



## Factors Effecting Life Satisfaction

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### Abstract:

*The term life satisfaction explained as “cognitive assessment of an underlying state thought to be relatively consistent and influenced by social factors”.*

*-Ellision and colleauges (1989).*

*This article provides a review of the extant research on adult life satisfaction of rural and urban areas. Empirical studies (n = 50) on life satisfaction among adults are reviewed. 25 urban and 25 rural adults data have been taken. The review details on life satisfaction among adults of rural and urban linked to various aspects like mental, job, social, marital and family. Evidenced in the review are the conditions that foster positive life satisfaction and the implications of positive life satisfaction among adults of two different areas of Singhbhum region of Jharkhand. Future directions in life satisfaction research are briefly discussed.*

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**Keywords:** *Life satisfaction, Adult, Rural, Urban, Mental, Job, Social, Marital and Family*

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### 1. Introduction

Life satisfaction is a little complex than what it seems, many times it is used interchangeably with happiness but both are indeed two different concepts. Life satisfaction is generally an evaluation of one's life as a whole rather than the current level of happiness. There are some definitions of life satisfaction, including well-being and life satisfaction researcher Ed Diener's

“An overall assessment of feelings and attitudes about one's life at a particular point in time ranging from negative to positive”

-( Buetell,2006).

Another famous definition of life satisfaction by popular scholar Ruut Veenhoven: “life satisfaction is the degree to which a person positively evaluates the overall quality of his/her life as whole. In other words ,how much the person likes the life he/she leads” (1996).

Although there is small difference between the definitions but the main idea is the same: life satisfaction is a global evaluation rather than one that is grounded at any specific point in time or in any specific domain.

### 2. Objective

The main objective of this study is to study the level of life satisfaction of adults of urban and rural region.

### 3. Hypotheses

On the basis of above mention objective one null hypothesis was formulated and tested.

**Ho<sub>1</sub>:** There is no difference in level of life satisfaction of adults of rural and urban region.

**Ho<sub>2</sub>:** There is no difference in level of life satisfaction between highly education and less educated adults.

#### 4. Sample

A total number of sample is 50, split equally (urban =25 and rural =25) were included as a sample. All of them are in age group of 30-50 years of age.

#### 5. Tool used

Life satisfaction scale constructed and standardized by Dr. Pramod Kumar and Dr. (Mrs.) Jayashree Dhyani was used for this study.

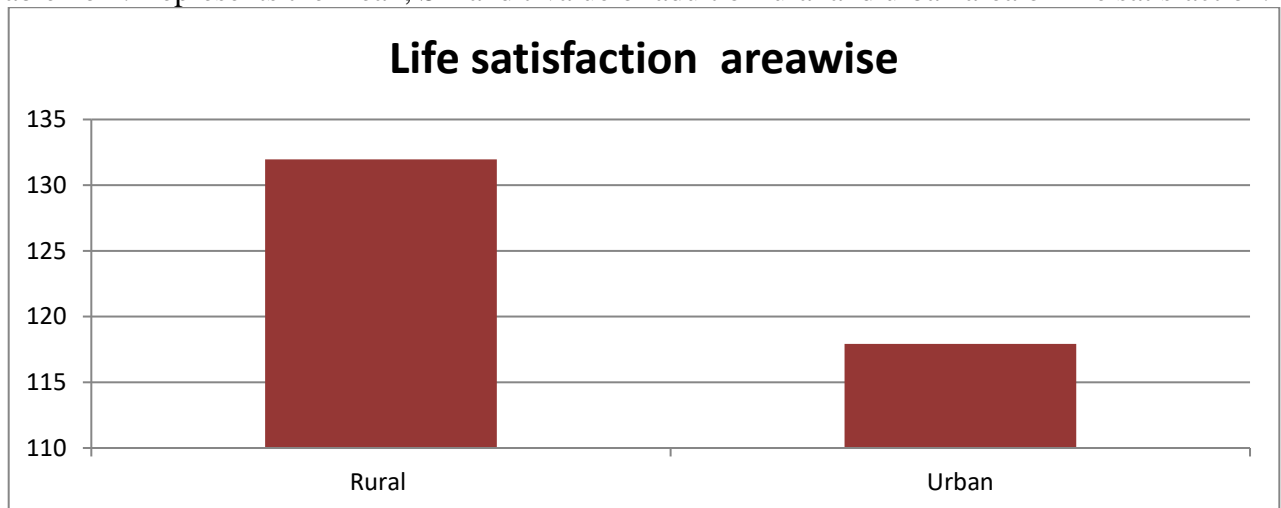
The odd-even reliabilities for mental, job, social, marital and family area is 0.81. This scoring is done according to the norms.

