



# PSYCHOLOGICAL CAPITAL AS A CORRELATE OF LIFE SATISFACTION

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## ABSTRACT

The field of positive psychology has drawn a lot of interest in an effort to comprehend the elements that lead to General Well-being and Life Satisfaction. Psychological Capital is a useful positive psychology resource that combines Optimism, Efficacy, Resilience, and Hope. Evaluating Psychological Capital's effect on Life Satisfaction is crucial as people strive for contentment and happiness. The study aim to investigate the relationship between Psychological Capital And Life Satisfaction. It is a dynamic area of research exploring how individual psychological resources, such as Optimism, Resilience, Self- Efficacy, And Hope, contributes to overall well- being. The tools were used as is the Satisfaction with Life Scale (SWLS) and The Psychological Capital Questionnaire (PCQ). A total sample consisted of 100 participants (N=100) who are pursuing bachelors or undergraduate course from the reputed universities of Delhi NCR. The participants were between the age range of 18-23 years and both males and females students were considered. The sampling were based on random sampling method. Data were collected via questionnaire and this study adopted a descriptive and correlational research design. The result shows that people who have a high Psychological Capital have a high score on Life Satisfaction. furthermore, Participants who has an expectation of positive outcomes for future events helps to enhance satisfaction with their life. The finding also reveals that people who has high optimism tend to report slightly higher Life Satisfaction; Moreover, a person who has a belief to attain any goals has a somewhat greater Life Satisfaction. In addition, Participant who has a competency to rebound or overcome has only barely impact on Life Satisfaction. This study also evidences a significant positive association between Psychological Capital and Life Satisfaction. However, Due to limitations of this study, including potential biasness, negative aspects of Psychological Capital and research design; Ideally, the research findings should be carefully considered.

**Keywords:** *Psychological Capital, Life Satisfaction, University Students*

## INTRODUCTION

The exploration of Psychological Capital and its influence on Life Satisfaction has become increasingly pertinent in contemporary research. With a growing emphasis on mental health and well-being, understanding the factors that contribute overall Life Satisfaction has garnered considerable attention. Present study aims to delve into the complex role between Psychological Capital-encompassing element such as optimism, resilience, self-efficacy and hope-and the subjective sense of fulfilment and contentment in individuals. Numerous research has been conducted regarding Psychological Capital and Life Satisfaction that evaluating the correlation and predictors of both variables (Ishak et al.,2022). In general, “Life Satisfaction is a cognitive evaluation of the overall quality of life based on an individual’s criteria (Shin et al.,1978).” It also define as that cognitively evaluates their life in relation to a predetermined, subjective standard and feels that they have either met or surpassed it, they are said to be experiencing Life Satisfaction (Pavot et al.,1993).

Many things influence of people’s satisfaction with their life which includes sociodemographic elements such as occupation, family, home, age, gender, psychological traits, way of life, participation in leisure activities, and enjoyment of leisure personality(Rojas et al.,2006). Life Satisfaction is closely related to people’s sense of the worth of existence. In other words, the extent to which individual recognize their own value (Zheng et al., 2020). Numerous research, Life Satisfaction has a positive impact on one’s health and social connections, which facilitate effective life adaption. The Career, cash flow , physical surroundings, personal development, health foster a feeling of satisfaction in life, on the other hand anxiety ,depression and other mental health problems have a significant negative impact on one’s Life Satisfaction A person with a mental illness or any traumatic experiences might be dissatisfied with their life than an individual without those condition (Gigantesco et al.,2021).

