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LIFE SATISFACTION AMONG HIGHER EDUCATION STUDENTS

Dr Hummara Azim

Sr. Assistant Professor, Institute of Home Science, University of Kashmir

ABSTRACT

The present study titled “Life satisfaction among higher education students” was conducted on a sample of 50 boys and 50 girls in Kashmir university Srinagar. Life satisfaction scale was used to collect the data. The findings of the study observed that most of the respondents enjoyed their way of living life, many of them were satisfied from their life. It was found that most of the respondents set their priorities before planning. Many of the respondents believed in improving their life in different aspects of life. Most of them have a good sense of life in different roles. It was also observed that most of them understand their strength and weakness believe in self-help and have a lot of control over their life. Many of them were interested in sports and many of them were confident that they can solve their problems effectively.

Keywords: Life satisfaction, Higher Education, Students, Self-confidence

INTRODUCTION

“Life satisfaction is an overall assessment of feelings and attitudes about one’s life at a particular point in time ranging from negative to positive. It is one of the major indicators of well-being: life satisfaction, positive affect and negative affect. Life satisfaction involves people thinking about their life as a whole, including factors such as whether they are achieving their goals, are doing as well as other people around them and are happy generally (Diener, 1984).

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/she leads (Veenhoven, 1996). Donovan and Halpern (2002) discussed that “when people are happier, they tend to be more open-minded and creative in their thinking. In contrast, people who are unhappy, stressed or dissatisfied tend to exhibit ‘tunnel vision’ and rigid thinking”. Furthermore, people who are satisfied with their lives tend to be healthier and life satisfaction is inversely related to turnover intent (Donovan & Halpern, 2002; Lambert et al., 2009).

Life satisfaction has been one of the oldest and most persistently investigated issues in the study of adulthood (Lewis & Borders, 1995). Life satisfaction refers to an assessment of the overall conditions of existence as derived

from comparison of one's aspirations to one's actual achievements. Self –reported life satisfaction essentially reflects the individual's cognitive assessment of his/her progress towards goals in life (Brown & Duan, 2007).

Life satisfaction is considered to be the most stable component of subjective well-being (Diener et al., 1999). Life satisfaction is defined by Diener (1984) as a positive global evaluation of one's life. Life satisfaction is based on the standards of each individual that determines what makes up a good life (Diener, 1984).

Life satisfaction is defined as the cognitive aspect of subjective well being and refers to people's global evaluation of the quality of their life (Peterson, Park & Seligman,2005) .However, life satisfaction is only one factor in the more general construct of subjective well being (Diener, Suh & Oishi,1997).

Judge et al. (2001) define life satisfaction as an individual's conscious, cognitive appraisal of the quality of his or her life. It is a lasting indicator towards adjustments to changes in life (Lent et al., 2009). It may be described as an emotional reaction of an individual to life consisting of work-time, spare time, and time after work as well as expressing individual's satisfaction about life (Heller , Judge, & Watson, 2002).

Satisfaction with life formerly focused on who is happy, whether the one who is a married, wealthy, spiritual individual or other. Temperament and personality appear as powerful factors, influencing people's well being (Diener, Suh, Lucas, & Smith, 1999). People might be satisfied with one aspect of their life and not the other. In addition individual might be satisfied with more domains of their lives and still be dissatisfied overall because of the impact of the particular domain (Diener,1984).

Life satisfaction refers to an assessment of overall conditions of existence as derived from a comparison of one's aspirations to one's actual achievements. Self-reported life satisfaction essentially reflects the individuals cognitive assessment of his/her progress toward desired goals in life (Brown & Duan, 2007).

LITERATURE REVIEW

Pavot (2008) has done a study on the satisfaction with life scale and the emerging construct of life satisfaction. The study was conducted SWB university students. He finds that the data from many studies that included assessment of life satisfaction indicates that most people are at least slightly satisfied with their lives but that finding is not avariant.