#### 6. Result and discussion

**Table No.1**

Groups	N	Mean	SD	SED	t-value	Level of significant
Rural	25	131.96	1.88	2.11	6.654	**
Urban	25	117.92	10.38			

Table no 1: Represents the mean, SD and t-value of adult of rural and urban area on life satisfaction.



Graph represents comparison between the levels of life satisfaction of adults of rural and urban area.

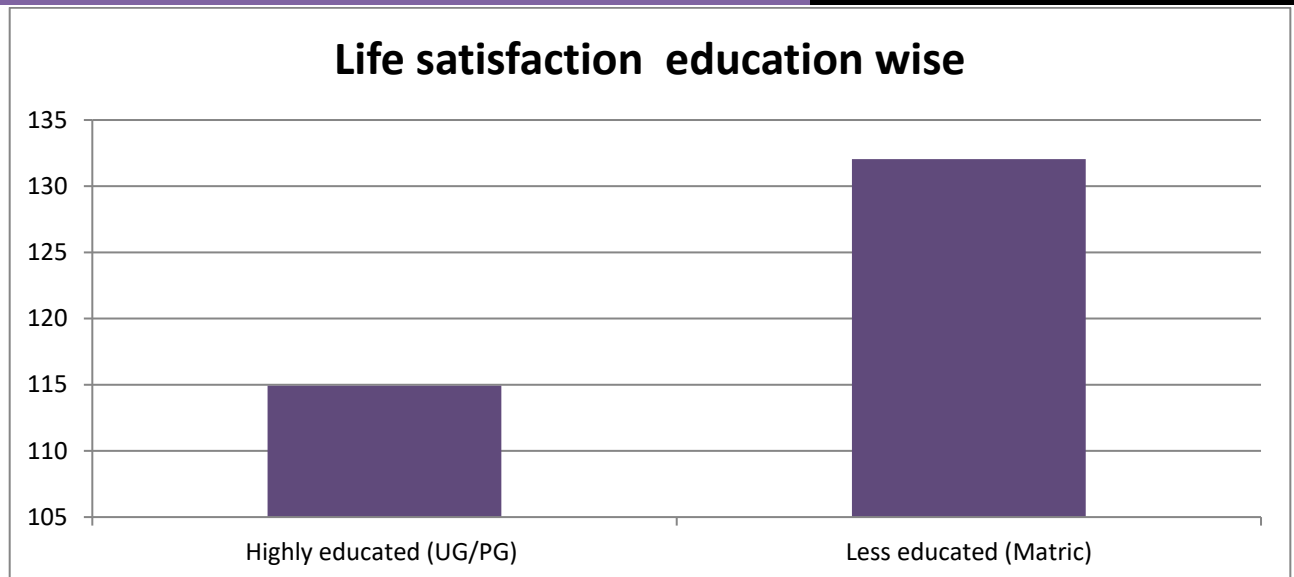
#### 6.1 Result

It is clear from the table that the mean score of urban adult is 117.92 and mean score of rural adult is 131.96 and the SD is 10.38 and 1.88 respectively. The t-value 6.654 clearly evident that both groups differ significantly on their level of life satisfaction at 0.01. Further the table shows that rural adults have higher life satisfaction as compare to the students from urban adults. This is evident from their mean scores. Hence my hypothesis is rejected.

**Table No. 2**

Groups	N	Mean	SD	SED	t-value	Level of significant
Highly educated (UG/PG)	25	114.92	12.73	2.58	6.63	**
Less educated (Matric)	25	132.04	2.09			

Table no. 2 represents the mean, SD and t-value of highly educated (UG/PG) and less educated (Matric) adults.



Graph represents comparison between the levels of life satisfaction of highly educated (UG/PG) adults and less educated (Matric) adults.

### 6.2 Result

It is clear from the table that the mean score of highly educated (UG/PG) is 114.92 and mean score of less educated (Matric) adults is 132.04 and the SD is 12.73 and 2.09 respectively. The t-value 6.63 clearly evident that both groups differ significantly in level of life satisfaction at 0.01. Further the table shows that less educated (Matric) adults have high life satisfaction as compare to the highly educated (UG/PG) adults. This is evident from their mean scores.

Hence my hypothesis is rejected.

### 7. Conclusion

From above study we can derive to a conclusion that the adults of rural area are more satisfied in their life as compared to adults residing in urban areas, also the education level also affect the satisfaction level, higher the education level the lesser they are satisfied with their life and vice-versa.

It rejects the myth to some extent that more the resources you have the more you are satisfied; the satisfaction level depends on several factors such as behavior, desires, etc.

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