



MEANING IN LIFE IN RELATION TO QUALITY OF LIFE AMONG SCHOOL TEACHERS

Psychology

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ABSTRACT

The aim of this study is to explore the relationship of meaning in life and its two sub dimensions with quality of life and its four sub dimensions among school teachers in three districts of Kashmir. The present study revealed that meaning in life and its two dimensions namely presence of meaning and search for meaning had a positive significant relationship with quality of life and its sub dimensions. Our result also suggests that Understanding the relationship between meaning in life and quality of life will be helpful for family members, counsellors, and government to chalk out a strategy about the teacher's lives and their working environment in various schools.

KEYWORDS

Meaning in life, Quality of life, Kashmir, Teachers

INTRODUCTION

Meaning in life

One of the most valuable human resources is teachers. Any educational system's ability to succeed rests on its teachers. Any educational system's capabilities and quality largely depend on the efforts of its teachers. It is commonly known that one of the world's most demanding occupations is teaching Tsutsumi et al (2002). Teachers frequently think that certain aspects of their job are bad for their health. Johnson et al.(2005).

According to previous researches, having a meaningful life is linked to the best possible psychological outcomes, including wellbeing, generalized self-efficacy, and career adaptability (Brassai et al., 2015; Datu & Mateo, 2015). (Yuen & Yau, 2015) Steger et al. (2006) have developed a theoretical model that defines meaning in life as "the sense made of, and significance felt regarding, the essence of one's being and existence" in response to the increased interest in this field of study.

"We're not sure exactly where meaning comes from, if it is inherent, or if it is 'real' at all; what we do know is that humans flourish when they have it and suffer when they don't." (Irvine, 2013).

"For the meaning of life differs from man to man, from day to day, and from hour to hour. What matters, therefore, is not the meaning of life in general but rather the specific meaning of a person's life at a given moment." (Viktor Frankl).

According to an existentialist viewpoint, meaningful living is necessary for psychological health and self-improvement (Frankl, 1959, 1984; Kenyon, 2000; Ryff & Singer, 1998). The idea of purpose in life was originally discussed in the writings of Frankl and Leontiev (Leontiev, 2005). When V. Frankl (1946) employed the idea in therapy treatments at Nazi Concentration Camps, the concept of purpose in life appeared for the first time as a clinic construct.

Frankl described meaning as a cause for existing and an attempt to understand the significance of life through experiencing or sensing it. Frankl (1946) asserted that despite one's circumstances, life retains significance. Meanings include not just pleasurable events but also sorrow and deprived living conditions. He claims that there is no singular purpose to life. Everybody is supposed to discover their own meaning. The sense of purpose and meaning in life are crucial elements of quality of life (Sarvimaki & Stenbock- Hult, 2000). The pursuit of meaning and the existence of meaning are the two fundamental facets of meaning in life (Thomas, Burton, Griffin, & Fitzpatrick, 2010).

Quality of life

WHO defines Quality of Life as "individuals' perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns." This definition states that a person's impression of quality of life is directly tied to their standard of living, expectations, and concerns about their quality of life. Quality of life, according to Farquhar (1995), "is a difficult concept as different people value

different things." It's crucial to distinguish between the idea of Quality of life and the more recent, rapidly expanding field of health-related Quality of life (HRQOL). An evaluation of Quality of life and its connection to health is effectively what is being done when HRQOL is assessed. Standard of living, which is mostly determined by income and it should not be mistaken with quality of life, according to Greer, Moorey, and Watson (1989).

Improving QOL is a key policy and lifestyle aim, therefore understanding QOL has enormous potential ramifications (Schuessler and Fisher, 1985). Recent studies on QOL have concentrated on two fundamental methods of measuring. Quantifiable social or economic indicators are one method for assessing how well human needs are being addressed. The other, known as "subjective well-being" (Diener and Lucas, 1999; Easterlin, 2003), examines self-reported levels of pleasure, fulfillment, and other similar emotions.

