Artículos Científicos

La felicidad de los jóvenes universitarios y no universitarios de la zona metropolitana de la ciudad de Pachuca, vista desde los entes que la producen

The Happiness of Young University and Non-University Students in the Metropolitan Area of the City of Pachuca, Seen from the Entities that Produce It

A felicidade de jovens universitários e não universitários da região metropolitana de Pachuca, vista pelas entidades que o produzem

Asael Ortiz Lazcano
Universidad Autónoma del Estado de Hidalgo, México
lazcano@uaeh.edu.mx
http://orcid.org/0000-0001-5422-7153

Resumen

Esta investigación ofrece resultados de cómo entienden la felicidad los jóvenes de la zona metropolitana de la ciudad de Pachuca, específicamente la percepción de qué objeto o concepto es el ancla de su felicidad. Estos resultados diferenciados son producto de la comparación de dos grupos de jóvenes. El primero de ellos, universitarios que no se encuentran unidos en pareja; para estos las variables de peso para alcanzar la felicidad fueron: *1)* haber conseguido cosas importantes que quieren en la vida; *2)* la salud; *3)* las finanzas; *4)* las relaciones afectivas con la familia, y *5)* su libertad. Por otra parte, jóvenes que están unidos en pareja sin importar el tipo de unión, y que no son estudiantes universitarios, anclan su felicidad principalmente en tres variables: *1)* el ingreso percibido por su trabajo, *2)* la salud y *3)* la familia.

Palabras clave: bienestar subjetivo percibido, felicidad, jóvenes unidos en pareja no universitarios, jóvenes universitarios no unidos en pareja.

Abstract

This research offers results of how young people in the metropolitan area of the city of Pachuca understand happiness, specifically the perception of what object or concept is the anchor of their happiness. These differentiated results are the result of the comparison of two groups of young people. The first of them, university students who are not united as a couple; for these the weight variables to achieve happiness were: 1) to have achieved important things that they want in life; 2) health; 3) finances; 4) affective relationships with the family and 5) freedom. On the other hand, young people who are united as a couple regardless of the type of union, and who are not university students, anchor their happiness mainly in three variables: 1) the income earned by their work, 2) health and 3) family.

Keywords: perceived subjective well-being, happiness, young people united in a non-university partner, university young people not united as a couple.

Resumo

Esta pesquisa oferece resultados de como os jovens da região metropolitana de Pachuca entendem a felicidade, especificamente a percepção de qual objeto ou conceito é a âncora de sua felicidade. Esses resultados diferenciados são resultado da comparação de dois grupos de jovens. O primeiro deles, estudantes universitários que não estão unidos como um casal; Para estes, as variáveis de peso para alcançar a felicidade foram: 1) ter alcançado coisas importantes que desejam na vida; 2) saúde; 3) finanças; 4) relações emocionais com a família e 5) sua liberdade. Por outro lado, os jovens que estão unidos como um casal, independentemente do tipo de união, e que não são estudantes universitários, ancoram sua felicidade principalmente em três variáveis: 1) a renda obtida com seu trabalho, 2) saúde e 3) a família.

Palavras-chave: bem-estar subjetivo percebido, felicidade, jovens unidos em parceiros não universitários, jovens universitários não unidos em casais.

Introduction

This research aims to analyze what makes young people happy, understanding them as people who are between 18 and 28 years old. For this, two quantitative surveys will be analyzed, underpinned from a demographic perspective. The objective that guides the present investigation is based on what is referred to by various authors, where the possession of a good, whether material or immaterial —ente—, desired or desired by a person, will give happiness (Alarcón, 2002). It is very important to say that this position seems to generate a break: for some what is yearned for; for others it may not even have any value. Similarly, in this position physical, material elements, such as money, clothing, cars, homes, can be included; non-material elements such as health, and even questions of religiosity, morality and, of course, ethics, regardless of what is understood and from the various edges that are analyzed, so it is part of the concept entity.

In addition, it is intended to investigate two groups of young people, who through various positions can achieve, in different ways, happiness. On the one hand, young university students who are not united as a couple; on the other hand, young non-students united either legally or consensually with someone else. This analysis is done by imagining the situation incardinated in Mexican tradition, where for young people of marriageable age - whether they are in a civil marriage and / or consensual unions - being with someone else plays a preponderant role in their realization of the adult life, even on the idea of continuing their professional level studies.

This research project is based on the definition of happiness, which was practically revived by concepts of quality of life and well-being, whose ideal was beyond material goods, therefore, generated doubt and academic discussion reviving philosophical concepts, and about all with the intention of measuring them in our societies (Garduño, Salinas and Rojas, 2005). It is necessary to differentiate between happiness, which technically for some is called perceived subjective well-being, of what is standard of living. The perceived subjective well-being or quality of life is the enjoyment that people have from their experiential reality, that is, it is the delta between what I have and I live daily with what I aspire. If that difference is capital, then it will generate unhappiness; On the contrary, if the delta is low, then the subject finds happiness, understands his life and his experiential environment (López, 2018). On the

other hand, standard of living has to do with money, with material possessions, so it would be understood that the higher the money, the higher the standard of living, although not necessarily greater happiness. However, for many there may be a great relationship and correlation between these two concepts. (López, 2018).

Once you discuss the issues of happiness, important differences appear immediately. For example, some surveys have found that women report happier than men, although other surveys suggest that levels of happiness by gender are very similar, and depend on age, as well as other demographic variables, including some they equate to stable extraversion (Francis, 1999). That said: discussing happiness is complex and generates multiple positions and theoretical approaches.

And this is not new: the great civilizations and thinkers of the past already analyzed what happiness was. At the dawn of modern philosophy it was discussed intensely. Descartes set a position differentiating the happy from the happy. For him, the first are those that a good thing has happened to them without seeking it; On the contrary, happiness lies in being content with spirit and inner satisfaction, which those who are fortunate do not possess, and those who are wise, although they do not have money or material goods (cited in Margot, 2007, p. 64).

There is another posture of happiness that is anchored to religious life. In this document we will refer only to the Christian, because we are in a Western or Judeo-Christian society. For Saint Augustine of Hippo (quoted in Margot, 2007), happiness does not lie in health, in money, in material goods; for him these help, but they don't give happiness. The nerve point of happiness lies in salvation. Therefore, Saint Augustine wonders: Is there eternal salvation? Do we have the right to it? And in view of this, what can give us greater happiness than being saved before God (quoted in Margot, 2007, p. 56).

These concepts start from receiving a good, ethereal, immaterial, so it was long thought that the concept was so subjective that it was impossible to measure it through quantitative aspects (Margot, 2007, p. 56).

The first question to answer is what is happiness. As already said, this topic has been discussed since ancient times. The Greeks were no exception. For Socrates, happiness is the ultimate good, which allows virtue. This idea is inherited from Plato, but always linked to good, so those who are happy are the good ones, those who act with morals; On the contrary, those who are not good do not have morals, and therefore, cannot be happy, even if they

made sacrifices to God they would not know how to interpret that happiness of giving to God and feeling good about himself. According to Gutiérrez (2006), it is up to ethics to analyze good and evil, then then, happiness is an inherent part, a result of ethics.

Eudemonism is the ethical system of Aristotle; It focuses on achieving happiness (eudaimonia), and this is nothing other than the realization of the potential of man. The most important of them, the understanding. For Aristotle, when man achieves understanding, he simultaneously achieves his own good, and with it happiness along with virtue and moral value. Happiness appears with these elements and gives fullness to man, but virtue is not one, there are many types of virtues, whether intellectual or moral, and allow man to achieve happiness (Gutiérrez, 2006).

