

Comprehensive Analysis on Happiness Index During Birthday Celebrations and its Connection to Emotional Well-Being Among Teenagers Aged 13 to 17 Years

S. Laksha¹; N. Jabeen Banu²; Santhana Lakshmi V.³; Dr. Sivasakti Balan D. P.⁴;
R. J. Thayumanaswamy⁵

¹9D, ^{2,3}(Mentor), ⁴(Principal), ⁵(CEO)

^{1,2,3,4,5}KRM Public School, Sembium, Chennai.

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Abstract: Adolescence is a crucial period of human life. This period of life is a milestone of personal growth and emotional well-being. Teenagers have a lot of expectations and occasions, as birthdays reveal. This study investigates the relationship between emotional well-being and happiness during birthday celebrations among teenagers aged 13-17. Data were collected via surveys assessing emotional tone, self-worth, and social support, using a self-developed Happiness Index. The study evaluates the happiness index scores and correlates them with the emotional well-being of teens. Positive emotional tones predict perceived self-worth; negative emotional tones indicate a lack of self-worth. The research also affirms that younger teens enjoy family involvement; in contrast, older teens prefer peer support. Overall, findings show that birthday happiness has a significant impact on adolescents' emotional well-being and self-esteem. The study emphasizes the importance of family and peer support in teen mental health by examining how personal celebrations reflect deeper emotional and social dynamics. The results suggest that greater birthday happiness reflects stronger emotional well-being. Social attention and care received on birthdays enhance overall happiness and emotional fulfillment. Although a smaller group still demonstrates emotional sensitivity, it proves emotional resilience and self-regulation among teens. Family time and emotional intimacy on special occasions have a positive impact on mental health and self-perception. Show a gradual transition in the reliance on peers for emotional support instead of family. This demonstrates strong peer influence during adolescence.

Keywords: *Happiness, Birthday, Adolescence, Occasion, Peer Pressure.*

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I. INTRODUCTION

Birthdays play an important role in adolescent development, providing opportunities for self-affirmation, social connection, and emotional reflection. These celebrations offer teenagers the opportunity to recognize—

- Personal growth
- And build self-esteem
- Strengthen bonds with family and friends

Such experiences promote a sense of belonging and emotional stability during a period of rapid physical and psychological change. Furthermore, positive birthday experiences can promote better emotional regulation and

resilience, laying the groundwork for long-term mental health. According to the World Health Organization, adolescence is a sensitive period for mental health development, so supportive and joyful occasions such as birthdays are beneficial in promoting happiness and emotional balance.

Over time, birthday celebrations have evolved from exclusive rites of nobility to a widespread ritual for individuals, acting as a time-mark in human development and reinforcing feelings of social belonging and personal significance (Redlich, 2020). Empirical research shows that many young people regard birthdays as meaningful occasions that make them feel valued, loved, and connected—especially due to family and peer engagement and attention from others

(Rojaka et al., 2018). Because adolescence is a period of rapid growth and social-emotional change, these characteristics suggest that birthday celebrations may be especially important for adolescent emotional well-being. Hypotheses.

- Higher happiness index scores during birthday celebrations are positively correlated with higher emotional well-being among teenagers aged 13–17 years.
- The emotional tone of a birthday memory (positive vs. negative) predicts adolescents' perceived self-worth.
- Age moderates the happiness–well-being relationship— younger teens (13–15) derive more enjoyment from family involvement, while older teens (16–17) derive more from peer involvement.

II. REVIEW OF LITERATURE

The findings revealed a positive correlation between the frequency and quality of birthday celebrations and higher self-esteem scores. Adolescents who felt supported and valued during their birthday celebrations reported feeling more confident and secure in their identity.

According to the theoretical review, a birthday has particular significance as a socialization marker in human development and as a time marker in the life cycle. Additionally, the celebrant's sense of significance and belonging is reinforced and nurtured on their birthday, which is a symbol of group cohesion and belonging. [1]

People view a birthday as a chance to spend time with loved ones, take a vacation from everyday obligations, and get attention from those around them. Children's birthday celebrations were recognized in the 20th century as a means of assisting children in adjusting to biological and social changes associated with aging. The historical evidence confirms that rituals play an important role in human life. It is believed that life-course celebrations such as birthdays not only aid in understanding the cyclical nature of natural processes but also serve as important milestones in society.

