

Life Satisfaction and Sexual Orientation: A Study on Homosexuals and Heterosexuals in Kerala

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ABSTRACT

A key indicator of well-being and quality of life is life satisfaction. The function of sexual orientation is still little understood, especially in the sociocultural context of Kerala, even though previous studies have examined several elements that affect life satisfaction. With an emphasis on comprehending how identity disclosure and demographic factors affect personal well-being, this study intends to investigate the relationship between sexual orientation and life satisfaction among individuals in Kerala. There are 255 (Female=104, male =113, and homosexual =38) people in the sample, ranging in age from 18 and above. A cross-sectional survey method is used. The result shows no significant difference in life satisfaction, educational qualification, occupation, and gender among adults. There is no significant relationship between sexual orientation and educational qualifications or marital status among adults. There is a relationship between sexual orientation and life satisfaction in occupation, marital status, and age among adults. There is a relationship between life satisfaction about gender, occupation, and educational qualification among adults.

Keywords: *Life Satisfaction, Sexual Orientation, Adults, Well-Being, Homosexuals*

Many people in India and other nations are revealing their gender identification these days. The primary challenge is acknowledging our sexual orientation, which can be challenging. Many people are unaware of their gender until they get married. As a result, many problems have emerged. Since sexual orientation aids in resolving life's complexity, understanding it is essential to human existence. The term sexual orientation refers to a person's physical, romantic, and emotional attraction toward other people. Sexual orientation is distinct from gender identity. Sexual orientation is comprised of three elements: sexual attraction, sexual behavior, and sexual identity.

This phrase should help us comprehend what LGBTQIA+ means. A diverse range of communities with varying sexual orientations, gender expressions, and gender identities are included under the umbrella label LGBTQIA+.

Many tribes and countries worldwide have reported this variety of behaviors and attractions. Identification labels in many cultures refer to individuals who exhibit these attractions.

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Received: February 26, 2025; Revision Received: June 17, 2025; Accepted: June 21, 2025

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Lesbians (women attracted to women), gay men (men attracted to men), and bisexuals (men or women drawn to both sexes) are the most common labels in the US. On the other hand, some people might use different labels or none at all.

Sexual orientation is different from other aspects of sex and gender, such as social gender role (the cultural norms that define feminine and masculine behavior), biological sex (the anatomical, physiological, and genetic traits associated with being male or female), and gender identity (the psychological sense of being male or female). Claiming a lesbian, gay, or bisexual identity may be a gradual process because many people find it difficult to accept their sexual orientation identities due to prejudice and persecution (WHO, 2016).

Several characteristics of the experiences of lesbian, gay, and bisexual people are referred to as "coming out," including self-awareness of same-sex attractions, sharing these attractions with one or a small number of people, public disclosure of same-sex attractions, and identification with the LGBTI community. The dangers of encountering bias and discrimination make many people hesitant to come out. Some elect to remain anonymous, some decide to come out under specific conditions, and some want to come out in obvious ways.

Acronym for LGBTQIA+

- **Lesbian:** the person who is attracted to women.
- **Gay:** the person who is attracted to men.
- **Bisexual:** the person who is attracted to both men and women.
- **Transgender** is a catch-all term for individuals with various identities, such as transsexuals, third-gender people, and others whose appearance and traits are viewed as gender atypical and whose sense of their gender differs from the sex they were assigned at birth.
- **Cisgender** means having a gender identity that matches one's assigned sex.
- **Queer:** We frequently refer to lesbian, gay, bisexual, transgender, and other individuals and organizations on the periphery of mainstream culture as queer.
- **Intersex:** Individuals are born with biological or physical sex traits (such as chromosome patterns, sexual anatomy, and reproductive organs) that do not conform to the conventional categories of male or female.
- **Asexual:** the person who is not sexually attracted to anyone.

Legal aspects in Kerala

The 2015 Transgender Policy established the Gender Cell to provide necessary support to the Transgender Justice Boards. To manage the programs for the transgender community's welfare, develop creative projects, and maintain them in the mainstream, an innovative strategy is required. To achieve this, the Social Justice Department established a transgender cell in February 2018 and added the transgender section. India legalizes homosexuality on 16 September 2018.

The government of India also brought in several initiatives, such as Transgender Act in 2019 and the Transgender Rules in 2020. Both recognize the intense discrimination and violence faced by TG persons in society and prescribe appropriate legal and administrative actions. Our sexual orientation primarily centers on our attraction to another person. Transgender and intersex are considered gender identities.