Aristotle, in his book Nicomachean Ethics, mentions that man attains that happiness after he acquires the desired good, so there must be happiness associated with that desired good, but always from the hand of ethics. According to Estagirita himself, happiness also comes when there is self-sufficiency, since it seems that the complete good is self-sufficient, but this quality does not define it as life in solitude, or solitary life. Following here Ferrater (1969), refers to the man endowed with goods, which allows him to live a contemplative life, which, associated with ethics, has the assets that give him tranquility, spiritual peace and therefore happiness.

Alarcón (2002) explains that the objects or material goods that promote happiness can be of a varied nature and can be ethical, economic, religious, aesthetic, social, material or even ideal. This idea is associated with what is referred to by Kant (1946), who mentioned that man does not know how to be happy, because there are many ways to reach that state: it can be through material, spiritual, monetary value, value things. of knowledge, intends a long life, have health, beauty or other goods or objects. These ideals lead to discuss whether happiness is really tied to material objects. Alarcón (2002), taking up Aristotle, says that in order to be happy, foreign goods are needed that allow the individual to devote himself to the contemplative life and satisfy his own needs. From this idea he argues that happiness to some extent depends on goods, whether material or not, but goods pursued by human beings. (Alarcón, 2002).

Lu and Shih (1997) They identified and compared the sources of perceived happiness among community residents in Kaohsiung and western Taiwan. Through qualitative work they found nine main categories as sources of happiness, among them the gratification of the

need for respect, the harmony of interpersonal relationships, the satisfaction of material needs, achievements at work, being at ease with the life, enjoying pleasure at the expense of others, the sense of self-control and self-realization, pleasure and positive affection, and health. They also found that there is a difference in the western conception of happiness, where there is greater emphasis on intrapersonal or internal evaluation and satisfaction, compared to the eastern one, specifically the Chinese conception, which has greater emphasis on interpersonal evaluation and satisfaction or external (Lu and Shih, 1997).

In the Irish case, De Roiste (2012) found in a study that people have unhappiness for not having money, friends, family or other acquaintances, and that if they have those elements then they will be happy. Regarding demographic variables, it states that sex, age and marital status show differences for said study (De Roiste, 2012).

For the Chinese case, Lu and Gilmour (2004) found, from a comparative study of happiness between young Chinese and North Americans, that both considered happiness a mental state, and above all desirable. However, the Chinese youth associated it to a greater extent with internal issues, where the spiritual and the psychological plays a very important role. On the contrary, young Americans anchor happiness to material issues, to be able to live a full life enjoying their time and recreation. Both authors retake Bruner, who argues that the meanings and values interpreted depend on culture (Lu and Gilmour, 2004).

In another study, Lu, Gilmour and Kao (2001) analyzed and compared the happiness of young people in Taiwan and England. The work showed similar results to those mentioned above: Taiwan's youth observe happiness more anchored to cultural issues, such as understanding ying and yang, and that sense of balance that allows happiness to be achieved. While university students in England, although they understand happiness as a desirable state of mind, they associate it with material issues, individual effort and achievement, legalistic approach and social and material progress. (Lu *et al.*, 2001).

When analyzing happiness, religion and materialism, Swinyard, Kau and Phua (2001) contrasted adults in Singapore and the United States. In both countries it was observed that the happiness of adults of various age groups, from the youngest to the oldest, had a negative correlation with materialism, that is, the less material things the greater the happiness. Although it was also noted that this correlation was more marked among adults in the United States than in those in Singapore. Given this response, one would expect that, consequently,

the correlation between happiness and religion would be high, but in both countries it is noted that religiosity did not explain happiness (Swinyard et al., 2001).

In the work of French and Joseph (1999) focused on university students, a high correlation between happiness and religiosity stands out among the findings. However, in that same trend, a year later Francis, Jones and Wilcox (2000) studied three groups of young people at the Oxford Happiness Inventory and the Francis Scale of Attitude Toward Christianity, and the results showed that in the three the correlation between Happiness and religion were very low, that is, there was a certain relationship, but not a correlation that would explain decisively that religion provides happiness to this group of young people.

On the other hand, Francis, Ziebertz and Lewis (2003) found that there is no relationship between happiness and religiosity in young students from Germany, contrary to what they have postulated various studies in young people in Europe and in the United States, where a relationship is noticed positive between both factors.

Another study to highlight is that of García-Alandete (2010), who makes an analysis of the relationships between happiness and religiosity from analyzing various articles that try to relate these two items, as described in Table 1, where the strengths of wisdom and knowledge, of value, of humanity, of justice, temperance and transcendence, as well as the virtues that underpin each of them and that will be triggering happiness.[1] However, these relationships do not trigger happiness in the young in a meaningful way.

---

[1] This position of religious and ethical values is undoubtedly very interesting and yearned, however, from knowing that this research takes place in the state of Hidalgo, that is, as part of the Latin American context, just remember what is said in the report. of the Demographic Observatory, Latin America and the Caribbean (2017), where it finds that the main characteristic regarding the origin of male mortality between 15 and 44 years of age in the region is the strong presence of external causes, among which deaths from violence and trauma are included. The most frequent external causes are traffic accidents, suicides, homicides and, in several countries, submersion accidents and drowning. Male mortality due to external causes is clearly higher than the others, which explains that in this age group the greatest overmortality of men occurs (Observatorio Demográfico, América Latina y el Caribe, 2017).

Tabla 1. Felicidad: virtudes y fortalezas asociadas, según diversos autores

Fortalezas de sabiduría y conocimiento	Fortalezas de valor	Fortalezas de humanidad	Fortalezas de justicia	Fortalezas de templanza	Fortalezas de trascendencia
• Creatividad • Curiosidad • Razonamiento crítico • Amor por el conocimiento • Sabiduría	• Valor • Persistencia • Integridad • Honestidad • Autenticidad • Vitalidad • Entusiasmo • Vigor •Energía	• Amor • Bondad • Generosidad • Compasión • Altruismo • Inteligencia social	• Responsabilidad social • Ciudadanía • Imparcialidad • Liderazgo	• Clemencia • Misericordia • Humildad • Modestia • Prudencia • Autocontrol	• Apreciación de la belleza y la excelencia • Gratitud • Esperanza • Optimismo • Orientación • Alegría • Buen Humor • Espiritualidad • Religiosidad

Fuente: García-Alandete (2010)

Inglehart and Klingemann (2000) They detected that the level of happiness of an individual is largely determined by genetic factors. These findings are especially significant because previous studies have put on the table that differences in income, education, occupation, gender, marital status and other demographic characteristics seem to explain little variation in people's levels of subjective well-being. Although it is not surprising that people with higher incomes report higher levels of happiness and life satisfaction than people with lower incomes, the differences are small. In general, they do not explain more than 4% of the variation. For Inglehart and Klingemann (2000), religiosity and gender explain even less the presence of happiness.

Continuing with this review of studies whose center of inquiry is happiness, Diener and Oishi in the year 2000 carried out a work that had a great impact on the studies of this topic. They, analyzing the behavior of different nations, discovered that there is a close relationship between income and happiness. That is, the higher income there is greater happiness; the poorest countries were less happy than the wealthiest. Therefore, they suggest that money satisfies those basic needs that allow for a more relaxed life and, therefore, an increase in happiness (Diener and Oishi, 2000). Two years later, Ed Diener and Robert Biswas-Diener

(2002) published the article. Will money increase subjective well-being? The findings were very important with respect to the relationship between income and subjective well-being: the first is that important correlations associate the wealth of nations and the average of reports of happiness; the second is that, although there are correlations between income and happiness in the countries under study, they are higher in rich nations, and lower in poor nations, which translates as an increased risk of unhappiness for poor people[2] (Diener y Biswas-Diener, 2002).