Teenagers who reported feelings of optimism, happiness, self-esteem, belongingness, and feeling loved and wanted were more likely to reach their 20s and 30s in good cardiometabolic health than teens who reported fewer of these positive mental health assets, according to new research published today in the American Heart Association's open-access, peer-reviewed journal.

This study will use questionnaires to investigate the factors that influence high school students' happiness in

Guangdong province. The findings indicate that family, health, character, life, ideal, learning, friendship, education, and leisure all have an impact on happiness. Among these influential factors, family is the most influential factor on high school students' happiness, followed by health.

From a human flourishing perspective, celebrating birthdays can have a significant impact on our mental and emotional well-being. Birthdays provide an opportunity to express gratitude, recognize progress, and celebrate life. They are occasions to spend time with loved ones, deepen relationships, and revel in the joy of human connection. When we celebrate our birthdays, we are basically celebrating ourselves. We are affirming our existence and recognizing the unique experiences and contributions that we bring to this world. This act of self-affirmation can boost our self-esteem while also providing a sense of purpose and meaning.

III. METHODOLOGY

➤ *Research Design:*

This study followed a qualitative and quantitative descriptive research design to understand how happiness during birthday celebrations relates to emotional well-being among teenagers aged 13–17 years. The study's goal was to assess happiness levels, investigate emotional connections, and examine how family and peer factors affect overall well-being.

➤ *Research Instrument*

- Happiness index—self-made with a rating scale of 5 (very happy, happy, neither happy nor sad, unhappy, very sad)
- Survey questions on family connection, expectations, and opinions on birthdays
- ✓ A questionnaire was sent online to 61 teenagers
- ✓ The questionnaire consisted of five questions and a self-developed Happiness Index.
- *Digital Tools*
- ✓ Referred to educational and psychological websites
- ✓ Online sources such as ResearchGate and educational psychology articles.
- ✓ Quillbot and ChatGPT were used as writing tools to rephrase and refine paragraphs while keeping the ideas original