Psychological Capital may be explanatory mechanism of the relationship. Contrary to anecdotes of fearless entrepreneurship for the “thrill” or “rush” of taking extreme risks, courage promotes hope, efficacy, resilience, and optimism, which share positive cognitive appraisals of success prospects based on motivation, effort, and perseverance. “Psychological Capital is a kind of “individual positive psychological development state,” which is malleable, developed, and promoted (Luthans et al.,2007). It has been discovered that while stress, anxiety, and depression are all signs of poor psychological health, optimism, hope, self-efficacy, and resilience are positive psychological resources that can lessen anxiety (Sheridan et al., 2015). Psychological Capital is positively associated to a wide variety of really useful outcomes, such as job satisfaction, health, and psychological well-being, and is negatively associated to countless undesirable outcomes, such as job stress and nervousness (Avey, 2011). High levels of Psychological Capital have been demonstrated to have a positive impact on health outcomes, including reduced body mass index and cholesterol, as well as relationship satisfaction (Lorenz et al., 2016). It came about as a consequence of Martin Seligman's positive psychology movement. In the opinion of Luthans (2002), Psychological Capital is a notion that goes beyond human capital, which is defined as “what you know”, social capital as “who you know”, and financial capital as “what you own”. It is emphasized that Psychological Capital represents "who you are" and "who you are becoming.”. To put it another way, Psychological Capital recognizes the evolution (development) from the real self (human, social, and psychological) to the imagined self (Luthans et al., 2006). Another important characteristic

of Psychological Capital is its adaptability, which differentiates it from most constructs related to organizational behaviour and positive psychology. The total (Psychological Capital) might be higher than the combination of its constituent elements. An effective way to explain how the Psychological Capital components work together is to say that hopeful people with the will and means to accomplish their objectives will be more resilient and driven to overcome obstacles. People who are confident will be able to apply and transfer their optimism, hope, and resilience to the particular tasks within the particular domains of their lives. A resilient individual will know how to use the mechanisms of adaptation required for realistic and adaptable optimism. Through internalized feelings of control, Psychological Capital self-efficacy, hope, and resilience can in turn support an optimistic explanatory style. These are but a few of the numerous advantages that could arise from the interaction of the Psychological Capital elements (Luthans et al.,2007). Psychological Capital has distinctive characteristics in that it is "state-like," which makes it measurable and developable. Past studies have linked Psychological Capital with various range of variable like job commitment and satisfaction, performance in occupational and social status, anxiety, perceived stress, ability to cope with the pressure and problems, happiness and well-being as well as seeking behaviour (Luthans et al., 2005).

In conclusion, Life Satisfaction and Psychological Capital are closely related notions in positive psychology, with Psychological Capital serving as a major determinant of subjective well-being and life quality. It is identified that people who experience greater Life Satisfaction also typically possess a stronger sense of existential worth and are happier with their circumstances. Additionally, it has been discovered that Psychological Capital is positively associated with higher Life Satisfaction levels. Among the studies' important conclusions are: Psychological Capital is directly predicted by Life Satisfaction through the mediating role of Attachment Avoidance, Emotional stability and Psychological well – being were found to be correlated with Life Satisfaction. These results suggest that methods and treatments targeted at enhancing Psychological Capital can raise Life Satisfaction and General Well-being. Focusing on Psychological Capital development and enhancement can help people live better lives and handle a variety of obstacles and stressors.

## **REVIEW OF LITERATURE:**

Dirzyte et al., (2022) investigated positive organizational practices, Psychological Capital, and Life Satisfaction of employees in the public and private sectors. There are 582 employees, including 443 public sector and 139 private sector employees participated in this study and data were collected from questionnaire. The result of this investigation is public sector employees differed from private sector employees: private sector employees demonstrated higher scores of dignity, support, care, forgiveness, and overall positive organizational practices than public sector employees, but no significant differences between the groups were found in meaning and inspiration.

Muntean et al., (2022) identified the relationship among emotional stability, psychological well-being, and Life Satisfaction of medical doctors. Through questionnaires, data were collected of 280 participants who met the eligibility criteria were included in this study. The outcome appeared then Emotional stability and Psychological well – being were found to be correlated with Life Satisfaction; thus, it can be considered that Romanian doctors generated coping mechanisms during the COVID-19 pandemic.

