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Research Paper

Life Satisfaction Among Married And Unmarried Women of Ranchi Town

Psychology

KEYWORDS : Life satisfaction, Married and Unmarried women.

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ABSTRACT

The present study was conducted to measure the life satisfaction among married and unmarried women. A sample of 200 women (100 married &100 unmarried) was drawn randomly from the population of Ranchi town. Life Satisfaction Scale by Alam and Srivastava were used for data collection. Data was collected by face to face interview method. Percentage, mean, SD and t-test was computed for the statistical analysis of the data. Findings indicate that there was significant difference between married and unmarried women. Married women have higher life satisfaction in compare to unmarried women.

INTRODUCTION

Satisfaction is a Latin word that means to make or do enough. Satisfaction with one's life implies contentment with or acceptance of one's life circumstances, or the fulfillment of one's wants and needs for one's life as a whole. Life satisfaction is the ultimate goal that we as human beings are striving to achieve our entire lives. The label satisfaction is a concept that can mean many different things to different individuals. Webster's dictionary defines satisfaction as the fulfillment of a need or want. Life satisfaction is one of the oldest and most persistently investigated issues in the study of women. Life satisfaction is an overall assessment of feelings and attitudes about one's life at a particular point in time ranging from negative to positive. It is one of three major indicators of well-being: life satisfaction, positive affect, and negative affect (Diener, 1984). People will feel more satisfied when they perceive that their standards of fulfillment have been meet and less satisfied when they have not been met (Diener et.al. 2000). Life satisfaction is often considered a desirable goal, where correct actions lead individual to the well-being (Myers, 1992). For some, satisfaction with life is defined as future hope, whereas future hope is one of the consequences of satisfaction or dissatisfaction with life, such that when a person is completely satisfied with their life, they become more hopeful about the future. As a whole, satisfaction with life is the feeling of prosperity because the individual finds meaning and satisfaction in life, from the past to the present with hope of a desirable life in the future. Yang (2006) has reported a meaningful relation between the rate of an individual's combativeness and decreased satisfaction with life. Satisfaction with life is one of the efficient factors of human promotion and evolution. Life satisfaction is the way a person perceives how his or her life has been and how they feel about where it is going in the future. 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. This issue is particularly important amongst women.

Women the word sounds so powerful. Since eternity, women have played a role more important than men and that is no exaggeration. India has the world's largest number of professionally qualified women. India has more female doctors, surgeons, scientists and professors. On an average however, women in India are socially, politically and economically weaker than men. The status of women in any civilization shows the stage of evolution at which the civilization has arrived. In ancient India, women occupied important position in the society. The Ancient Indian mythology witnesses that the status of Indian women in Vedic ages was honourable and respectable. During that time, women were at par with the men. There are references, which indicate that equal social and religious status was allowed to boys and girls in Vedic society.

REVIEW OF LITERATURE

Patricia (2008) studied the desire for marriage and life satisfaction among unmarried women. The purpose of this study was to examine factors that may underlie current marriage trends. A community sample of 217 unmarried women aged over 30 years were surveyed regarding their reasons for being single, desire for marriage and life satisfaction. Results suggest that unmarried women attribute being single to both barriers and choices. Meditational analyses suggest that unmarried women have more desire for marriage because they have less social support and they have and lower life satisfaction. Kousha and Moheen (2004) explored life satisfaction among unmarried Iranian women in urban areas. Data was analyzed from a sample of 335 women of which 61% were married and 39% were unmarried (i.e., single, divorced or widows).A series of path analysis and cross tabulations suggest that for married women life satisfaction is directly linked to their satisfaction with marriage, employment and their leisure experiences. There is an inverse relationship between satisfaction and the women's activity. However, for unmarried women, satisfaction is affected by their leisure experiences and educational level. The study suggests that any effort to reduce or increase the educational, employment, or leisure activities or women while directly affect women's general satisfaction.

HYPOTHESIS

There is no significant difference in Life Satisfaction among married and unmarried women.

RESEARCH SAMPLE

This study enrolled a total of 200 women, 100 married and 100 unmarried who were residents of Ranchi town. Participants were chosen by the simple random sampling method. Age range of women was 22- 36 years.

MEASURE

Life Satisfaction Scale - It was developed and standardized by Alam and Srivastava (1996). The test consist of 60 items of yes/no type. Yes indicate the satisfaction. Higher scores show higher satisfaction level. The range of age was between 18 to 40 years. Test-retest reliability of the test was found to be .84 and Validity is .74.

PROCEDURE

Life satisfaction scale was administered to check the level of life satisfaction among married and unmarried women. Purpose of the study was made clear to the participants. Data was collected by face to face interview method. Filled questionnaires were collected from participants for statistical analysis of data.

STATISTICAL ANALYSIS

In the present study Percentage, Mean, S.D and t-test was applied for statistical analysis of data.

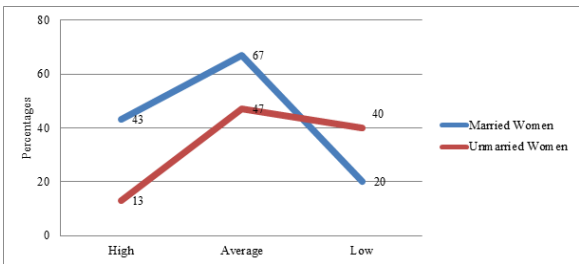
RESULTS AND DISCUSSION

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Table-1 Distribution of married and unmarried women respondents according to the level of life satisfaction

Group	N	High		Average		Low	
		N	%	N	%	N	%
Married Women	100	43	43	67	67	20	20
Unmarried Women	100	13	13	47	47	40	40

Figure 1:- Percentage of life satisfaction among married and unmarried women respondents

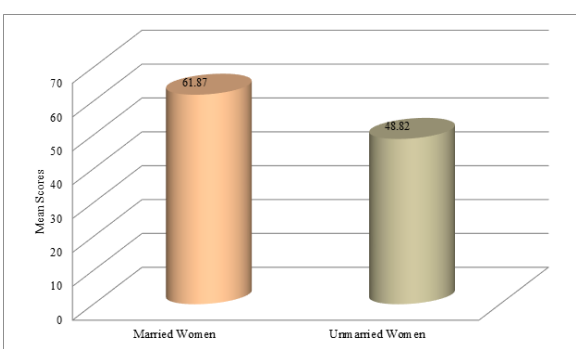


It was marked in the above table that the percentage of sample having high life satisfaction in married women (43%) is remarkably greater than in unmarried women (13%) while the percentage of sample having low life satisfaction was higher in unmarried women (40%) compared to married women (20%). This show that married women were experienced more satisfied with their life.

Table-2:- Means SDs and "t" value of married and unmarried women on life satisfaction.

Groups	N	Means	SDs	t	P value
Married Women	100	61.87	14.73	7.33	0.01
Unmarried Women	100	48.82	10.17		

Figure 2:- Mean scores of married and unmarried women on life satisfaction.



It was evident from table -2 that t value for life satisfaction of married and unmarried women was 7.33 which were significant at 0.01 level of significance. This means that the married and unmarried women differ significantly. In the light of this the null hypothesis that "There is no significant difference in life satisfaction among married and unmarried women" was rejected. Further, mean score of married women was higher (M=61.87) than unmarried women (48.82). Life satisfaction of married women is higher than unmarried women. Hence, this result has confirmed that being married has caused increased happiness and peace.

CONCLUSIONS

- High level of life satisfaction was found among married women.
- Low level of life satisfaction was found among unmarried women.
- Married women were more satisfied than unmarried women.

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