



# Assessment Of Life Satisfaction In Young And Middle Aged Non - Working Women In Urban India

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**Abstract:** This research study attempts to assess and calculate the life satisfaction percentage in non-working young and middle aged women from Urban India (Bengaluru, Hyderabad, Mumbai, Delhi, Kolkata and Chennai). A sample of 300 non-working women from the above cities are considered for the study. Also tried to compare the life satisfaction levels in two groups through quantitative analysis. Satisfaction with Life Scale (SWLS) – the authors of the scale: Ed Diener, Robert A. Emmons, Randy J. Larsen and Sharon Griffin as noted in the 1985 article in the Journal of Personality Assessment; is adopted for quantifying the life satisfaction in both the groups of non-working women. Descriptive statistics and z-test has been adopted on the samples as the sample size is 300 in total and two sample means. Since life satisfaction is very subjective in nature, also adopted qualitative analysis using interview method. The questions were open ended and based on the concept of “Wheel of Life Scale” (Paul J Meyer). The sample size considered for qualitative analysis is 50 as it is an in-depth interview method with open ended questions. This study summarizes different aspects of life where the particular group is satisfied or not with explanations mentioned by them.

**Keywords:** *Life satisfaction, non-working women, SWLS, interview method*

## Introduction

Life satisfaction refers to a judgmental and cognitive process (Diene, Emmons, &Larsan, 1985) in which people evaluate the quality of their life based on a series of criteria. Life satisfaction is the individual perspective, general evaluation of the totality of one’s life or some aspects of life, such as family life and educational experience; life satisfaction is the reflection of balance between individual wishes and the present

state of the individual. In other words, the greater the gap between the level of individual wishes and the present state of the person, the lower the satisfaction (Pavot&Diener, 1993; Diener&Diener, 2009).

Life satisfaction is a state of feelings pleasures in an organism when it has achieved the goal of dominant motivating tendencies. Life satisfaction could be intrinsic as well as extrinsic. The criteria of life satisfaction of a person are the amount of happiness the Individual obtains through his work in life. It is accepted that the 'happy person' is the one who is fully satisfied with his life. Happiness can never be full on complete if man does not keep in mind and actively supports the welfare of society which has claim on him in many direct, indirect and often subtle ways. Life satisfaction includes many aspects as health, job, personal, economic, mental as well as social. Man should be satisfied in all these aspects. A dissatisfied person is always surrounded by various troubles, obstacles and he faces hurdles in the performance of his duties assigned to him. Instead of becoming a good teacher and a good citizen in future, he becomes an irritable person. So, life satisfaction must be there one's occupation is the water shed down which one's life flows. Hence, it is quite possible that a person dissatisfied in his life may carry over his dissatisfaction to his occupation and vice versa. As such a person; who is dissatisfied in his life, may be dissatisfied with the job for no reasons related to the job. Life satisfaction is a broad concept and varies with the type of relationships established, age as well as gender. It measures the extent to which an individual is satisfied with his life in relation to environment in which he lives. It may be defined as the extent to which the individual's need is satisfied and the extent to which the individual perceives satisfaction out of his/her life. In Indian philosophy, satisfaction with life is thought to be a state of mind. A satisfied and meaningful life involves both subjective thinking and objective thinking components.

In general, word 'Satisfaction' may be defined as the fulfilment or gratification of desires, feelings or expressing pleasures, contentment, happiness, optimism. In Indian Philosophy satisfaction with life is thought to be a state of mind. Life satisfaction is a much broader concept. It is not same for all the relationship. It includes capacity for enjoyment. It is enjoying what we have. Money and material things are no guarantors of happiness. Life satisfaction refers to positive thinking that can help us to lead a happy life and overcome our problems and difficulties with ease.

### **Why not measure Happiness? Why Life Satisfaction?**

People from Positive Psychology know the difference between Life satisfaction and Happiness. Others might see either a thin difference or feel almost the same.

Happiness is an immediate, in-the-moment experience; although enjoyable, it is ultimately fleeting. According to Daniel Gilbert, professor of Psychology at Harvard University, the meaning of happiness is "anything we pleased" (Gilbert, 2009). It is a more transitory construct than life satisfaction, and can be triggered by any of a huge number of events, activities, or thoughts.

