

Whether Positive and Negative Affectivity and Death Anxiety are Related in any Way with Life Satisfaction in Adults

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ABSTRACT

In this article, we audit various clarifications for the differing connection between Life Satisfaction and affectivity. It was distinguished that individuals have a penchant to reenact negative results, which bring about an inclination toward negative emotional reactions to life satisfaction. Scores on the Satisfaction with life scale have been appeared to relate with proportions of emotional wellness and to be prescient of future practices, for example, death anxiety. In the region of health psychology, the Satisfaction with life has been utilized to inspect the emotional personal satisfaction of individuals encountering genuine wellbeing concerns. In this audit, we look at the developing perspectives on life satisfaction, offer refreshed psychometric information for the SWLS, and talk about future issues in the appraisal of life satisfaction. Through different relapse, life satisfaction was anticipated by positive and negative affectivity and death anxiety. Health issues, change in day-to-day environments, and moderately high instructive level were indicators of death anxiety. Death Anxiety is a term with more prominent significance among the old as they approach certainty of death. Distinguishing the corresponds of death uneasiness among individuals is significant so as to lessen the burden of this issue. In this manner, the current investigation was performed with the intend to inspect the relationship between life satisfaction, affectivity with death anxiety throughout everyday life.

Keywords: *Affectivity, Life Satisfaction, Death Anxiety*

Life has its ups and downs, times of clearness and disarray. However, it holds a rich significance, one that unfurl through living the motivation. People could depict their life reason as the existence that we were destined to live, and ought to likewise be fulfilled from life and with high points and low points. These good and bad times change our feelings. Life Satisfaction and affectivity are crucial and interrelated parts of the human condition.

Affect is an umbrella term that covers the two, emotions and moods. It's the fundamental sense of feeling, the acknowledgment that what we are encountering is either good or undesirable conditions, or whether we are feeling quiet or fomented.

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Positive affectivity refers to positive feelings and articulation, including brightness, pride, eagerness, vitality, joy, enthusiasm and delight. Negative affectivity is negative feelings and articulation, which incorporates trouble, nausea, sadness, laziness, dread, and misery. Positive and negative affectivity not just assumes an enormous job we would say and our satisfaction, our affectivity can likewise impact our assessments, considerations, execution, capacities, and even our brain movement.

Life satisfaction (LS) is the manner by which individuals show their feelings, emotions (dispositions) and how they feel about their bearings, directions and alternatives for what's to come. It is a proportion of prosperity or well-being evaluated regarding state of mind, fulfillment with relationships, accomplished objectives, self-ideas, and self-perceived capacity to adapt to one's day by day life. Life satisfaction includes a positive mentality towards one's life instead of an appraisal of current sentiments. Death is the permanent suspension of every single natural capacity that continues a living organism.

REVIEW OF LITERATURE

This study attempts to be unique and contribute in the field of research. In the hope to expand upon existing knowledge, this study will contribute towards understanding the link between affectivity, life satisfaction and death anxiety among adults. As per the literature, negative affectivity have less life satisfaction and more death anxiety. On the other hand, positive affectivity doesn't show any relation with life satisfaction. Most of the studies indicate that positive affectivity can predict life satisfaction and have a relationship between the same two variables. Therefore, the present study is an attempt to fill these gaps. It is believed that positive affectivity people have more life satisfaction. While identifying new facts, the present study also emphasis on validation of facts found in earlier studies. Hence, a robust relation has been understood between affectivity, life satisfaction and death anxiety but again it has been a debatable issue as it believes that affectivity or life satisfaction may hinder the death anxiety of the individual and vice versa. Hence, it is most needed issue to concern and to assess the affectivity, life satisfaction and death anxiety which are related to positive mental growth for adults.

Objective

The main objective of the present study is to understand that positive and negative affectivity and death anxiety are related in any way with life satisfaction in adults. Further, an attempt has also been made to understand the difference between male and female, and does life satisfaction plays an important role? By keeping in mind, the above objective, the research hypothesis are framed. The study tries to identify whether critical condition of Covid 19 causes any decrease in satisfaction of life or not.

METHODOLOGY

The research design to be used in this research is Descriptive co-relational design. The target population for this research is adults which means individuals whose age is more than 18 years. The Sample size consists of 110 adults. Out of these 55 will be males and 55 will be females. The method of sampling used is Convenient Sampling during lockdown. Independent Variables which were defined are Positive and Negative Affect, Death Anxiety and Dependent Variable was Life Satisfaction. Questionnaires used were PANAS-SF (Positive and Negative Affect Scale-short form, Satisfaction with Life Scale and Death Attitude Profile-Revised (Dap-R). Information was taken through a google form with proper consent and demographic details.

