

A study of life satisfaction among the aged

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ABSTRACT

Life satisfaction is the way in which people show their emotions and feelings and how they feel about their directions and options for 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. The purpose of the study was measuring a level of life satisfaction among the aged. The researcher has used three independent variables (1) types of gender (male and female) (2) types of age (60 to 74 and up to 75) (3) types of family (joint family, nuclear family). The life satisfaction scale constructed & standardized by Alam & Srivastava (1996) The test consists of 60 items of yes/no type. Test-retest reliability of the test was found to be .84 and Validity is .74. The research has taken a 120-research sample. 60 male (30 sample-65 to 74 age, 30 sample-up to 75) 60 female (30 sample-60 to 74 age, 30 sample-up 75) situated at Rajkot district (Gujarat). Hence, this gives variables of age, gender and family type for analysis of this data. The researcher was use statistical technique 'F' and 't' to get results. And result there will be no significant effect of life satisfaction among gender, age and family type.

Keywords: Age, Gender, Life Satisfaction, Old Age People (Rajkot District)

Life satisfaction is the way in which people show their emotions and feelings (moods) and how they feel about their directions and options for 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. It is having a favorable attitude of one's life 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.

Life satisfaction refer to an individual's personal judgment of wellbeing and quality of life based on his or her own chosen criteria (Diener, 1984).

Life satisfaction is considered as a dynamic process which goes on throughout one's life (Brown, 1981).

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“Life satisfaction among aged” (Rajkot district)

Life satisfaction, morale and happiness are often used interchangeably referring to psychological well-being of the individual. Psychological wellbeing includes mental functioning such as happiness, morale, life satisfaction, and the absence of psychopathology (e.g. depression). George defined life satisfaction as a cognitive process by which an individual assesses his/her progress towards desired goals. George also defined happiness as “transitory moods of gaiety reflecting the affect that people feel toward their current state of affairs”. Finally, she defined morale as fit between the individual and the environment, the acceptance of those aspects of life that cannot be changed and more generally it depends on how positive one’s outlook of life is. In addition to these, it is generally observed that motivational spheres of life contribute a lot to getting individual’s life satisfaction which provides all round capacity with commitment of work and family.

Old age is the fading period of life cycle. It is a period when people move away from hay day of life, full of power, vitality and happiness. According to Hurlock [2] age sixty is often considered as the dividing line between middle age and old age. The last stage in lifespan is subdivided into early old age, which extends from age sixty to seventy, and advance old age, which begins at seventy and extends to the end of life. Thus, old age has been viewed either as a transition that is accompanied by psychological distress or as a time of continued, or even enhanced, subjective wellbeing. Palmore & Kivett [3] have pointed out that the best predictor of life satisfaction is the person’s ratings of life satisfaction in the past and that initial values or changes in other variables appeared to be unrelated to changes in life satisfaction.

Moreover, Taves & Hansen [4] point out that health problem appears to detract from enjoying a number of close friendships, satisfaction with work, and satisfaction with family. Whereas various researches have shown that life satisfaction may also affect health when a person is dissatisfied with life, it means that an individual is experiencing negative vibe that are coloring his/her view of the world around him/her. There may also be relative lack of positive feelings due to radical change in the state of mind. Such dissatisfaction means important needs and expectations that are not being met as pointed out by Lawton.

During reviewing the literature on the life satisfaction, it was observed that there are basically two approaches to life satisfactions. The first focuses upon the overt behavior of the individual and uses social criteria of success and competence. The second approach is to be viewed from an individual’s internal frame i.e. the individual’s own interpretation and evaluation of his present or past life, and his satisfaction or his happiness. Thus, the present article is approached to study on the social criteria of life satisfaction to get successful aging. Hence, the present endeavor will fill the void of knowledge in the area of aging.

Aims of the study

1. To study the life satisfaction among 60+ aged.
2. To examine effect of life satisfaction reference to gender of male and female.
3. To study the life satisfaction effect among family type in aged people.

Hypothesis

1. There will be no significant effect of life satisfaction among aged.
2. There will be no significant effect of life satisfaction among male and female.
3. There will be no significant interaction effect of life satisfaction among age and gender.
4. There will be no significant difference among family type.

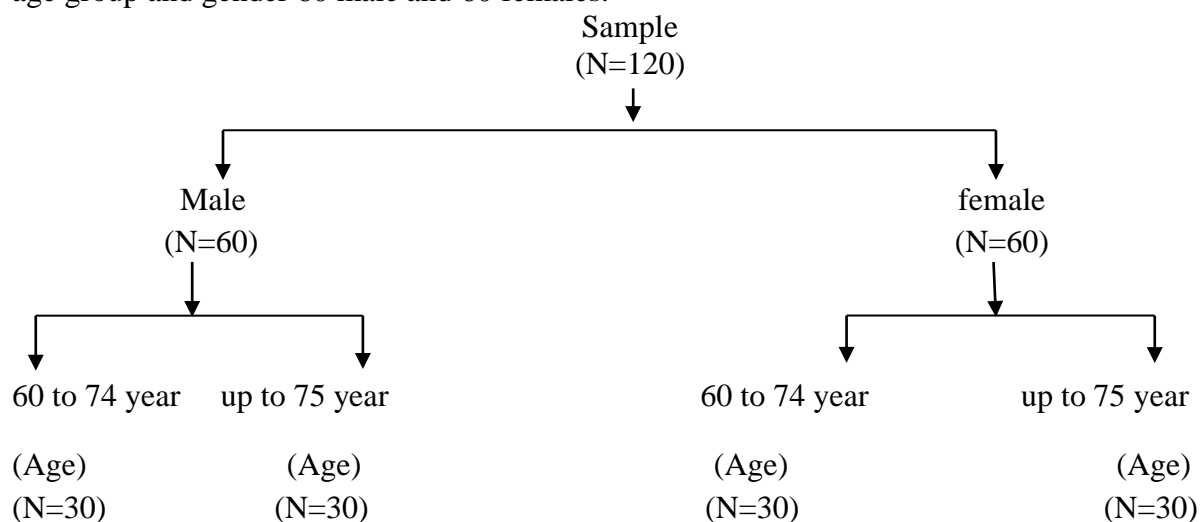
METHODOLOGY

Research design

This research was adopted 2x2 factorial designs with 2 types of gender (male and female and 2 type of age difference (60 year to 64 year and up to 75 year)