Mishra (2012) carried out a study on the job satisfaction relationship revisited: using the lewbel estimation technique to estimate casual effects using cross-sectional data. The study was conducted 528 English language journals between 1960 to 2013. The purpose of this study has been to show how an recent purposed identification strategy, which utilieze a heteroskedastic covariance restriction to construct an internal IV, can be used to derive casual estimates in cross-sectional data to examine the casual relationship of job satisfaction. Boes (2009) conducted a study on the effects of income on general life satisfaction and dissatisfaction. The study was conducted on individuals between age group of 25 and 65 years old. He finds that our methodology focus on flexible estimation on marginal probability effects and trade off ratio with a single measure of well-being, namely general life satisfaction should prove useful in further investigations.

OBJECTIVES OF THE STUDY

- 1) To assess the life satisfaction among higher education students.
- 2) To make a comparison in life satisfaction among higher education students.

SAMPLE DESCRIPTION

The sample for the present study comprised of life satisfaction of higher education students.

SAMPLE SIZE

Sample was distributed to 50 boys and 50 girls.

CRITERIA FOR SAMPLING

Selection of the sample following criteria's was adopted:

- 1) **Age** : Higher education boys and girls between the age group of (22-25) were included in the study.
- 2) **Gender** : The sample comprised of 50 boys and 50 girls.
- 3) **Dwelling** : The respondents were from rural as well as urban areas.

TOOLS FOR THE STUDY

The main tool used for the collection of data was self-designed questionnaire.

DESCRIPTION OF THE TOOLS

Self-designed questionnaire was framed to collect background information which included questions regarding way of living, life satisfaction, satisfaction from inner self, life planning, development in life, sense of life, life benefits, explanation of life and about yourself.

RESULTS AND DISCUSSION

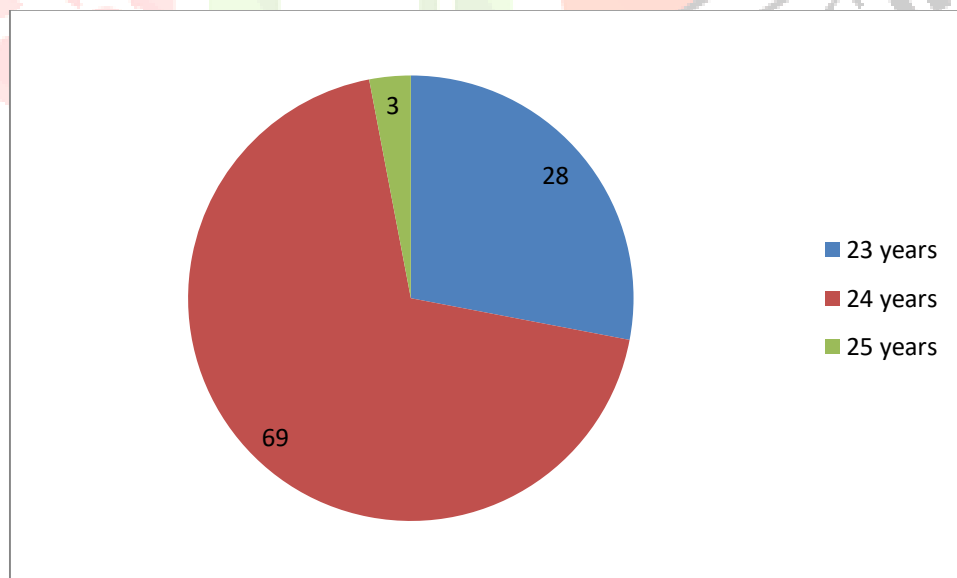


Fig. 1 : Age wise distribution

Fig..1 shows that 3 percent of the respondents were less or equal to 25 years , 28 percent of the respondents were of 23 years old and majority of the respondents i.e. 69 percent were of 24 years old.