Bockorny et al., (2019) examined the connection between Life Satisfaction, Psychological Capital, and courage. The data were collected via questionnaires and 152 entrepreneurs in Midwestern state were involved as participants. The key finding indicated that there is a complete mediation of the relationship between Life Satisfaction and courage by Psychological Capital. Thus, Psychological Capital may be an explanatory mechanism of the relationship. Contrary to anecdotes of fearless entrepreneurs who pursue entrepreneurship for the “thrill” or “rush” of taking extreme risks, courage seems to promote a more calculated approach to entrepreneurship. Specifically, Courage promotes hope, efficacy, resilience, and optimism, which share positive cognitive appraisals of success prospects based on motivation, effort, and perseverance.

Dirzyte et al. (2022) investigated mindfulness, Psychological Capital and Life Satisfaction are associated with different leisure preferences. Questionnaire were utilized to gather the data and there were 478 female participants and 104 male participants in the study sample. They discovered that time spent with family is significantly associated with Life Satisfaction. Besides, males' Life Satisfaction was significantly associated with time spent in nature, while females satisfaction was associated with spending time with family and participating in events. Males mindfulness was significantly associated with book reading, and females' mindfulness was associated with not watching television. This study also revealed a significant negative association between age and spending time with friends or family, evidencing the possible loneliness of elderly respondents.

Xu et al., (2023) examine the impact of engaging in artistic and cultural pursuits on college students' Life Satisfaction. Through a questionnaire survey and data analysis of 708 college students, this study found that there is a strong correlation between college students' Life Satisfaction as entrepreneurs and their involvement in cultural and artistic pursuits.

Wang et al., (2023) explored the relationship between Life Satisfaction and symptoms of depression and anxiety among Chinese medical students during the COVID-19 pandemic was mediated by Psychological Capital, a positive psychological state. The data were collected by questionnaires and data analysis of 583 students and conducted at three medical universities in China. The finding reveals that there is a positive correlation between Psychological Capital and its four components and Life Satisfaction. Additionally, it shows that among medical students, Life Satisfaction, Psychological Capital, resilience, optimism, anxiety, and depressive symptoms are negatively correlated.

Huang et al., (2023) studied a model that emphasizes developing Psychological Capital and career adaptability would result in higher job and Life Satisfaction during a global crisis. Through surveys, data were collected. In the study, a quantitative research methodology was used. A total number of 329 valid surveys in total were acquired. Additionally, it was discovered that the relationships between Psychological Capital, CA, job satisfaction, and Life Satisfaction are moderated by marital status.

Baluku et al., (2023) examined the relationship between mindfulness and well-being outcomes (Life Satisfaction and happiness) among refugees in resource-constrained settlements in Uganda, and the mediating role of psychological and social capital. Data were collected with survey questionnaire and it comprised 576 participants respondents. The results shows that mindfulness are positive association with social capital and

Psychological Capital. However, the only factor that acted as a mediator in the relationship between mindfulness and the well-being measures was Psychological Capital. Our research sheds light on the connections between favourable psychological traits and outcomes related to well-being for refugees residing in environments with limited resources.

Han et al., (2022) investigated the moderating roles that social capital and neighbourhood settings play in Gyeonggi Province, Korea, on the quality of life Satisfaction of older adults. Through survey, data were collected and it was discovered that the use of community living facilities is significantly correlated with older adults' quality of Life Satisfaction. Specifically, there is a strong positive correlation between pedestrian mobility and safety satisfaction levels and quality of Life Satisfaction.

Williams et al., (2023) examined that the relationship between fear of COVID-19, intolerance of uncertainty, and optimistic future expectations in healthcare workers during the pandemic and the mediating role of Psychological Capital. Through questionnaire, data were collected which includes 310 HCWs and age range between 20 and 61 years. The finding demonstrated that Psychological Capital was significantly negatively impacted by fear of COVID-19, but uncertainty intolerance was significantly positively impacted. Positive future expectations were significantly predicted by Psychological Capital, while intolerance of uncertainty was significantly predicted by Psychological Capital in a negative way. Most significantly, the findings showed that Psychological Capital acted as a moderator in the relationship between fear of COVID-19 and intolerance for uncertainty and optimistic expectations for the future.