Likewise, Mogilner, Whillans and Norton (2017) found that there is a high relationship and correlation between happiness and money, but time must also be included. The results indicated that the concern of the people lies in how to distribute the time and money, in each group of people, in order to achieve this concept of happiness to a greater extent. Then they would be posing that money is not automatic with respect to the production of happiness; on the contrary, the time and money vector, depending on how it is applied, produces happiness. This at different levels depending on the combination, as well as the characteristics of each group (Mogilner, Whillans and Norton, 2017).

Grover and Helliwell (2019), more recently, start from the assumption of various cross-sectional studies in industrial societies that have shown that those who are married and those who live as married have significantly greater satisfaction in life than those who are single, separated, divorced or widowed. Even some studies, using panel surveys from countries such as Germany and the United Kingdom, have suggested that while life satisfaction may rise for a few years after marriage, it eventually falls back to premarital levels. (Grover y Helliwell, 2019).

On the other hand, Clark and Georgellis (2013) also found that married people are happier in the years immediately before and after their marriage, and that for those who had been married for at least five years, happiness has decreased (Clark and Georgellis, 2013).

Qari (2014), working with young people in Berlin, found that the use of the five years referred to by Clark and Georgellis (2013) allows us to calculate utility, but if only the first or second

---

[2] This result seems to be according to what is described by the world happiness survey conducted by the Gallup pollster, where 156 are analyzed, and finds that the first countries with the greatest happiness are Finland, Denmark, Norway, Iceland, Holland, Switzerland, Sweden, New Zealand, Canada and Austria. For the Latin American case, the happiest country is Costa Rica: it occupies the 12th place. The Mexican case is no less interesting, since it reaches the 23rd place. In general terms, this survey finds that as there is more economy, that they are not presented economic, political, social problems, then happiness rebounds. (ONU 2019. Informe Mundial de la Felicidad).

year before marriage is used as a reference category there is probably a mistake, since at that time there was a romance among young people, a period of falling in love, which can lead to an increase in reported happiness. Previously, Zimmermann and Easterlin (2006) analyzed data from a cross-sectional survey and found that when individuals remain married two or more years do not return to their initial value of happiness they had before marriage (Zimmermann and Easterlin, 2006).

Jin, Lee and Chin (2015), meanwhile, did a job to identify happiness in Malaysian youth. The results show important differences; For example, women consider them happy if the people around them are good, while men say that happiness will come if the people around them, in addition to being good, have a good relationship with them. These authors also found that women think that happiness depends on oneself, while men consider that happiness will depend on various externalities and not necessarily on the subject. (Jin *et al.*, 2015).

Finally, the subjective well-being perceived in young people differs from other groups of young people based on sociodemographic variables such as sex, schooling, marital status, among others. Theoretically, young people and people 60 years of age and older are at the beginning of a happiness. That is, they are said to be the happiest: the first because they start a life which is full of expectations, the second because they begin to observe an end on the road, and therefore everything they live has a different meaning and meaning. , it may even be the last thing alive, it would be the end of its existence (López, 2018).

People aged 35 to 50 are more skeptical. They are in the anteroom of the 60 years and are in the period of greater reasoning and greater amount of skepticism. Therefore, López (2018) says that they will be less happy and more analytical with life.

According to Ahn and Mochon (2010), young Spaniards who are married are happier than single young people or those who live as a couple, without a legal union. He has also found that the young man who studies is happier than the young man who works. Finally, their findings show that young people who earn more money in their jobs are happier than young people who earn less (Mochon, Ahn and De Juan, 2012).

As can be seen, the latest studies described show some similarity with those reported by Alarcón (2002), who considers that happiness is anchored to an object, which can be ethical, economic, religious, aesthetic, social, biological, material, or ideal, this position assumes even the family.

The hypothesis that guided this work lies in the fact that unjoined university students anchor their happiness to objects totally different from united non-university students.

Statistical design of the Perception of Happiness in Youth survey of the Metropolitan Area of the City of Pachuca, Hidalgo, 2019

The population under study is composed of professional students 18 years of age or older who live in private homes in the metropolitan area of the city of Pachuca. People who live in collective dwellings, such as prisons, hospitals, nursing homes, convents, hotels, guest houses, military installations, and so on, have not been included. The municipalities included in the sample were Pachuca, Mineral del Monte, Mineral del Chico, Mineral de la Reforma, Epazoyucan, Zempoala, San Agustín Tlaxiaca and Zapotlán de Juárez, in the state of Hidalgo.

The pilot field survey was carried out in the metropolitan area of the city of Pachuca, Hidalgo, in the month of February of the year 2019. The number of homes visited to apply the pilot test survey was 40. The Survey application in both areas was acceptable and functional. The realization this allowed to improve the questionnaire and the writing of some questions, as well as to improve the training of the interviewers in the application of the questionnaire.

A multistage probabilistic cluster sampling design was used, which forced the sample to be corrected by 20% due to non-response. The sampling unit of the first stage was municipal, and was continued according to all the existing basic geographic areas (AGEB).

The survey has a confidence level of 93%, with an estimation error of 8% globally and a non-response of 20%. The fieldwork for the survey was carried out in the period from February 1 to 25, 2019. The questionnaire consisted of 15 questions that condense 98 items. The survey collected information on 640 selected useful households.

The previous precision and confidence requirements forced us to use a simple sampling scheme without replacement, with a sample size between 138 and 320 cases for each domain. For the purposes of the design, the maximum point of 320 was taken so that non-united students, as well as united and non-students were representative for each sex and for differentiation (Scheaffer, R. Mendenhall, W. 2005; Sánchez, 2018; Martínez, 2019). In conclusion, two different surveys were carried out: one for young students not united, and a second for young students united not students. Each of them with the representation by sex mentioned above, as well as with a total of 320 questionnaires raised in each survey. The

municipalities that were included in the sample are eight, and on average the following percentage of questionnaires was applied in each of them: Mineral del Monte: 2.5%, Epazoyucan: 2.5%, Mineral de la Reforma: 26.2%, Zapotlán de Juarez: 3.1%, Pachuca de Soto: 49.4%, San Agustín Tlaxiaca: 6.3%, Zempoala: 8.1% and Mineral del Chico: 1.9%.

The questionnaires were distributed according to the quota method, in order to respect the proportions of demographic characteristics presented by the metropolitan area and each of its municipalities.

Some results and discussion of the perception of happiness in young people in the metropolitan area of Pachuca

As mentioned above, a comparison will be made of two surveys, the first to unjoined university students and the second to non-university students, both raised in the metropolitan area of the city of Pachuca Hidalgo. This comparison according to sex is generated due to the divergence of theoretical approaches that argue, on the one hand, that young married people are happier (Grover and Helliwell, 2019), while others such as Ahn and Mochon (2010) have found that the The young person who studies is happier than the one who works, and refers to the importance of money, since those who earn more money in their jobs are happier than young people who earn less money. Some general results will be described for each of the surveys, and then proceed to work with them.

In the survey Perception of Happiness in Young University Students, the following percentages of students from universities were detected, both local and national context: Pachuca Institute of Technology: 5%, National Pedagogical University (UPN): 3.4%, Polytechnic University Metropolitan of Hidalgo (UPMH): 1.9%, Monterrey Institute of Technology (Itesm-Pachuca): 4.7%, Autonomous University of the State of Hidalgo (UAEH): 77.2%, La Salle Pachuca University 5.3% and National Autonomous University of Mexico (UNAM): 2.5%. Within the research approach, public universities were chosen, except for the two private ones that appear in this research document.