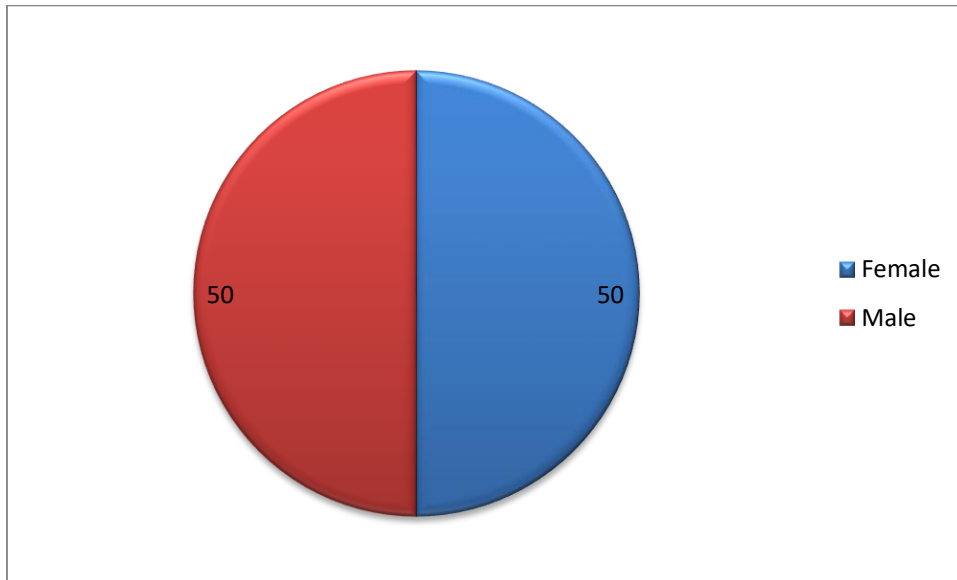


Fig. 2 : Gender distribution

Fig .2 shows that 50 percent of the respondents were males and 50 percent were females.

