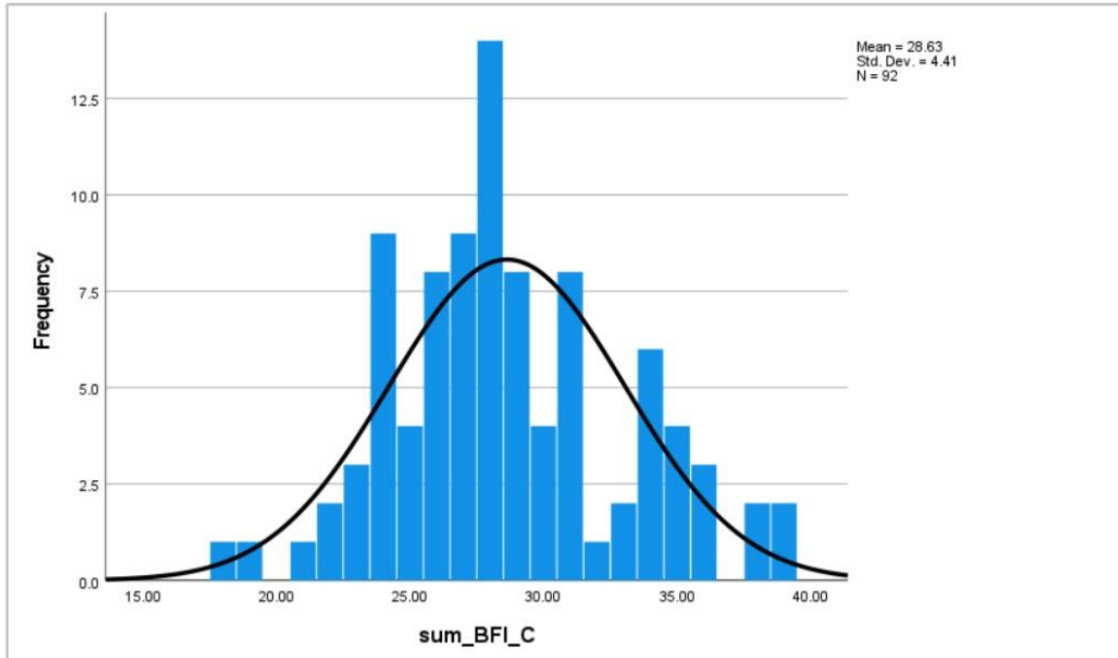
a. Lilliefors Significance Correction

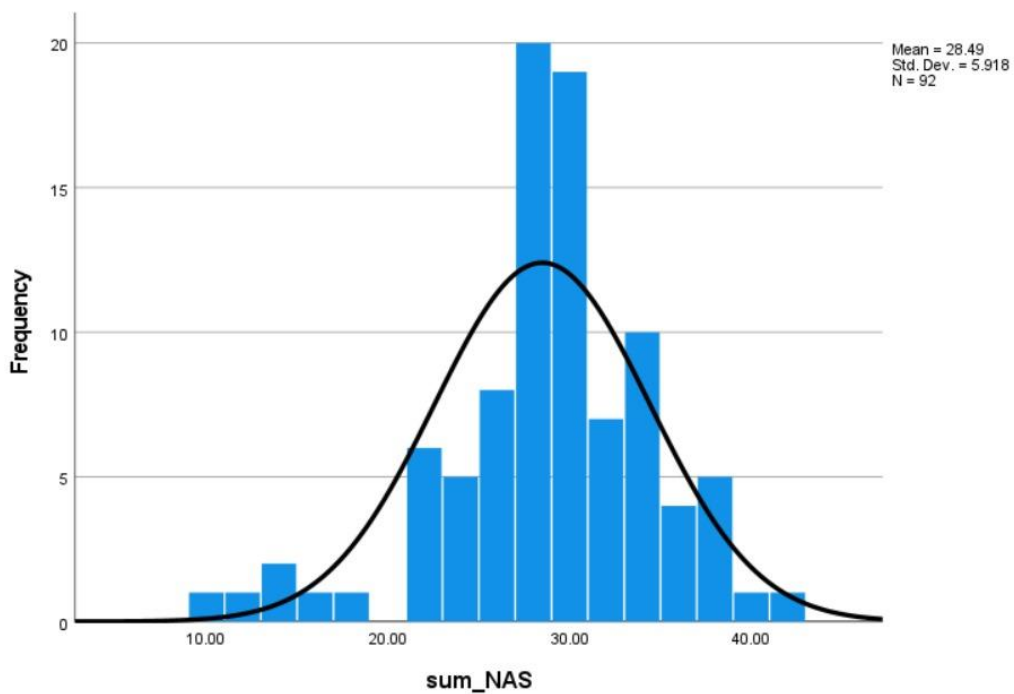**Appendix I: Histogram of Satisfaction With Life Scale**