All the interviewees, whether male or female, did not live together as a couple, that is, they were not legally married, consensually, religiously, they did not live in concubinage, and they had not lived as a couple. Of them, 36.9% said they worked and studied; slightly it is observed that in this situation there are a greater number of men than women. In the formal economy, only 15% of them are inserted, who report having such jobs; A large majority of these (85%)

do so within the informal economy, this is undoubtedly explained by the time they must cover not only in their paid work, but also in their school hours, which prevents them from having a formal job. The ages of this group ranged from 18 to 27 years.

Regarding young people who are not currently studying at the university, it is initially possible to mention that 90.6% of men said they are working, while 70.3% of women also mentioned that they work as salaried workers, a very high percentage. Overall, 32.7% work in the formal market, while 66.3% work in the informal market. It is observed that a majority of women are in formality, mainly in the tertiary and services sector. Men work more as self-employed or employees, but within a mostly informal market.

Perceived wages are a very important indicator. Table 2 shows reflected. There, it is noted that in all areas there is a greater income on the part of young non-university youth over the salaries earned by unjoined university youth (see table number two).

Tabla 2. Zona metropolitana de Pachuca: monto en el ingreso de los jóvenes, 2019

Salarios mínimos percibidos	Jóvenes universitarios no unidos	Jóvenes unidos no universitarios
Total	100.0 %	100.0 %
Menos de un salario mínimo	32.3 %	10.9 %
Entre uno y dos salarios mínimos	29.5 %	37.7 %
Entre dos y tres salarios mínimos	23.9 %	27.3 %
Entre tres y cuatro salarios mínimos	9.6 %	14.3 %
Más de cuatro salarios mínimos	4.7 %	9.8 %

Fuente: Elaboración propia

An interesting fact is that Pearson's correlation between the income variable and the level of happiness reported by unbound youth is 0.588, which indicates that there is an average correlation, which to some extent suggests an acceptable correlation; Chi squared is

0.000, which indicates that there is a relationship between both variables. On the other hand, Pearson's correlation between the income variable and the level of happiness reported by young non-university youth is 0.455, which suggests that there is a medium correlation; and chi squared is 0.000, which indicates, as in the previous case, that there is a relationship between both variables. However, single working university students seem happier than working young people, even though they earn better incomes.

There is also another interesting fact to compare, speaking of young single university students, and it is one that shows that those who do not work report an average of 8.43 points of happiness, while those who do work salariedly reach an average of 7.55 points of happiness. Perhaps it is due to the double workload that young people who study and work must face.

Speaking of young non-university students who live as a couple and who work salariedly, they self-qualify with an average of 8.55 points of happiness, while young people of that same group who do not work reach a 8.20 happiness level. Differentiating according to sex, men who do not work with 8.27 are slightly happier, as women reach 8.13 points of happiness.

Before starting the questions that have to do with the perception of happiness, it should be noted that they were all built in a Likert manner. Thanks to this, it is feasible to obtain a Cronbach alpha, to indicate the degree of reliability of the instrument applied. In this regard, for the survey of young university students, the Cronbach alpha reaches 0.819, which translates as a good indicator that validates the correct construction of the questionnaire.

As regards the survey of young non-university students, Cronbach's alpha was 0.859, which translates as a good indicator that also validates the correct construction of the questionnaire.

Now, a first series of statements were made in order to evaluate the perception of life that both groups of young people have had. The results are shown in table 3. It is important to mention that the Likert-type question was initially built, but it has been adequate for a dichotomous answer, excluding the answer it does not know (see table 3).

Tabla 3. Zona metropolitana de Pachuca: conceptos de diversas afirmaciones con respecto a la vida por parte de los jóvenes entrevistados, 2019

Ítem	Universitarios solteros no unidos		Jóvenes unidos no universitarios	
	No de acuerdo	De acuerdo	No de acuerdo	De acuerdo
1. En la mayoría de los sentidos mi vida se acerca a mi ideal.	26.00	66.90	25.00	31.8
2. Las condiciones de mi vida son excelentes.	32.20	60.30	30.10	29.0
3. Estoy satisfecho con mi vida.	15.40	79.30	35.90	26.9
4. Hasta ahora, he conseguido las cosas importantes que quiero en la vida.	22.60	70.60	35.90	30.3
5. Si tuviera que vivir mi vida de nuevo, no cambiaría casi nada.	24.40	68.70	31.90	33.4

Fuente: Elaboración propia

When analyzing these questions, important differences are noticed between the group of unmarried single university students and the group of young non-university students. When asking if in most of the senses his life is close to his ideal, he emphasizes that two out of three university students agreed, while only one in three thought in that sense of the group of young non-university students. When questioning whether the conditions of his life are excellent, again 6 out of 10 university students said that it was so, while 3 out of 10 non-university students thought that way. Undoubtedly, family responsibilities, food, housing, health needs, among others, suggest that the way of observing life is totally different.

Subsequently, the statement "I am satisfied with my life" was made, and about 8 out of 10 university students said that it was, while 3 out of 10 non-university students responded in the same direction, very much according to what was previously answered. The statement "So far, I have achieved the important things I want in life" was also made: again 7 out of 10 university students said they agreed with it, while 3 out of 10 non-university students responded in the same direction. Finally, the sentence was made that if the interviewee had to live his life again he would change almost nothing, and of the group of university students two out of three responded affirmatively; one in three non-university students agree with that sentence. Undoubtedly, facing the life of a provider or co-supplier in the family changes the

sense of how to warn these statements. Young university students, mostly dependent on the family, commonly called in our society as children, observe the evolution of life very differently.

Subsequently, another block of reagents was made, tending to analyze what is the feeling of young people regarding satisfaction and dissatisfaction with life, which is reflected in table 4.

To the sentence "I feel terribly unhappy", the young people of both groups who compare themselves do not agree, for the most part; 1 of every 10 of the university students agreed to agree, while 1 in 5 of the united non-university students said they felt terribly unhappy. Regarding the sentence that refers to "In general dissatisfied", 12.3% of university students were assumed in that way, while 17.5% of non-university students also identified with it, which validates the previous sentence.

Tabla 4. Zona metropolitana de Pachuca: conceptos de diversas afirmaciones con respecto a la satisfacción e insatisfacción de la vida por parte de los jóvenes entrevistados, 2019

Ítem	Universitarios solteros no unidos		Jóvenes unidos no universitarios	
	No de acuerdo	De acuerdo	No de acuerdo	De acuerdo
1. Terriblemente infeliz.	71.9	10.4	71.5	19.7
2. En general, insatisfecho.	69.4	12.3	69.4	17.5
3. Casi igual de satisfecho que de insatisfecho.	62.0	16.0	56.3	17.8
4. En general, satisfecho.	4.7	85.2	9.4	80.3
5. Contento.	17.8	71.9	25.9	66.0
6. Contentísimo.	18.1	68.4	18.2	60.0
7. Nunca he pensado en esto.	39.1	25.8	49.6	18.4
8. No me interesa.	69.2	10.9	61.2	12.2

Fuente: Elaboración propia

As far as the opposite idea is concerned, of being satisfied, 85.2% and 80.3% of the university and non-university youth made it their own. Given the position that they are happy, the biggest difference is the university students, with 5.9% more than the non-university students. Regarding being very happy, again 8.4% more operated this position in favor of university students. This could be due to the greater self-inferred happiness that non-united university students referred to united non-university youth.

We also tried to identify what aspects of daily life generate more or less happiness for young people. The results are contrasted in table 5.

