

"What Makes a School a Happy Place?"

~A study between high school students from Japan and Malaysia~
Takaoka High School



1 What is well-being?

*1

<Three Factors of Well-Being>

- Physical Well-Being
- **Mental Well-Being**
- Social Well-Being

2

Purpose

- 1.To identify which aspects of school life influence their mental well-being
- 2.To find ways to create a better school life



3

Method

Conduct a survey on school life at a Malaysian high school and at Takaoka high school

<Survey Questions>

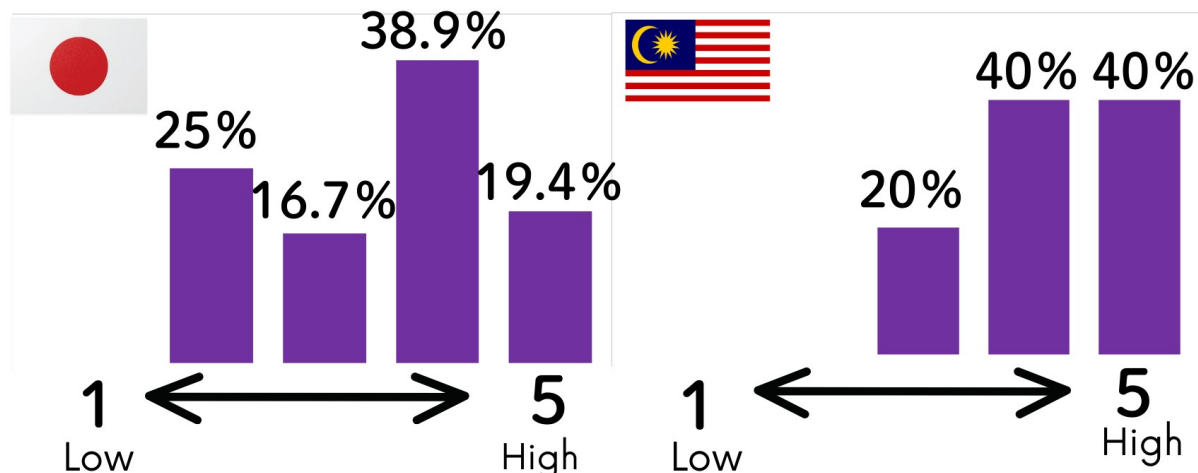
- 1.How satisfied do students feel with their school life?
- 2.Whether they have ever felt they didn't want to go to school?
- 3.Whether they have ever felt stressed because they noticed differences in academic performance compared to others?

4

Result

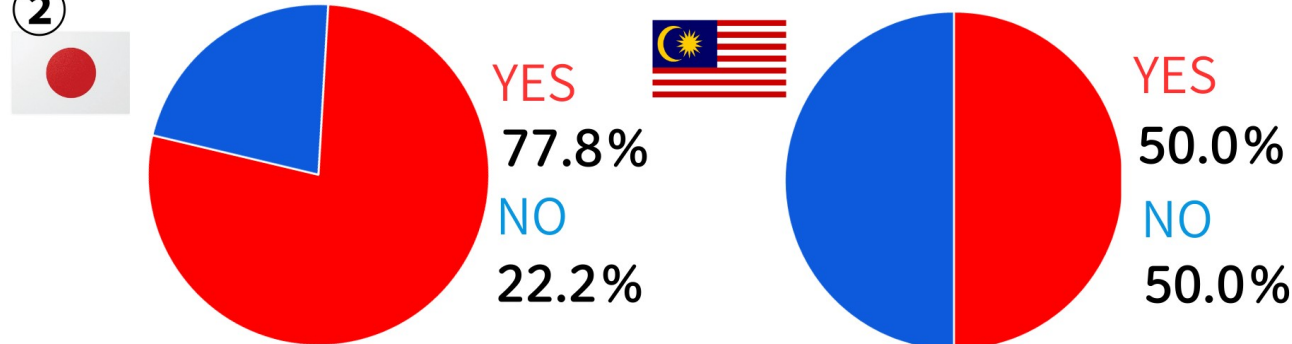
Comparing Japan and Malaysia

①



Malaysian high school students have a higher average level of satisfaction than Takaoka High School students.

②



Malaysian high school students like their school better than Takaoka high school students.

<Reasons why they answered YES>

Takaoka high school students

⇒Some feel uncomfortable with classes and tests during test periods or on Mondays after holidays.

Malaysian high school students

⇒Some of the reasons were because they didn't feel motivated, but most of the reasons were because they weren't feeling well.

③

There were almost no differences between Japanese students and Malaysian students.

5

Consideration & Conclusion

Malaysian high school students feel happier than students at Takaoka High School. We also learned through our exchange that many Malaysian high school students have clear dreams for the future, which may be one reason they feel motivated to go to school. We want to research the reasons and how this relates to well-being.



reference

World Health Organization (WHO). *1

Constitution of the World Health Organization (1948).

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