Life satisfaction

Life satisfaction is a person's total evaluation of their attitudes and sentiments toward their life at a given moment, ranging from good to negative. Life satisfaction, positive affect, and negative affect are the three main measures of well-being (Diener, 1984).

The degree to which an individual considers life full, rich, meaningful, or of high quality is known as happiness. Several standardized measures have been established to indicate an individual's happiness among different normative groups (e.g., happiness With Life Scale). Treatment frequently aims to increase life satisfaction, particularly for elderly patients.

Need and Significance of the Study

Similar to other areas, Kerala is home to a wide range of gender identities and sexual orientations. However, stigma and prejudice are common societal attitudes about non-heteronormative orientations. A greater comprehension of the particular difficulties and problems that members of the LGBTQ+ community encounter can be gained by researching the connection between sexual orientation and life satisfaction.

Mental health and general well-being are intimately related to life satisfaction. This field of study can reveal how social ties, familial support, and acceptance of society affect the happiness of people with various sexual orientations. Additionally, it can assist in identifying factors that affect their mental health, such as minority stress. Although there are studies on sexual orientation and life satisfaction conducted worldwide, there is little research explicitly conducted in Kerala. This vacuum can be filled by a thorough investigation that offers information that captures the state's distinct political, social, and cultural setting.

Statement of the problem

The present study is entitled "A **Comparative Study on Life Satisfaction and Sexual Orientation among Homosexual and Heterosexual Adults in Kerala.**"

Objectives of the study

- The goal is to understand the relationship between sexual orientation and life satisfaction.
- The aim is to identify demographic factors that affect life satisfaction.
- The goal is to provide recommendations for inclusive policies.

Hypotheses

- There will be no significant difference in life satisfaction and educational qualification among adults.
- There will be no significant difference in life satisfaction with occupation among adults,
- There will be no significant difference in sexual orientation with occupation among adults.
- There will be no significant difference between life satisfaction and gender among adults.
- There will be no relationship between life satisfaction and gender and occupation among adults.
- There will be no relationship between sexual orientation and life satisfaction about the age of adults.

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- There will be no relationship between sexual orientation with educational qualifications and occupation among adults.
- There will be no relationship between marital status and sexual orientation among adults.
- There will be no relationship between life satisfaction and sexual orientation about marital status among adults.
- There will be no relationship between life satisfaction with qualifications and occupation among adults.
- There will be no relationship between life satisfaction and sexual orientation regarding occupation among adults.

REVIEW OF LITERATURE

The literature review is the basis for comprehending the current research, theories, and viewpoints pertinent to the subject under investigation. This section reviews the literature on (insert general issues, such as sexual orientation and life happiness), emphasizing important discoveries, knowledge gaps, and current trends. By analyzing it, it is possible to identify theoretical frameworks, assess the significance of previous research, and identify areas that require more study. This review investigates the connection between sexual orientation and life satisfaction, focusing on contextual factors such as cultural surroundings and societal standards. Studies receive particular attention when they frame the findings to reflect Kerala's unique cultural and societal dynamics.

A vital component of both sexual health and general well-being is sexual satisfaction. Many older adults are content with their sexual lives, and many of them still engage in sexual activity. However, we don't fully understand how sexual orientation influences sexual satisfaction. Thus, the study's goal was to find out if sexual orientation in later life has an impact on sexual satisfaction. We analyzed 4,856 people (mean age 57.6 ± 11.6 ; 40–85 years, 50.4% female, 92.3% heterosexual ($n = 4,483$), and 7.7% ($n = 373$) sexual minority adults. Overall, 52.3% of adults who identify as sexual minorities and 55.9% of heterosexual people expressed satisfaction or high levels of satisfaction with their sexual lives. According to multiple regression analysis, there was no significant correlation between sexual orientation and sexual satisfaction in middle-aged ($\beta = 0.07$; $p = .45$) or older people ($\beta = 0.01$; $p = .87$) adults. Reduced loneliness scores, partnership satisfaction, the value of intimacy and sexuality, and improved health were all linked to higher levels of sexual pleasure (Buczak-Stec, E. W., König, H.-H., & Hajek, A., 2023).