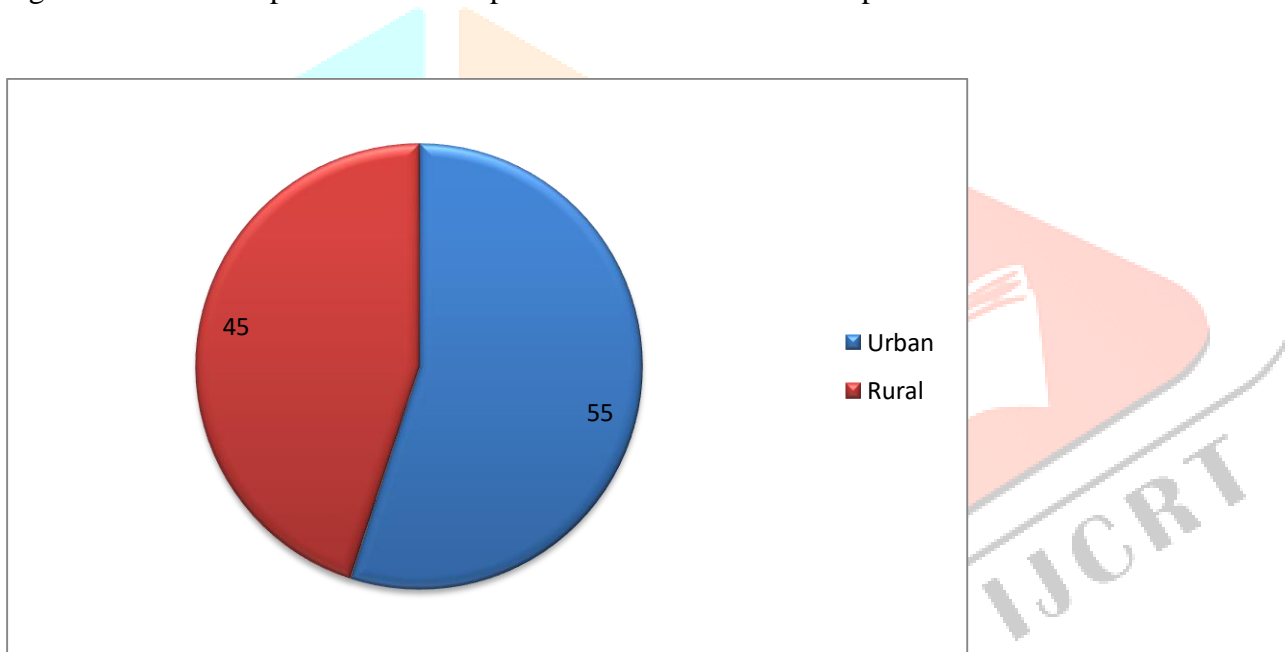


Fig . 3 :Dwelling

Fig..3 shows that 55 percent of the respondents were from Urban area and 45 percent were from Rural areas.

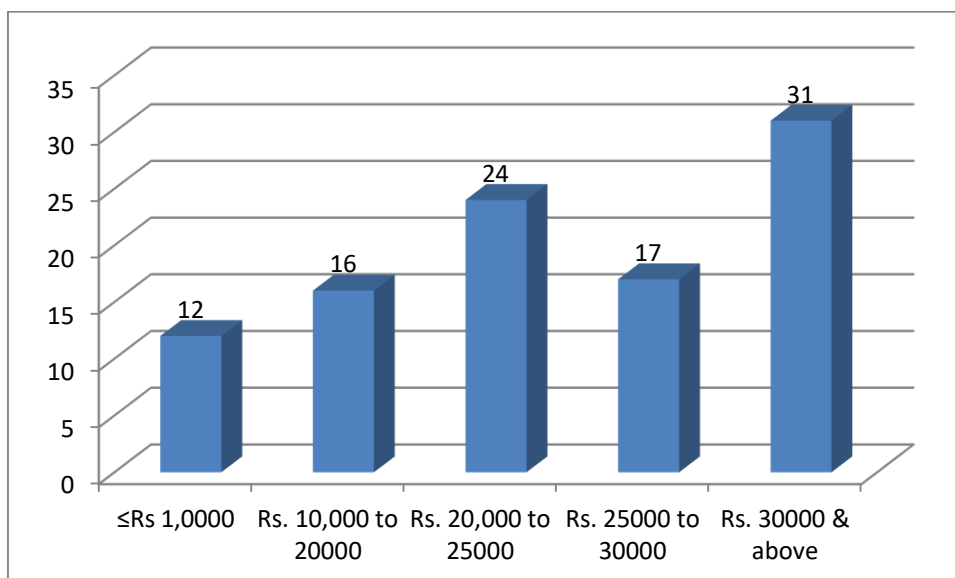


Fig. : 4: Income of the respondents

Fig .4 shows that 12 percent of the respondents were having less or equal to Rs.10000 income, 16 percent were having Rs 10,000-20,000 income , 24 percent were having Rs. 20,000-25,000 income , 17 percent were having Rs.25,000-30,000 income and majority of the respondents I,e 31 percent were having Rs 30,000 and above income.

