

A study of life satisfaction of people living in joint and nuclear families

Dr. Sanjaysinh J. Makwana

Assistant Professor

Shree S.V.T. Arts and Commerce College,

Ujleswar, Gujarat

ABSTARCT

The present investigation in to find out the Life satisfaction among of people living in joint and nuclear families Relation to their Gender Male and Female. The sample consisted of 120 people living in joint and nuclear families out of which 60 where male and 60 where female. For this purpose of investigation Mangal Life satisfaction Test By Dr. Alam and Dr. Sreevastav (2001) was used. The obtained data were analyzed through ‘t’ test to know the mean difference between people living in joint and nuclear families in Relation to their Gender. The result shows that There is no significant difference between Life satisfaction of people living in joint and nuclear families. There is no significant difference between Life satisfaction of male and female.

Key Words: Life satisfaction, Male, Female, joint and nuclear families.

INTRODUCTION

The philosophical approach helped in understanding the concept of Life Satisfaction and the scientific approach came into existence only after Wilhelm Wundt established the first psychological laboratory in 1879. Later on, it was believed that mental processes are the product of the interface between attitudes and behaviour of an individual. After that, multiple instruments became available to study the attitudes of the people. Psychologists started to be interested in studying different levels of life satisfaction in human beings. All the measures of Life Satisfaction assessed a total of the goals reached and level of pleasure for the individual at a particular point of time.

Normally Life Satisfaction is considered same as or somewhat similar to the concept of happiness. As compared to Life Satisfaction, happiness has a stronger affective element whereas Life Satisfaction has a stronger cognitive element. Life Satisfaction is a 'trait' that is stable while happiness is a 'state' or 'mood'.

People face many situations in their life and experience different feelings. In some situations, they feel happy or unhappy and in some situations, they may remain neutral (whether consciously or unconsciously). This difference in feelings in different situations arises because of the different persons and things they encounter in these situations. One can feel happy or unhappy according to the experience he/ she gets. In all such situations, one has to maintain a balance between these feelings. If they are able to maintain that balance, they feel satisfied in every situation and become capable of facing every difficulty in life without any hassle. They feel satisfied with what they get from their efforts made in order to achieve anything desired by them. This feeling of satisfaction is called Life Satisfaction.

In the words of Shin & Johnson (1978), "Life Satisfaction refers to a judgmental process, in which individuals assess the quality of their lives on the basis of their own unique set of criteria". According to Alston and Dudley (1987), "Life Satisfaction is the ability to enjoy one's experience, accompanied by a degree of excitement". "Life Satisfaction is a cognitive assessment of an underlying state thought to be relatively consistent and influenced by social factors" (Ellison et al. 1989).

Factors affecting Life Satisfaction:

Many researchers have suggested that personality has a significant role in determining the level of Life Satisfaction of an individual. Psychological resilience, extraversion, internal

loci of control, assertiveness, empathy, and openness to experience (personality variables) have been proved to affect the Life Satisfaction of a person. (Sousa & Lyubomirsky, 2001) Some proximal environmental factors like recent life situations may also affect Life Satisfaction decisions for the time being. Life Satisfaction is identified with people's mentalities towards their extra time, work life, and different fields of their lives. Life Satisfaction is an outcome or circumstance that can be evaluated by looking at the aspirations of people and what they actually have. Generally, it incorporates the whole life of the individuals and different components of this entire life. The term Life Satisfaction represents not only a satisfaction level at a particular point of time in life or towards a specific occasion yet a satisfaction level about the entire life (cited by Aydemir, 2013) In other words, Life Satisfaction communicates people's mental wellbeing and having constructive feelings and perspectives towards their relationships. As indicated by Diener (1984), Life Satisfaction speaks to the intellectual side of the people's emotional and mental goodness regarding their happiness. The Procrastination Behaviour and Life Satisfaction both are the important for an individual to be contented and relaxed. Too high a level of Procrastination behaviour and too low level of Life Satisfaction can affect the life of a person.

OBJECTIVE OF THE STUDY

1. To study difference Life satisfaction of people living in joint and nuclear families..
2. To study difference Life satisfaction of male and female.

HYPOTHESES OF THE STUDY

Ho1 : There is no significant difference between Life satisfaction of people living in joint and nuclear families.

Ho2 : There is no significant difference between Life satisfaction of male and female.

METHOD

SAMPLE

A sample of the present study consisted of 120 people living in joint and nuclear families was randomly selected from Ahmedabad city, Gujarat. (60 of joint and 60 of nuclear families)

TOOLS

Life satisfaction Test By Dr. Alam and Dr. Sreevastav (2001). it contains 60 Question asked in the questionnaires, There are Two options for each given statement. Absolutely agree, disagree. Reliability – by Test retest method – 0.84. Validity – 0.74.

PROCEDURE

After establishing the rapport with selected Life satisfaction test were administered in group setting. The purpose of the present study was to study the Life satisfaction level of Family types in reference to gender. The data for the present study were Life satisfaction collected by me from the People selected for the collection of data. The obtain data from 120 male and female were analyzed with the help of mean, S.D. and 't' test.

RESULT AND DISCUSSION

The raw scores were statistically analyzed in terms of means, standard deviation, 't' test were used to compare Life satisfaction of people living in joint and nuclear families in relation to their gender(Male and Female).

Table no. 1 Showing 't' value and mean difference between Life satisfaction of people living in joint and nuclear families.

Group	N	Mean	S.D.	't' Value	Sign.
Joint Families	60	38.5	4.39	0.61	NS
Nuclear Families	60	39	4.56		

df = 118, 0.05 level of sign. 1.98

The above result table No.1 we can see that 't' test was used to know the representing type of Families (60 Joint Families and 60 Nuclear Families People). In 60 Joint Families People as samples and mean of this sample 38.5 and SD was 4.39, in Nuclear Families People means was 39 and SD was 4.56 and 't' value was 0.61, it was no significance deference at 0.05 level. Thus the null hypothesis, I which states "There is no significant difference between Life satisfaction of people living in joint and nuclear families." Thus it is concluded not significant difference in people living in joint and nuclear families.

Table no. 2 Showing 't' value and mean difference between Life satisfaction of Male and Female.

Group	N	Mean	S.D.	't' Value	Sign.
Male	60	38.8	4.37	0.57	N.S.
Female	60	39.27	4.67		

df = 118, 0.05 level of sign. 1.98

The above result table No.2 we can see that 't' test was used to know the representing type of Gender (60 male and 60 Female). In 60 male as samples and mean of this sample 38.8 and SD was 4.37, in Female means was 39.27 and SD was 4.67 and 't' value was 0.57, it was no significance at 0.05 level. Thus the null hypothesis, I which states "There is no significant difference between Life satisfaction of male and female." Thus it is concluded no significant difference in Male and Female.

CONCLUSION

1. There is no significant difference between Life satisfaction of people living in joint and nuclear families.
2. There is no significant difference between Life satisfaction of male and female.

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