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RESULTS

The aim of the present research was to study whether positive and negative affectivity and death anxiety are related in any way with life satisfaction in adults.

Keeping in view the objectives of the study the data was analyzed by using descriptive and inferential statistics. Mean, standard deviation, graphical representation of the data and Pearson 'r' product Method of Correlation will be calculated to check the relationship between variables – positive affect, negative affect, life satisfaction and death anxiety. Multiple Regression –Enter Method is used to study the predictors of positive affect, negative affect, life satisfaction and death anxiety.

Table 1: Showing mean and standard deviation of male and female groups for Positive and Negative Affect, Life Satisfaction and Death Anxiety

SEX		N	Mean	Std. Deviation	Std. Error Mean
PA	Male	55	37.93	8.645	1.166
	Female	55	37.13	6.046	.815
NA	Male	55	23.56	8.050	1.085
	Female	55	24.11	8.687	1.171
Satisfaction of Life	Male	55	24.73	6.553	.884
	Female	55	25.02	5.642	.761
Fear of Death Total	Male	55	28.56	3.173	.428
	Female	55	29.13	3.378	.455

From table 1, The descriptive analysis was done to compare the means of male and female groups on various dependent measures using t-test. From this table, we can infer that group mean of male is higher than females in positive affect, which means males have more positive affect than females. Group mean of females is higher in negative affect than males which means females have more negative affect or negative emotions than males. Life Satisfaction is more in females and death anxiety is more in males by comparing their means with each other. It is inferred that standard deviation is higher in positive affect and in males and standard deviation is higher in negative affect, life satisfaction and death anxiety in case of females.

Table 2 shows r values and significance level of positive affect, negative affect, life satisfaction and death anxiety. Analyses of correlation between positive affect, negative affect, Satisfaction with life and positive affectivity is showing **strong positive correlation** which means increase in positive affectivity, leads to increase in life satisfaction. Positive and negative affect are showing negative correlation. Negative affect also shows negative correlation with life satisfaction.

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Table 2: Showing co-relations of various dependent measures for the total sample (N=100)

		PA	NA	Satisfaction of Life TOTAL SCORE	Fear of Death Total
PA	Pearson Correlation Sig. (2-tailed)	1	-.112 .243	.562** .000	.092 .339
NA	Pearson Correlation Sig. (2-tailed)	-.112 .243	1	-.184 .055	-.153 .110
Satisfaction of Life Score	Pearson Correlation Sig. (2-tailed)	.562** .000	-.184 .055	1	.122 .203
Fear of Death Total	Pearson Correlation Sig. (2-tailed)	.092 .339	-.153 .110	.122 .203	1

Table 3: Showing the Model Summary

Model	R	R Square	Adjusted Square	R	Std. Error of the Estimate
1	.578	.334	.315		5.038

Multiple Regression Analysis was conducted to ensure the contribution of positive affect and negative affect and death anxiety on life satisfaction. The multiple regression model was performed with death anxiety, positive affect and negative affect as predictors.

As we can see from the table, multiple co-relational coefficient (R) is 0.578. This means that there is positive correlation among criterion variables i.e., Life satisfaction and predictors variable which are death anxiety, positive affect and negative affect. The calculated R Square is 0.334 which means that the coefficient of determinant is 33.4% which means the predictor variable explains 33.4% of variability of criterion variable, which is moderate because independent variable mostly are showing to be effective. R Square gives model fit so anything above 0.5 is considered good fit less than that would not be a good fit.

Hence, life satisfaction can be predicted by positive affectivity. Life satisfaction (LS) is the manner by which individuals show their feelings, emotions (dispositions) and how they feel about their bearings, directions and alternatives for what's to come. It is a proportion of prosperity or well-being evaluated regarding state of mind, fulfillment with relationships, accomplished objectives, self-ideas, and self-perceived capacity to adapt to one's day by day life.

Life satisfaction includes a positive mentality towards one's life instead of an appraisal of current sentiments and that is predicted when person is happy and elevated. Hence, it was established that more happier you are, more satisfied you will be.

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Limitations and Suggestions

- Review of literature needs to be more specific and elaborated.
- The study is limited convenient sample and only close or known ones were included.
- Limited number of psychological variables were included to predict the robust concept of death anxiety.
- Biographical factors were not analysed.
- In addition to quantitative analysis, some qualitative analysis should be added in order to get more sight into the construct of death anxiety.

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Conflict of Interest

The author(s) declared no conflict of interest.

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