For university students, the things they refer to most have caused them satisfaction in the last month are their institute, school or faculty (81.6%), their performance in school (83.5%), their health (84.4%), their friends (85%), their emotional relationships with the family (85.7%), their performance at home (86.6%), their home (87.6%) and their freedom (88.4%). What least satisfies them is the situation in their country (36.6%), their security (57.8%) and their safety (58.1%).

Young non-university students differ a little. They consider that the elements that give them the greatest happiness are health (80.8%), their performance at home (80.8%), their emotional relationships as a couple (81.6%) and their emotional family relationships (93.4%). The situations with the lowest score were the situation in their country (15.4%), their future (29.8%) and their finances (34.3 %).

Tabla 5. Zona metropolitana de Pachuca: aspectos de la vida que en el último mes proporcionaron satisfacción a los jóvenes entrevistados, 2019

| Ítem	Universitarios solteros no unidos		Jóvenes unidos no universitarios	
	No de acuerdo	**De acuerdo**	**No de acuerdo**	**De acuerdo**
1. Su salud	13.5	84.4	14.8	80.8
2. El transporte	24.7	70.6	31.3	54.9
3. Sus finanzas	30.0	64.4	52.1	34.3
4. Su vivienda	9.4	87.6	32.4	53.9
5. Sus amigos	9.7	85.0	15.0	70.5
6. Su familia	15.3	80.0	8.7	86.6
7. Su libertad	9.4	88.4	27.4	73.4
8. Su recreación	18.4	73.8	34.1	46.9
9. La situación de su país	51.2	36.6	74.5	15.4
10. Su futuro	21.2	72.2	55.1	29.8
11. Sus relaciones afectivas (familia)	8.7	85.7	14.2	93.4
12. Sus relaciones afectivas (pareja)	25.0	67.2	22.5	81.6
13. Su desempeño en el trabajo	0.0	0.0	11.9	73.2
14. Su desempeño en el hogar	7.8	86.6	19.6	80.8
15. Su desempeño en la escuela	11.5	83.5	0.0	0.0
16. Su seguridad	32.5	57.8	32.5	57.8
17. La seguridad de los suyos	34.7	58.1	34.7	58.1
18. Su instituto/Escuela/Facultad	12.8	81.6	0.0	0.0
19. Las Universidades	9.7	81.9	0.0	0.0
20. Su Universidad	8.8	83.1	0.0	0.0

Fuente: Elaboración propia

Next, a series of questions were asked to learn about the confidence and distrust that young people in both groups have about different institutions and political and social actors. In general, it is observed that university students are more distrustful of actors and social

institutions with respect to non-university youth who live together, with the exception of doctors, the military and the UNAM, which in the eyes of university students have much more credibility (see figure 1).

When asking about the main problems that young university students observe at an entity level, there are corruption (15.0%), unemployment (22.5%) and poverty (31.3%); As regards the problems observed in the municipal context, there are poverty (13.1%), unemployment (24.3%) and environmental deterioration with 24.3% (see tables 6 and 7).

Figura 1. Zona metropolitana Pachuca: desconfianza de los jóvenes en diversas instituciones, actores sociales y políticos, 2019
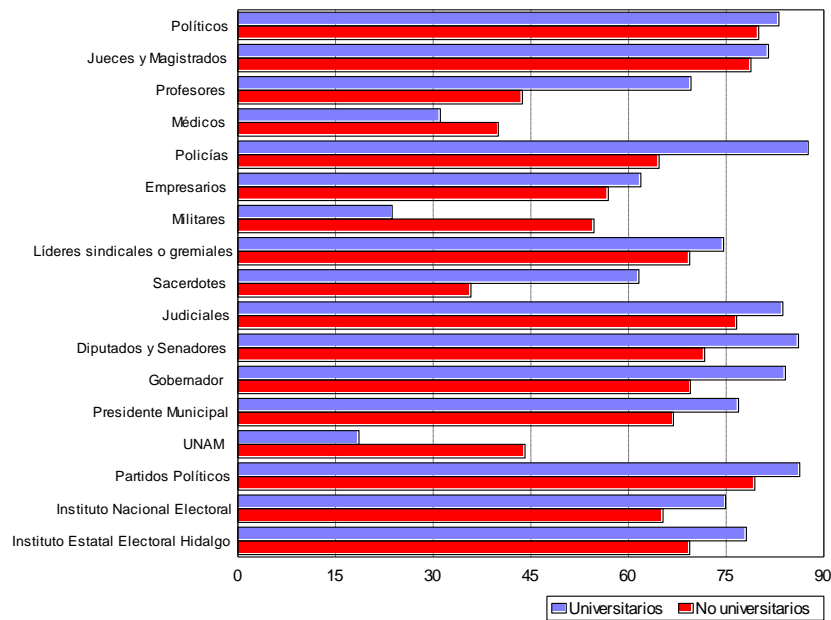
Fuente: Elaboración propia

Tabla 6. Zona metropolitana de Pachuca: principales problemas observados a nivel entidad y municipio por los jóvenes universitarios, 2019

Entidad			Municipio		
Problema	**Absolutos**	**Relativos**	**Problema**	**Absolutos**	**Relativos**
	480	100.0		610	100.0
Agua potable	4	0.7	Agua potable	4	0.5
La desconfianza	4	0.8	Vivienda	6	1.0
Vivienda	6	1.3	La desconfianza	10	1.6
El deterioro ambiental	8	1.7	El narcotráfico	12	2.0
La violencia	14	2.9	La drogadicción	16	2.6
La drogadicción	16	3.3	La inseguridad	18	3.0
El narcotráfico	18	3.8	La falta de educación	30	4.9
La desigualdad	24	5.0	La desigualdad	42	6.9
La falta de educación	24	5.0	La corrupción	48	7.9
La inseguridad	32	6.7	La violencia	48	7.9
La corrupción	72	15.0	La pobreza	80	13.1
El desempleo	108	22.5	El desempleo	148	24.3
La pobreza	150	31.3	El deterioro ambiental	148	24.3

Fuente: Elaboración propia

Tabla 7. Zona metropolitana de Pachuca: principales problemas observados a nivel entidad y municipio por los jóvenes no universitarios unidos, 2019

Entidad			Municipio		
Problema	**Absolutos**	**Relativos**	**Problema**	**Absolutos**	**Relativos**
	960	100.0		960	100.0
Drenaje	1	0.1	Drenaje	3	0.3
Energía eléctrica	1	0.1	Energía eléctrica	4	0.4
La desconfianza	5	0.5	Agua potable	9	0.9
Agua potable	8	0.8	La desconfianza	21	2.2
La drogadicción	29	3.0	La drogadicción	23	2.4
La violencia	39	4.1	El narcotráfico	42	4.4
El narcotráfico	41	4.3	Vivienda	51	5.3
Vivienda	58	6.0	La inseguridad	72	7.5
La inseguridad	83	8.6	La corrupción	85	8.9
La corrupción	113	11.8	La violencia	106	11.0
El desempleo	286	29.8	La pobreza	190	19.8
La pobreza	296	30.9	El desempleo	354	36.9

Fuente: Elaboración propia

When asking about the main problems they observe at the entity level, young non-university youths encounter corruption (11.8%), unemployment (29.8%) and poverty (30.9%); As regards the problems observed in the municipal context, there are violence (11.0%), poverty (19.8%) and unemployment (36.9%), which demonstrates different needs and ways of observing the social problems of their environment .

When asked young university students about the words they associate with happiness, 2.1% said that food, 4.2% referred friends, for 7.5% is travel or fun, for 7.9% identified it with feelings such as unity, love, affection, joy, respect and peace, 8.8% identified their school or university, for 17.6% it has to do with parents, home, family, siblings, 18.0% referred to the boyfriend or girlfriend and 27.6% to economic stability.

