

Research Paper

## Life satisfaction and Optimism among Private School Teachers and Government School Teachers

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### ABSTRACT

The present study was conducted to assess the life satisfaction and optimism among teachers of North India. 54 female teachers between the age group of 30 to 45 years residing in North India were the participants of this study. Snowball sampling technique was used for collecting the data through google forms. The life orientation test - Revised (LOT- R) (Michael Scheier and Charles Carver, 1994) and the satisfaction with life (Diener, et al 1985) were used to assess the optimism and life satisfaction respectively. It was hypothesized that there will be significant difference between the life satisfaction of government and private school teachers of North India and there will be significant difference between optimism of government and private school teachers of North India. It was also hypothesized that there will be significant relationship between life satisfaction and optimism of school teachers of North India. The results of the study indicated that there is significant difference between the optimism of government and private school teachers of North India. The findings also show that there is significant correlation between life satisfaction and optimism of teachers of North India. The findings indicate that there is no significant difference between life satisfaction of government and private school teachers of North India.

**Keywords:** *Optimism, Life Satisfaction, Teachers.*

**O**PTIMISM – Studies on positive emotions like optimism has been increased with the development of positive psychology. Optimism is both a thought process and skill to perceive the things in a positive manner. It is a skill to see the upcoming events with hope in spite of troubles, hurdles and other unpleasant events the one may face in their life (Akcemet and Kargin, 1998; Goleman, 2005; Harris and Middleton, 1994). Expecting something in future is what optimism is (Carver and Scheirer, 2002).

**LIFE SATISFACTION:** Life satisfaction may be defined as inert conscious pleasureable experiences that provokes the individual to achieve the goal (Frisch, 1999; Frischet et al. 2005). It is defined as cognitive judgements about one's life, evaluating universally or by particular realm (Diener, 1985).

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RELATIONSHIP BETWEEN LIFE SATISFACTION AND OPTIMISM: A study among adolescents shows that the optimism and life satisfaction are moderately correlated (Supervia, Bordas, Lorente, 2020). Results of research conducted on female teachers depicts the significant correlation between all the variables i.e., marital satisfaction, self-efficacy, optimism and life satisfaction (M Imani, S A Kazemi Rezaie, H Pirzadeh, A Valikhani, S V Kazemi Rezaie, 2015)

## **REVIEW OF LITERATURE**

A study conducted by Luechinger, Meier, Stutzer (2012) on the topic ‘Why does unemployment hurt the employed? Evidenc efrom the life satisfaction gap between the public and the private sector’. German socio-economic panel (GSOEP) was using for studying panel data for Germany. A replicated study was done using repeated cross-sectional data for the United States from General Social Survey (GSS) and the European countries from Eurobarometer (EB). Its results shows that employees of private sector indicate less life satisfaction when rates of unemployment increases. Public sector workers show less changes in rate of unemployment.

Iqbal, Mustafa, Shahzad, Rattani (2017) did a study on the topic “Positive organizational study: A Comparison between Private and Government University Teacher”. A convenient sampling technique was used to collect the data from 261 teachers of private and government universities at graduate level of Karachi, Pakistan. Psychological capital questionnaire, General health questionnaire and organizational citizenship behavior checklist were the tools used. Findings suggest the significant difference between the psychological capital (efficacy, hope, resilience and optimism) of teachers working in private and teachers working in government universities.

Yalcin (2011) conducted a study on the topic ‘Social support and optimism as predictors of Life satisfaction of college students. Size of the sample was 133 students who were studying in the colleges in Turkey. Different tools like satisfaction with life scale, Perceived Social Support-Revised, Life Orientation test were used for collecting the data. Results of the research shows that there are significant relationships between the variables which means perceived social support from family, support of faculty and optimism were the significant predictors of life satisfaction.

A study conducted by Szczesnaik, Soares (2011) on the topic “Are proneness to Forgive, Optimism and Gratitude associated with Life Satisfaction”. A sample of 338 persons of the age group between 16 and 83 years of age were participated in the study. Satisfaction with Life Scale, Transgression related Interpersonal Motivation Inventory, Gratitude Questionnaire and Learned Optimism test were used as the tools for study. It studies the relationship between Life Satisfaction and variables such as Optimism and gratitude. Results indicate that perceiving the negative and enduring nature of episodes namely pessimistic narrative style has negative relationship with life satisfaction. Permanent and positive episodes of life namely optimistic narrative style have positive relationship with life satisfaction.

### **Objectives**

- To study the relationship between life satisfaction and optimism of school teachers of North India.
- To measure the life satisfaction of school teachers of North India.

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- To measure the optimism among school teachers of North India.

### *Hypotheses*

H1: There will be relationship between life satisfaction and optimism of school teachers of North India.

H2: There will be significant difference between the life satisfaction of Govt. and private school teachers of North India.

H3: There will be significant difference between optimism of Govt. and Private school teachers of North India.

## **METHODOLOGY**

### *Sample*

Snowball sampling technique was used for collecting the sample through online social media platforms. Size of the sample was 54 female teachers who were working in schools of North India both Private and Government. The age group of the sample was 30 to 45 years. Out of the total sample of 54 teachers, 28 were teachers working in Private Schools and 26 were Govt. school teachers.