Graph
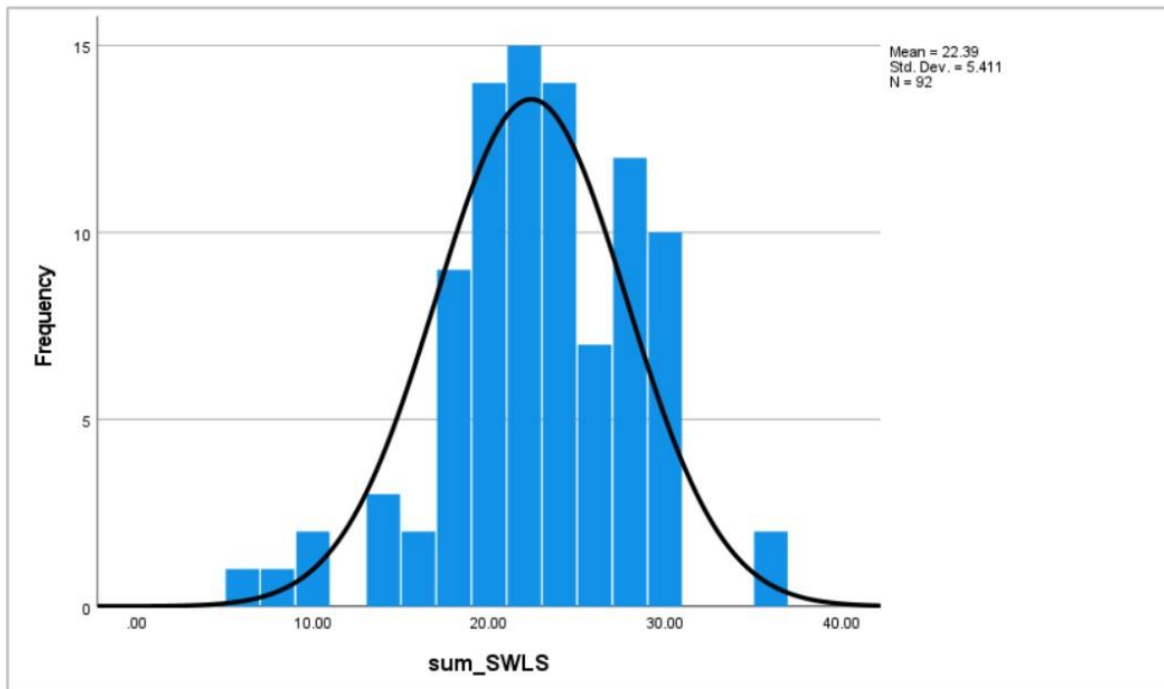
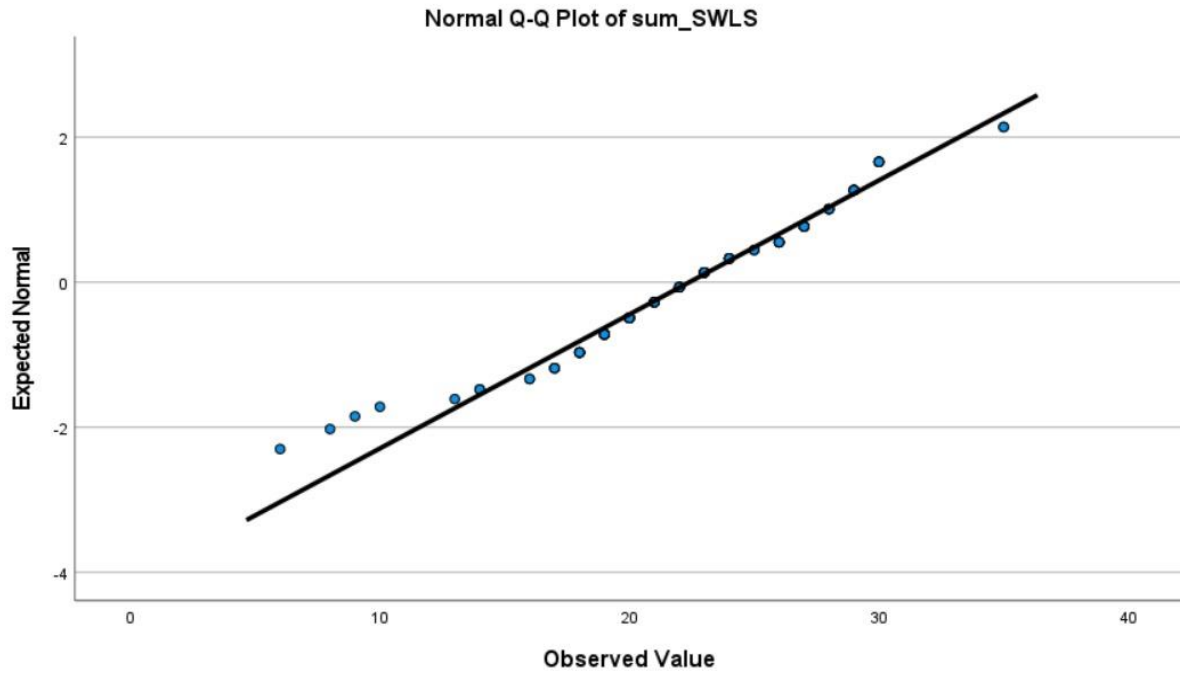**Appendix J: Histogram of Big