



Study of Life satisfaction among male and female adults in Nainital

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Abstract: Life satisfaction is the way a person tries to understand how his life has been and how he feels about where it is going in future. Life satisfaction is a measure of well being and may be assessed in term of mood, satisfaction ,relation with others achieved goals, self concepts and self perceived ability satisfaction, includes some factors such as achieving goals and doing well as other people around them and feel happiness generally rather than right now.The purpose of the study was to complete male and female of the level of lifesatisfaction .sample consisted 150 adults both male and female (75 male and 75 female)and they are selected from nainital district of kumaun region .The lifesatisfaction scale constructed by Alam and srivastara (2005) was used.After data collection differences on the level of life satisfaction among male and female adults was calculated using sample t test .Results revealed that there was no significant difference between male and female adults

Keywords: Life satisfaction ,adults ,gender difference .

Introduction

Life satisfaction is considered to be the cognitive judgment component of subjective well being. There are emotions consisting of positive and negative affects about how people perceive their lives. Life satisfaction can be assessed globally or by a specific domain such as satisfaction after marriage and health. It is on overall assessment of feeling and attitude about one's life at a particular point in time ranging from negative to positive. Life satisfaction, positive affects and negative affects are three major indicators of well being . Research studies on satisfaction with current life circumstances include the following- desire to change one's life satisfaction with past, satisfaction with future and significant other's views of one's life. Related term for satisfaction in literature include happiness , quality of life and well being. So while making a study on satisfaction one should also understand the happiness.

The literature on satisfaction can be summarized by insisting on one's efforts to follow the utilitarian lead of creating greater happiness for a greater number of people. Defining life satisfaction it must be deeply and thoroughly examined how there are change in life style . The question arise that what life satisfaction is precisely. One cannot create great happiness without a clear definition of happiness. Next a

preliminary methodological question is whether or not life satisfaction can be measured if no attempts are made to make life more enjoyable. This will remain a matter of subjective belief without a which we remain uncertain about both the necessity to intervene and effect of such intervention. The question is how satisfied people are and whether the degree of satisfaction differs among people. If everyone is satisfied with life then there is little need to search for ways in which level of satisfaction can be improved. Further if people do not differ there is no need or there would be no clues as to how life satisfaction could be improved. If people are not equally satisfied with their lives there is a great need of efforts to bring satisfaction.

The other question is why determinates of life satisfaction can be search for at two levels external condition and inner psychological processes. It is most important to identify the external circumstances in which people tend to be satisfied. As and when we succeed to identify this it would be possible potentially try to create such conditions for everybody. Secondly if we are able to understand the mental processes involved in obtaining high level of satisfaction we could empty the process to give satisfaction to a large number part of people. Life satisfaction is the degree to which a person positively evaluates the overall quality of his/her life as a whole. In other words how much the person likes the life he leads.

Review of literature

Huang et al (2011) found that life satisfaction of older adults living in elderly apartments is better than those living at home. The results indicated that older adults had greater life satisfaction and it was also found that older adults with high income living alone had greater life satisfaction than those living with children.

Devi. et .al,(2012) conducted a study on well being and life satisfaction.The results of the study revealed that the level of well being increased with age and educational level; and urban teachers had better life satisfaction as compared to rural teachers and they also found positive relationship between well being and life satisfaction.

Kurniawan ,[2012] study the problems of college students of life satisfaction .On analyzing the data ,it was concluded student had problems ,



only 3.1% of the students responded that their lives were very good

Cristina et. al . [2012] found that meaning in life and life satisfaction had a positive relationship. Their sample consisted of 969 college students in different schools in the Philippines. results revealed that there was a positive relationship between meaning in life and subjective well being which had implications for developing and achieving a greater sense of happiness and satisfaction in living .

.Bis-Diener et.al.(2010) found that Danes were higher in life satisfaction, Americans were higher in positive and negative affect they are more emotional. The Danes outscored Americans in enjoying life evolution. It appears that rich Americans and Danes were equally happy.