Table 1 : Way of living life

		Gender					
		Male		Female		Total	
		F	%age	F	%age	F	%age
I set realistic goal for myself	<i>Always</i>	34	68.0	48	96.0	82	82.0
	<i>Often</i>	15	30.0	2	4.0	17	17.0
	<i>Sometimes</i>	0	0.0	0	0.0	0	0.0
	<i>Seldom</i>	1	2.0	0	0.0	1	1.0
	<i>Never</i>	0	0.0	0	0.0	0	0.0
	Total	50	100.0	50	100.0	100	100.0
I, on the whole, enjoy my life	<i>Always</i>	30	60.0	45	90.0	75	75.0
	<i>Often</i>	11	22.0	1	2.0	12	12.0
	<i>Sometimes</i>	9	18.0	4	8.0	13	13.0
	<i>Seldom</i>	0	0.0	0	0.0	0	0.0
	<i>Never</i>	0	0.0	0	0.0	0	0.0
	Total	50	100.0	50	100.0	100	100.0
I enjoy whatever I do	<i>Always</i>	30	60.0	41	82.0	71	71.0
	<i>Often</i>	12	24.0	2	4.0	14	14.0
	<i>Sometimes</i>	8	16.0	7	14.0	15	15.0
	<i>Seldom</i>	0	0.0	0	0.0	0	0.0
	<i>Never</i>	0	0.0	0	0.0	0	0.0
	Total	50	100.0	50	100.0	100	100.0
I enjoy the way I live.	<i>Always</i>	32	64.0	44	88.0	76	76.0
	<i>Often</i>	13	26.0	1	2.0	14	14.0
	<i>Sometimes</i>	4	8.0	5	10.0	9	9.0
	<i>Seldom</i>	1	2.0	0	0.0	1	1.0
	<i>Never</i>	0	0.0	0	0.0	0	0.0
	Total	50	100.0	50	100.0	100	100.0

Table 1 shows that 82 percent of the respondents always set realistic goals for themselves while as 17 percent said that they often set realistic goals for themselves and only 1 percent said they seldomly set realistic goals for themselves.

The above table further shows that 75 percent of the respondents said they always enjoy their life on whole, 12 percent said they often enjoy their life and 13 percent said they sometimes enjoy their life on whole.

The table depicts that 71 percent of the respondents said that they enjoy whatever they do, 14 said they often enjoy whatever they do and 15 percent said they sometimes enjoy whatever they do.

The table further shows that 76 percent of the respondents said that they always enjoy the way they live while as 14 percent said often enjoy whatever they do and only 1 percent said they seldomly enjoy whatever they do.

Table 4.2 : Life satisfaction

		Gender					
		Male		Female		Total	
		F	%age	F	%age	F	%age
I believe life is for living.	<i>Always</i>	31	62.0	48	96.0	79	79.0
	<i>Often</i>	9	18.0	0	0.0	9	9.0
	<i>Sometimes</i>	9	18.0	2	4.0	11	11.0
	<i>Seldom</i>	1	2.0	0	0.0	1	1.0
	<i>Never</i>	0	0.0	0	0.0	0	0.0
	Total	50	100.0	50	100.0	100	100.0
I am satisfied with the work I do.	<i>Always</i>	31	62.0	41	82.0	72	72.0
	<i>Often</i>	8	16.0	1	2.0	9	9.0
	<i>Sometimes</i>	11	22.0	8	16.0	19	19.0
	<i>Seldom</i>	0	0.0	0	0.0	0	0.0
	<i>Never</i>	0	0.0	0	0.0	0	0.0
	Total	50	100.0	50	100.0	100	100.0
I feel that I am a successful person.	<i>Always</i>	18	36.0	35	70.0	53	53.0
	<i>Often</i>	14	28.0	2	4.0	16	16.0
	<i>Sometimes</i>	15	30.0	9	18.0	24	24.0
	<i>Seldom</i>	3	6.0	2	4.0	5	5.0
	<i>Never</i>	0	0.0	2	4.0	2	2.0
	Total	50	100.0	50	100.0	100	100.0
I obtain pleasure from	<i>Always</i>	17	34.0	11	22.0	28	28.0
	<i>Often</i>	10	20.0	0	0.0	10	10.0
	<i>Sometimes</i>	12	24.0	8	16.0	20	20.0
	<i>Seldom</i>	6	12.0	18	36.0	24	24.0
	<i>Never</i>	5	10.0	13	26.0	18	18.0

		Gender					
		Male		Female		Total	
		F	%age	F	%age	F	%age
domestic affair.	Total	50	100.0	50	100.0	100	100.0

Table 2 depicts that 79 percent of the respondents believe that life is for living, 9 percent often believe that life is for living, while as 11 percent sometimes believe that life is for living and only 1 percent seldomly believe that life is for living.