➤ Data and Analysis

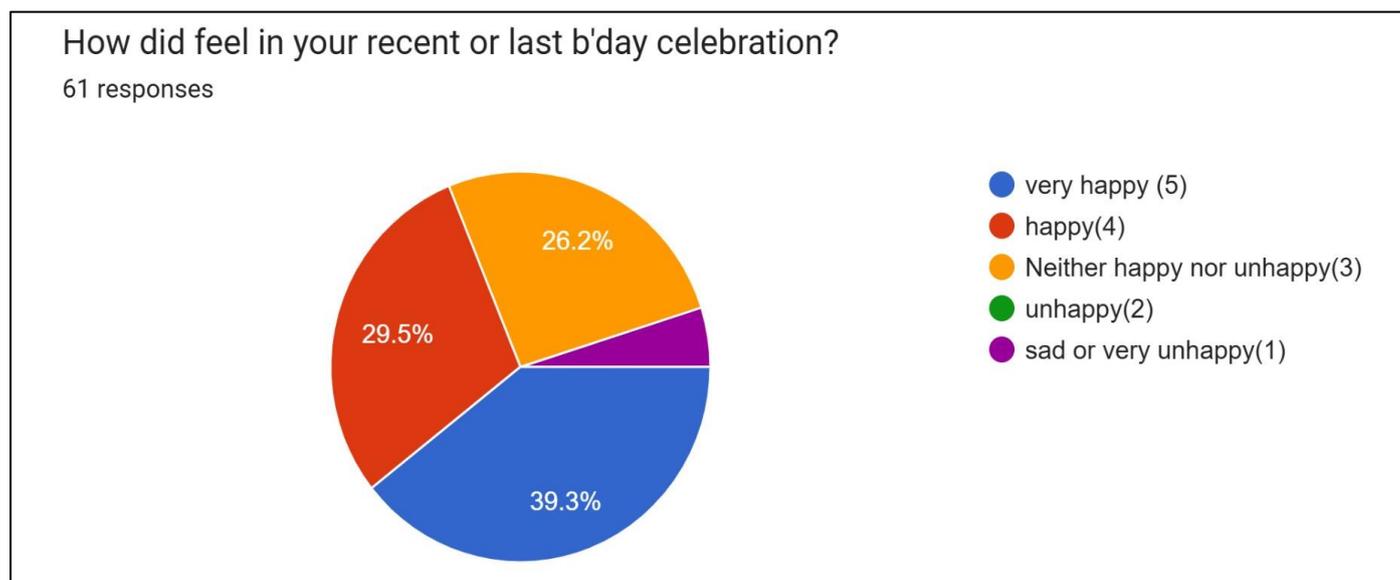


Fig 1 How Did Your Friend Feel During Her Birthday

• Hypothesis 1:

Higher happiness index scores during birthday celebrations are positively correlated with higher emotional well-being among teenagers.

✓ The majority of respondents (68.8%) reported being happy or very happy, showing generally positive emotional experiences.

✓ A smaller group (26.2%) felt neutral, suggesting emotional indifference or unmet expectations.

✓ Only 4.9% felt sad or very unhappy, indicating limited negative experiences.

✓ The overall trend supports the hypothesis that greater birthday happiness reflects stronger emotional well-being.

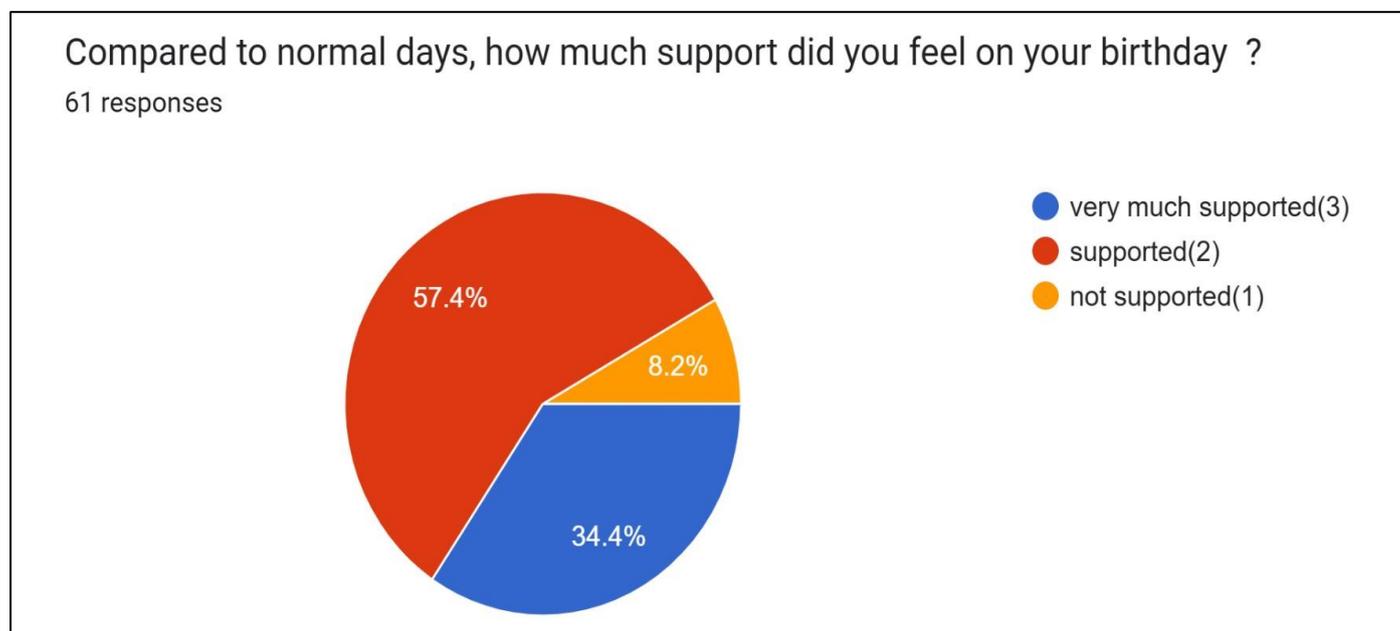


Fig 2 Comparison on the Support on Birth Day and Other Days

• Hypothesis 2:

As a positive emotional tone during birthdays increases self-worth and contributes to greater emotional well-being.