OBJECTIVE

To examine the relationship of meaning in life and its two sub dimensions namely (presence of meaning and search for meaning) with quality of life among school teachers.

Hypothesis

There will be positive relationship between meaning in life and its two sub dimensions with quality of life among school teachers.

Methodology

Sample:

The sample consisted of 240 school teachers were selected on purposive basis from three districts of Union territory of J&K. in the present study.

Research Design

The relationship between two variables, namely meaning in life and quality of life, is examined by using Pearson's product moment correlation, depending on the nature of the study. The acquired data is evaluated to determine the link between the two variables.

Tools Used

Meaning in life scale

The Meaning in Life Scale was used to assess the meaning in life in this research. The scale was developed by Steger et al., (2006) MLS is a 7-point Likert-type assessment tool with 10 items. It is composed of two subscales: presence of meaning in life and search for meaning in life.

Quality of life scale for Quality of life

The WHOQOL-BREF contains a total of 26 questions. Two more items have been added from the general health and overall quality of life categories. There are four domain scores for WHOQOL-BREF.

RESULT AND DISCUSSION

Showing the correlation matrix of the independent variable, namely, meaning in life (presence of meaning in life and search for meaning in life) with the dependent variable namely, quality of life

(Physical Health, Psychological Health, Social Relations, Environment)(N=240).

Variables	Physical Health	Psychological health	Social relations	Environment	Overall QOL	Presence of MIL	Search for MIL	Overall MIL
Physical Health	1							
Psychological health	.957**	1						
Social relations	.919**	.905**	1					
environment	.951**	.949**	.926**	1				
Overall QOL	.981**	.977**	.962**	.980**	1			
Presence of MIL	.216**	.166*	.135*	.123	.165*	1		
Search for MIL	.253**	.198**	.173**	.159*	.202**	.984**	1	
Over all MIL	.236**	.183**	.155*	.142*	.184**	.996**	.996**	1

****.** Correlation is significant at the 0.01 level (2-tailed).

***.** Correlation is significant at the 0.05 level (2-tailed).

Result table Shows significant positive correlation between overall meaning in life and quality of life ($r=.184, p>.01$) among teachers. The result is concurrent with the studies of Majernikova and obrocnikova (2017).

From the result table, it can be seen that the presence of meaning in life (First Dimension of meaning in life) has significant positive correlations with four domains of quality of life, namely, physical health ($r=.216, p<.01$), psychological health ($r=.166, p<.05$), and social relations ($r=.135, p<.05$), positive but insignificant correlation with environment ($r=.123, p>.01$). The results of our research indicating that higher the level of presence of meaning in life, higher the quality of life namely physical health, psychological health, social relations and environment vice versa among school teachers. The above results are supported by various studies like Karatas *et al* (2021). Krok, D (2018).

Further, result table shows that search for meaning in life (second dimension of meaning in life) has a significant positive correlation with four domains of quality of life, namely, physical health ($r=.253, p<.01$), psychological health ($r=.198, p<.01$), social relation ($r=.173, p<.01$) and environment ($r=.159, p<.01$) the results of our study indicating higher the level of search for meaning in life, will lead to higher quality of life namely physical health, psychological health, social relations and environment vice versa among school teachers. The results of our study are supported by Damásio *et al* (2013). Raymond Chi-Fai (2018). Steger *et al*. (2011).

CONCLUSION

It is concluded that meaning in life and its two sub dimensions viz., presence of meaning in life and search for meaning in life has its significant positive correlation with quality of life and its four domains namely physical health, psychological health, social relations, and environment. Thus the result of the present study suggested that meaning in life is an important factor to understand the quality of life of among school teachers. The study will be helpful for families of teachers, to look into their lives and how to enhance their quality of life. The study further will be helpful for the government various NGO's and counsellors who are working to improve the quality of life of various populations and they will work for the betterment of quality of life of people.

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