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A cross-sectional analysis of selected psychological variable (life satisfaction) of two different age groups of rural women from Punjab

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Abstract

The researcher investigates the level of life satisfaction of two different age groups of rural women from Punjab. For measure the life satisfaction scale (LSS) Q.G. Alam and Ramji Srivastava, 2001 questionnaire was used for the current study. After the data collection t test was applied and 0.05 percent level of significance set. The results of the study found the statistically significant, at .05 level of significance. On the bases of these results we can say that, there is significant difference between 18 to 25 and 26 to 35 years aged women's for their life satisfaction scores. Life satisfaction scale (LSS) Q.G. Alam and Ramji Srivastava, 2001.

Keywords: Life satisfaction, rural and Punjab

Introduction

Life satisfaction Life satisfaction is an important concept in positive psychology. Positive psychology is the branch of psychology that uses scientific understanding and effective intervention to aid in the achievement of a satisfactory life, rather than merely treating mental illness. It emphasizes to use the scientific method to study and determine positive human development, this area of psychology fits well with the investigation of how human development can falter. Positive psychology began as a new area of psychology in 1998 when Martin Seligman chose it as the theme for his term as president of the American Psychological Association, though the term originates with Maslow, in his 1954 book Motivation and Personality, and there have been indications that psychologists since the 1950s have been increasingly focused on the promotion of mental health rather than merely treating illness. In the first sentence of his book Authentic Happiness, Seligman claimed: "for the last half century psychology has been consumed with a single topic only - mental illness", expanding on Maslow's comments. He urged psychologists to continue the earlier missions of psychology of nurturing talent and improving normal life. (Tkach & Lyubornirsky, 2006) [6].

Satisfaction is a Latin word that means to make or do enough. Satisfaction with one's life implies contentment with acceptance of one's life circumstances, or the fulfillment of one's wants and needs for one's life as a whole. In essence, life satisfaction is a subjective assessment of the quality of one's life. Because it is inherently an evaluation, judgments of life satisfaction have a large cognitive component. "Contentment with life, particularly in regard to the fulfillment of one's needs and expectations." (Sethi, 2009) [3].

"A sense of well-being and may be assessed in terms of mood, satisfaction with relations with others and with achieved goals, self-concepts, and self-perceived ability to cope with daily life"

"Life-satisfaction is the degree to which a person positively evaluates the overall quality of his/her life as-a-whole. In other words, how much the person likes the life he/she lives?" "Life satisfaction is defined as having a favorable attitude towards one's life as a whole. (Sethi, 2009) [3].

It is a measure of well-being and may be assessed in terms of mood, satisfaction with relations with others and with achieved goals, self-concepts, and self-perceived ability to cope with daily life.

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It is having a favorable attitude of one's life as a Whole rather than an assessment of current feelings. Life satisfaction has been measured in relation to economic standing, amount of education, experiences, and residence, as well as many other topics. (Diener, 1984) [2].

Procedure: The researcher collected the data on five hundred (N=500), rural women's of Malwa region (Punjab). The subjects were purposively assigned into two groups:

- Group-A: Women's of 18 to 25 year (n1=250)
- Group-B: Women's of 26 to 35 year (n2=250)

Selection of Variables

A feasibility analysis as to which of the variables could be taken up for the investigation, keeping in view the availability of tools, adequacy to the subjects and the legitimate time that could be devoted for tests and to keep the entire study unitary and integrated was made in consultation with experts. With the above criteria's in mind, the following variables were selected for the present study:

- Life satisfaction

Selection of Tool

1. Life satisfaction scale (LSS) Q.G. Alam and Ramji Srivastava, 2001

Administration of test

Life satisfaction scale develops by Q.G. Alam and Ramji Srivastava has been used to find out the adjustment problems faced by respondents in rapidly changing societies. 60 items related to six areas namely health, personal, economic, marital, social and job were put in the scale to test life satisfaction of respondents. The responses are to be given in yes/no. Yes responses indicate the satisfaction. It takes 20 minutes to complete the questionnaire.

Scoring: The scale has 60 items. Every item is to be responded either in yes or no. there is no other alternative. Every 'yes' response is assigned 1 mark. The sum of marks is obtained for the entire scale.

Collection of Data

The survey method through the technique of questionnaire had been adopted to collect the relevant data for this study. The researcher collected the data on 500 hundred rural women's of Malwa region (Punjab).

Statistical Procedure

The Statistical Package for the Social Sciences (SPSS) version 16.0 was used for all analyses. After collecting the data researcher applies the descriptive statistic, unpaired t test is applied. The level of significance at 0.05.

Results

Table 1: Comparison of Mean and Standard deviation results with regard to life satisfaction scores between two different age groups of rural women

Group	Mean	S.D	T value
Women's of 18 to 25 years	40.76	8.56	8.56*
Women's of 26 to 35 years	46.68	4.71	

*t_{0.05(398)}= 1.96

40.76 and 8.56 where as in case of 26 to 35 year women's is 46.68 and 4.17 respectively. The calculated t-value (8.56) which is more than the tabulated t-value (1.96) at 0.05 levels. So, it indicates that there is significant difference between 18 to 25 and 26 to 35 years aged women's for their life satisfaction scores.

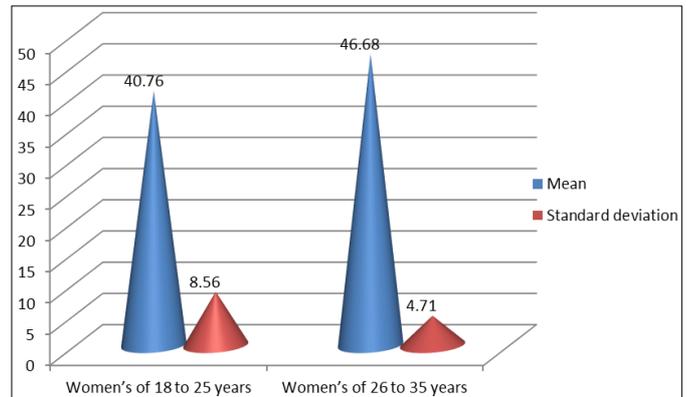


Fig 1: Shows the Mean and Standard deviation results with regard to life satisfaction scores between two different age groups of rural women

Discussion of the findings

Life satisfaction

It was found that there was significant difference between 18 to 25 and 26 to 35 year aged rural women's of Punjab. But while comparing the mean values of both the groups, it has been observed that 26 to 35 year aged rural women's have demonstrated better life satisfaction than the 18 to 25 year aged rural women's. These findings are supported By Badgujar and kotalwar (2014) [1].

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Table & Figure 1 statistically represent that the Mean and Standard Deviation with regard to 18 to 25 year women's is