Life satisfaction is not only more stable and long-lived than happiness, it is also broader in scope. Life satisfaction measures are generally subjective, or based on the variables that an individual finds personally important in their own life. Your life satisfaction will not be determined based on a factor that you don't actually find personally meaningful.

Another difference between happiness and life satisfaction is that the latter is not based on criterion that researchers deem to be important, but instead on your own cognitive judgments of the factors that you consider to be most valuable. This is also the main difference between wellbeing and life satisfaction; there are many scales that produce great measures of a person's wellbeing, but wellbeing is generally more strictly defined and based on specific variables.

Life satisfaction measures are generally subjective, or based on the variables that an individual finds personally important in their own life. Your life satisfaction will not be determined based on a factor that you don't actually find personally meaningful. You may also hear another term tossed about with life satisfaction and happiness: quality of life. Quality of life is another measure of satisfaction or wellbeing, but it is associated with living conditions like the amount and quality of food, the state of one's health, and the quality of one's shelter (Veenhoven, 1996).

Again, the difference between this related variable and life satisfaction is that life satisfaction is subjective and more inherently emotional. Someone who is homeless or terminally ill may well have a higher life satisfaction than a wealthy person in good health, because they may place importance on a very different set of variables than those involved in quality of life.

### **The Importance of Life Satisfaction**

Not only does greater life satisfaction make us feel happier and simply enjoy life more, it also has a positive impact on our health and wellbeing. Research has found that life satisfaction is strongly correlated with health-related factors like chronic illness, sleep problems, pain, obesity, smoking, anxiety, and physical activity (Strine, Chapman, Balluz, Moriarty, & Mokdad, 2008). The relationship may move in both directions, but it's clear that life satisfaction and health go hand in hand—increase or enhance one, and the other will likely soon follow.

Further, a recent study by researchers at Chapman University found that life satisfaction is actually related to a reduced risk of mortality! In addition, frequent fluctuations in life satisfaction have been shown to be particularly harmful for health and longevity (Boehm, Winning, Kubzansky, & Segerstrom, 2015). Don't mistake quality of life with Life satisfaction. Quality of life deals with living conditions (both socio and economic).

## Life Satisfaction theory and psychology

There are two main types of theories about life satisfaction:

- Bottom-up theories: life satisfaction as a result of satisfaction in the many domains of life.
- Top-down theories: life satisfaction as an influencer of domain-specific satisfaction (Heady, Veenhoven, & Wearing, 1991).

Bottom-up theories hold that we experience satisfaction in many domains of life, like work, relationships, family and friends, personal development, and health and fitness. Our satisfaction with our lives in these areas combines to create our overall life satisfaction. On the other hand, top-down theories state that our overall life satisfaction influences (or even determines) our life satisfaction in the many different domains. This debate is ongoing, but for most people it is enough to know that overall life satisfaction and satisfaction in the multiple domains of life are closely related

## Life Satisfaction and its Contributing Factors

The main contributing factors to life satisfaction are not completely understood yet, and the weight they are given by each individual varies; but, research has found that they likely fall into one of four sequential categories:

- Life chances
- Course of events
- Flow of experience
- Evaluation of life (Veenhoven, 1996)

In the life chances category, you will find societal resources like economic welfare, social equality, political freedom, culture, and moral order; personal resources like social position, material property, political influence, social prestige, and family bonds; and individual abilities like physical fitness, psychic fortitude, social capability, and intellectual skill.

In the course of events category, the events can involve factors like need or affluence, attack or protection, solitude or company, humiliation or honor, routine or challenge, and ugliness or beauty. These are the things that can confront us as we go through our daily life, causing us to lean more in one direction or the other: towards greater satisfaction or greater dissatisfaction.

The flow of experience category includes experiences like yearning or satiation, anxiety or safety, loneliness or love, rejection or respect, dullness or excitement, and repulsion or rapture. These are the feelings and responses that we have to the things that happen to us; they are determined by both our personal and societal resources, our individual abilities, and the course of events.

Finally, the evaluation of life is an appraisal of the average effect of all of these interactions. It involves comparing our own life with our idea of the “good life,” and how the good and the bad in our life balances out.

