



Life Satisfaction Among Married Male and Female

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ABSTRACT

The main objective of the present study is to examine the life satisfaction viz. health satisfaction, personal satisfaction, economic satisfaction, marital satisfaction, and social satisfaction and job satisfaction among married male and married female. A sample of 60 participants (30 married male & 30 married female) was drawn randomly from the population. Life Satisfaction Scale by Dr. Q.G. Alam & Dr. Ramji Srivastava was used for data collection. Data was collected by face to face interview method. Mean, standard deviation and 't' test were the statistics calculated. The results indicate that there is no significant difference between married male and married female on life satisfaction. Results revealed that married female have higher life satisfaction in compare to married male.

Keywords : Health satisfaction, personal satisfaction, job satisfaction, social satisfaction, economic satisfaction, marital satisfaction, married male and married female

INTRODUCTION

Life satisfaction is often considered a desirable goal in and of itself stemming from the Aristotelian ethical model, eudaimonism, (from eudaimonia, the Greek word for happiness) where correct actions lead to individual well-being with happiness representing the supreme good (Beutell, 2006). In a more modern context well-being is believed to be inherent to features such as social relationships, health, work related conditions, personal welfare, liberty, moral values and personality traits. The last decade, however, has seen an increase in cross-cultural studies in which perceptions of national characteristics (e.g. societal, political and economical ones) also received more attention. For use on vehicles due to wear or irreparable damage (such as punctures). Unfortunately these kinds of studies usually classifying cultures as individualistic or collectivistic have focused merely on comparing countries and have commonly attributed observed disparities to the cultures prevalent in the countries. Some of these differences, however, may have been the result of regional variation within countries rather than the result of cultural discrepancies between countries (Kashima, Kokubo, Kashima, Boxall, Yamaguchi & Macrae, 2004). Since psychological well-being is related to performance ratings beyond the effect of composite job satisfaction (Wright & Cropanzano, 2000). The influence of work related conditions (employment status, the type of employment contract and job satisfaction) on life satisfaction will be studied more extensively. Research concerned with the relationship between the type of employment contract and life satisfaction has frequently yielded contradictory results. Whereas some scholars argue that measures for psychological well-being have shown insignificant differences or poorer results for permanent employees others suggest that employment contracts with limited duration may constitute an additional source of insecurity and precariousness. Job satisfaction expected to be related to life satisfaction because of the time spent at work by full-time employees and also because for most people, work is a central life activity (Rode, 2004).

Health is a state of complete physical, psychological and social well-being and not merely the absence of disease or infirmity. There are three clearly identifiable aspects to health:

1. Emotional or Mental Health: Our emotional health which is sometimes referred to as emotional intelligence plays an enormous and often unrealized role in someone's overall health and fitness state. If someone is suffering from mental health difficulties they may attend counseling or psychotherapy to 'unlock' previous emotional turmoil and then actually use their past emotional trauma in order to grow and develop their emotional intelligence thereby improving their overall emotional health.

2. Structural Health of Physical Health: The health of the body is structurally sound the bones, muscles, organs etc. are physically in good condition and not damaged performing the functions they should perform. Structural or physical health can be determined by considering someone's height/weight ratio their body mass index (BMI) their resting heart rate and recover time after exercise.

3. Chemical Health: Chemicals both naturally occurring and man-made often get into the human body. We may inhale them swallow them, or in some cases absorb them through skin. Often the body is able to breakdown chemicals or excretes them thus reducing the accumulation of chemicals and the often harmful consequences of 'toxic overload'. Human health is affected depending on the frequency and or duration of exposure patterns of exposure and of course the properties of the chemicals themselves. Some chemicals damage or kill cells and tissues whereas others may affect genetic material (DNA) directly altering it and causing cancer as a result.

PROBLEM OF THE STUDY

The main objective of the present study is to examine the life satisfaction among married male and female.

OBJECTIVES OF THE STUDY

The main objective of the present study is to examine the life satisfaction (health satisfaction, personal satisfaction, economic satisfaction, marital satisfaction, social satisfaction and job satisfaction) among married male and female subjects.