✓ When asked about support compared to normal days, 57.4% of participants felt supported, 34.4% felt very much supported, and only 8.2% felt not supported.

✓ This suggests that social attention and care received on birthdays enhance overall happiness and emotional fulfillment.

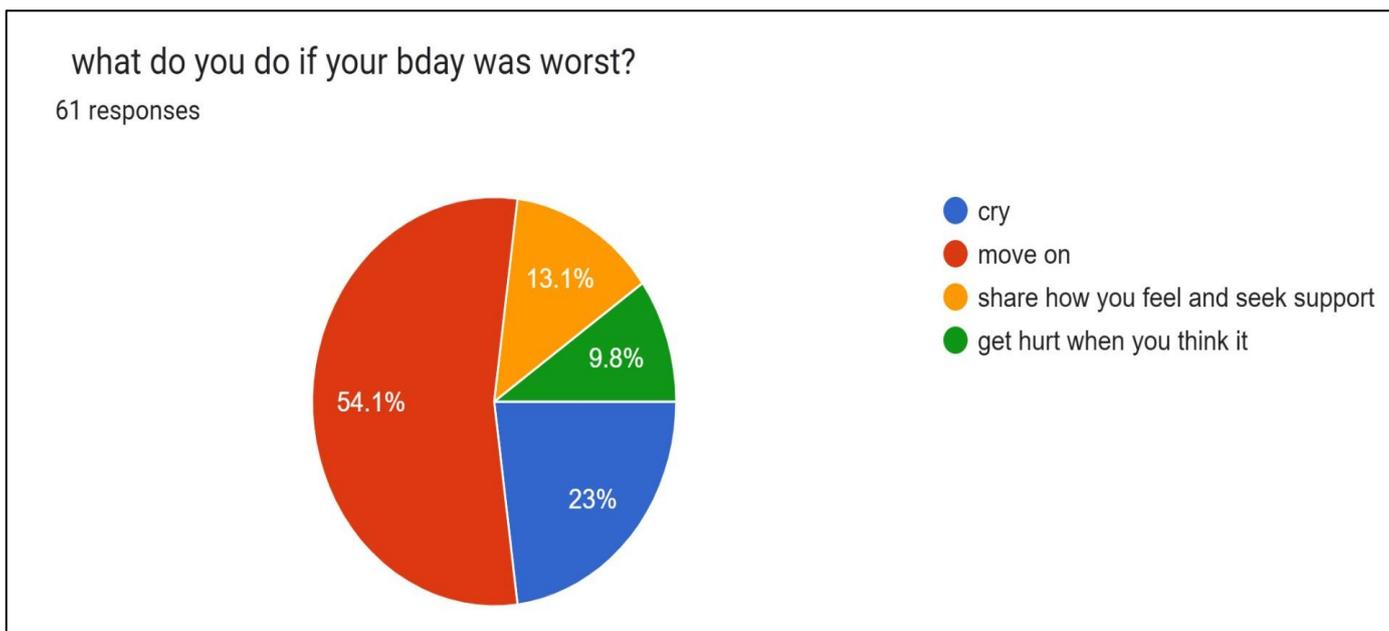


Fig 3 About the Worst Experience on the Birthday

• *Hypothesis 2:*

Which links emotional tone of birthday memories with self-worth—those able to manage negative emotions likely maintain higher emotional stability and well-being.

✓ When faced with a disappointing birthday, 54.1% said they move on, 23% reported crying, 13.1% chose to seek

support or share feelings, and 9.8% said they get hurt when reflecting.

✓ The majority’s response to “move on” suggests emotional resilience and self-regulation, though a smaller group still exhibits emotional sensitivity.