### **Measurement of Life Satisfaction**

Beginning in the 1960s, life satisfaction was originally thought to be measured objectively and externally; the same way measuring heart rate or blood pressure can be measured objectively and externally. Since then, based on numerous studies of the subject, it has become evident that measuring life satisfaction objectively is fraught with difficulty.

Although life satisfaction is correlated with variables like income, health, and relationship quality, every individual may weight these variables differently than others. It is not unheard of that a person with low income, poor health, and few close relationships has higher life satisfaction than someone with wealth, a clean bill of health, and many friends.

Further, there is no objective way to measure life satisfaction from the outside. How would one measure life satisfaction externally—by the number of smiles? The ratio of laughter to tears? The frequency of dances for joy? If this sounds silly, you’re right; it’s meant to sound silly! Because of individual differences in personality and emotional expression, it’s absurd to think we can measure life satisfaction from the outside.

Thus, it logically follows that to get an accurate measure of life satisfaction, it must be obtained subjectively; common techniques for measuring include, surveys, questionnaires, and interviews.

### **Looking at Life Satisfaction by Country**

Studies on the variance in life satisfaction between nations have shown that living conditions exert a strong influence over average life satisfaction. That is, economically prosperous countries tend to have a higher average life satisfaction than poorer nations; on a similar note, countries with better job prospects are generally higher in life satisfaction than countries where unemployment is high (Helliwell, Layard, & Sachs, 2017). The correlation between income and life satisfaction is higher in poorer countries compared to more affluent countries, and life satisfaction tends to be higher in egalitarian countries. In countries with higher equality, people are more able to choose lifestyles that best fit their preferences and desires, making it more likely that they will be satisfied with their lives.

Although it appears that income and subjective well-being correlate in within country studies (Diener, 1984), a debate has focused on whether this relationship is relative (Easterlin, 1974) or absolute (Veenhoven, 1988, 1991). The absolute argument advanced by Veenhoven states that income helps individuals meet certain universal needs and therefore that income, at least at lower levels, is a cause of subjective well-being. The relativity argument is based on the idea that the impact of income or other resources depends on changeable standards such as those derived from expectancies, habituation levels, and social comparisons. Two studies



which empirically examine these positions are presented: one based on 18032 college studies in 39 countries, and one based on 10-year longitudinal data in a probability sample of 4942 American adults. Modest but significant correlations were found in the U.S. between income and well-being, but the cross-country correlations were larger. No evidence for the influence of relative standards on income was found: (1) Income change did not produce effects beyond the effect of income level per se, (2) African-Americans and the poorly educated did not derive greater happiness from specific levels of income, (3) Income produced the same levels of happiness in poorer and richer areas of the U.S., and (4) Affluence correlated with subjective well-being both across countries and within the U.S. Income appeared to produce lesser increases in subjective well-being at higher income levels in the U.S., but this pattern was not evident across countries. Conceptual and empirical questions about the universal needs position are noted. Suggestions for further explorations of the relativistic position are offered.

Education is an interesting point when studying life satisfaction; based on the variance between nations, it seems that more highly educated countries generally experience higher levels of satisfaction. However, it is interesting to note that for individuals, the effect of education on life satisfaction is stronger when few people within that individual's country have gained the individual's level of education. For example, a person with a bachelor's degree in a country with low average education likely experiences a bigger boost to life satisfaction than a person with a bachelor's degree in a more highly educated country (Salinas-Jiménez, Artés, & Salinas-Jiménez, 2011).

Variables such as mental and physical health, energy, extroversion, and empathy have all been shown to be strongly correlated to satisfaction, but it is sometimes hard to determine the direction in which these relationships work: are these variables the products or the causes of life satisfaction, or perhaps both?

### **Need and Significance of this research**

India has emerged as a fastest growing economy, and is now fifth largest economy in the world. So in this fast pace technologically advanced times, it's very important to know about the Life satisfaction of "non-working" (rather unpaid labors) woman in India. This research gives a brief idea about life satisfaction levels in the two age groups and detailed study of different domains of life to consider to increase life satisfaction.

### **Research Gap**

There are many studies conducted on Life satisfaction of Women (along the life span too). But there was never a comparison of Life Satisfaction between two phases of life with respect to Urban India and being financially dependent, as the research focus is on non-working women.

