



**Tecnológico  
de Monterrey**

**Keys to Happiness for Human Flourishing (Gpo 602)**

*Individual Analysis Report: Happiness Among Tec Students*

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## **Analysis of Selected Survey Questions**

### **Question 1: "Are you feeling motivated about your university life?"**

The survey shows that most students in their first semesters feel motivated about university life, but students in later semesters don't feel as motivated. This happens because when students start university, everything is new and interesting. But as they continue studying, they face more difficult classes and worry about graduation. The excitement becomes normal, and students might feel tired from academic work.

### **Question 2: "Are you worried about your professional future?"**

Students in second semester mostly worry "a little" about their future, but students in eight semester worry "a little" and "a lot." This makes sense because students who are about to graduate need to think seriously about finding jobs, while students who just started don't need to worry about this yet.

### **What do you consider to be the variables that have the most impact on the level of happiness of people?**

After reading the survey results, I found several important things that affect how happy students are:

**Academic Workload:** Second semester students say their workload is "moderate," but eight semester students say it's "very heavy." More work means more stress and less happiness.

**Having Friends:** Second semester students have a harder time finding supportive friends compared to eight semester students. Good friendships help students feel better and happier

**Life Balance:** Only 34% of second semester students feel balanced, but 59% of eight semester students feel this way. Better balance helps happiness.

**Money Problems:** Most second semester students don't have money problems, but by eight semester, only 65.2% can say this. Most eight semester students also have jobs while studying.

**Mental Health:** Later semester students have more anxiety and depression related to university life.

### **What is the relationship between these variables and the level of happiness reported by the population surveyed?**

The relationship between these factors and happiness is complicated. Things that make students happier include having good friends, better life balance, and knowing career goals

clearly. Things that make students less happy include academic stress, money problems, job worries, and mental health issues.

The data shows that later semester students have more stress but also learn better ways to deal with problems, make stronger friendships, and feel more satisfied with life. This creates a complex picture where happiness doesn't just go down over time.

### **What is your conclusion about the levels of happiness of the general population?**

The results surprise me because happiness among university students is complicated. Students face more challenges as they progress, but they also develop stronger friendships, better life balance, and greater satisfaction. This shows that people can learn to deal with problems and still maintain happiness.

Being happy in university is not just about avoiding stress. Instead, it's about developing life skills, support systems, and ways to cope that help maintain well-being even when challenges increase.

### **A reflection about the relationship of the level of happiness perceived by the students, with your own level of happiness**

I can relate a lot to what students said about motivation changes. When I first got to Monterrey, I was super motivated and excited, just like early semester students. But this excitement didn't stay the same throughout my journey. I connect with the finding that motivation can go down but come back stronger later.

### **Similarities to My Personal Experience**

**Living and Social Struggles:** My first semester was difficult because I stayed with my aunt far from Tec. While my friends were partying around Zona Tec, I was stuck watching movies at home, feeling isolated. This matches the survey showing early semester students struggle with social life.

**Health Impact:** Spending whole days at Tec made my physical and mental health suffer. My happiness slowly faded, just like the survey shows academic load affects well-being.

**Motivation Changes:** In third semester, I started disliking classes unrelated to my career and my grades went down. The survey question about feeling motivated really speaks to me because my answer changed over time.

**Ups and Downs:** The survey shows happiness doesn't follow a straight line, and my experience proves this. When I broke my ankle in March, I was so sad and unmotivated that I'd just stay home watching Netflix.

**Professional Future Worries:** Like the survey shows, I'm pretty worried about my future. Since I started at Tec, I've felt like maybe I'm not smart enough for my major, and that feeling

just kept growing. At first, I thought it was just normal stress, but it turned into constant doubt that makes me question if I'm really made for this. It's been hard to ignore, and honestly, it makes me nervous about what's next after I finish school.</span>

## **What I Do to Maintain Happiness**

**Physical Health:** After my injury, I realized physical health is crucial. Now I go to the gym consistently and I'm training for a half marathon.

**Academic Focus:** I'm now getting 9s and 10s in my classes, which has helped my overall happiness and motivation.

**Personal Growth:** I'm reading books and working on being a better boyfriend. The survey shows relationships are important for happiness.

**Learning from Hard Times:** After recovering from my ankle injury, my mental health improved a lot. This taught me that difficult experiences can lead to positive changes.

**Enjoying the Process:** The biggest change is learning to enjoy the process instead of just surviving each day. When the survey asks if I'm feeling motivated about university life, I can honestly say yes, right now I am. It took ups and downs to get here, but I feel more focused than ever.

**Taking Action Despite Worries:** Lately, I've found inner peace with myself. Even though I'm still worried about my future, I'm taking action by taking programming courses and starting entrepreneurial projects. This has helped me feel more confident about my abilities

## **Conclusion**

The study shows that university happiness is complex and doesn't simply get worse over time. While students face increasing challenges, they also develop better coping skills and stronger relationships. The key to staying happy is developing complete approaches to well-being that address academic, social, and personal growth at the same time.

Even though it's been tough, I think it's all been worth it. The survey results helped me see that my experience is normal and that happiness doesn't follow a straight pattern in university.