

Life Satisfaction and Perceived Stress between Migrant and Non-Migrant Indian Students

Fr. Johnson Joseph CST¹, Mary Liya P E^{2*}

ABSTRACT

The present study on life satisfaction and perceived stress among the migrant and non-migrant Indian Students is conducted from a psycho social background where the migration to other countries in seek of better education is in steady rise and the students are found to be experiencing high psycho social distress. On this basis, this research aims to analyse the life satisfaction and perceived stress among the migrant and non- migrant Indian Students. The sample of the research consisted of 50 Migrant Indian Students and 50 Non- Migrant Indian Students. Purposive sampling technique was used for the study. The Perceived Stress Scale (PSS-10) and Satisfaction with Life Scale (SWLS) were used to assess the life satisfaction and perceived stress. The data collection was carried using Google forms. Mann Whitney U test was used to find the significant difference between the life satisfaction and perceived stress and the relationship between these variables was examined using Spearman's rank correlation. The study found that life satisfaction and perceived stress are negatively correlated. Also, no significant difference in life satisfaction and perceived stress were found between Migrant and Non- Migrant Indian student s. However, the mean rank of life satisfaction was higher among migrant students whereas, the mean rank of perceived stress was higher among non-migrant Indian students.

Keywords: *Life Satisfaction, Perceived Stress, Migrant Indian Students and Non-migrant Indian Students*

Migration is basically a movement of a group of people from a place to another for a particular purpose. Education is a driving force for migration in middle- income groups as they aspire to attain a higher education and secure a white-collar job so that they can earn higher wages and climb the social and economic ladder (Browne, 2017). Student migration refers to the movement of students to outside countries of birth or citizenship.

Though migration provides immense opportunities to upgrade oneself academically, professionally and personally; it also imposes several challenges that can make the students difficult to cope with once they are there in the host land. The entire process of migration

¹Post Graduate Department of Psychology, Kuriakose Elias College, Mannanam, Kottayam, Kerala

²Post Graduate Department of Psychology, Kuriakose Elias College, Mannanam, Kottayam, Kerala

*Corresponding Author

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takes a toll on the mental health of migrants. The adaptation of international students to their new host cultures has been the object of multiple empirical research (Ward et al., 2001). The whole process of adjustment to a new educational and social environment itself could be a stressful process. But as a result of displacement and during adjustment periods in their host countries, most college students experience stress throughout this process and often endure economic hardship and precarious living conditions. Acculturation was reported to be one major cause leading to increased perceived stress and diminished life satisfaction (Church (1982).

METHOD

Objectives of the study

- To assess the relationship between perceived stress and life satisfaction among students.
- To check if there is significant difference in life satisfaction between migrant and non- migrant Indian students.
- To check if there is a significant difference in perceived stress between migrant and non- migrant Indian students.

Hypotheses of the study

- H01: There is no significant relationship between perceived stress and life satisfaction among students.
- H02: There is no significant difference in life satisfaction between migrant and non-migrant Indian students.
- H03: There is no significant difference in perceived stress between migrant and non-migrant Indian students.

Participants

The study was conducted among migrant and non-migrant Indian college students. Both male and female students are selected for the study. The sample consists of 50 Migrant Indian Students and 50 Non- Migrant Indian Students. The geographical location of the samples was found to be from various states of India. The Non-Probability sampling method was adopted for the study. Purposive sampling method was used in the present study as the participants are chosen in a deliberate manner to include potential individuals assumed to give meaningful information about the subject under study. College student sand migrant students from India only were included in the study.

Measures Used

- **Perceived Stress Scale (PSS-10):** The Perceived Stress Scale (PSS-10) is the most widely used psychological instrument for measuring perceptions of stress. The scale is used to measure the degree to which situations in one's life are considered stressful. The PSS-10 was developed by Sheldon Cohen to measure college student's levels of stress. The scale consists of 10 items asking participants to rate the frequency of stressful events that occurred in the past month. PSS-10 demonstrated adequate internal consistency reliability ($\alpha = .78$) and convergent validity.
- **Satisfaction with life scale (SWLS):** The Satisfaction with Life Scale (SWLS) is a 5-item scale designed to measure global cognitive judgments of one's life satisfaction (not a measure of either positive or negative affect). It was developed by Ed Diener et al (1985). Participants indicate how much they agree or disagree with each of the 5 items using a 7-point scale that ranges from 7 strongly agree to 1

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strongly disagree. The scores range from 5 to 35, with higher scores indicating greater life satisfaction. The SWLS has been examined for both reliability and validity. The SWLS has shown strong internal reliability and moderate temporal stability. Adequate validity has been reported. Internal reliability of the scale has been estimated to range between .80 to .89, and temporal stability to range from .64 to .84. Diener et al. (1985) reported a coefficient alpha of 0.87 for the scale and a 2-month test-retest stability coefficient of 0.82.