On the other hand, young non-university students who live in any type of union, when asked about the words they associate with happiness, 5.2% mentioned that employment, for 6.1%, is fun, family vacations, for 6.4% parents, 8.1% report that the school, although they

are no longer there, 9.6% mentioned home, 9.8% mentioned that economic stability; love, love and understanding reached 13.1%, while the concept of family, wife, and children, 25.3% of mentions. Again it is noted that the context in which both groups of young people are located makes references to happiness have different contexts, and associate happiness with different entities.

Finally, the request was made to self-qualify the level of happiness that you think you have, of the group of university students not united as a couple, based on the fact that 10 is the maximum happiness and 0 the total absence of it, 90% of the men and 94.4 % of women said they were happy. The average self-rating of happiness was 8.1 points out of 10. Differentiating according to sex, no significant scores are observed, slightly women report having a higher level of happiness (8.4).

With regard to the group of young non-university students living in any type of marriage as a couple, when asked if they were happy, 94.4% of the men and 95.6% of the women said they were. The average self-rating of happiness was 8.32 points out of 10. Differentiating according to sex, no significant differentiated scores are observed, slightly women report having a higher level of happiness (8.5) over men.

In general terms, it can be said that, according to López (2018), the young people analyzed in this work, regardless of their status as a single or single, or if they are university students or they are not, they say they are happy for At least 90% of them, which is quite high, and the happiness rating assigned to them ranges from 8.5 points, which is also high. Surprisingly, it seems that young men united as a couple are slightly happier than young university students, just 0.4 points. In both cases, women report happier than men. As for women united and not united, the difference in happiness is very lean, insignificant, and they are reported with almost identical happiness.

When reviewing the relationships and correlations between the level of self-declared happiness with the main variables, the following stand out: Age, Work, Income, In most ways my life is close to my ideal, The conditions of my life are excellent, So far I have achieved the important things I want in life, If I had to live life again, I would not change almost anything, In general I am satisfied, Health, Finance, Housing, Friends, Family, Freedom, The couple relationships, school, safety and the declaration of being happy; All these variables have a chi-square less than 0.05, which suggests that they are related. The highest correlations are in income (0.588), excellent living conditions (0.328), family (0.286) and the declaration

that one is happy (0.365). The latter does not correspond to a greater extent with the qualification of happiness.

Binomial logistic regression model applied to university students and predictors of happiness

To carry out the analysis of happiness in young university students not united as a couple and young non-university students who live as a couple regardless of the type of union, both in the metropolitan area of the city of Pachuca, databases were produced product of Both surveys.

The binary logistic regression model is known for its usefulness in applied economics and for the analysis of qualitative variables through the use of discrete variables; For the present case, happiness will be considered as a dichotomous variable, whose approach tries to model an index variable, unobservable or latent, not limited in its range of variation, where it will take the value of one for those who are assumed happy and the value from zero for subjects who are not happy. The transformation of independent variables to dummy variables is shown in table 8.

Tabla 8. Jóvenes universitarios solteros: construcción de variables *dummy* a utilizar en la regresión logística binomial, 2019

Variables independientes en la ecuación	Valor de variables *dummy* cero	Valor de variables *dummy* uno
1. Calificación de la felicidad (autocalificación del entrevistado)	0 a 6	7 a 10
2. Hasta ahora he conseguido cosas importantes que quiero en la vida	Totalmente en desacuerdo y la mayor parte en desacuerdo	La mayor parte de acuerdo y totalmente de acuerdo
3. Si tuviera que vivir mi vida de nuevo, no cambiaría casi nada	Totalmente en desacuerdo y la mayor parte en desacuerdo	La mayor parte de acuerdo y totalmente de acuerdo
4. Salud	Totalmente insatisfecho y la mayor parte insatisfecho	La mayor parte satisfecho y totalmente satisfecho
5. Finanzas	Totalmente insatisfecho y la mayor parte insatisfecho	La mayor parte satisfecho y totalmente satisfecho
6. Familia	Totalmente insatisfecho y la mayor parte insatisfecho	La mayor parte satisfecho y totalmente satisfecho
7. Libertad	Totalmente insatisfecho y la mayor parte insatisfecho	La mayor parte satisfecho y totalmente satisfecho

Fuente: Elaboración propia

Using the binomial logistic regression model, the following results were obtained:

a) Table 9 shows the significance of chi squared of the model in the omnibus test is less than 0.05, and indicates that the model helps explain the event, that is, the independent variables explain the dependent variable.

b) The R-square of Cox and Snell and R-square of Nagelkerke indicate the part of the variance of the dependent variable explained by the model. There are two R-squares in the logistic regression, and both are valid. It is customary to say that the part of the dependent variable explained by the model oscillates between the R-square of Cox and Snell and the R-square of Nagelkerke. The higher the R-square, the more explanatory the model is, that is, independent variables explain the dependent variable. For the present case, the results are shown in table 10.

That is to say, the R-square of Cox and Snell refers that the model of happiness of university students not united in pairs is explained with these variables in 34.4%, while that of Nagelkerke says that it is explained in 81.9%, which would be very high. Taking the position of several statisticians, who report that the closest data is half between both R-squares, it would be 58.2% explanation, which is still very important.

c) Global percentage correctly classified: This percentage indicates the number of cases that the model is able to predict correctly. Based on the regression equation and the observed data, a prediction of the value of the dependent variable (predicted value) is made. This prediction is compared with the observed value: if it is correct, the case is correctly classified; if it is not correct, the case is not correctly classified. The more cases it correctly classifies (that is, the predicted value coincides with the observed value), the better the model, the more explanatory, therefore, independent variables are good predictors of the event or dependent variable. If that model correctly classifies more than 50% of cases, the model is accepted. For the model that is explained, the results are shown in table 11.

d) Significance of b in the variables that are in the equation: If it is less than 0.05, that independent variable explains the dependent variable. The results for the present case are broken down in table 12.

e) Sign of column B (see table above): Indicates the direction of the relationship, for example, less freedom, greater happiness.

f) Explanation of Exp (B) –exponential of B–: This column refers to the strength of the relationship. The further away from one, the stronger the relationship. To compare the

exponentials of b with each other, those that are less than one must be transformed into their inverse or reciprocal, that is, we must divide one by the exponential of B. It can be noted that the interpretation of the results produced by the binomial logistic regression it is carried out through the estimated parameters β and Exp. (β), that is, the relative risk will be used as the ratio between the probability of the event occurring, analyzing the influence of independent variables on the dependent variable. The results obtained are those observed in table 13.

