



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

RELATIONSHIP BETWEEN CHARACTER STRENGTHS AND LIFE SATISFACTION IN YOUNG PEOPLE IN INDIA

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Abstract

The aim of the research is to understand the relationship between Character Strengths and Life Satisfaction; and to further see which of the Character Strengths have the most impact on Satisfaction of the Young People in India. A sample of 100 college students (age 18-25) completed the Value in Action Inventory of Strengths (VIA-IS; Peterson et al.; 2005) and Satisfaction with Life Scale (SWLS; Diener et al.; 1985). The mean and standard deviation scores were obtained; as well as the Pearson Correlation Coefficient of each of the Character Strengths of Value in Action Inventory of Strengths (VIA-IS; Peterson et al.; 2005) with the Life Satisfaction scores of Satisfaction with Life Scale (SWLS; Diener et al.; 1985). The results suggest character strengths such as gratitude; fairness; hope; judgement; perseverance; self-regulation; teamwork; zest; and forgiveness are found to be correlated with Life Satisfaction in young people in India.

KEYWORDS: Character Strength; Life Satisfaction; Young People

I. INTRODUCTION

Positive psychology's mission is to discover and promote the factors that enable individuals; communities; and societies to thrive (Seligman; 2000). Character strengths are described as a group of positive personal characteristics; a collection of characteristics that assist individuals (and their groups) to prosper; that is; to ensure desired mental well-being; according to the Values in Action (VIA) category (Seligman; 2004). Consistent with this intuition; studies have shown that the overall balance of people's positive and negative emotions predicts their subjective well-being judgements (Diener; 1991). Strengths have been found to contribute towards encouraging a person to live a positive life in different ways such as psychological fulfillment (Seligman; 2004) and they also encourage positive psychological functioning as well as positive experiences (Peterson; 2003).

Peterson & Seligman (2004) suggest that the Value in Action Inventory of Strengths (VIA-IS) could be used as a way to help people identify their signature strengths. With this knowledge; people could then begin to capitalize and build upon their signature strengths. The classification is a core component of positive psychology; which seeks to understand what makes life worthwhile (Csikszentmihalyi; 2000). The VIA classification includes 24 character strengths that are delegated to core virtues such as: creativity; curiosity; judgement; enthusiasm for education; and point of view (delegated to the character strength of wisdom and knowledge); courageousness; persistence; truthfulness; and zest (delegated to the character strength of courage); love; compassion; and social competence (delegated to the character strength of humanity); team spirit; fair treatment; and leadership (assigned to the character strength of justice).

Life satisfaction is a degree to which a person positively values the overall quality of life as a whole (Ruut Veenhoven; 1996). In simple words; how much a person like his or her life dictates the scores on the life satisfaction scale; the higher the score; the more the person is satisfied; the lesser the score the more things the person wants to change about his or her life which could be anything from their self-image; income; sex; Physical health; academic or work performance; relationship with significant others to their friendships (Chow; 2005). Life satisfaction is also linked to higher academic expectations; superior learning self-efficacy; the faster-perceived process toward goals; and poor education strain (Ojeda et al.; 2011). The character strengths such as hope and zest are found to be positively correlated with psychological well-being and subjective well-being, where as those such as self-regulation, prudence, and persistence are negatively correlated with psychopathological symptoms. Hence, functional social support and character strengths are said to be positive resources that have important consequences for psychological and subjective well-being along with the absence of negative psychopathological symptoms (Caroline M. Azanedo et al, 2021)..

II. REVIEW OF LITREATURE

(Paula Porto Noronha et al.; 2016) focuses on the Associations between Character Strengths and Life Satisfaction among 186 college students (62.9% women) from two Brazilian states; ages ranging from 17 to 45 years. The sample has to complete the measurements of the Character Strengths Scale and Life Satisfaction Scale; the results showed significant differences in gender but not in age. The subjects that had a higher life satisfaction also showed character strengths such as vitality; hope; gratitude; perseverance; and love which indicate a high correlation between them and high life satisfaction.

(Ana Blasco-Belled et al.; 2018) focused on the comparison between affective character strengths and the cognitive character strengths and life satisfaction; using a sample of 419 undergraduate students; ages ranging from 18 to 60 years old from the University of Lleida. 80% of the sample was female. Measures include the Spanish versions of the Value in Action Inventory of Strength (VIA-IS) and the Life Satisfaction Scale. According to the statistical analysis of the data; the affective-component traits such as hope; zest; gratitude; curiosity; and love are more predictive of life satisfaction than the cognitive-component traits. The limitations of the study include the representativeness of the sample as it is 80% women.