The table further shows that 72 percent of the respondents were always satisfied with the work they do, 9 percent were often satisfied with their work and 19 percent of the respondents were sometimes satisfied with the work they do.

The above table shows that 53 percent of the respondents feel that they are successful person while as 16 percent often feel they are successful, 5 percent seldomly feel they are successful and only 2 percent felt that they are not successful person.

The above table depicts that 28 percent of the respondents always obtain pleasure from domestic affairs whereas 10 percent often obtain pleasure from domestic affairs, 20 percent sometimes obtain pleasure from domestic affairs, 24 percent seldomly obtain pleasure from domestic affairs and 18 percent of the respondents never obtain pleasure from domestic affairs.

Table 3: Satisfaction from inner self

		Gender					
		Male		Female		Total	
		F	%age	F	%age	F	%age
I love to get myself involved in leisure activities.	<i>Always</i>	20	40.0	37	74.0	57	57.0
	<i>Often</i>	16	32.0	2	4.0	18	18.0
	<i>Sometimes</i>	12	24.0	8	16.0	20	20.0
	<i>Seldom</i>	2	4.0	3	6.0	5	5.0
	<i>Never</i>	0	0.0	0	0.0	0	0.0
	Total	50	100.0	50	100.0	100	100.0
I feel happy when I achieve my goals.	<i>Always</i>	43	86.0	47	94.0	90	90.0
	<i>Often</i>	6	12.0	1	2.0	7	7.0
	<i>Sometimes</i>	1	2.0	2	4.0	3	3.0
	<i>Seldom</i>	0	0.0	0	0.0	0	0.0
	<i>Never</i>	0	0.0	0	0.0	0	0.0
	Total	50	100.0	50	100.0	100	100.0
	<i>Always</i>	35	70.0	48	96.0	83	83.0
	<i>Often</i>	12	24.0	1	2.0	13	13.0

I am very much optimistic about my future.	<i>Sometimes</i>	3	6.0	0	0.0	3	3.0
	<i>Seldom</i>	0	0.0	0	0.0	0	0.0
	<i>Never</i>	0	0.0	1	2.0	1	1.0
	Total	50	100.0	50	100.0	100	100.0
I consider my job as less demanding and more congenial.	<i>Always</i>	29	58.0	45	90.0	74	74.0
	<i>Often</i>	19	38.0	0	0.0	19	19.0
	<i>Sometimes</i>	2	4.0	2	4.0	4	4.0
	<i>Seldom</i>	0	0.0	0	0.0	0	0.0
	<i>Never</i>	0	0.0	3	6.0	3	3.0
	Total	50	100.0	50	100.0	100	100.0

Table 3 shows that 57% of the respondents always love to get themselves involved in leisure activities, 18 percent often love to get involved in leisure activities, 20 percent sometimes love to get themselves in leisure activities and 5 percent seldomly love to get themselves involved in leisure activities.

The table further shows that 90 percent of the respondents feel happy when they achieve their goals, 7 percent often feel happy when they achieve their goals and only 3 percent sometimes feel happy when they achieve their goals.

The table depicts that 83 percent of the respondents felt that they are optimistic about their future, 13 percent said they are often optimistic, 3 percent said they are sometimes optimistic about their future and only 1 percent said they not optimistic about their future.

The table also shows that 74 percent of the respondents consider their job as less demanding and more congenial, 19 percent said they often consider their job as less demanding & congenial, 4 percent said they sometimes consider their job as less demanding and congenial and only 3 percent of the respondents said that they never consider their job as less demanding and more congenial.

