

```
#include <stdio.h>

int main() {
    int totalSeconds;
    int hours, minutes, seconds;

    // Input total seconds
    printf("Enter total seconds: ");
    scanf("%d", &totalSeconds);

    // Calculate hours, minutes, and remaining seconds
    hours = totalSeconds / 3600;
    minutes = (totalSeconds % 3600) / 60;
    seconds = totalSeconds % 60;

    // Display result
    printf("%d seconds = %d hour(s), %d minute(s), %d second(s)\n", totalSeconds, hours, minutes, seconds);

    return 0;
}
```