Liu et al., (2024) explored that the chain that acts as a mediator between meaning in life and perceived social support in the relationship between nostalgia and Life Satisfaction, and to enhance the beneficial application of nostalgia to Life Satisfaction in order to protect people's physical and mental health, the study was conducted on 452 subjects of recruited online from Gansu Province, Guangdong Province, Qinghai Province, and other places in China by using questionnaires. The findings demonstrated that (1) there was a strong relationship between Life Satisfaction, perceived social support, the existence of meaning in life, and the search for meaning in life. The relationship between nostalgia and Life Satisfaction is mediated in a cascading manner by perceived social support and life meaning. (3) The association between Life Satisfaction and nostalgia varies depending on perceived social support and various aspects of life's meaning.

## **METHODOLOGY**

### **AIM**

The aim of the research is to investigate the relationship between Psychological Capital and Life Satisfaction.

### **OBJECTIVE**

- To assess the extent to which Psychological Capital influence an individual's Life Satisfaction among university students.
- To assess the extent to which optimism influence on Life Satisfaction among university students.
- To assess the extent to which resilience influence on Life Satisfaction among university students.
- To assess the extent to which self- efficacy influence on Life Satisfaction among university students

- To assess the extent to which hope influence on Life Satisfaction among university students.

## HYPOTHESIS

**H<sub>1</sub>:** There would be a positive relationship between Psychological Capital and Life Satisfaction.

**H<sub>2</sub>:** There would be a positive relationship between Hope and Life Satisfaction.

**H<sub>3</sub>:** There would be a positive relationship between Optimism and Life Satisfaction.

**H<sub>4</sub>:** There would be a positive relationship between self-efficacy and Life Satisfaction.

**H<sub>5</sub>:** There would be a positive relationship between resilience and Life Satisfaction.

## RESEARCH DESIGN

The study employs from descriptive and correlational research design.

## SAMPLE

The sample consisted of students pursuing bachelors or undergraduate courses from reputed Universities of Delhi NCR. The sample size of the study was calculated based on Z-Value of normal distribution curve. The sample size of the study is 100 participants (N=100) and the data was gathered using convenience sampling technique.

## INCLUSION CRITERIA

- Undergraduate students from private universities of Delhi NCR
- Students aged between 18-23 years of age.
- Both male and female students

## EXCLUSION CRITERIA

- Students aged over 23 years.
- Masters/Doctorate students
- Students pursuing diploma

## TOOLS

### PSYCHOLOGICAL CAPITAL QUESTIONNAIRE (Luthans et al., 2007)

The Psychological Capital Questionnaire consisting of 24 items pertaining to an individual's Psychological Capital (Psychological Capital). the PCQ was developed by Luthans et al., (2007) with the intention of assessing the dimension of Psychological Capital. The Psychological Capital questionnaire measures four dimensions of Psychological Capital: hope, self- efficacy, resiliency and optimism. The instrument's original 24 items were correlated to a six-point Likert scale, with 1 denoting "strongly disagree" and 6 denoting "strongly agree." The Cronbach's alpha for the scale was 0.886 and 0.825 and high validity.

**SATISFACTION WITH LIFE SCALE (Diener et al., 1985)**

The Satisfaction with Life Scale (SWLS) is a self-report questionnaire consisting of five items, with a 7-point scale ranging from strongly disagree to disagree. Completing the questionnaire takes approximately one minute. Diener and colleagues developed in 1985. The Cronbach's alpha for the scale was 0.87 and the validity was 0.46.

**PROCEDURE:**

Using Random sampling, the researcher approached the participants who were eligible in participate in the study. Written informed consent was taken from the participants to ensure that they were willing to take part in the study. The participants were briefed about the study and their queries were addressed to their satisfaction. They were also asked to fill socio- demographic details. Participants were informed that the data collected will be kept confidential and will be used for research purpose only.

**STATISTICAL ANALYSES:**

The acquired finding were analysed using a computer software application SPSS. Considering frequency distribution of normality is a trustworthy test, it was used to determine whether the data was normal. The mean and standard deviation were used to compute the descriptive statistics of the data that were gathered. Pearson's Coefficient of Correlation is the inferential statistic utilized in this study.