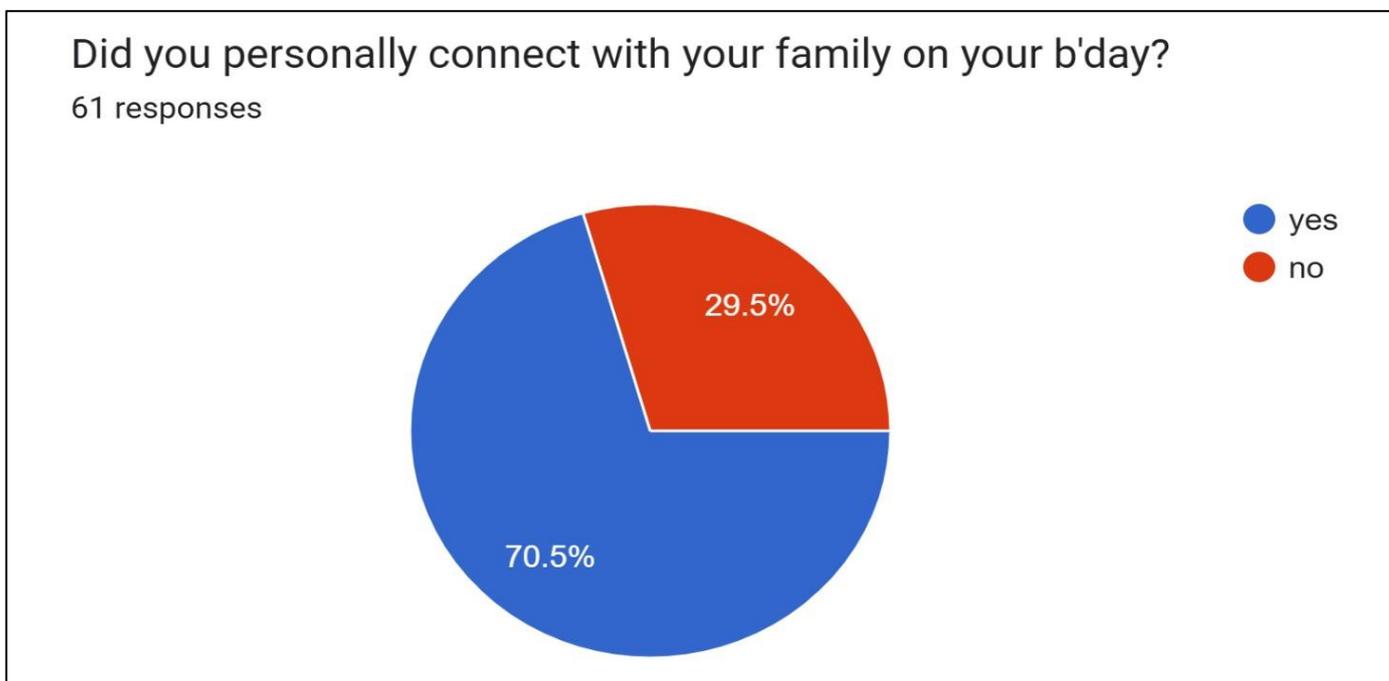


Fig 4 Personal Connect to Family on Birthday

• *Hypothesis 2:*

Emphasizes that positive birthday experiences strengthen perceived self-worth.

✓ About 70.5% of respondents reported connecting with their family on their birthday, while 29.5% did not.

✓ This reinforces the idea that emotional closeness and family interaction during special occasions positively influence mental well-being and self-perception.