Table 4: Life planning

		Gender					
		Male		Female		Total	
		F	%age	F	%age	F	%age
I think that I am a self made man.	<i>Always</i>	26	52.0	46	92.0	72	72.0
	<i>Often</i>	14	28.0	0	0.0	14	14.0
	<i>Sometimes</i>	10	20.0	4	8.0	14	14.0
	<i>Seldom</i>	0	0.0	0	0.0	0	0.0
	<i>Never</i>	0	0.0	0	0.0	0	0.0
	Total	50	100.0	50	100.0	100	100.0
I set priorities by planning the day.	<i>Always</i>	36	72.0	45	90.0	81	81.0
	<i>Often</i>	8	16.0	1	2.0	9	9.0
	<i>Sometimes</i>	4	8.0	2	4.0	6	6.0
	<i>Seldom</i>	2	4.0	0	0.0	2	2.0
	<i>Never</i>	0	0.0	2	4.0	2	2.0
	Total	50	100.0	50	100.0	100	100.0
I enjoy taking part in social activities.	<i>Always</i>	22	44.0	30	60.0	52	52.0
	<i>Often</i>	7	14.0	5	10.0	12	12.0
	<i>Sometimes</i>	19	38.0	8	16.0	27	27.0
	<i>Seldom</i>	2	4.0	1	2.0	3	3.0
	<i>Never</i>	0	0.0	6	12.0	6	6.0
	Total	50	100.0	50	100.0	100	100.0
I devote some time to community activities.	<i>Always</i>	12	24.0	31	62.0	43	43.0
	<i>Often</i>	14	28.0	6	12.0	20	20.0
	<i>Sometimes</i>	17	34.0	8	16.0	25	25.0
	<i>Seldom</i>	6	12.0	2	4.0	8	8.0
	<i>Never</i>	1	2.0	3	6.0	4	4.0
	Total	50	100.0	50	100.0	100	100.0

Table 4 shows that 72 percent of the respondents think that they are self made while as 14 percent often think so and 14 percent sometimes think that they are self made.

The table further depicts that 81 percent of the respondents always set priorities by planning the day, 9 percent often do so, 6 percent sometimes do so, 20 percent seldomly do so and 2 percent often never set the priorities by planning the day.

The above table further shows that 52 percent of the respondents enjoy taking part in social activities, 12 percent often take part, 27 percent sometimes, 3 percent seldomly and 6 percent respondents never take part in social activities.

The above table shows that 43 percent of the respondents always devote sometime to community activities, 20 percent often do so, 25 percent sometimes do so, 8 percent seldomly and 4 percent never devote time to community activities.

Table : 5 : Improvement in Life

		Gender					
		Male		Female		Total	
		F	%age	F	%age	F	%age
Moneymaking is not the only motto of my life.	<i>Always</i>	20	40.0	15	30.0	35	35.0
	<i>Often</i>	5	10.0	0	0.0	5	5.0
	<i>Sometimes</i>	7	14.0	5	10.0	12	12.0
	<i>Seldom</i>	7	14.0	21	42.0	28	28.0
	<i>Never</i>	11	22.0	9	18.0	20	20.0
	Total	50	100.0	50	100.0	100	100.0
I want to make use of my skills to improve the quality of life.	<i>Always</i>	35	70.0	50	100.0	85	85.0
	<i>Often</i>	12	24.0	0	0.0	12	12.0
	<i>Sometimes</i>	3	6.0	0	0.0	3	3.0
	<i>Seldom</i>	0	0.0	0	0.0	0	0.0
	<i>Never</i>	0	0.0	0	0.0	0	0.0
	Total	50	100.0	50	100.0	100	100.0
I want to raise my standard of living.	<i>Always</i>	43	86.0	50	100.0	93	93.0
	<i>Often</i>	5	10.0	0	0.0	5	5.0
	<i>Sometimes</i>	2	4.0	0	0.0	2	2.0
	<i>Seldom</i>	0	0.0	0	0.0	0	0.0
	<i>Never</i>	0	0.0	0	0.0	0	0.0
	Total	50	100.0	50	100.0	100	100.0
I take life as it comes.	<i>Always</i>	33	66.0	43	86.0	76	76.0
	<i>Often</i>	12	24.0	0	0.0	12	12.0
	<i>Sometimes</i>	5	10.0	7	14.0	12	12.0
	<i>Seldom</i>	0	0.0	0	0.0	0	0.0
	<i>Never</i>	0	0.0	0	0.0	0	0.0
	Total	50	100.0	50	100.0	100	100.0

Table 4 shows that 35 percent of the respondents always think that money making is not the only motto of their life, 5 percent often think so while as 12 percent sometimes think so, 28 percent seldomly think so and 20 percent never think so.