HYPOTHESIS OF THE STUDY

There is no significant difference in health satisfaction among

married male and female.

There is no significant difference in personal satisfaction among married male and female.

There is no significant difference in economic satisfaction among married male and female.

There is no significant difference in marital satisfaction among married male and female.

There is no significant difference in social satisfaction among married male and female.

There is no significant difference in job satisfaction among married male and female.

There is no significant difference in life satisfaction among married male and female.

RESEARCH METHODOLOGY

Sample

The sample consisted of 60 married male female (30 married male and 30 married female) from Ghaziabad city. Age range of married male and female were 25-60 years.

Table I
Sample of married male female

Sr. No	Group	N	Σ
1	Married Male	30	60
2	Married Female	30	

Tools used

Life Satisfaction Scale (Dr. Q.G. Alam & Dr. Ramji Srivastava): The life satisfaction scale comprises of sixty items related to six areas of life viz. health satisfaction, personal satisfaction, economic satisfaction, marital satisfaction and job satisfaction. The responses are to be given in Yes/No. Yes responses indicate satisfaction whereas No indicate dissatisfaction. There is no time limit yet it takes about 20 minutes to complete the test. It is a paper-pencil questionnaire which can be administrated on an individual or a group of individuals. The scale has sixty items. Every items is to be responded either in Yes or No. There is no other alternative. Every 'Yes' response is assigned 1 mark and sum of marks is obtained for the scale. Test-retest reliability was computed after a lapse of 6 weeks. The obtained quotient was .84 and validity of the scale was obtained by correlating it with Saxena' Adjustment Inventory and Srivastava Adjustment Inventory. The quotient obtained was .74 and .84 respectively.

Procedure of Data Collection

Data collection was done using random sampling. Purpose of the study was made clear to the participants. The inventories were distributed to participants. The general instructions were given to participants to complete the inventories. Help was provided to the participants in case they found any of the items difficult to comprehend. 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 Mean, S.D and t-test was applied for statistical analysis of data.

STATISTICAL ANALYSIS AND INTERPRETATION

The main objective of the present study was to determine the life satisfaction (health satisfaction, personal satisfaction, economic satisfaction, marital satisfaction, social satisfaction and job satisfaction) among married male and female participants. Mean, S.D and t-test was applied for statistical anal-

ysis of data.

Table II
Mean, SD and't' value of health satisfaction among married male female

S. No.	Group	N	Mean	S.D.	t	Sig
1	Married Male	30	5.76	1.63	0.74	N S
2	Married Female	30	6.06	1.48		

The results indicate that married female received higher mean score 6.06 as compared to married male 5.76. The standard deviation score of married male received 1.63 and the married female received 1.48. So we can say that married female have higher health satisfaction than married male. The't' value of health satisfaction is 0.744. There is no significant difference in health satisfaction between married male and female. It means hypothesis is accepted. In simple terms it can be concluded that health satisfaction of married male is lesser than married female.

Table III
Mean, SD and't' value of personal satisfaction among married male female

S. No.	Group	N	Mean	S.D.	t	Sig
1	Married Male	30	7	1.43	0.96	N S
2	Married Female	30	6.67	1.24		

The results indicate that married male received higher mean score 7 as compared to married female 6.67. The standard deviation score of married male received 1.43 and the married female received 1.24. So we can say that married male have higher personal satisfaction than married female. The't' value of personal satisfaction is 0.96. There is no significant difference in personal satisfaction between married male and female. It means hypothesis is accepted.

In simple terms it can be concluded that personal satisfaction of married male is higher than married female.

Table IV
Mean, SD and't' value of economic satisfaction among married male female

S. No.	Group	N	Mean	S.D.	t	Sig
1	Married Male	30	5.97	1.79	0.56	N S
2	Married Female	30	5.73	1.4		

The results indicate that married male received higher mean score 5.97 as compared to married female 5.73. The standard deviation score of married male received 1.79 and the married female received 1.4. So we can say that married male have higher economic satisfaction than married female. The't' value of economic satisfaction is 0.56. There is no significant difference in economic satisfaction between married male and female. It means hypothesis is accepted. In simple terms it can be concluded that economic satisfaction of married male is higher than married female.