Sample

In the research the researcher selects 120 samples by Random technique. Sample divide by age group and gender 60 male and 60 females.



Research tools

The following tools were used in the study.

- 1. Personal data sheet:** Researcher had prepared personal data sheet for respondents. The data sheet contains the information about name, gender, age, family type and health and more than collect information at that time in present research.
- 2. Life satisfaction scale:** Life satisfaction questionnaire was constructed by three Q.G.alam and Ramji shreevastva (1996). There are 60th items in this questionnaire all the sentence had a two option. Respondent choose one option 'yes' or 'no'. And score system is responder choose 'yes' get 1 score and 'no' get 0 score. The possible score is minimum 0 and maximum 60. Test-retest reliability of the test was found to be .84 and Validity is .74.

Statistical analysis

In the present research 'F' test and 't' test was used for statistical analysis.

RESULT AND DISCUSSION

Life Satisfaction With reference to age, gender and family type:

The main objective was to study whether aged people of male and female, age and family type differ in overall life satisfaction. In this context, 6 null hypotheses (no.1 to no.7) were constructed. To check these null hypotheses statistical techniques of two way ANOVA and 't' was used. For results here presented a table.

Table no-1 Means and SD of life satisfaction with reference to age and gender. (N=120)

Variables	Sum of squares	Df	Mean sum of squares	F	Sig. level
Gender	80.04	1	80.04	2.01	NS
Age	4.04	1	4.04	0.10	NS

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Variables	Sum of squares	Df	Mean sum of squares	F	Sig. level
AxB (gender and age)	84.59	1	84.59	2.12	NS
Wss	4628.13	116	39.89		
Tss	4796.8	119			

Sig. level: df=116

0.05=3.92

0.01=6.84

Table-2 Life satisfaction with reference to gender. (N=120)

H₀1. There will be no significant effect of life satisfaction among aged.

Variables	N	M	F	Sig.
Female	60	45.08	2.01	NS
Male	60	46.72		

Sig. level: df=116

0.05=3.92

0.01=6.84

NS= not significant

Hear F test was used to check the impact of life satisfaction among gender, if can be seen above table no-2 reveals that the mean score of life satisfaction female was 45.08 and male was 46.72 as respectively and F value was 2.01 which is not significant on level 0.01. Result shows that there is no difference of life satisfaction between female and male.

Table-3 Life satisfaction with reference to age. (N=120)

H₀2. There will be no significant effect of life satisfaction among male and female.

Variables	N	M	F	Sig.
60 to 74 year	60	46.08	0.10	NS
up to 75 year	60	45.72		

Sig. level: df=116

0.05=3.92

0.01=6.84

NS= not significant

Hear F test was used to check the impact of life satisfaction among age, if can see above table-3. That the mean score of life satisfaction was 43.08 in 60 to 74 year old people and 45.08 in up to 75 year was 45.72 as respectively and F value was 0.10 which is not significant on level 0.01. Result shows that there is no difference of life satisfaction between age group.

Table-4 Life satisfaction with reference to gender and age. (N=120)

H₀3. There will be no significant interaction effect of life satisfaction among age and gender.

Variables	Mean		F	Sig.
	Female	Male		
60 to 74 year (age)	45.2	46.96	2.12	NS
Up to 75 year (age)	44.96	46.46		

Sig. level: df =116 0.05=3.92 0.01=6.84 NS=not significant

Hear F test was used to check the impact of life satisfaction among gender and age both. That the mean is female and 60 to 74-year (age) 45.2 and male and 60 to 74 year (age) 46.96. all show the mean in female up to 75 year 44.96 and in male up to 75 year 46.46 as Respectively and F value was 2.12 which is not significant on level 0.01. Hence the null hypothesis was Conclude that there was not significant interactive effect of types of gender and age on life satisfaction.

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Table-5 Life satisfaction difference among family type. (N=120)

H04 There will be no significant difference among family type.

Variables (family type)	N	Mean	SD	T	Sig.
Joint	84	46.46	5.91	1.13	NS
Nuclear	36	44.94	7.15		

Sig. level: df=118 0.05=1.98 0.01=2.62 NS=not significant

Hear t test was applied to check difference of joint family and nuclear family. It can be clearly seen from above table-no-5 reveals that the mean score is a joint family 46.46 and nuclear family mean 44.94 and SD is joint family 5.91 and nuclear family 7.15. The t test result is 1.13 which is statistically not significant on level 0.01. Hence the null hypothesis was Conclude that there was not significant interactive effect of types of family.

CONCLUSION

1. There is no significant difference between the life satisfaction among aged.
2. There is no significant difference between the life satisfaction among male and female.
3. There is no significant interaction effect of life satisfaction among age and gender.
4. There is no significant difference among family type (joint family and nuclear family).

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Conflict of Interest

The author declared no conflict of interest.

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