Data Collection Procedure

The data was collected online from the migrant and non- migrant Indian students. The questionnaires were shared as google forms. The migrant student's data was collected from migrant Indian students who pursue higher studies in foreign universities. The data from the non- migrant students were collected from the colleges in Kerala state. The consent of the student participants was collected through online.

Statistical Analysis

The Statistical Package for the Social Sciences (SPSS) software was used to analyse the key variables. Normality test was done by using Shapiro Wilk test. The data of the research was claimed as normal if p value > 0.05. Based on the normality test done the data was not found to be normal. Non-parametric tests have been used as the normality assumption was not fulfilled. Mann Whitney U test was used for measuring the significance of difference between two means of job satisfaction and perceived stress. The relationships between these variables were examined using Spearman's rank correlation. Spearman rank correlation is a non-parametric test that is used to measure the degree of association between two variables.

RESULTS

Table 1: Spearman Rank Correlation between perceived stress and life satisfaction among students.

Variables	N	r	p
Life Satisfaction	100	-.506**	.000
Perceived Stress			

***.p* < 0.05, *Correlation is significant at the 0.01 level (2-tailed)*

Table 1 shows the Spearman Rank Correlation between perceived stress and life satisfaction among students. The Spearman rank correlation coefficient (r) is -.506** and p value is 0.000. From the above result, the p (0.000) value obtained is lesser than 0.05 (p<0.05). Hence, we reject the null hypothesis (H01) which stated that 'there is no significant relationship between Life Satisfaction and Perceived Stress among Migrant and Non-Migrant Indian Students'. Therefore, we accept the alternative hypothesis which states that there is a relationship between Life Satisfaction and Perceived Stress among Migrant and Non- Migrant Indian Students. The Spearman rank correlation coefficient (r= -0.506**) indicates, there exist significant negative correlation between Life Satisfaction and Perceived Stress among Migrant and Non- Migrant Indian Students. This indicates that, as life satisfaction increases, perceived stress decreases.

The result coincides with what was stated by other authors such as (Thakur., 2017; Puri, Yadav, & Shekhawat., 2016; Alleyne et al., 2010; Paschali & Tsitsas., 2010) who also provide evidences for a negative correlation between Life Satisfaction and Perceived Stress. College belonging was found to have a moderating effect on stress and life satisfaction in

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college students. Thus, the students having a high and major belonging were found to have low perceived stress and high life satisfaction (Çivitci, 2015).

Table 2: Mann-Whitney U test result showing significant difference in Life Satisfaction between Migrant and Non- Migrant Indian Students.

Variable	Group	N	Mean	U	p
Life Satisfaction	Non- Migrant Indian students	50	46.34	1.042	0.151
	Migrant Indian students	50	54.66		

Table 2 shows the Mann-Whitney U test result showing significant difference in Life Satisfaction between Migrant and Non- Migrant Indian Students. Among the 100 sample from which data was collected, 50 were Migrant Indian Students and 50 were Non- Migrant Indian Students. The mean rank of Life Satisfaction was found to be 46.34 in Non- migrant Indian Students and 54.66 in Migrant Indian Students. The Mann-Whitney U test value is 1.042 and the p-value is 0.151 ($p > 0.05$). The result shows that the p-value (0.151) is greater than 0.05 value, hence there is no significant difference in Life Satisfaction between Migrant and Non- Migrant Indian Students. Therefore, the null hypothesis is accepted which states that there is no significant difference in Life Satisfaction between Migrant and Non- Migrant Indian Students.

On comparing the mean rank of Life Satisfaction between Migrant and Non-migrant Indian Students, it can be observed that the value of life satisfaction is higher among migrant Indian students. This could be explained in line with the definition of life satisfaction, which explains it as an individual subjective appraisal as to whether his or her aspirations and achievements have been accomplished. It is the desire of today's young generation to go and study in foreign countries. Thus, the sense of accomplishment that one might feel after gaining admission into an abroad university of their own choice is unparalleled. This would automatically serve to increased life satisfaction. Similar findings stating increased life satisfaction have been reported. Nilsson (2015) had found that the migrant students in Northern Sweden have recorded a significant increase in their life satisfaction.