Table V
Mean, SD and't' value of marital satisfaction among married male female

S. No.	Group	N	Mean	S.D.	t	Sig
1	Married Male	30	7	1.86	0.60	N S
2	Married Female	30	7.27	1.55		

The results indicate that married female received higher mean score 7.27 as compared to married male 7. The standard deviation score of married male received 1.86 and the

married female received 1.55. So we can say that married female have higher marital satisfaction than married male. The't' value of economic satisfaction is 0.60. There is no significant difference in marital satisfaction between married male and female. It means hypothesis is accepted. In simple terms it can be concluded that marital satisfaction of married female is higher than married male.

Table VI
Mean, SD and't' value of social satisfaction among married male female

S. No	Group	N	Mean	S.D.	t	Sig
1	Married Male	30	7.5	2.27	1.24	N S
2	Married Female	30	8.16	1.85		

The results indicate that married female received higher mean score 8.16 as compared to married male 7.5. The standard deviation score of married male received 2.27 and the married female received 1.85. So we can say that married female have higher social satisfaction than married male. The't' value of economic satisfaction is 1.24. There is no significant difference in social satisfaction between married male and female. It means hypothesis is accepted. In simple terms it can be concluded that social satisfaction of married female is higher than married male.

Table VII
Mean, SD and't' value of job satisfaction among married male female

S. No	Group	N	Mean	S.D.	t	Sig
1	Married Male	30	7.1	1.26	1.46	N S
2	Married Female	30	6.53	1.69		

The results indicate that married male received higher mean score 7.1 as compared to married female 6.53. The standard deviation score of married male received 1.26 and the married female received 1.69. So we can say that married male have higher job satisfaction than married female. The't' value of job satisfaction is 1.46. There is no significant difference in job satisfaction between married male and female. It means hypothesis is accepted. In simple terms it can be concluded that job satisfaction of married male is higher than married female.

Table VIII
Mean, SD and't' value of overall satisfaction among married male female

S. No	Group	N	Mean	S.D.	t	Sig
1	Married Male	30	40.33	5.28	0.07	N S
2	Married Female	30	40.43	4.98		

The results indicate that married female received higher mean score 40.43 as compared to the married male 40.33. The standard deviation score of married male received 40.33 and the married female received 40.43. So we can say that married female have higher life satisfaction than married male. The't' value of life satisfaction is 0.07. There is no significant difference in life satisfaction between married male and female. It means hypothesis is accepted. In simple terms it can be concluded that life satisfaction of married female is higher than married male.

DISCUSSION AND CONCLUSION

The main conclusion emerged from the analysis of data is that overall life satisfaction of married female is higher than married male. If we seen according to dimension wise we find that health satisfaction of married male is lesser than married female. Economic satisfaction of married male is higher than married female. Marital satisfaction of married female is higher than married male. Social satisfaction of married female is higher than married male. Job satisfaction of married male is higher than married female. Divya, Raina & Geeta, Balodi (2013) studied the life satisfaction of married women in relation to their status and the cause behind female foeticide. The study gives an insight into the six areas of life satisfaction of these women, who were found to be differently treated by their family. Ito Y., Sagara J. and Ikeda M. (2004) investigated mental health of married people in relation to satisfaction in marital relationship, occupational life and household income. The association was strongest for those who were in child-rearing years. Satisfaction in workplace was as important as satisfaction in marital relationship for women who were employed full-time. Walker R., Isherwood L., Burton C., Kitwe-Magambo K. and Luszc M. (2013) found that marital satisfaction is important for health and well-being, although determinants of satisfaction among older couples are unclear. Much of the marital literature has focused on the role of the spouse, in isolation from satisfaction with broader social relationships.

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