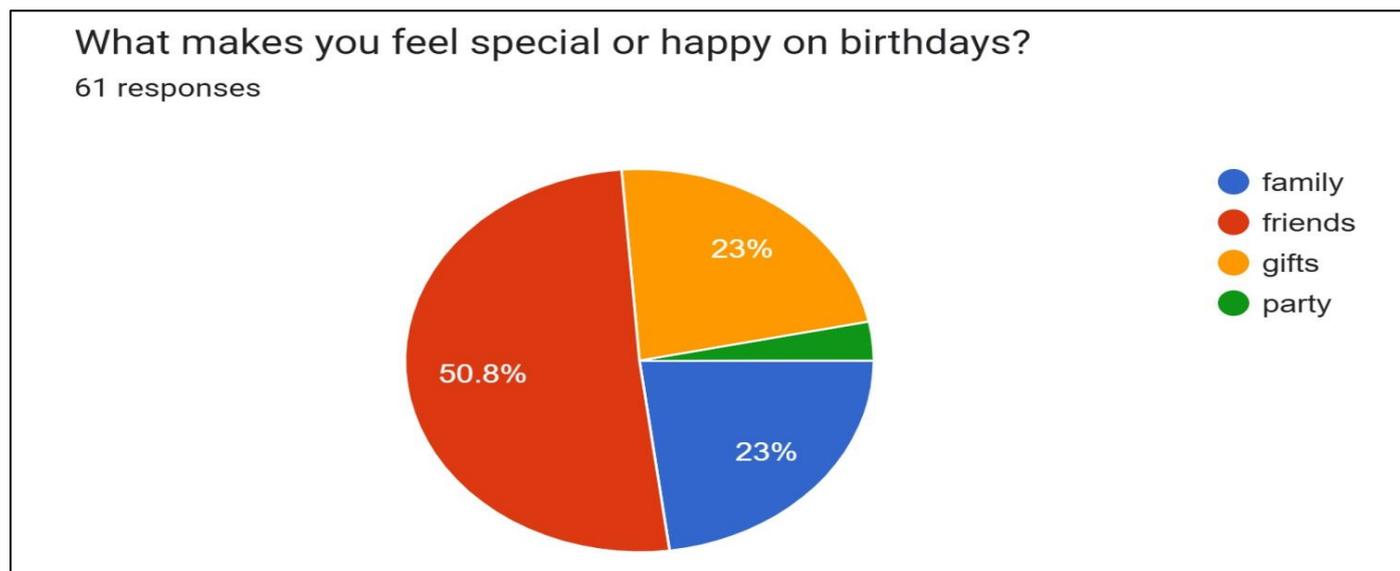


Fig 5 Feeling Special on Your Birthday

- *Hypothesis 3:* Suggests that age moderates the happiness–well-being relationship, where older teens derive more happiness from friends and social circles than from family.
 - ✓ Over 50.8% of respondents said friends make them feel happiest on their birthdays.
 - ✓ 23% credited family, and another 23% mentioned gifts, while only 3.2% chose parties.
 - ✓ This indicates a strong peer influence during adolescence—teens increasingly associate emotional happiness with friend-based interactions.

Table 1 Hypothesis and Conclusion

Question	Hypothesis	Conclusion
How did you feel at your recent or last birthday celebration?	Hypothesis 1	Greater birthday happiness reflects stronger emotional well-being.
Compared to normal days, how much support did you feel on your birthday?	Hypothesis 2	Social attention and care received on birthdays enhance overall happiness and emotional fulfillment
Did you personally connect with your family on your birthday?	Hypothesis 2	Suggests emotional resilience and self-regulation, though a smaller group still exhibits emotional sensitivity
If you don't connect, why?	Hypothesis 2	Emotional closeness and family interaction during special occasions positively influence mental well-being and self-perception.
What makes you feel special or happy on birthdays?	Hypothesis 3	Indicate a gradual shift from family to peer dependence for emotional support.
What do you do if your birthday was the worst?	Hypothesis 3	This indicates a strong peer influence during adolescence.

IV. RESULTS AND DISCUSSION

- *Hypothesis 1:* Higher happiness index scores during birthday celebrations are positively correlated with higher emotional well-being among teenagers aged 13–17 years.
 - The article “Birthdays and Mental Health: How to Navigate Milestones with Self-Compassion” supports this by showing how birthdays can boost self-esteem and emotional well-being when they align with positive self-reflection and meaningful social connections.
 - When teenagers are extremely happy on their birthdays, they tend to form stronger emotional bonds and engage in positive self-reflection. When they are sad or stressed, they may experience emotional distress, including low mood, pressure, and anxiety.