Table 3: Mann-Whitney U test result showing significant difference in perceived stress between Migrant and Non- Migrant Indian Students.

Variable	Group	N	Mean	U	p
Perceived Stress	Non- migrant Indian Students	50	55.34	1.008	0.095
	Migrant Indian Students	50	45.66		

Table 3 shows the Mann-Whitney U test result showing significant difference in Perceived Stress between Migrant and Non- Migrant Indian Students. The mean rank of Perceived Stress was found to be 55.34 for Non- migrant Indian Students and 45.66 in Migrant Indian Students. The Mann-Whitney U test value is 1.008 and the p-value is 0.095 ($p > 0.05$). The

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result shows that the p-value (0.095) is greater than 0.05. Hence, there is no significant difference in Perceived Stress between Migrant and Non- Migrant Indian Students. Therefore, the null hypothesis is accepted which states that there is no significant difference in Perceived Stress between Migrant and Non- Migrant Indian Students.

Implications of the study

The number of students migrating from India to several other countries for academic purposes is increasing every year. Several prompting reasons may be the cause for this significant rise in Indian students travelling to other abroad countries for higher their education. The educational quality provided by the Universities of India and the lack of having a clear system for quality control of education are some of the major reasons why Indian students go abroad to study. Also, it provides immense opportunities to upgrade oneself academically, professionally and personally. A desire for a better life compels the youngsters to opt for a life of diaspora.

Indian students heading to other countries are attracted by the low cost of education, courses taught in English, the perceived high quality of education and the availability of paid part-time work opportunities during study, together with the perceived availability of good jobs. On analysing the results, it is found that the students studying in India are experiencing low life satisfaction and high perceived stress than the migrated Indian students. The reasons are countless, but failure in examination, unemployment, and depression are the major ones. These findings can be useful to educators and campus administrators by sensitizing the students to ways to improve student life and develop coping strategies for stress. In addition, the study also lays down crucial implications for mental health professionals to design appropriate mental health interventions for the students experiencing high perceived stress. The aspects that lead to lower life satisfaction among these students should be examined. If there are issues related to stress among students, necessary coping strategies for dealing with the stress should be taught to students. The importance of the results of this study is that it can be used as a guideline to implement techniques to reduce the level of stress in future research on perceived stress and life satisfaction. It has to be noted that until India matches the standards of education offered abroad in terms of both quality and cost, Indian students will continue to move abroad to fulfil their dreams of pursuing the kind of education they feel is right for them.

CONCLUSION

The purpose of the present study was to investigate the relation between Life Satisfaction and Perceived Stress between Migrant and Non- Migrant Indian students. The objectives of the study were to examine the relationship between Life Satisfaction and Perceived Stress among students and to examine if there is any significant difference in Life Satisfaction and Perceived Stress between Migrant and Non- Migrant Indian students. Perceived Stress Scale (PSS-10) and Satisfaction with Life Scale (SWLS) were used for the collection of the data. The basic sample of the research consists of 100 students. The sample consists of 50 Migrant Indian Students and 50 Non- Migrant Indian Students. Purposive sampling method was used in the present study as the participants are chosen in a deliberate manner to include potential individuals assumed to give meaningful information about the subject under study. Mann Whitney U test was used for measuring the significance of difference between two means of job satisfaction and perceived stress. The relationships between these variables were examined using Spearman's rank correlation.

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The results of the study were: Life Satisfaction and Perceived Stress has significant negative relationship, there is no significant difference in Life Satisfaction between Migrant and Non-Migrant Indian students and there is no significant difference in Perceived Stress between Migrant and Non- Migrant Indian students.

Scope for further study

Based on the various findings and insights obtained from the current study, few suggestions can be made regarding the future research which can be taken up. The study could be elaborated by increasing the sample size and by adding more demographic details like age, gender, stream of course etc. A wider sample size should be included for a more accurate research and results. For the upcoming researches, studies can be done on more variables other than the variables used in this study. It is better to also incorporate qualitative methods which can be more beneficial. Studies can be conducted among different sample groups. These variables could be analysed among migrant students other than Indians, studying in foreign universities.

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Conflict of Interest

The author(s) declared no conflict of interest.

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