Also no detailed research with respect to different domains of life satisfaction in women. Ex: Personal growth, career, physical environment, financial security, relationships etc. There are hardly any papers which worked on "Wheel of Life scale" – Instead of quantifying the scale, I want to do a qualitative (descriptive) research on this.

## Statement of Research problem

1. Quantify and to prove that there is significant difference in the Life satisfaction among young adults and middle aged non-working women in Urban India.
2. What are the domains which are to be considered to improve Life Satisfaction in non-working women in Urban India?

## Research Objectives

1. To assess and prove that there is significant difference in the life satisfaction of two groups of women namely young and middle aged and being non-working in Urban India.
2. To understand different domains of life with respect to non-working woman in urban India and which domain needs to be improved to increase overall life satisfaction with respect to age group or phase of life.

## Research Methodology

### Research design

Research design helps the researcher to choose the way to proceed from the research question, that is, how exactly should the research be carried out. It can be said as the framework in which the researcher conducts the research. Various research designs such as descriptive, exploratory, etc. are available and according to the need for the particular study, the researcher chooses the research design. As the research is to quantify and compare the life satisfaction levels of non-working young and middle aged women in Urban India, also to understand and explore the domains of life where the respective is satisfied or not. This study is justified by mixed research where The Satisfaction with Life Scale is used for the quantitative analysis and interview method (questions based on “Wheel of Life Scale” (Paul J Meyer)) for qualitative analysis to understand life satisfaction from different domains of life. This way it gives a fair data to compare subjectively too. The variables in this study are life satisfaction, non-working (financial dependency). The sample is clearly described as non-working women from age group of 18years to 55years and grouped according to young and middle age description. Through qualitative analysis we will also compare domains of life and also suggest interventions and strategies to improve for the respective age group. The sample is selected only from the Urban India (Delhi, Mumbai, Chennai, Bengaluru, Kolkata and Hyderabad). The cities are selected on the basis of population density, statutory towns, per capita income and GDP.

### Sample description for Quantitative analysis

For the first objective (comparative study of Life satisfaction)

$N = 300$  ( $N$  – Total);

Young Women ( $N_1$ ) = 150;

Middle aged Women ( $N_2$ ) = 150

**Pre-requisites (for sample selection):**

- The sample are selected randomly from different cities in India (Bengaluru, Hyderabad, Mumbai, Delhi, Kolkata and Chennai)
- Woman selected must have completed their matriculation to be able to answer the questionnaire
- Young woman age group -18yrs. To 35yrs. And Middle aged woman group – 36 yrs. To 55 yrs.
- Will use both offline and online mediums (mail, message etc.)

**Scale to measure Life Satisfaction**

**Satisfaction with Life Scale (SWLS)** – the authors of the scale: Ed Diener, Robert A. Emmons, Randy J. Larsen and Sharon Griffin as noted in the 1985 article in the Journal of Personality Assessment. The Satisfaction with Life Scale (SWLS) is a single scale that is used by UNESCO, the CIA, the New Economics Foundation, the WHO, the Veenhoven Database, the Latin barometer, the Afro barometer, and the UNHDR to measure how one views his or her self-esteem, well-being and overall happiness with life.

The Satisfaction with Life Scale (SWLS) was developed to assess satisfaction with the respondent's life as a whole. The scale does not assess satisfaction with life domains such as health or finances but allows subjects to integrate and weight these domains in whatever way they choose. Normative data are presented for the scale, which shows good convergent validity with other scales and with other types of assessments of subjective well-being. Life satisfaction as assessed by the SWLS shows a degree of temporal stability (e.g., .54 for 4 years), yet the SWLS has shown sufficient sensitivity to be potentially valuable to detect change in life satisfaction during the course of clinical intervention. Further, the scale shows discriminant validity from emotional well-being measures. The SWLS is recommended as a complement to scales that focus on psychopathology or emotional well-being because it assesses an individuals' conscious evaluative judgment of his or her life by using the person's own criteria.

**The life Satisfaction is the independent variable of the study.**

The Satisfaction with Life Scale is a 7-point Likert Style response scale. The possible range of scores is 5 -35, with a score of 20 representing a neutral point on the scale. Scores between 5-9 indicate the respondent is extremely dissatisfied with life, whereas scores between 31-35 indicate the respondent is extremely satisfied. coefficient alpha for the scale has ranged from .79 to .89, indicating that the scale has high internal consistency. The scale was also found to have good test-retest correlation (.84, .80 over a month interval).



