

## **EFFECT OF VOLUNTEERISM ON MENTAL HEALTH AND HAPPINESS**

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### **ABSTRACT**

In this paper, we examined that whether engaging in voluntary work leads to greater well-being, measured by self-reported mental health and happiness. The primary objective of the research study was to establish a relationship between variables including volunteerism, mental health and happiness. Additionally, we assessed direct implication of volunteerism on mental health among the volunteers and non-volunteers. In order to evaluate, 50 volunteers and 50 non-volunteers were selected through snowball sampling from different areas of Karachi (Men: 56 and Women: 44). Participants filled questionnaire containing Demographic sheet, a Mental Health Questionnaire (Bargar, 1996) and The Oxford Happiness Questionnaire (M. Argyle & P Hills, 2002). Pearson correlation test result indicated significant correlation between both variables. Moreover, an independent sample t-test revealed significant difference in the scores of mental health and happiness among volunteers and non-volunteers. Drawing on data, findings suggest that volunteerism lead to good mental health and happiness in volunteers.

**KEYWORDS:** Happiness, Mental Health, Voluntary Services, Volunteers, Well-Being