Febrian and Kurniawan [2012] examined the relationship between social self concept and life satisfaction in college students. The sample consisted were 10 universities students ,63 men and 37 women, age range 19 -24 .The results indicated that students perception of his or her social competence with respect to social interaction with others was significantly correlated with life satisfaction.

.Bacchetti and pisan (2013) investigated the determinants of life satisfaction of the young's by means of an econometric analysis which focused specifically on the relationship between household wealth and life satisfaction of secondary school

Results

Table -1 comparison of adult male and female on measure of lifesatisfaction

Areas of Lifesatisfaction		Male	Female	t value	P
Health satisfaction	Mean	6.89	6.42	1.7	NS
	SD	1.76	1.56		
Personal satisfaction	Mean	6.58	6.18	1.4	NS
	SD	1.56	1.81		
Economic satisfaction	Mean	6.58	6.65	0.90	NS
	SD	1.72	1.66		
Social satisfaction	Mean	6.70	5.73	0.19	NS
	SD	1.77	1.66		
Job satisfaction	Mean	6.14	5.81	1.3	NS
	SD	2.08	1.83		
Marital satisfaction	Mean	5.52	37.00	.96	NS
	SD	1.87	5.97		
Total satisfaction	MEAN	38.3		1.7	NS
	SD	8.36			

The respected mean score of male and female in the area of health satisfaction the mean score of adult women were 6.89 and 6.42 and found to

students living in three Italian cities, the study found that family home ownership, mortgages and class relative wealth significantly affected the life satisfaction..

Kaur (2013) studied life satisfaction convicted women . The result revealed that convicted women had more personal satisfaction but less satisfaction from their marital life .There was no impact of age and education on life satisfaction of convicted women .Personality had significant impact on life satisfaction of convicted women.

Hypothesis

There would be no significant difference between male and female adults on the level of life satisfaction .

Sample

The sample of the present study consisted of 150 adults (75 male and 75 female)from nainital district of kumaun region of the age group of 25 to 35 .

Tools

Life satisfaction scale was constructed by Alam and srivastva (2005) This scale covers six major areas of life satisfaction viz. health, personal, economic, marital social and job mention by various researchers and industrial psychologist. The responses have to be given in yes or no .Every yes ,is assigned 1 mark where as 0 (zero) mark is to be assigned for no response .

similar to each other and there are no significant difference between adult men and adult women (t148=1.7NS).On personal life satisfaction the



mean score of male and female were 6.58 and 6.18 and found to be similar to each other as the difference was not significant ($t_{148}=1.4NS$). on the economic satisfaction the mean score of male and female were 6.58 and 6.33 and found to be similar to each other as the difference was not significant ($t_{148}=0.09NS$). on the social life satisfaction the mean score of male and female were 6.70 and 6.65 and also found to be similar to each other as a difference was not significant ($t_{148}=0.19NS$). on the job satisfaction mean score of male and female were 6.14 and 5.73 and to be found similar to each other as the difference was not significant ($t_{148}=1.3NS$). on the marital satisfaction mean score of male and female were 5.52 and 5.81 to be similar to each other ($t_{148}=0.96NS$). on the total satisfaction mean score of male and female were 38.3 and 37.00 to be found to be similar to each other as the difference was not significant ($t_{148}=1.7NS$).

Discussion

The scale has six dimensions, these are Health, personal, Economic, Social, Marital, Job

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satisfaction. Our hypothesis was there would be no significant difference between male and female adults on the level of life satisfaction. present study showed that there was no significant difference between male and female on the total score of life satisfaction. If we see dimension wise results we find that no significant difference between male and female in health, personal, social, marital, job satisfaction. The category of their satisfaction is average but they are on lower side of this category. The dimensions are concerned with physical health and mental health, struggle in life, being active, availability of basic facilities, recreation, interest in social problems, good adjustment with family members, respect for custom etc.. Many earlier study support the study Maheshbabu and Jadhav (2013), Dakshinamurthy and Kalkarni (2009), Crossman (2006) and Arumugasamy (2012), Asgnara Aji (2011) study on satisfaction on male and female. results showed that there was no significant difference between male and female.