## Scale details

### Instructions:

Below are five statements that you may agree or disagree with.

Using the 1 - 7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item.

Please be open and honest in your responding.

- 7 - Strongly agree
- 6 - Agree
- 5 - Slightly agree
- 4 - Neither agree nor disagree
- 3 - Slightly disagree
- 2 - Disagree
- 1 - Strongly disagree

Below are the items of SWLS

- In most ways my life is close to my ideal.
- The conditions of my life are excellent.
- I am satisfied with my life.
- So far I have gotten the important things I want in life.
- If I could live my life over, I would change almost nothing.

### Scoring

Though scoring should be kept continuous (sum up scores on each item),

here are some cut-offs' to be used as benchmarks.

- 31 - 35 Extremely satisfied
- 26 - 30 Satisfied
- 21 - 25 Slightly satisfied
- 20 Neutral
- 15 - 19 Slightly dissatisfied
- 10 - 14 Dissatisfied
- 5 - 9 Extremely dissatisfied

## Statistic Tools

Descriptive statistics used are Mean and Standard Deviation to describe the sample distribution and the percentage of life satisfaction is calculated to compare. For finding out the significant difference in life satisfaction between young and middle aged group, Z-test is adopted and with obtained p-value and Z critical value (two tailed value) it determines the significant difference which will help in concluding which group is more satisfied. The null hypothesis is tested by Z test: two sample for means and z critical two tailed value and p value will determine the significant difference between the sample scores.

## Procedure:

In quantitative analysis, the standard questionnaire (SWLS) is filled through online platforms and offline too. Before filling the form, all the necessary details like age, city, financial dependency are checked thoroughly to avoid errors in sampling. Also on ethical grounds, a consent is also send to each individual before filling the form as we were asking on personal grounds. The personal information shared is kept strictly confidential. Once the forms/questionnaire are filled, the data is sorted according to age groups and above statistical tools are applied.

## Sample description for Qualitative analysis:

$N = 50$ ;  $N_1 = 25$ ;  $N_2 = 25$

N-Total sample size;  $N_1$  – Young women;  $N_2$ - Middle aged women

**Random sampling** within the age group from urban India

## Adopting Interview method (Qualitative analysis)

Framing questions with reference to “**Wheel of Life Scale**” (Paul J Meyer) Wheel of Life Scale gives an idea of different domains of life for ex: Marital life, health, family relationships, financial security etc.

The wheel of life, also known as the “life balance wheel,” “the coaching wheel” or the “life wheel,” is used to assess and understand how areas in your life are currently balanced and to help achieve a work-life balance. Paul J. Meyer, one of the originators of what is now known as life coaching and the founder of the Success Motivation Institute, developed the wheel of life's modern-day version in 1960. The circle resembles the spokes of a wheel and is used to present and organize the most important aspects of your life, such as:

- Family
- Home life
- Health
- Wellbeing
- Career
- Finances

## Procedure:

In this analysis, interview method is adopted. The **interviews** are conducted personally and the questions are **structured** and on the basis of different categories of life. Below are few examples of questions asked in the interviews.

- How is your health and what steps you were taking to maintain/improve your health?
- Are you happy with your family connections? If no, how do you want to work on it? If yes, please mention about the positive points.
- Write down positives and negatives about your life partner. (All your responses are kept very confidential, please be assured.)
- What are the new skills you learnt recently?
- How do you manage your personal expenses? On an average how much do you spend on yourself monthly?
- Are you happy with the house and surroundings/neighborhood? If yes, please mention the good things and if no what are the changes you want to make to your house?
- How do you entertain and have fun?

Before starting the interview all the required details are collected and cross check the age, financial dependency and city (strictly in urban city as mentioned).

On the ethical grounds, consent is taken as the details shared are personal and detail in nature, the personal information of the participants is kept confidential. After the descriptive data is collected, the data is summarized and categorized to compare the age groups satisfaction levels in each category. This data is very subjective in nature and gives in depth understanding of the life satisfaction in the two age group of women from urban India.