Tabla 9. Pruebas de ómnibus sobre los coeficientes del modelo

		Ji al cuadrado	Gl	Sig.
Paso 1	Paso	50386.359	7	0.000
	Bloque	50386.359	7	0.000
	Modelo	50386.359	7	0.000

Fuente: Elaboración propia

Tabla 10. Resumen de los modelos

Paso	-2 log de la verosimilitud	R-cuadrado de Cox y Snell	R-cuadrado de Nagelkerke
1	50386.359	7	0.000

a. La estimación ha finalizado en el número de iteración 11 porque las estimaciones de los parámetros han cambiado en menos de 0.001

Fuente: Elaboración propia

Tabla 11. Tabla de contingencias para las pruebas de Hosmer y Lemeshow

Paso 1	¿Usted es feliz? = No		¿Usted es feliz? = Sí		
	Observado	Esperado	Observado	Esperado	Total
1	8881	8611.117	3018	3287.894	11899
2	382	638.762	11621	11364.077	12003
3	0	11.019	11690	11679.460	11690
4	0	1.349	13044	13042.396	13044
5	0	0.252	10511	10510.884	10511
6	0	0.066	11830	11829.727	11830
7	0	0.009	11587	11586.643	11587
8	0	0.002	9748	9747.978	9748
9	0	0.000	19184	19184.478	19184
10	0	0.000	7840	7840.091	7840

Fuente: Elaboración propia

Tabla 12. Variables en la ecuación para analizar

los valores sig. de las variables en el modelo

Paso 1	B	E.T	Wald	gl	Sig.	Exp (B)
Calificación felicidad	1.140	0.050	509.919	1	0.000	3.128
Cosas importantes	0.697	0.061	132.379	1	0.000	2.008
Repetiría mi vida	2.752	0.067	1688.477	1	0.000	15.669
Salud	2.025	0.051	1576.870	1	0.000	7.578
Finanzas	3.823	0.059	4259.110	1	0.000	45.741
Familia	2.591	0.040	4194.516	1	0.000	13.345
Libertad	-1.101	0.046	563.135	1	0.000	0.333
Constante	-16.030	0.258	3854.766	1	0.000	0.000

Fuente: Elaboración propia

Tabla 13. Variables en la ecuación para analizar los valores Exp. (B)

Paso 1	B	E.T	Wald	gl	Sig.	Exp (B)
Calificación felicidad	1.140	0.050	509.919	1	0.000	3.128
Cosas importantes	0.697	0.061	132.379	1	0.000	2.008
Repetiría mi vida	2.752	0.067	1688.477	1	0.000	15.669
Salud	2.025	0.051	1576.870	1	0.000	7.578
Finanzas	3.823	0.059	4259.110	1	0.000	45.741
Familia	2.591	0.040	4194.516	1	0.000	13.345
Libertad	-1.101	0.046	563.135	1	0.000	0.333
Constante	-16.030	0.258	3854.766	1	0.000	0.000

Fuente: Elaboración propia

When analyzing happiness rating with the dependent variable Are you happy ?, it is observed that those who self-rated with seven or more points are three times more likely to be happy than those who qualified with six or less points. This variable makes it possible to force the answers to be consistent around declaring oneself happy and self-rating as happy.

As for the variable So far I have achieved important things that I want in life, it is observed that those who think in that sense are 15.6 times more likely to be happy than those who responded in the opposite way.

Reviewing the Health variable, young university students who reported feeling satisfied or mostly satisfied with their personal health are 7.6 times more likely to be happy than those who consider their health to be considered unsatisfied or mostly unsatisfied.

Elucidating the variable Finance, those who said they felt satisfied or mostly satisfied with this variable are 45 times more likely to be happy than those who consider their finances to be considered unsatisfied or mostly unsatisfied.

Regarding the variable Affective relations with the family, those who said they felt satisfied or mostly satisfied with this variable are 13 times more likely to be happy than those who consider that affective relationships with their family are considered as unsatisfied or mostly unsatisfied. .

Finally, as regards the freedom of young university students, it indicates that those who assume that their freedom is totally unsatisfied or mostly dissatisfied are three times more likely to be happy than those who consider their freedom to be considered as the most

satisfied or totally satisfied. In other words, young people who are more controlled in their outings with friends and in contexts of distraction, whether by parents or guardians, indirectly report greater happiness; It could be understood that perhaps this restriction generates fewer problems.

Binomial logistic regression model of non-university youth living in any type of union and the predictors of happiness

Using the binomial logistic regression model, the following results were obtained: the significance of chi-squared model in the omnibus test in the three explanatory variables was 0.000, which suggests that the model helps explain the event, that is, the independent variables Income, Health and Family explain to the dependent variable, which is the happiness of the young non-university student.

The R-square of Cox and Snell and R-square of Nagelkerke indicate the part of the variance of the dependent variable explained by the model. The R square of Cox and Snell refers that the model of happiness of young non-university students and that they are united as a couple is explained with these variables in 13.9%; while Nagelkerke's R-square says it is explained in 46.0%.

On the other hand, the significance of b in the variables that are in the equation, if it is less than 0.05, suggests that these independent variables explain the dependent variable. The results for the present case are as follows (see table 14).

Tabla 14. Variables en la ecuación para analizar los valores Sig. de las variables

Paso 1	B	E.T.	Wald	gl	Sig.	Exp (B)
Ingreso	2.681	1.044	6.591	1	0.010	14.6000
Salud	1.941	0.791	6.016	1	0.014	6.963
Familia	3.717	0.860	18.667	1	0.000	41.147
Constante	-1.715	0.908	3.572	1	0.059	0.180

Fuente: Elaboración propia

That is, all are below the Sig. Less than 0.05, which allows validating this part. It is also to be rescued that the sign in column B (see the table above) indicates the direction of the relationship.

Finally, the explanation of Exp (B) –exponential of B–: This column refers to the strength of the relationship (see table 15). The results obtained are:

Tabla 15. Variables en la ecuación para analizar los valores Exp. (B)

Paso 1	B	E.T.	Wald	gl	Sig.	Exp (B)
Ingreso	2.681	1.044	6.591	1	0.010	14.6000
Salud	1.941	0.791	6.016	1	0.014	6.963
Familia	3.717	0.860	18.667	1	0.000	41.147
Constante	-1.715	0.908	3.572	1	0.059	0.180

Fuente: Elaboración propia

When analyzing the happiness score with the dependent variable Are you happy ?, it is observed that the young residents of the metropolitan area of Pachuca Hidalgo who are not university students and who live as a couple, regardless of their type of union, have very different ways of identifying the happiness. As for the variable Income, it is observed that those who receive more than 2 minimum wages are 14.6 times more likely to be happy than those who receive 2 minimum wages and less than monthly income.

Reviewing the Health variable, the non-university youth they referred to felt satisfied or mostly satisfied with their personal health are 6.96 times more likely to be happy than those who consider their health to be considered unsatisfied or mostly unsatisfied.

Regarding the variable Affective relations with the family, those who said they felt satisfied or mostly satisfied with this variable are 41 times more likely to be happy than those who consider that affective relationships with their family are considered unsatisfied or mostly unsatisfied.

Conclusions

Within the results of the present investigation, it is concluded that the happiness of single university young people and non-university young people united as a couple is anchored in an important part to the economic stability of the former, and the perceived income of the latter, this It is: the more money, the more happiness. A complementary fact is that there is no significant difference in declaring oneself happy from being a single university student or from being united without being a student. The perception of happiness is very similar: 0.4 points makes a difference in favor of young non-university youth.

In the same way, the objects or material goods that promote happiness can be of a varied nature, although for young people in the metropolitan area of Pachuca they are anchored to money in an important way, which corroborates the previous conclusion. Even in that sense they look like young people from other latitudes, as in the case of Ireland, where people are unhappy about not having money, friends, family or other acquaintances, and that if they have those elements then they will be happy (De Roiste, 2012).

It is noteworthy that for the two groups analyzed religion did not play an important role in happiness. A fact that deserves to be equally mentioned was that when asking about the main problems observed by the municipal, young university students mentioned poverty (13.1%), unemployment (24.3%) and environmental deterioration (24.3%); while young non-university youth referred to violence (11.0%), poverty (19.8%) and unemployment (36.9%). Here it stands out, then, that the environmental deterioration was never referred to by the second group, which suggests that they develop in differentiated contexts and young university students learn it from all the discussions that take place around the importance of caring for the planet and the environment around us.

On the other hand, the binomial logistic regression applied in young single university students shows that among the weight variables that explain happiness in them is the feeling that they have achieved important things in their life so far; Another important variable is health; and their finances are also very important, although they depend largely on parents. Another point is that there are good emotional relationships with the family, as well as their freedom. With regard to young people united in a non-university couple, they explain happiness through three variables: 1) income in their jobs, 2) health and 3) good emotional relationships with the family.