**RESULT**

The present study highlights the importance of comprehending the relationship between psychological capital and life satisfaction. seeking to determine the degree to which these constructive psychological resources influence people's level of happiness and satisfaction in general.

Variable	Mean	SD	PSYCAP	HOPE	EFFICACY	RESILIENCE	OPTIMISM	LIFE SATISFACTION
PSYCHOLOGICAL CAPITAL	94.1600	14.59813	1	.700**	.782**	.712**	.558**	.035
HOPE	23.8800	4.84774		1	.500**	.375**	.296**	.179
EFFICACY	24.1000	4.95128			1	.600**	.375**	.087
RESILIENCE	23.1400	3.71462				1	.431**	.020
OPTIMISM	22.4500	2.93490					1	-.045
LIFE SATISFACTION	18.4100	4.35796						1

**TABLE 1: Shows The Overall Frequency Mean, Standard Deviation, and Values of Variable**

The study aims to determine whether there is any relationship between Psychological Capital (Hope, Self - Efficacy, Resilience, Optimism) and Life Satisfaction. It was hypothesized that there would be a relationship between Psychological Capital (Hope, Self – efficacy, resilience, optimism) and Life Satisfaction. This study employs from descriptive and correlational research design. Table No. 1 shows that the Life Satisfaction and Psychological Capital have a strong positive correlation ( $r = 0.700$ ), Hope( $r=0.500$ ) and efficacy ( $r= 0.600$ ) has moderate positive corelation with Life Satisfaction whereas optimism( $r= -0.045$ ) and resilience( $r = 0.431$ ) has a weak positive corelation with Life Satisfaction. Psychological Capital and Life Satisfaction showed the strongest correlation, which was followed by those with hope, efficacy, and resilience all correlated with Life Satisfaction. The weakest, but still statistically significant, correlation was found between Life Satisfaction and optimism. Overall, the result reveals that there is a significant relationship between Psychological Capital and Life Satisfaction which indicates that the alternative hypothesis were accepted thus fostering Psychological Capital proves to be a key determinant in enhancing Life Satisfaction, offering individual a resilient foundation for navigating life’s challenges.