## Data Analysis

The quantitative analysis is done in order to find the life satisfaction of non-working young and middle aged women in urban India. The significant difference of life satisfaction between the two age groups is compared through Z-test. The p-value and Z critical value has given the required inference. Also with the help of structured interview, we have subjective data to summarize and compare the life satisfaction in each life category for both the age groups.

The 300 sample is further categorised into two equal groups; 150 young non-working women and 150 middle aged non-working women. Below are the descriptive statistics results. This includes mean, standard deviation and percentage. This gives the overview of the life satisfaction scores of each category and can apply norms of SWLS to categorise them.

**Table I: Descriptive statistics**

Name	N	Mean	Std. Dev	Percentage
Young woman	150	<b>22.073</b>	6.60	63%
Middle aged woman	150	<b>23.886</b>	6.13	68.24%

Scoring according to SWLS:

- 31 - 35 Extremely satisfied
- 26 - 30 Satisfied
- 21 - 25 Slightly satisfied
- 20 Neutral
- 15 - 19 Slightly dissatisfied
- 10 - 14 Dissatisfied
- 5 - 9 Extremely dissatisfied

With the above norms, both the young and middle aged women are under the category “slightly satisfied”. When we compare the percentage there is a clear difference in the satisfaction levels of both the groups. The middle aged women have shown higher level of satisfaction when compared to young women even when both the age groups are financially dependent. Financial dependency is the constant variable in the whole study. Generally, z-tests are used when we have large sample sizes ( $n > 30$ ), whereas t-tests are most helpful with a smaller sample size ( $n < 30$ ). A z-test is a statistical test used to determine whether two population means are different when the variances are known and the sample size is large.

#### **Z test results:**

The data is analyzed through Z test for two samples. Where in known variance and means are considered to find the z critical value two tailed.

**Table II: Results of Z-test**

	Young women (sample1)	Middle aged women(sample2)
Total N	150	150
Mean X	22.07333333	23.88666667
Variance	43.375	37.367
P( $Z \leq z$ ) one-tail	0.006725996	
z Critical one-tail	1.644853627	
<b>P(<math>Z \leq z</math>) two-tail</b>	<b>0.013451991</b>	
<b>z Critical two-tail</b>	<b>1.959963985</b>	

From the Table II, we have p value as 0.01345, since the value is two tailed,  $\alpha = 0.1$ ;  $p \text{ value} < 0.1$

Also z critical value is 1.956, which implies that there is significant difference between the two samples i.e., the difference between the two means is significantly different. We can interpret that middle aged non-working women are more satisfied than young non-working women in urban India.

### Qualitative Analysis

Below is the summary of the qualitative analysis, the major focus was on different categories of life. The interview method gave an opportunity to compare the **life satisfaction subjectively** and in depth. This also lead to understand the problem areas, which helps to suggest right interventions and steps to improve life satisfaction.

- How is your health and what steps you were taking to maintain/improve your health? (**HEALTH**)

Out of 25, 5 women mentioned few hormonal issues and others don't take special care about health, either busy with current lifestyle or newlyweds or parental phase. And in the middle aged group, 20 women have said they either do one or the other form of exercise and have menopause issues. The young women need to focus on their health as 22 of them don't do any physical exercises or any sort of health routine. Even few mentioned that they don't even eat food on time due to household chores and other family commitments.

### Suggestions to improve health in context with this study:

For Young women:

Eat healthy and balanced meals. Good food sets the right foundation for good health. Meal planning for a week will help you plan and prep for the healthy food prior. It will also save your time thinking about what to cook.

Workout or incorporate any physical exercises or sports in your routine. This will take care of overall wellbeing as it will improve mobility and toned body.

Regular health check-ups: To put a check on different chronic and acute ailments at bay in its starting stage.

**Meditation and mindfulness etc. are few interventions** which will help you stay sane and focused on your personal goals. This will also clear your mental clutter.

For Middle aged

Most of the women mentioned they take healthy diet, but as they are aging suggest them protein rich diet to maintain muscle mass.

20 middle aged women said they go for regular walking, they can also include other sorts of exercises and fun activities like dance, Zumba, aerobics etc. and some strength training to maintain better mobility while they are aging.

Also include meditation, chanting etc. to keep them sane. Also incorporating regular health check-ups and educate themselves about perimenopause and menopause symptoms.

