

# Life satisfaction with reference to college students

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## ABSTRACT

Main purpose of the research is to find out the life satisfaction with reference to college students. The all subjects were randomly selected from tapi district. Scale was use for data collection for life satisfaction were developed and standardize by Alam and Srivastava, (1996), and data were analysis by 't' test. Result show, There is no significant difference between the life satisfaction of joint and nuclear college students. There is no significant difference between the life satisfaction of low and high monthly family income college students.

## 1. Introduction

Life satisfaction is the way a person perceives how his or her life has been and how they feel about where it is going in the future, a measure of wellbeing. In the modern life, which is so full of stresses of various kinds, life satisfaction has acquired supreme significance. Life satisfaction is manifested through health, economic, marital personal social, and family and job satisfaction. Lack of satisfaction may be reflected in lack of adjustment in either of the areas identified earlier herein. The process of adjustment also by its inherent nature involves active coping with internal and external satisfaction and dissatisfaction.

It still remains a trend all over the world for women to compare with each other on various terms, which includes son preference, and the status associated with the birth of a male child in the family. In a study of Sousa and Lyubomirsky (2001) women's hostility towards other women were inversely associated with their life satisfaction. The study suggested that people's perceptions of their life satisfaction are in part due to comparisons that they make between what they have, what they want, what they used to have, and what others have. Thus, hostility toward other women may be a consequence of unfavorable social comparisons, the recognition that another woman is clearly better off may be related to dissatisfaction with one's own life.

### Concept of life-satisfaction

The term life satisfaction, morale, and happiness are often used interchangeably to refer to well-being, yet there constructs are very much in meaning. Life satisfaction refers to the overall cognitive judgment aspects of subjective well bring. (Diener, 1984)

Just as life satisfaction research in general falls within different scientific domains, so also has the term "life satisfaction"— along with other closely related terms such as "subjective well-being"- been variously defined. In this study, the term "life satisfaction" is conceived as the degree to which an individual judges the overall quality of his/her life as a completely favorable (Veenhoven 1991); the term is thus used synonymously with happiness (in line with Veenhoven 1991)

and subjective well-being (Diener 1994). Life satisfaction can also be defined as the cognitive component of subjective well-being (Campbell et al. 1976; Diener 1994).

### Definition of Life satisfaction

George (1981) defines life satisfaction as a cognitive process by which an individual assesses his or her progress towards desired goals. George also defined happiness as "transitory moods of society reflecting the affect that people feel toward their current state of life."

## 2. Objectives

1. To study of the life satisfaction among joint and nuclear college students.
2. To study of the life satisfaction among low and high family income college students.

## 3. Hypothesis

1. There is no significant difference between life satisfaction among joint and nuclear college students.
2. There is no significant difference between life satisfaction among low and high family income college students.

## 4. Method

### Sample

For this research 269 college students were taken as sample from tapi district. Out of that only 240 samples randomly selected, which are 199 joint and 41 nuclear college students.

### Tools used:

The following tools were used in the present study

#### 1. Personal Data sheet

Personal information about respondents included in the sample of research is useful and important for research. Here also, for collecting such important information, personal data sheet was prepared. With the help of this personal data sheet,

the information about types of family (joint/nuclear) monthly family income (low and high) was collected.

2. Life satisfaction

This scale developed by Alam and Srivastava, (1996). It contains 60. The responses are to be given in yes/no. yes responses indicate satisfaction, whereas, no indicate dissatisfaction. It is standardized on 875 adults aging between 18 to 40 years.

The scale has 60 items. Every items is to be responded either in Yes or No. There is no other alternative every 'Yes' response is assigned 1 mark. The sum of mark is obtained for the entire scale. Test – retest reliability was computed after a lapse of 6 week. The obtained quotient was 0.84. The high score indicate high satisfaction. The validity of the scale was obtained by correlation it with saxena's adjustment inventory and srivastava adjustment inventory. The quotient obtained was 0.74 and 0.84 respectively. Further the scale was face validity as all the items are closely related to the covered area. The items were judged by the experts. It also possesses content validity.

5. Statistical Analysis

In this study 't' test was used for statistical analysis.

6. Result and Discussion

- Life satisfaction with reference to types of family college students. The results are presented in table no.1.

Table No.1 (N=240)

Mean SD and t value of life satisfaction with reference to Joint and Nuclear family college students

Family	N	Mean	SD	't' value
Joint	199	30.05	9.27	0.59 (NS)
Nuclear	41	31.00	10.28	
NS = Not Significant				

To study about there is significant difference or not between Life satisfaction of Joint and Nuclear Family college students, null hypothesis No. 1 was constructed.

Ho.1 There is no difference between the Life satisfaction of the joint and nuclear family college students.

To show Table No.1 the 't' value is 0.59. The value is statistically not significant at 0.05 levels. When 't' value was calculated to know statistical significant of Mean difference, not significant difference was observed between joint and nuclear family college students. It is revealed in Table No.1 that Mean score of life satisfaction of tribal and non-tribal college students belonging to joint and nuclear family are 30.05 and 31.00 respectively. The difference between two is very negligible. Hence, the null hypothesis No.1 accepted. Thus, the result shows that, there is no significant difference between the life satisfaction of joint and nuclear family college student.

Table No.2 (N=89)

Mean SD and 't' value of Life satisfaction with reference to monthly family income of the college student

income	N	Mean	SD	't' value
Low	57	32.51	9.53	1.01 (NS)
High	32	31.00	4.41	
NS = Not Significant				

To study about there is significant difference for not between Life satisfaction of low and medium monthly family income college students, null hypothesis No.2 was constructed.

Ho.2. There is no difference between the life satisfaction of the low and high monthly family income of college student.

It is revealed in table No.2 that mean score of Life satisfaction of college students belonging to low and high are 32.51 and 31.00 respectively. But when 't' value was calculated to know statistical significant of mean difference, no significant difference was observed between low and high monthly family income college students. The 't' value is 1.01 (Table No.2), which is statistically not significant. Hence, the null hypothesis No. 2 is accepted. Thus, the results show that, there is no significant difference between the Life satisfaction of low and high monthly family income college students.

7. Conclusion

- No significant difference between the life satisfaction of the joint and nuclear family college students.
- No significant difference between the life satisfaction of the low and high family income college students.

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