

Comparative Study

To Study Life Satisfaction and Resilience Among Married Woman and Unmarried Women of Nuclear Family of Urban Bangalore- A Comparative Study

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ABSTRACT

In this paper we have tried our level best to examine the correlation between life satisfaction and Resilience of married and unmarried women living in nuclear bangalore urban in various life domains through the model of RLSS and RS-14 scale. Interview was conducted on a sample of 200 women, 100 married and 100 non-married. The findings of this paper confirms that women of urban nuclear families have more life satisfaction towards various different domains of life for ex: Career, Parents/In Laws, Death and suffering, impermanence etc.

Keywords: *Married, Unmarried, Urban Nuclear Family, Domains*

Satisfaction with life mainly focused on who is happy whether the one who is a married, wealthy, spiritual individual or other. Temperament qualities and personality appear as powerful factors, influencing people's well-being (Diener, Suh, Lucas, & Smith, 1999). The aim of the current study was to find out the life satisfaction among married and unmarried women.

Parents/In-laws: This is an integral part of the family systems without which nothing can function. In-laws play a very important role as they can improve life relations and can also exploit as a woman if one needs life satisfaction first and foremost the family structure needs to be good. If the in-laws are not supportive and are always nagging for the women to work to work for anything then life is miserable.

Career: Job satisfaction has a significant role in the lives of women employees especially during their childbirth and pregnancy period according to the above research, married women have satisfaction even in their non-prestigious work and prestigious work as well job or career formation can be a multidimensional concept, women's Job satisfaction includes certain external factors such as qualifications of the job, organization and government, salary, working conditions, colleagues, professional development and supervision, workmates; and certain internal factors.

Religion: In our research we have included secular communities around the world. There are more than 2000+ religions but here we are focusing on 3 main religions that are Hindus,

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Christianity and Islam. Directly religion does not pay to life satisfaction but it enhances resilience to do a work it can be for example in praying to get life satisfaction, keeping your mind stabilized, cool and calm.

Children: This plays a crucial role in life satisfaction, resilience can enable children to help their mothers face life setting challenges, especially when it comes to nuclear family where it is constructed with 3-4 members population in the family, if the sibling relationship is good then the family can be mangable otherwise the mother will be burdened.

Experience: Life satisfaction depends on the major life events that take place in our day to day lives and its experiences make us strong and help gain resilience. For example: A mother working a day long comes home, if she experiences a tragedy, she experiences pain from that pain if the mother is getting over that then she will become resilient. If she learns that the pain is more traumatic than the psychological experience then her resilience makes the individual become stronger.

Education: Women's education makes sure that she is stable and would take a stand for herself and others also.

Culture: According to the research it shows that culture free and culture fair individuals have more life satisfaction, rather than belonging to a particular region.

Spatiality: Life satisfaction and spirituality play an important role in building resilience in married and unmarried women of urban nuclear families, because Spirituality is additional internal characteristics that have been linked with life satisfaction The significance of spirituality in everyday life has been supported by empirical studies in the past decade.

CONCLUSION

The present study is conducted to identify the correlation between resilience and life satisfaction among married and unmarried nuclear urban family women. Here in this study, it is found that both resilience and life satisfaction happen to each individual in the same manner.

So, it is important to conduct research in these areas in order to further enhance our understanding about the variables such as resilience, life satisfaction and the factors which affect those variables, how it varies in each individual etc.

Limitations

- The sample size could have been increased to increase the reliability and validity.
- Due to small samples, it could not be generalized to the whole population.
- Research undertaken only through an interview method can also be undertaken by employing some other method of data collection e.g., Google forms etc.

APPENDIX 1

Research Questions

1. Do Married women find life satisfaction? /unmarried women find life satisfaction if so explain
2. Do you consider that marriage and life satisfaction are correlated?

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3. Have you increased your tolerance after marriage, kindly tell me any one of your situations in which resilience has increased in recent times?
4. Which areas of life have given you more satisfaction and which area of life events has made you more resilient over the years?
5. Which is the life moment / area that you have utilized your resilience the most and why?
6. Which areas of life domains have given you more satisfaction over the years and why?
7. To which extent of life areas have you experienced resilience and why?

- Sample chosen is 25-45 years married and unmarried women
- 200 sample for qualitative sample of married and unmarried each 100 &100
- The life domains that are segregated.
 - Parents/Inlaws Career
 - Religion Children
 - Experience Education Culture Spitatuality Failure
 - Sucessuccess in your specific area Husband and wife relationship Salary / work
 - Non - commitment Passion
 - Death and suffering
 - Karma, divinity, / spirituality Impermanence etc.

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Conflict of Interest

The author(s) declared no conflict of interest.

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