Finally, this research has an eminently quantitative edge, and that is probably its great limitation. However, the interest of this study lies in demographically analyzing the possible explanations of the happiness of the young residents of the metropolitan area of the city of Pachuca. It is expected that in future work it can be complemented with results from a subjective edge, which will undoubtedly nourish these modest results. Another part that remains is to analyze happiness in the united people, assessing at least five years of marriage, to validate what some claim, that married people are happier in the years immediately before and after their marriage, and that For those who had been married for at least five years, happiness tends to decrease, alluding to the fact that the part of the crush has partially ceased. On the other hand, the strength lies in the fact that the results show, by means of a binomial logistic regression, a predominant object in happiness, and that it is money, very similar to what is poured out by other research. This work is exploratory and very limited, but it is intended that in future projects the perception of happiness can be analyzed in a transdisciplinary way, which will allow observing other scenarios, very limited only for demography.

References

Alarcón, R. (2002). Fuentes de la felicidad: ¿qué hace feliz a la agente? *Revista de Psicología de la Pontificia Universidad Católica de Perú (PUCP), 20*(2), 169-196. Recuperado de http://revistas.pucp.edu.pe/index.php/psicologia/article/view/3710/3692.

Ahn, N., Mochón, F. (2010). La felicidad de los españoles: factores explicativos *Revista de Economía Aplicada*, XVIII (54), pp. 5-31.

Clark, A. and Georgellis, Y. (2013) Back to baseline in Britain: adaptation in the British Household Panel Survey. *Económica, 80*(319), 496-512. Recuperado de https://ideas.repec.org/a/bla/econom/v80y2013i319p496-512.html.

De Roiste, A. (2012). Sources of worry and happiness in Ireland. *The Irish Journal of Psychology, 17*, 193-212.

Diener, E. y Oishi, S. (2000). Dinero y felicidad: ingresos y bienestar subjetivo en todas las naciones. En Diener, E. y Suh, E. (eds.), *Cultura y bienestar subjetivo* (pp. 185-218). Cambridge, Estados Unidos: The MIT Press.

Diener, E. and Biswas-Diener, R. (2002). Will money increase subjective well-being? *A Literature Review and Guide To Needed Research Social Indicators*, *57*(119). Retrieved from doi.org/10.1023/A:1014411319119.

Ferrater, M. J. (1969). *Diccionario de filosofía (tomo 1)*. Buenos Aires, Argentina: Editorial Sudamericana.

Francis, L. J. (1999). Happiness is a thing called stable extraversion: a further examination of relationship between the Oxford Happiness inventory and Eysenck´s dimensional model of personality and gender. Personality and individual Differences, 26(1), 5-11.

Francis, L. J., Jones, S. H., y Wilcox, C. (2000). Religiosity and happiness: During adolescence, young adulthood and later life. *Journal of Psychology and Christianity*, 19, 245-257

Francis, L. Ziebertz, H. G. and Lewis, C. (2003). The Relationship Between Religion and Happiness Among German Students. *Pastoral Psychology*, *51*, 273-281.

French S. and Joseph, S. (1999). Religiosity and its association with happiness, purpose in life, and self-actualization. *Journal Mental Health, Religion & Culture*, *2*(2), 117-120.

García-Alandete, J. (2010). Psicología positiva, felicidad y religiosidad. *Revista Religión y Cultura*, *56*, 523-548.

Garduño, E. L. Salinas, A. B. y Rojas, H. M. (2005). *Calidad de vida y bienestar subjetivo en México*. Ciudad de México, México: Plaza y Valdés.

Grover S. and Helliwell, J. F. (2019). How´s life at home? New evidence on marriage and the set point for happiness. *Journal of Happiness Studies, 20*, 373-390. Retrieved from doi.org/10.1007/s10902-017-9941-3.

Gutiérrez, S. R. (2006). *Historia de las doctrinas filosóficas*. Ciudad de México, México: Editorial Esfinge.

Inglehart, R., and Klingemann, H. D. (2000). Genes, culture, and happiness. En E. Diener & E. M. Suh (Eds.), Culture and subjective well-being (pp. 165-183). Cambridge: MIT Press.

Jin, K. K., Lee, Y. G. and Chin C. G. (2015). Meaningful life and happiness: Perspective from Malaysian Youth. *The Social Science Journal, 52*(1), 69-77. Retrieved from doi.org/10.1016/j.soscij.2014.10.002.

Kant, M. (1946). *Fundamentación de la metafísica de las costumbres.* Buenos Aires, Argentina: Espasa.

López, R. D. (2018). Emoción y sentimientos. No somos seres racionales, somos seres emocionales que razonan. Buenos Aires, Argentina: Ariel.

Lu, L. and Shih, J. B. (1997). Sources of happiness: a qualitative approach. *Journal of Social Psychology*, *13*, 181-188.

Lu, L., Gilmour, R. and Kao, S.F. (2001). Cultural values and happiness: an east-west dialogue. *Journal of Social Psychology*, *141*, 477-493.

Lu, L. and Gilmour R. (2004). Culture, self and ways to achieve SWB: A crosscultural analysis. *Journal of Psychology in Chinese Societies*, *5*, 51-79.

Margot, J. P. (2007). La Felicidad. *Praxis Filosófica*, (25), 55-80. Recuperado de http://www.scielo.org.co/scielo.php?script=sci_arttext&pid=S0120-46882007000200004&lng=en&tlng=es.

Martínez, B. C. (2019). *Estadística y muestreo*. Bogotá, Colombia: ECOE Ediciones.

Mochon M.F., Ahn N., De Juan R. (2012) La felicidad de los jóvenes. Papers. Revista de Sociología. Vol. 97, número 2. 407-430. DOI: http://dx.doi.org/10.5565/rev/papers/v97n2.136

Mogilner, C. Whillans, A. and Norton, M. I. (2017). *Time, money, and subjective well-being.* In Diener, E., Oishi, S. and Tay, L. (eds.), *Handbook of Subjective Well-Being.* Salt

Lake City, United States: DEF Publisher. Recuperado de https://pdfs.semanticscholar.org/3874/bed28247552c860432c3a1d32c9d84418f25.pdf .

Organización de las Naciones Unidas [ONU]. (2019). *Informe Mundial de la Felicidad*. Organización de las Naciones Unidas. Recuperado de http://www.onunoticias.mx/en-el-dia-internacional-de-la-felicidad-preguntamos-por-que-america-latina-es-tan-feliz/.

Qari, S. (2014). Marriage, adaptation and happiness: Are there long-lasting gains to marriage? *Journal of Behavioral and Experimental Economics, 50*, 29-39.

Sánchez, C. J. J. (2018). *Errores de muestreo. Precisión de los estimadores en encuestas probabilísticas.* Madrid, España: Dextra Editorial.

Scheaffer, R. y Mendenhall, W. (2005). *Elementos de muestreo*. Ciudad de México, México: Grupo Editorial Iberoamérica.

Swinyard, W.R., Kau, A.K. y Phua, H.Y. (2001) Happiness, materialism, and religious experience in the us and Singapore, Journal of Happiness Studies marzo de 2001, Volumen 2, Número 1, páginas 13–32. https://doi.org/10.1023/A:1011596515474

Zimmermann, A. and Easterlin, R. (2006). Happily ever after? Cohabitation, marriage, divorce, and happiness in Germany. *Population and Development Review, 32*(3), 511-528. Retrieved from doi.org/10.1111/j.1728-4457.2006.00135.x.