- *Hypothesis 2:* The emotional tone of a birthday memory (positive vs. negative) predicts adolescents’ perceived self-worth.
 - Birthdays are significant milestones that enable adolescents to reflect on their development, relationships, and sense of purpose. A positive emotional tone during these celebrations enhances self-worth and self-love, encouraging gratitude, connection, and emotional stability.
 - As highlighted by Redlich (2020), birthdays act as personal “time-marks” that strengthen identity and belonging, while Rojaka et al. (2018) found that such occasions make individuals feel valued and supported. Similarly, Dr Joshua Awesome (2023) emphasised that celebrating life reinforces personal significance, and

Evolve Psychiatry (2022) noted that self-compassion during birthdays promotes emotional resilience.

- These findings support the hypothesis that positive emotional experiences around birthdays have a direct impact on adolescents' perceived self-worth and overall emotional well-being.

➤ *Hypothesis 3:*

Age moderates the happiness–well-being relationship—younger teens (13–15) derive more enjoyment from family involvement, while older teens (16–17) derive more from peer involvement.

- Happiness evolves as we age and reach new milestones. Although overall happiness levels may not fluctuate dramatically, happiness tends to follow certain patterns throughout life. Different aspects of life may provide more satisfaction and meaning as we progress through childhood, adolescence, adulthood, and old age.
- Puberty frequently causes a restructuring of family relationships. Teenagers want more independence and emotional detachment from their parents. A teen's attention frequently turns to friendships and social interactions.

V. CONCLUSION

The findings of this study indicate that birthday celebrations play a meaningful role in shaping adolescents' emotional well-being. Although birthdays are often seen as simple social traditions, the emotional experiences associated with them can have a significant psychological impact during adolescence, a stage characterized by rapid emotional, social, and identity development. The study highlights that the joy and satisfaction adolescents experience during birthday celebrations contribute positively to their mental health and overall emotional stability.

One of the key outcomes of the study is the strong relationship between emotional happiness during birthday celebrations and higher levels of emotional well-being among adolescents. Celebrating birthdays in a positive and supportive environment can create feelings of appreciation, recognition, and belonging. When adolescents feel valued and acknowledged by their family members and peers on their special day, it reinforces their sense of self-worth and strengthens their emotional confidence. These positive emotions help adolescents develop a more optimistic outlook toward themselves and their social relationships.

Another important aspect revealed in the study is the role of birthday memories in shaping adolescents' emotional resilience. Meaningful birthday celebrations often become memorable life events that adolescents carry with them as they grow older. These positive memories act as emotional resources that can help individuals cope with stress, challenges, and uncertainties during later stages of life. Psychological research suggests that positive social experiences contribute to stronger identity formation, and birthday celebrations provide a moment for adolescents to

reflect on their personal growth, achievements, and relationships.

The study also emphasizes that the sources of happiness during birthday celebrations vary depending on the age and developmental stage of adolescents. Younger adolescents generally derive their happiness from family-centered celebrations. Their emotional well-being is closely linked to the presence, affection, and involvement of parents and family members. Family support provides them with a sense of security, comfort, and emotional stability. In contrast, older adolescents tend to place greater importance on peer interactions during their birthday celebrations. As teenagers grow older, friendships and social networks become more significant in their lives. Celebrating birthdays with friends allows them to strengthen social bonds, gain social acceptance, and develop a stronger sense of belonging within their peer groups. This shift in the source of happiness reflects the natural progression of emotional and social development during adolescence.

Additionally, birthday celebrations often encourage self-reflection and gratitude among adolescents. Birthdays mark the passing of another year in an individual's life, prompting young people to reflect on their personal experiences, achievements, and aspirations. This process of reflection can help adolescents develop a greater awareness of their identity and personal growth. At the same time, receiving wishes, gifts, and attention from others can promote feelings of gratitude and appreciation, which are important elements of emotional well-being.

Overall, the study highlights that birthdays should not be viewed merely as cultural or social customs. Instead, they serve as important psychological milestones that influence adolescents' emotional development. Through positive social interactions, meaningful recognition, and opportunities for reflection, birthday celebrations contribute to the development of identity, emotional resilience, and a sense of belonging. Therefore, creating supportive and joyful birthday experiences can play an important role in promoting the emotional health and well-being of adolescents.

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