

## Life Satisfaction as a Parameter of Suicide among Youth

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### Abstract

*The aim of the study is to see the effect of gender and social category on life satisfaction and to see the correlation of suicidal tendency with life satisfaction. The sample consisted of six experimental groups containing 60 subjects in each group. Life Satisfaction Scale developed by Alam Srivastava and Attitude towards Suicide by D.S Sisodia and Vibhuti Bhatnagar were used. Results showed that there is higher level of life satisfaction in males as compared to females. Life satisfaction is found to be negatively correlated with suicidal tendency.*

**Key words:** Youth, Life Satisfaction and Suicidal Tendency

The importance of giving special attention to youth has grown considerably in recent years. Emotional needs, beliefs, attitudes, value patterns and problems of youth are equally complex and changing as the society changes in which they grow up. Youth can be defined as a period of "student hood"; it exists only for those who move on to post-secondary education before settling into full time work. If defined in terms of physical age, it ranges from 16 to 24 years. Great mental and physical changes occur rapidly in the personality at this stage of life.

Life satisfaction is considered to be the cognitive or judgmental component of subjective well-being. Life satisfaction is a matter of mental attitude, whether one feels comfortable both inside as well as outside. Life satisfaction is described as a psychological state that may be broadly associated with psychological well-being, rather than some "objective" assessment of the person's quality of life. Life satisfaction is described as a psychological state that may be broadly associated with psychological well-being, rather than some "objective" assessment of the person's quality of life. A person may have high quality of life yet not have satisfaction whereas another person may have low quality of life and yet may have life satisfaction. Life satisfaction is widely considered to be a central aspect of human welfare. Many have identified happiness with it, and some maintain that well-being consists largely or wholly in being

satisfied with one's life. This variable can be defined operationally as following:

**Life satisfaction:** Life satisfaction is the process by which an individual can make better adjustment and modify the internal and external environment, cope with tension and increase harmony interpersonally as well as intrapersonal. Life satisfaction: It is defined operationally as the state of respondent's personal happiness and satisfaction with present life in the areas of health, personal, economic, marital, social and job.

Suicide is a true, universal and generally occurring social incident. Examples of suicide are available from every society and of every period of time right from the ancient period to the modern era. Suicide is a process of ending own life by own decision. Scientifically suicide is a psychological problem. In terms of psychology Suicide is a mood disorder. Suicidal tendency refers to the tendency, which is deep rooted, and the individual tends to harm himself/ herself and is not willing to continue his/ her life.

**Objective:** The aim of the study is to see the effect of gender and social category on aggression and to see the correlation of suicidal tendency with life satisfaction.

**Design:** A 3x2 ex-post facto factorial design was formulated for the present study. There are 6 experimental groups and each group contains 60 subjects.