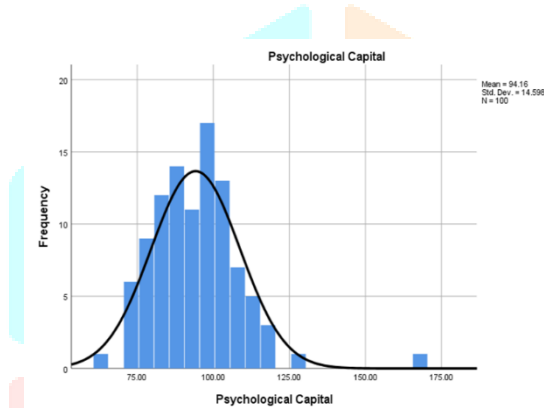


Figure1: Psychological Capital

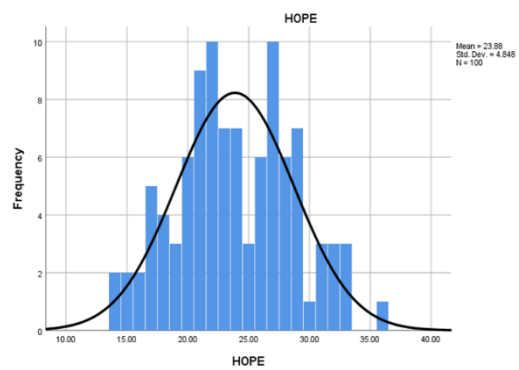


Figure 2: Hope

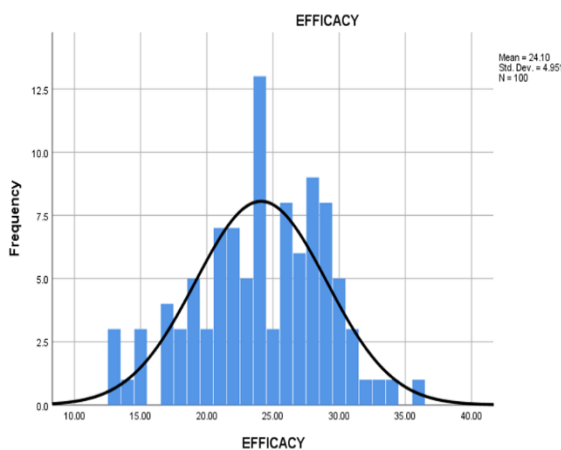


Figure 3: Efficacy

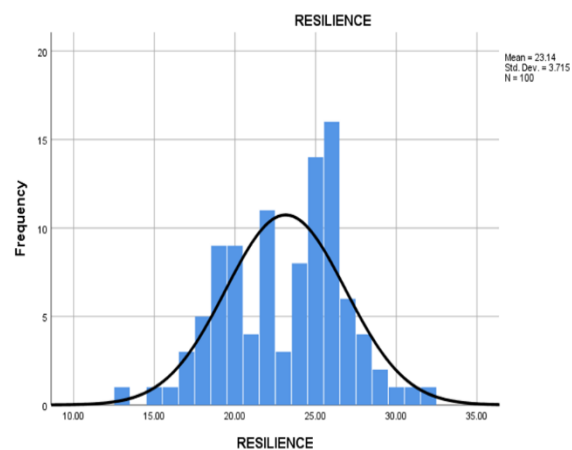
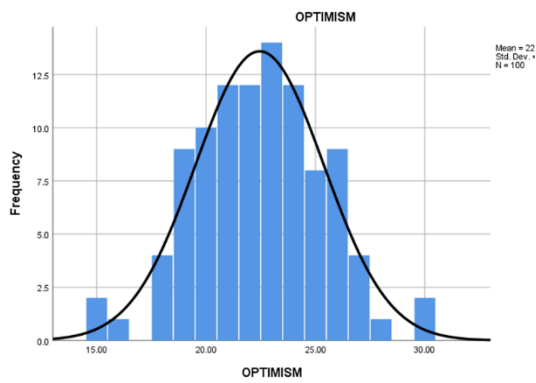
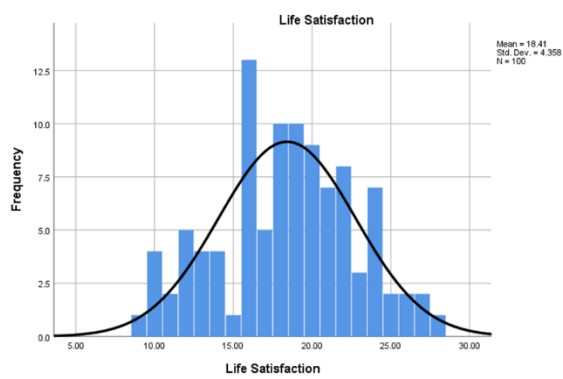


Figure 4: Resilience





**Figure 5: Optimism**



**Figure 5: Life Satisfaction**

## DISCUSSION

This study explores the relationship between Psychological Capital (Hope, self – efficacy, resilience, optimism) and Life Satisfaction. It explores that Psychological Capital contributes to Life Satisfaction. Numerous studies established links between Psychological Capital and Life Satisfaction.

With a growing emphasis on mental health and well- being, understanding the factors that contribute overall Life Satisfaction has garnered considerable attention makes the findings of this study important as this research draw attention to how positive Psychological Capital benefits Life Satisfaction.

In this Investigation, It hypothesized that (H<sub>1</sub>) there would be a relationship between Psychological Capital and Life Satisfaction which means Psychological Capital contributes Life Satisfaction. The findings fully accepted H<sub>1</sub>, evidencing that Psychological Capital has strong correlation with Life Satisfaction which means that people with high Psychological Capital typically report high level of Life Satisfaction. For instance, a student who has high Psychological Capital have the ability to balances their demanding course load with extracurricular activities with their positive outlook. They experiences high Life Satisfaction due to academic achievements, meaningful social connections, and a sense of personal growth. This results might be linked to previous research suggesting association between Life Satisfaction and Psychological Capital. There are several theoretical frameworks that can be used to understand the relationship between Psychological Capital and Life Satisfaction such as self-determination theory, a person's level of well-being is influenced by their ability to meet basic psychological needs like relatedness, competence, and autonomy. By enhancing autonomy through self-efficacy, competence through mastery experiences, and relatedness through positive connections, Psychological Capital supports these needs.