- Are you happy with your family connections? (**Family Life**)



In both the groups, women are happy with their family connections and mentioned about quality time with kids and partner. Almost 24 young women and 23 middle aged women have said they were happy with family connections. As they are non-working they were happy about the quality time they get to spend with their loved ones. Few middle aged women, around 3 have mentioned about kids leaving them for higher studies and had no clue what to do in their leisure now (empty nest syndrome).

### **Suggestion for better family connections:**

**Create traditions and celebrations:** Traditions and celebrations can create a sense of belonging and identity, and can help family members feel comfortable and secure. They can include yearly vacations, cultural or religious festivals, or unique family events.

**Communicate:** Communication is important during both good and bad times. Children often find it hard to express their feelings, so it can be enough for them to know that their parents are listening

**Engage in healthy activities:** Families who participate in healthy activities, like exercising, cooking nutritious meals, or going outdoors, tend to have better physical health.

**Eat meals together:** Eating meals together as a family can help children and adolescents develop healthy habits and better self-esteem.

**Share difficult experiences:** Sharing difficult experiences with others can help establish supportive bonds and reinforce lessons learned.

**Set boundaries:** Setting boundaries can build closeness and boost self-esteem and wellbeing.

- Write down positives and negatives about your life partner. **(Marriage and relationship)**

Most of the woman (90%) of them were happy with their marriage. Around 23 middle aged woman told that they have issue with their husband's anger and 2 young women mentioned about alcoholism and substance use.

### **Suggestions:**

**Communicate clearly and often:** Talking with your partner is one of the best ways to keep your marriage healthy and successful. Be honest about what you're feeling, but be kind and respectful when you communicate. Part of good communication is being a good listener and taking the time to understand what it is your spouse wants and needs from you. Keep the lines of communication open by talking often, and not just about things like bills and the kids. Share your thoughts and feelings.

**Tell your partner that you're thankful for having them in your life:** Appreciate each other, your relationship, your family, and your lives together. Show gratitude when your partner cook's dinner, helps the kids with their homework, or does the grocery shopping. It may help to take a few minutes each evening to tell each other at least one thing you appreciated that day.

Make time for you two as a couple: With work and family responsibilities, it can be easy to lose the romance factor. Plan special dates, either to go out or just stay at home. If you have children, send them on a play date while you relax, talk, and enjoy each other's company.

Plan for some personal time: Alone time is just as important as couple time. Everyone needs time to recharge, think, and enjoy personal interests. That time is often lost when you're married, especially if you have kids. Go out with friends, take a class, or do volunteer work, whatever you find enriching. When you're back together with your partner, you'll appreciate each other even more.

Understand that it's OK to disagree: You won't agree on everything, but it is important to be fair and respectful during disagreements. Listen to your partner's point of view. Try not to get angry and don't let yourself become too frustrated. Walk away and calm down if you need to, then discuss the problem again when you're both in a better frame of mind. Compromise on problems so that you both give a little.

Build trust: Criticism, contempt, defensiveness, and stonewalling are serious threats to the success of a marriage. The more a couple engages in these destructive activities, the more likely they may divorce. Studies indicate that spouses who stay together know how to disagree or argue without being hostile and to take responsibility for their actions. They are also more likely to respond quickly to each other's wishes to make up after fights and repair the relationship.

Learn to forgive: Everyone makes mistakes. Your spouse may hurt your feelings or do something that upsets you, and that may make you angry, even furious. But it's important to deal with your feelings, let them go, and move on. Don't keep bringing up the past.

Remember to remain committed to your spouse, your family, and the life that you have built together. Support each other emotionally and in everyday ways. You, your spouse, and your relationship may grow and change with time, but these ideas can help your marriage stay successful over the years.

Also,

To understand the anger issues and severe behavioural issues please communicate with your partner and mention your problem with their behaviour. If the issue is consistent and painful, please contact a nearby couple therapist/relationship counsellor to work along with you on developing solutions to improve your relationship.

Please take professional help for substance and alcohol use, as these are addictions and might take long time for recovery. Addiction can be managed and curbed only with the help of professional counsellor/therapist/rehab etc. according to the severity of the use and its impact on relationships/day to day life.