### *Tools*

For collecting data, two scales were used-

- **SATISFACTION WITH LIFE (Diener, Emmons, Larsen and Griffin, 1985):** Satisfaction with life scale (SWLS) was constructed to assess the universal with ranging intellectual opinions about life fulfilment. Against every item, seven options are given ranging from 7-strongly agree to 1 strongly disagree. The participants are asked to select one response which suits them most. Scoring is done by summing up all the responses of a participant. The range of the score lie between 5 to 35. Lower score indicates less life satisfaction and high scores shows fully satisfaction with life. Cronbach's Alpha (0.83) and Test-Retest reliability (0.69) was computed for testing the reliability of SWLS. Convergent validity of SWLS with single-item measures like Cantril's ladder,  $r=0.62$ , 0.66, Andrews and Withey's Delighted-Terrible scale,  $r=0.68$ , 0.62.
- **LIFE ORIENTATION TEST – REVISED (Michael Scheier and Charles Carver, 1994):** Life orientation test- Revised (LOT-R) consists of 10 items which aims to assess the optimism and pessimism. LOT-R is a revised version of original LOT (12 items). Participants has to rate each item on 5-point scale ranging from 0-strongly disagree to 4-strongly agree. LOT-R has 10 items – 3 items assess optimism, 3 items measure pessimism, 4 items act as fillers. Scoring of LOT-R includes reverse scoring of item 3, item 7 and item 9. There is no score for filler items (items 2, 5, 6, 8). Thus, it means one can get total score by adding the scores of items 1, 3,4,7,9,10. The scores can range from 0 to 24. Low score show low optimism and high score shows high optimism. Cronbach's Alpha (0.76) was computed to assess the reliability of LOT-R. it also suggests acceptable level of internal consistency. Criterion validity of SWLS was comes out to be strong. It was found LOT -R shows significant negative correlation with hopelessness ( $r=-.65$ ) and depression ( $r=-0.60$ ).

### **Statiscal Analysis**

Analysis of data were done with the help of SPSS. In order to test the hypothesis, correlation and t-test were computed.

**RESULTS AND INTERPRETATION**

The purpose of present research is to investigate the relationship and difference between life satisfaction and optimism among government teachers and private teachers.

**H1: There will be relationship between life satisfaction and optimism of school teachers of North India**

*Table 1*

Correlations			
		life ori total	life satis total
life ori total	Pearson Correlation	1	.286*
	Sig. (2-tailed)		.036
	N	54	54
life satis total	Pearson Correlation	.286*	1
	Sig. (2-tailed)	.036	
	N	54	54

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

The Pearson product moment correlation was computed to find out the relationship between life satisfaction and optimism of school teachers of North India. The correlation coefficient r comes out to be 0.286. This coefficient value indicates that there is small positive correlation between two variables. The value of  $r=0.286$  is significant at the 0.05 level. The value of correlation coefficient comes out to be statistically significant. Thus, it can be stated that there is significant relationship between life satisfaction and optimistic thinking. Thus, the hypothesis(H1) has been accepted.

**H2: There will be significant difference between the life satisfaction of Govt. and private school teachers of North India.**

*Table 2: Difference Between Life Satisfaction of Government and Private Teachers of North India.*

Group Statistics					
	Whether teaching in 2 or 1.	N	Mean	Std. Deviation	t
life satis total	private	28	21.82	6.950	.231
	government	26	22.23	6.081	

( $p=.818$ ;  $p>0.05$ )

t-test between the two-group means were computed. It was found that  $p=.818$ ,  $p>0.05$ . This computation indicates there is no significant difference between the life satisfaction of government and private school teachers of North India. The hypothesis (H2) has thus been rejected.

**H3: There will be significant difference between optimism of Govt. and Private school teachers of North India.**

*Table 3: Difference Between Optimism of Government and Private Teachers of North India.*

Group Statistics					
	Whether teaching in 2 or 1.	N	Mean	Std. Deviation	t
life ori total	private	28	13.75	2.222	-2.12*
	government	26	15.04	2.236	

( $p=.039$ ;  $p<0.05$ )

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T- test between the means of optimism of government and private teachers of schools of North India were calculated. It comes out to be  $t = -2.12$ . The value of  $p = 0.039$ ,  $p < 0.05$ . It indicates that there is significant difference between the optimism of government and private school teachers of North India. Thus, the hypothesis (H3) has been accepted.

### DISCUSSION

The results of the study reveal that there is significant small positive relationship between life satisfaction and optimism of school teachers of North India and thus hypothesis has been accepted.

It can also be stated that teachers who are satisfied with their lives are more optimistic in nature. Teachers working in private and government schools who thinks positive are more contented with their life situations. Komal Hassan, Shama Sadaf, Ayesha Saeed, Amna Idrees (2018) concluded that people who are satisfied with their life are more hopeful and positive. Baily and Synder (2007) in a study concluded that optimism and hope show correlation with life satisfaction.

The results are also found consistent with the study done by Scheier, M.F and Carver, C.S (1985) which shows that people who are having hopeful expectations and are positive towards future, their lives are more contented. The result indicates that hypothesis (H2) there is no significant difference between life satisfaction of government and private school teachers of North India. A study conducted by Keshav Mishra (2021) support the present study findings which stated that employees of government and private sector are equally satisfied with their life. The results of present study also indicates that there is a significant difference between the optimism of government and private school teachers of North India.

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### Conflict of Interest

The author(s) declared no conflict of interest.

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