The above table further shows that 85 percent of the respondents want to make use of their skills to improve the quality of their life while as 12 percent often want to do so and only 3 percent sometimes want to make use of their skills .

The above table depicts that 93 percent of the respondents always want to raise their standard of living while as 5 percent often want to do so and only 2 percent sometimes want to raise their standard of living.

The above table shows that 76 percent of the respondents always take life as it comes, 12 percent often and 12 percent sometimes take life as it comes.

Table 6 :Sense of Life

		Gender					
		Male		Female		Total	
		F	%age	F	%age	F	%age
I think I am capable of fulfilling demands of my life.	<i>Always</i>	37	74.0	50	100.0	87	87.0
	<i>Often</i>	8	16.0	0	0.0	8	8.0
	<i>Sometimes</i>	5	10.0	0	0.0	5	5.0
	<i>Seldom</i>	0	0.0	0	0.0	0	0.0
	<i>Never</i>	0	0.0	0	0.0	0	0.0
	Total	50	100.0	50	100.0	100	100.0
I feel , I have a healthy sense of self.	<i>Always</i>	24	48.0	49	98.0	73	73.0
	<i>Often</i>	18	36.0	0	0.0	18	18.0
	<i>Sometimes</i>	8	16.0	1	2.0	9	9.0
	<i>Seldom</i>	0	0.0	0	0.0	0	0.0
	<i>Never</i>	0	0.0	0	0.0	0	0.0
	Total	50	100.0	50	100.0	100	100.0
I hold optimistic attitude towards life.	<i>Always</i>	23	46.0	46	92.0	69	69.0
	<i>Often</i>	14	28.0	1	2.0	15	15.0
	<i>Sometimes</i>	13	26.0	3	6.0	16	16.0
	<i>Seldom</i>	0	0.0	0	0.0	0	0.0
	<i>Never</i>	0	0.0	0	0.0	0	0.0
	Total	50	100.0	50	100.0	100	100.0
I maintain self respire in different roles.	<i>Always</i>	32	64.0	46	92.0	78	78.0
	<i>Often</i>	13	26.0	0	0.0	13	13.0
	<i>Sometimes</i>	5	10.0	4	8.0	9	9.0
	<i>Seldom</i>	0	0.0	0	0.0	0	0.0
	<i>Never</i>	0	0.0	0	0.0	0	0.0
	Total	50	100.0	50	100.0	100	100.0

Table 6 shows that 87 percent of the respondents always think that they are capable of fulfilling demand of their life, 8 percent often think so and 5 percent sometimes think so.

The table depicts that 73 percent of the respondents feel that they have a healthy sense of self, 18 percent often feel so and 9 percent sometimes feel so.

The above table further shows that 69 percent of the respondents always hold optimistic attitude towards life, 15 percent often think so and 16 percent sometimes think so.

The table further shows that 78 percent of the respondents always maintain self respire in different roles, 13 percent often maintain and 9 percent sometimes maintain self aspire in different roles.

CONCLUSION

Life satisfaction refers to an individual's personal judgment of wellbeing. On the current study it was observed that most of the respondents enjoyed their way of living life, many of them were satisfied from their life. It was found that most of the respondents set their priorities before planning. Many of the respondents believed in improving their life in different aspects of life. Most of them have a good sense of life in different roles. It was also observed that most of them understand their strength and weakness believe in self-help and have a lot of control over their life. Many of them were interested in sports and many of them were confident that they can solve their problems effectively. It was concluded that most of the respondents believe that they are healthy and many of them felt that they are courageous persons.

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