Five Inventory_Conscientiousness**
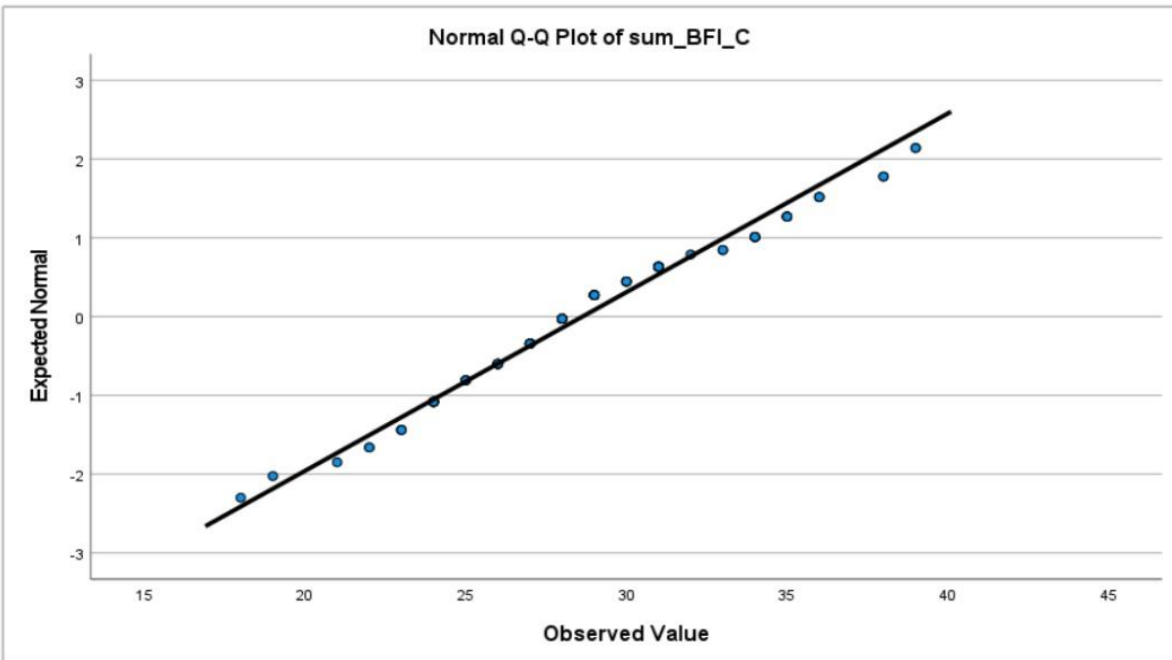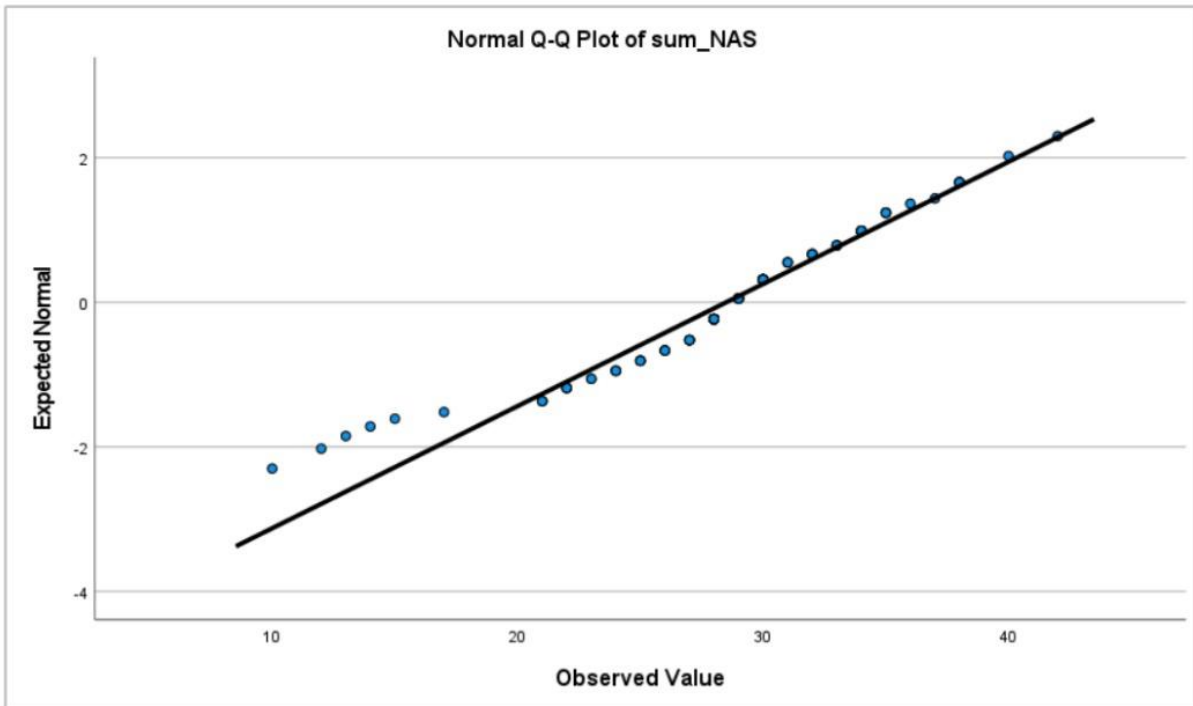