- What are the new skills you learnt recently? (**New learnings/Skill development**)

There are 15 women in young women group mentioned were busy learning new skills related to technology like social media marketing, coding, website designing etc. and around 20 women in middle aged women were also learning new skills like baking, yoga, meditation, arts (mostly therapeutic skills). It is very important to always keep learning and enjoying new things. This is very helpful in keeping our mental health at check as learning new skills and arts will keep improve our cognition. Start by exploring your interests, whether reading, painting, hiking, or cooking. Doing things, you love can be deeply fulfilling. Practice self-care by taking time to relax and treat yourself. Being alone doesn't mean being lonely—it's an opportunity to understand and appreciate yourself more deeply. Each time you take a leap of faith and try something new, you're training your brain to remember the positive rewards associated with a new and exciting experience,” says Zapata. “The adrenaline rush, the endorphins, the sense of pride; they're all stored in your memory banks.”

- How do you manage your personal expenses? On an average how much do you spend on yourself monthly? (**Finance**)

In both the groups they either depend on parents (if unmarried) or partner (if married). Young adults expense per month is more than middle aged woman. Few women also mentioned about savings from household expenditure and some about self-help groups (middle aged woman). Good financial health will give sense of security which helps us to stay in a happy pace. Financial security and money will give a sense of fulfillment. Even when women are non-working, they should understand basic of finances and work along with their parents and partners in savings and investments. Education in any field will always empower, and it will aid in difficult times.

- Are you happy with the house and surroundings/neighbourhood? If yes, please mention the good things and if no what are the changes you want to make to your house? (**Environment and neighbourhood**)

Out of 50 women in both groups, 45 women were happy with their house and neighbourhood. Only 4 from middle aged had problems with locality and one young woman had problem with the house set up. It's a privilege and important factor to live in a good locality. We not only need family members but also neighbours and locality to support, as they say “it takes a village to raise a kid”. Assessing and understanding the problem is the first thing to address the incompatibilities in the living conditions. Also working with your family for betterment of conditions. Introspection of these categories gives a good understanding of areas of development. Since the study is done on urban non-working women, they had good community and networks around with all necessities nearby.

- How do you entertain and have fun? (**Entertainment and Fun**)

Almost all (around 48) women mentioned watching TV, OTT and movies. Only two mentioned travelling and reading books. A good movie, funny book, or engaging video game can take our minds off worries and anxieties. Laughter, especially, is a great stress reliever and can boost our mood. Boosts creativity and

imagination: Entertainment can expose us to new ideas, worlds, and ways of thinking. Having fun and truly experiencing pleasure and joy in life is just as important as being productive. You'll learn a new task better when it's fun and you're in a relaxed and playful mood. Play can also stimulate your imagination, helping you adapt and solve problems. Improve relationships and your connection to others. Sharing laughter and fun can foster empathy, compassion, trust, and intimacy with others. For one, if we do not take the time to relax and have fun, we will just continue to build stress, which can lead to burnout and an even greater lack of productivity. Also, having fun has positive biological effects.

## Summary

The objective of this research was to understand and compare the life satisfaction levels of non-working – young and middle aged women in Urban India. So we almost got a fair understanding about life satisfaction levels in both the groups with quantitative analysis. In the quantitative analysis, with obtained results (Young non-working women- 63% and Middle aged non-working women - 68.24%) – we understand that middle aged women are bit more satisfied than young non-working women. To prove that there is a significant difference in the life satisfaction score in the sample groups, we also adopted z-test, through which the p value obtained is less than 0.05. Which had proved that there is significant difference in the means of two samples.

The Qualitative analysis gave in depth understanding of different phases of life and their wellbeing in each. Middle aged women were having health issues (menopause, aging etc.) and also started taking care holistically with the facilities in the urban. Since they got habituated with financial dependency, they also have hands on experience in managing expenditure and save it for future. Both the groups have to work on their leisure activities as it is very limited to screen time. In skill development, young women were more interested in technology and internet while middle aged women are into health, wellness and arts. Young women have more complaints about marriage than the middle aged women, this can altogether can be a one topic for research.

## Conclusion

From the present study it can be concluded that there is a significant difference in life satisfaction of middle aged non-working women and young women in Urban India. Also we have compared them subjectively through in depth interviews and suggested interventions and strategies to improve life satisfaction.

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