

Life Satisfaction among Married and Unmarried Students

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ABSTRACT

The aim of the present study was to find out life satisfaction among students on based on their marital status. Purposive sampling technique was followed to choose 110 students (55 married and 55 unmarried) from Rajshahi University. The tools used for the research is Bangla developed version of Satisfaction with Life Scale (Ilyas,2001). To analysis the collected data t-test was used with Statistical apparatus SPSS (version 26). The result of present study indicates through t-test that married students are more satisfied than unmarried students ($t=4.936$).

Keywords: *Life satisfaction, Marriage, Married and Unmarried student*

Happiness comes in life only when we are satisfied with something. For measuring happiness Ed Diener coined the term Subjective wellbeing, which has three key stuffs named positive affect, negative affect and Life satisfaction (Diener, 1984). Subjective wellbeing depends on person's experience how they cope up their life in a positive way enrolling both cognitive judgements and affective reaction. Subjective wellbeing refers feelings of pioussness, engrossing life, meeting of own's expectation and so on (veenhoven,1997). Life satisfaction means a favorable outlook towards own's life including overall aspects such as emotional, psychological and social. According to Sousa and Lyubomirsky (2001), someone's life satisfaction means to one's acknowledge of the circumstance of life, acceptance the fact of life.

In the dictionary of Development Psychology, Hamilton (1995) proposed Life satisfaction is the degree of appeasement with one's own life style. Life satisfaction illustrates a prime indicator of subjective well-being and mental health. Life satisfaction is an appraisal of the overall state of existence that arises from balancing one's desires with one's genuine achievements (George and Bearson, 1980). Life satisfaction is not a firm, objective features, but can vary depending on the environment and can be assessed based on how individuals perceive it (Aishvarya S. et al., 2014). Personality, age, life events, values, culture, family, marriage, career, self-esteem, social yardstick etc. are some factors affect satisfaction of one's life. A productive career improves life, a beautiful family give support, happy couples accompany each other, positive life events make life wonderful, thus people are satisfied with these factors.

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Marriage is a formal and social relationship, usually between a man and a woman. It's a relatively permanent indenture between permissible mates (Robert Lowie). Horton and Hunt defined marriage is the social cast whereby two or more persons launch a family. Marriage grants a source of intimacy, endearment, friendship, sexual fulfillment and companionship.

The legal age of marriage in Bangladesh is 21 years for male and 18 years for a female (The Child Marriage restraint Act,1929). The age of marriage gradually rising because there is a stigma against marrying young, Especially, when you are a student of a university. It becomes difficult for students to juggle the family responsibilities and studies at the same time (Lasode and Awote, 2013). They mostly worried about this transition because they have insecurity about themselves, they think the new role maybe cause to destroy their structure of live (Haynes- Burton,2008). On the other hand, Meehan (2003), proposed married students may perform well in academic if they have family and social support. A supportive and positive husband-wife relationship leading to overall satisfaction in life. They feel secured, loved, relaxed when supporting each other.

LITERATURE REVIEW

Married people have the highest levels of life satisfaction from who was previously married (widowed, divorced, separated) cohabitants (Dolan, Peasgood and White 2008). Ubesekra and Luo (2008) conducted research on “Marriage and Family Life Satisfaction: A Literature Review” and found marriage as a major study phenomenon, which has a significant influence on the family life satisfaction.

Mikucka, M. (2016) has done research on “The Life Satisfaction Advantage of Being Married and Gender Specialization”, by using representative data from the World Values Survey—European Values Study integrated data set for 87 countries (N = 292,525) covering a period of 29 years (1981–2009). The finding proposed that the life satisfaction advantage of being married decreased over time among men but not among women. It also showed that married people are already satisfied and the life satisfaction of unmarried people has increased. "A Comparative Study to Assess the Quality of Life among Married and Unmarried Individuals in University of North India" which was conducted by Bhatia et al. In 2022. The result claimed that overall quality of life of married individuals of Panjab University, Chandigarh has been better than unmarried individuals in all realm including physical, psychological, social and so on.