Furthermore, the present study, It hypothesized that (H<sub>2</sub>) there would be a relationship between hope and Life Satisfaction. The results shows that the hope has a moderate corelation with Life Satisfaction which indicates that a person who have high expectation of the positive outcomes for future events have a high satisfaction with their life. Hope is often seen as a way of thinking that things will be better in the future and anticipated that change is possible which automatically increase Life Satisfaction. A person who has high level of hope having a higher level of self esteem, and lower levels of negative self- thought. For instance, a student who struggles academically and feels insecure about themselves doesn't feel satisfied with their life. Nonetheless, they find hope in asking tutors for assistance, making realistic goals, and celebrating little successes. They are inspired to persevere by this hope, which boosts her confidence and improves her

academic performance. Their level of Life Satisfaction rises dramatically as they see their progress. However, the question is why hope is important for increasing Life Satisfaction of an individual because hope motivates action and goal achievement. It gives your life meaning and direction and gives you motivation to get out of bed in the morning and follow your dreams. Feelings of purpose and fulfillment can be attained by having goals to strive for. It increases your will to act and conquer obstacles. Perseverance through challenges and setbacks is more likely when you have faith in things to get better. It supports goal-setting and achievement. Establishing realistic goals and tracking your progress toward them will greatly increase your sense of fulfillment in life. Hope gives you the confidence to think that you can accomplish those objectives, which raises your chances of success and increases your level of satisfaction with life.

This study also hypothesized that (H<sub>3</sub>) there would be an association between optimism and Life Satisfaction. The finding revealed that there is a weak correlation between optimism and Life Satisfaction but still they are statistically significant, correlation was found between Life Satisfaction and optimism. people who have the attitude of seeing bright side of things and believing that everything will turn out for the best can somewhat enhance their satisfaction with life. For instance, When facing unemployment, a person remains positive about landing a new job. Their positive outlook motivates them to look for work actively, maintain their motivation, and eventually find a new job all of which increase their level of Life Satisfaction. There are some various means that helps you to foster optimism in an individual such as mindfulness practices, positive self- talk, goal setting. Determining the relationship between Life Satisfaction and optimism is important because promoting self-improvement techniques to increase wellbeing and cultivate optimism, establishing happy workplaces that encourage optimism and contentment in workers, and programs aimed at interventions that increase community optimism and resilience on a larger scale. Despite the possibility of a weak correlation between optimism and Life Satisfaction in some studies, a strong positive association between the two is strongly supported by significant evidence.

Furthermore, this research assumed that (H<sub>4</sub>) self- efficacy promotes Life Satisfaction. The finding demonstrates that self- efficacy has moderate correlation with Life Satisfaction which means people who has a belief to accomplish goals and get past challenges on their own somewhat contributes to increasement in Life Satisfaction. As Henry Ford said, *“Whether you think that you can or you think that you can’t, you’re right”* People who have less self- efficacy is associated with stress, depression, anxiety, and helplessness and also have low self- esteem which automatically hampers Life Satisfaction of an individual. Promoting self- efficacy via a variety of techniques, such as goal-setting, skill development, and encouraging self-talk, can be a helpful tactic for improving Life Satisfaction and finding meaning. For example, a person who struggling with social anxiety, find his voice through public speaking workshops. They builds self – efficacy through practice, positive feedback, and supportive group sessions. Their belief in his ability to communicate effectively leads to increased confidence, stronger social connection, and improved academic performance, contributing Life Satisfaction through belonging and self- expression. Self-efficacy and Life Satisfaction have a positive but non-deterministic correlation. External circumstances, social support, and individual differences all come into play.