(Paula Yopez-Tito et al.; 2022) focused on satisfaction and character strengths in 659 Ecuadorian adolescents; ages ranging from 12 years to 18 years; who completed the student's Life Satisfaction Scale (SLSS) and the Value in Action Inventory (VIA-Y). Their parents and guardians also participated in the study by filling out the survey of socioeconomic stratification (SSES). The study concluded that there was a higher level of life satisfaction in boys and adolescents from intact families and also those who demonstrated strengths of hope; zest; love; and prudence.

III. RESEARCH METHODOLOGY

Statement of the problem

The aim of the study is to assess relationship between Life Satisfaction and Character Strengths in young people in India.

Objective

To asses relationship of life satisfaction and character strength in young people in India.

Hypothesis

1. There will be a significant relationship between the Life Satisfaction and Character Strengths.
2. Character strengths hope; zest; and love will be highly correlated with Life Satisfaction.

Participants

The sample taken for the study was N=100 adults; aged between 18-25 years. The method for sampling used was Random Sampling.

Measurements

1. The Value in Action Inventory of Strengths (VIA-IS):

The Value in Action Inventory of Strengths (VIA-IS; Peterson et al.; 2005); has 240 items for subjectively assessing the 24 character strengths of Peterson and Seligman's VIA classification (2004). It uses a 5-point Likert-scale format (from 1="very unlike me" through 5="very much like me").

2. The Satisfaction with Life Scale (SWLS):

The Satisfaction with Life Scale (SWLS; Diener et al.; 1985) is a 5 item scale is used to measure cognitive judgment of an individual's life satisfaction however it is not a measure of either positive or negative effect. participants rate how much they agree or disagree with each of the five questions using a 7 scale that ranges from 7 which means strongly agree to 1 which means strongly disagree.

Procedure of data collection and scoring

The responses from the sample were collected via offline distribution of questionnaires using the random sampling method. The questionnaires were distributed to students; whose ages were ranging from 18 to 25 years old. They were asked complete the questionnaire as comfortably as they could and that there were no wrong or right answers. The participants were also told that they can quit the study at any time. The participants took around 25 minutes to complete the whole questionnaire.

Procedure of data analysis

Pearson's Correlation was used to measure the strength of relationship between Character Strengths of Value in Action Inventory of Strengths (VIA-IS; Peterson et al.; 2005) and Life Satisfaction scores of Satisfaction with Life Scale (SWLS; Diener et al.; 1985) using the SPSS software. Mean and Standard Deviation were also measured.

IV. RESULTS AND DISCUSSION

The aim of the study was to assess the relationship between character strengths and life satisfaction in young people in India.

4.1. Table 1

Descriptive Statistics of Character Strengths of Value in Action Inventory of Strengths (VIA-IS) And Life Satisfaction scores of Satisfaction with Life Scale (SWLS):

Variable	n	Mean	Standard Deviation
Appreciation of Beauty & Excellence	100	16.13	2.205
Bravery	100	14.55	2.698
Creativity	100	15.02	2.503
Curiosity	100	15.20	2.503
Fairness	100	16.22	2.561
Gratitude	100	14.52	2.819
Honesty	100	16.09	2.305
Hope	100	14.73	2.974
Humor	100	15.06	3.333
Judgement	100	15.79	2.447
Kindness	100	14.68	2.084
Leadership	100	14.69	2.967
Love of learning	100	15.08	2.585
Love	100	14.59	2.967
Humility	100	15.89	2.054
Perseverance	100	13.65	3.347
Perspective	100	15.08	2.845
Prudence	100	15.25	2.883
Self-Regulation	100	13.58	3.153
Social Intelligence	100	15.22	2.410
Spirituality	100	14.33	3.394
Teamwork	100	15.47	2.316
Zest	100	13.62	2.806
Forgiveness	100	14.70	3.273
Life Satisfaction	100	20.95	5.987

In a sample size of (N=100); measuring character strengths using a scale that has a mean ranging from 13.65 to 15.87 and a standard deviation ranging from 2.054 to 3.347; provides us information about the distribution of character strengths in our sample. The mean score on the character strengths scale we have obtained is within the range of 13.65 to 15.87 suggests that the character strengths in our sample are clustered around this central value.