Dr. Smritikana Mitra Ghosh (2023) conducted research on “Life Satisfaction Among Married and Unmarried Women of Ranchi Town”, the result revealed that Married women were more satisfied than unmarried women and found a high level of life satisfaction among married women. Kanji, S. et. al. (2023) researched on “The Impact of Early Marriage on the Life Satisfaction, Education and Subjective Health of Young Women in India: A Longitudinal Analysis”, they found evidence of a causal negative treatment effect of child marriage on educational attainment and subjective health, which is in evidence by age 22, but no causal effect of child marriage on life satisfaction. These results seem complicated.

Rationale of the study

In present, people think marriage maybe a threat to do well in academics. It may hamper academic result as well as give stress. On the other hand, some people think marriage has a lot of benefits for students. A spouse can give support in all domains of life and life will become more satisfied for them. This study would enrich our existing knowledge, would be

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helpful to find out factors associated with life satisfaction. It will be helpful for mental health professional who works in such area.

Objectives:

To consider the literature, this research has following objectives-

- To explore whether Life Satisfaction varies with marital status among students
- To observe whether married students have more satisfaction in life than unmarried students.

Hypothesis:

On the base of the evidence the following hypothesis was formulated to test in the current study-

- Married students have more satisfaction in life than unmarried student.

METHODOLOGY

Target Population

The students (honors final year and Master's student) of Rajshahi University are the target population of the present study.

Sample

The sample of current study comprised of 110 students of Rajshahi University. Purposive sampling techniques were used to select sample. 55 of them married and 55 of them unmarried, among them 65 female and 45 male. The age ranged of the participants from 23 to 26, and were students of Honors final year and Masters.

Table-1: Distribution of Participants by Gender, age, education level and marital status

Variables	label	Number of participants	Percentage (%)
Gender	Male	45	40.9
	Female	65	59.09
	Total	110	100
Age	23	30	27.3
	24	43	39.09
	25	29	26.4
	26	8	7.3
	Total	110	100
Educational level	Honors last year	49	44.5
	Masters	61	55.6
	Total	110	100
Marital Status	Married	55	50
	Unmarried	55	50
	Total	110	100

Variables

- **Independent variables:** Marital status
- **Dependent variables:** Life Satisfaction

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Measures

There was one self-report questionnaire was used in this research along with personal information form.

Personal Information Form:

Personal, demographic and social information that included respondents' gender, age, social economic status, educational qualification, marital status.

The Satisfaction with Life Scale (SWLS):

The Satisfaction with Life Scale (SWLS) was first created by researchers Diener et al. (1985) and propagated in an article in the Journal of Personality Assessment. The scale was very straight simple have only 5 short statements. That has been used as a measure of life satisfaction component of subjective well-being. The Bengali metaphrase of the scale was first developed by Ilyas (2001).

Participants completing the questionnaire are asked to judge how they feel about each of the statements using a 7-point Likert type response scale. with 1 being 'strongly disagree' with the statement and 7 being 'strongly agree' with the statement.

The possible range of scores is 5-35. The scoring for the SWLS works quite simply and it bears very short time. The total number is made by adding the numbers of each statement. Where 1 = strongly disagree and 7 = strongly agree, the higher subject's score, the higher his or her sense of life satisfaction as a whole. As a indicator, total score means: 31-35 (Extremely satisfied), 26-30 (Satisfied), 21-25 (Slightly satisfied), 20 (Neutral), 15-19 (Slightly dissatisfied), 10-14 (Dissatisfied) and 5-9 (Extremely dissatisfied). Once subject has assigned a score from 1-7 to each of the statements, it'll ready to make result.

The coefficient alpha for the scale has ranged from .79-.89 that means it has high internal consistency. It has also excellent test-retest correlations (.84-.80 over a month).