The study also hypothesized that (H<sub>5</sub>) there is an association between resilience and Life Satisfaction. The finding discloses that resilience has a weak correlation with Life Satisfaction but still statistically significant which means people who have inner strength that enables one to overcome difficulties, recover from negative experiences, and overcome obstacles tend to report slightly higher Life Satisfaction. Some of the theories developed on resilience such as Dr. Garmezy's resilience theory they defined resilience as "not necessarily impervious to stress, rather, resilience is designed to reflect the capacity of recovery and maintained adaptive behaviour that may follow initial retreat or incapacity upon initiating a stressful event". The key components of this theory is individual factors, family factors, support factors. Individual factor such as attitude, ability to respond positively to others, and cognitive abilities., Familial factors like unity within the family, warmth or concern for each family member, including the grandparents and kids., Support factors such as Supporting teachers, a strong maternal substitute, and other external factors. For instance, Despite having a chronic illness, person is resilient because they have a positive outlook and strong social connections. They adjust their lifestyle and find purpose in serving others, leading to a slightly high level of Life Satisfaction in spite of continuous difficulties.

Overall, Psychological Capital has a positive correlation with Life Satisfaction, which emphasizes how important it is for promoting wellbeing. Putting a lot of effort into developing this Psychological Capital can be an effective way to improve Life Satisfaction. But keep in mind that it's only one component of the whole picture, and that living a fulfilling life requires taking a holistic approach that addresses all facets of wellbeing. Additionally, to investigate the precise mechanisms underpinning the Psychological Capital and Life Satisfaction relationship as well as individual variations in this relationship, more research is required.

## LIMITATION

This study explores the relationship between Psychological Capital and Life Satisfaction and it has many limitations. The first limitation of this study is that self-reported questionnaires are commonly used to measure Psychological Capital and Life Satisfaction. Potential biases such as individual interpretations, memory recall errors, and social desirability are introduced. Even with the use of standardized instruments, individual perspectives and reporting preferences may affect the outcomes. Self-report combined with objective measurements may yield a more complete picture. Next, Numerous research studies examining this correlation collect data at a single point in time, or cross-sectionally. Our ability to establish causality is limited by this design. Whether higher Psychological Capital results in higher Life Satisfaction or vice versa is impossible to say with certainty. It's possible that living a happy life builds a mutually beneficial relationship with Psychological Capital. It will take longitudinal research following participants over time to separate these possibilities. Next, In future research, we have to focus more on negative aspects of Psychological Capital thus though generally seen in a positive light, some contend that some features of Psychological Capital, such as overly optimistic thinking, may cause inflated expectations and make it more difficult to adjust to new situations. To investigate any possible drawbacks of Psychological Capital and how it relates to Life Satisfaction, more research is required.

We can avoid oversimplifying the intricate connection between Psychological Capital and Life Satisfaction by being aware of these limitations. Acknowledging these shortcomings motivates future studies to fill in these knowledge gaps and offer a more precise and sophisticated picture of the elements influencing well-being. In the end, this will result in the creation of interventions and methods that are more successful in raising Psychological Capital and Life Satisfaction in both individuals and communities.

## CONCLUSION

This study provided some evidence that (H<sub>1</sub>) Psychological Capital has strong correlation with Life Satisfaction; (H<sub>2</sub>) hope has a moderate association with Life Satisfaction; (H<sub>3</sub>) optimism has a weak relationship with Life Satisfaction but still statistically significant; (H<sub>4</sub>) Self- efficacy has a moderate positive correlation with Life Satisfaction; The finding also revealed that (H<sub>5</sub>) resilience has a weak association with Life Satisfaction. The result showed that a person who have high Psychological Capital have a high score on Life Satisfaction. furthermore, Participants who has an expectation of positive outcomes for future events helps to enhance satisfaction with their life. The finding also reveals that people who has high optimism tend to report slightly higher Life Satisfaction; Moreover, a person who has a belief to attain any goals has a somewhat greater Life Satisfaction. In addition, Participant who has a competency to rebound or overcome has only barely impact on Life Satisfaction. This study also evidences a significant positive association between Psychological Capital and Life Satisfaction. However, Due to limitations of this study, including potential biasness, negative aspects of Psychological Capital and research design; Ideally, the research findings should be carefully considered.

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