4.2. Table 2

Pearson Correlation between Character Strengths in Value in Action Inventory of Strengths (VIA-IS) And Life Satisfaction scores of Satisfaction with Life Scale (SWLS)

Character Strengths	n	Mean	SD	Pearson correlation
Appreciation of Beauty & Excellence	100	16.13	2.205	0.72
Bravery	100	14.55	2.698	0.88
Creativity	100	15.02	2.503	0.115
Curiosity	100	15.20	2.503	0.180
Fairness	100	16.22	2.561	0.225*
Gratitude	100	14.52	2.819	0.427**
Honesty	100	16.09	2.305	0.101
Hope	100	14.73	2.974	0.379**
Humor	100	15.06	3.333	0.96
Judgement	100	15.79	2.447	0.234*
Kindness	100	14.68	2.084	0.060
Leadership	100	14.69	2.967	0.149
Love of learning	100	15.08	2.585	0.107
Love	100	14.59	2.967	-0.058
Humility	100	15.89	2.054	0.065
Perseverance	100	13.65	3.347	0.266**
Perspective	100	15.08	2.845	-0.046
Prudence	100	15.25	2.883	0.132
Self-Regulation	100	13.58	3.153	0.275**
Social Intelligence	100	15.22	2.410	0.017
Spirituality	100	14.33	3.394	0.176
Teamwork	100	15.47	2.316	0.263**
Zest	100	13.62	2.806	0.263*
Forgiveness	100	14.70	3.273	0.263**

*Correlation is significant at the 0.05 level (2-tailed)

** Correlation is significant at the 0.01 level (2-tailed)

We obtained the correlation coefficients between each Character Strength with Life satisfaction via Pearson Correlation method. For the Character Strengths: Appreciation of Beauty & Excellence; Bravery; Creativity; Curiosity; Honesty; Humor; Kindness; Leadership; Love of Learning; Humility; Prudence; Social Intelligence and Spirituality; the Pearson correlation coefficients obtained are not significant at the 0.01 or 0.05 levels (2-tailed); which means that there is not enough evidence to conclude that the correlation is significantly different from zero. In the case of Pearson correlation coefficients that are not significant at the 0.01 or 0.05 levels; it suggests that although there is a relatively strong positive linear relationship between the two variables; this relationship may be due to chance or other factors; rather than a true underlying association.

Furthermore according to our analysis; Character Strengths such as Fairness; Judgement; Zest; Gratitude; Hope; Perseverance; Self-Regulation; Teamwork; and Forgiveness have positive correlation with Life Satisfaction. Positive correlation refers to a relationship between two variables where they tend to move in the same direction. A positive correlation coefficient; measured using Pearson correlation coefficient; indicates the strength and direction of this relationship i.e.; Fairness; Judgement; Zest; Gratitude; Hope; Perseverance; Self-Regulation; Teamwork; and Forgiveness increase as Life Satisfaction increases; and vice versa.

For Character Strengths such as Fairness; Judgement; and Zest; the Pearson Correlation Coefficients is significant at the 0.05 level (2-tailed); it means that there is sufficient evidence to conclude that the correlation is significantly different from zero. A Pearson correlation coefficient is significant at the 0.01 level (2-tailed); it means that there is even stronger evidence to conclude that the correlation is significantly different from zero compared to a significance level of 0.05 which is the case for Character Strengths such as Gratitude; Hope; Perseverance; Self-Regulation; Teamwork; and Forgiveness.

Lastly according to our analysis; Character Strengths such as Love and Perspective have negative correlation with Life Satisfaction. Negative correlation refers to a relationship between two variables where they tend to move in opposite directions. However; the Correlation of love and perspective with Life satisfaction is not significant at either 0.05 level or 0.01 level which means there is not enough evidence to conclude that the correlation is significantly different from zero.

To conclude the results of this study support the hypothesis that character strengths are correlated with Life Satisfaction; as the character strengths such as gratitude; fairness; hope; judgement; perseverance; self-regulation; teamwork; zest; and forgiveness are found to be correlated with Life Satisfaction in young people in India. However our second hypothesis that is character strengths hope; zest; and love are highly correlated with Life Satisfaction as per previous literature; has been rejected as according to our analysis; love has a Pearson correlation coefficient of -0.058; which is not significant at either 0.05 or 0.01 levels; which indicates that there is not enough evidence to conclude that the correlation is significantly different from zero. Other Character strengths that not correlated with Life Satisfaction according to our analysis are Appreciation of beauty and Excellence; Bravery; Curiosity; Fairness; Honesty; Humor; Kindness; Leadership; Love of Learning; Humility; Prudence; Social Intelligence and Spirituality.

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