Procedure

The current study was directed among the students those studying in the final year of Honors and Masters of Rajshahi University. The purposive sampling was used to collect relevant data. 55 married and 55 unmarried students were selected purposively. At first rapport was established with participants. Then they were informed about the main aim of the research and some brief about research. They were assured that this information will be kept confidential and will only be used for research purposes. When the respondents accede to provide the information then the questionnaires were given to the participants to fill up sincerely. They were asked to answer cordially and not to overlook any item of the questionnaire as soon as possible. After completing the answer of questionnaire were collected and checked out gently. After that, the respondents were given thanked by the collector of data for participating into the research.

Data Processing and Analysis

After collecting data, the main work is to calculate to see the result. The scores of each subject were coded and entered data analysis software (IBM SPSS version 26). To inspect the effect of marital status on life satisfaction t test was applied.

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RESULT

To analysis the obtained scores, raw data were coded and drive to data analysis software (IBM SPSS statistics version 26). To determine the effect of Marital Status of Students on Life Satisfaction, independent t-test was applied.

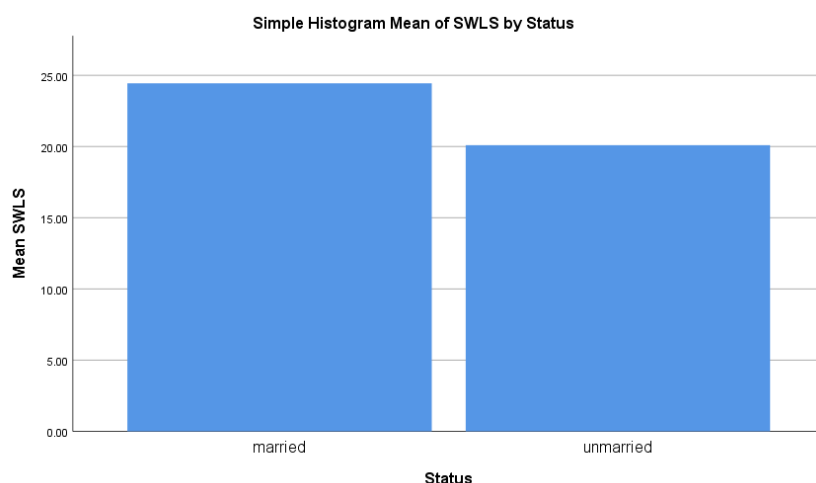
Table-2: Life Satisfaction of participants regarding marital status

Dv	IV	N	Mean	Mean difference	SD	df	t
Life Satisfaction	married	55	24.44	4.34	5.076	108	4.936**
	unmarried	55	20.10		4.106		

***Significant at 0.01 level*

From table -2, it manifested that t value for life satisfaction of married and unmarried students was 4.936 which were significant at 0.01 level of significance. This result displays that the married and unmarried students differ significantly. Besides, mean score of married students was higher (M=24.44) than unmarried students (20.10). The results revealed that there is significant difference in perceive life satisfaction of university student in terms of marital status. Life satisfaction of married students is higher than unmarried students. The result has been graphically plotted in figure 1.

Figure-1: Mean scores of married and unmarried students on life satisfaction



DISCUSSION

The current study was conducted to explore Life satisfaction of university students according to their marital status. The hypothesis of the study was married students have higher life satisfaction than unmarried students. 110 respondents (55 married & 55 unmarried students) were selected purposively from different department of Rajshahi University as sample. The Satisfaction of Life scale (SWLS; Bengali version, Ilyas,2002) which are used for this research.

As per hypothesis, married students have higher life satisfaction than unmarried students. Results through independent sample t-test, presented in table-2 shows that the value of t is 4.936 which is significant at the 0.001 level of significance. As mean of perceived life satisfaction for married (24.44) is greater than the mean of perceived life satisfaction for unmarried (20.10). The results proposed that married students have more life satisfaction

than unmarried students. The result fulfills the hypothesis. It can be said that people get a boost in life satisfaction from marriage.

Limitation of the Study

The data were collected during COVID-19 through internet, so there was a high chance to give manipulated answer.

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Conflict of Interest

I have no conflict of interest.

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