

READING AND HAPPINESS EMPIRICAL EVIDENCE IN SPANISH STUDENTS

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Abstract

This chapter studies from the perspective of Happiness Economics, relationship happiness-reading in college students of the degree in Business Administration and Management from University of Cadiz during the academic year 2018-2019. The results obtained by this research are not consistent with those achieved by the work carried out by the Roma Tre University in 2015 where we believe that reading people are happier than non-readers. Regarding the variables entrepreneurship, religion and sport, we should note that this scholarly work reaches the same conclusions as those established by scientific science of happiness, that is, entrepreneurs, religious and athlete's individuals are the ones who usually have high levels of subjective well-being. © Peter Lang AG, International Academic Publishers, Bern 2021. All rights reserved.

Keywords

Happiness; Reading; Students