Appendix K: Histogram of Non-Attachment Scale

Appendix L: Q-Q Plot of Satisfaction with Life Scale

Appendix M: Q-Q Plot of Big Five Inventory_Conscientiousness

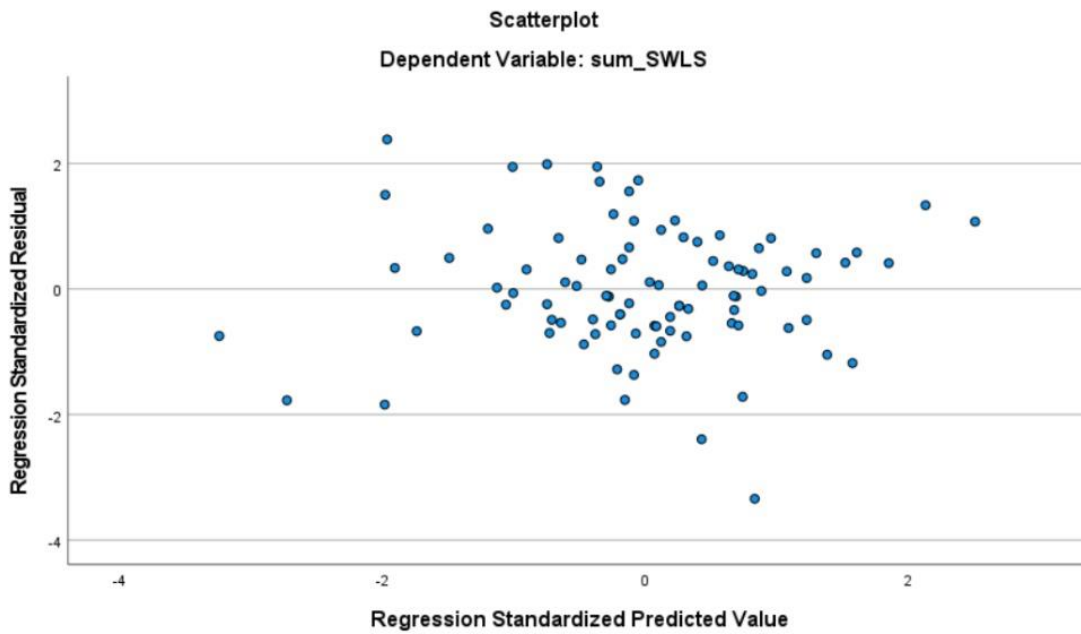**Appendix N: Q-Q Plot of Non-Attachment Scale**

Normal Q-Q Plot of sum_NAS

Appendix O: Scatterplot

Charts

Scatterplot
Dependent Variable: sum_SWLS

Appendix P: Turnitin originality report

FYP_Turnitin

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