Matias & Matud (2023) studied mental symptoms, life satisfaction, and sexual orientation. Bisexuals and homosexuals are more likely than heterosexuals to experience mental health issues, according to research. The majority of research, however, has been on variations in diseases rather than the relationship between gender and sexual orientation. This study's primary goal is to look into how sexual orientation affects mental health symptoms, life satisfaction, and self-esteem in both men and women. Between the ages of 17 and 54, 309 heterosexual women and men and 309 homosexual or bisexual women and men participated in a cross-sectional study. Four self-report measures evaluating mental symptoms, life satisfaction, self-esteem, masculine/instrumental and feminine/expressive qualities, and traditional gender role attitudes were used to evaluate each participant.

Findings cast doubt on assumptions that members of sexual minorities consistently commit high-risk behaviors or have psychological issues. Instead, health risks differed by the sexual orientation factor and gender. More population-based studies that measure many aspects of

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sexual orientation are therefore required to obtain a more comprehensive picture of sexual minority health. Health practitioners need this information to create effective preventative and intervention plans that target the most vulnerable populations (Lindley et al., 2012).

Conron et al. (2010) conducted a population-based study on the relationship between sexual orientation identity and gender differences in adult health. Disparities in smoking, mental health, health care access, victimization, and the risk of chronic diseases based on sexual orientation should receive more attention. It is necessary to conduct additional studies on sexual minorities' health and health determinants.

Most of the 89 young sexual minority women interviewed did not say that they were aware of same-sex attraction before they consciously started to question their sexuality, that their same-sex attraction stayed stable, or that they had any childhood signs of their sexual orientation. Despite some research suggesting that sexual orientation is a stable trait that manifests early in life, most of the 89 young sexual minority women interviewed did not mention this. Despite reporting much higher levels of same-sex desire, lesbians were not more likely than bisexuals to report similar encounters. A small percentage of young women reported exclusive same-sex attraction, which is in line with research on older cohorts. These results imply that among modern young women, sexual orientation is not consistently linked to remembered consistency between past and present behavior, ideation, and desires (Diamond L. M., 1998).

Although loneliness and low self-esteem have been associated with low life satisfaction, this relationship has never been examined directly in LGB (lesbian, gay, and bisexual) groups. We discussed the differences in loneliness, self-esteem, and life satisfaction between 275 Chinese LGB individuals and 275 demographically matched Chinese heterosexual controls. Compared to heterosexuals, LGB people reported equal levels of overall life satisfaction but lower levels of self-esteem and higher degrees of loneliness. Self-esteem partially (but not moderately) mediated the relationship between loneliness and life satisfaction in both groups. Although they accounted for higher variance in life happiness in the LGB group, hierarchical regressions showed that demographic factors, loneliness, and self-esteem could predict life satisfaction in both LGB and heterosexual persons (Hu, J., Hu, J., Huang, G., & Zheng, X., 2016).

METHODOLOGY

This study used a quantitative cross-sectional approach to investigate the connection between sexual orientation and life satisfaction among people in Kerala. Data will be gathered using a survey-based methodology, which enables the investigation of trends and correlations among a heterogeneous population.

Participants

Adults in Kerala, at least 18 to 29, are the target group. Convenient sampling is used. The sample size determines its adequacy, while its resemblance to the research population determines its representativeness. The sample size is 255 (female = 104, male = 113, and homosexual = 38).

Inclusion criteria:

- Both homosexuals and heterosexuals participate.
- Ages 18 to 29 are eligible to participate.
- Data was collected from Kerala only.

Exclusion criteria.

- Age below 18 and above 29 years old.
- Bisexuals and asexuals are excluded.

Design

A quantitative study approach with a descriptive design is used to understand the significant difference in sexual orientation and life satisfaction.

Operational definition

- **Sexual orientation:** Sexual orientation is different from other aspects of sex and gender, such as social gender role (the cultural norms that define feminine and masculine behavior), biological sex (the anatomical, physiological, and genetic traits associated with being male or female) and gender identity (the psychological sense of being male or female).
- **Life satisfaction:** Life satisfaction is a person's overall assessment of their attitudes and feelings regarding their life at a particular period, ranging from positive to negative.

Measures

1. Personal data sheet

Participants will be requested to fill out this personal data sheet with important demographic and contextual information to better understand the factors impacting life satisfaction across different sexual orientations. The participants were instructed to review the individual data sheet, complete the required fields, and provide a guarantee that the information they gave would remain private.

2. Sexual Orientation Scale

The research uses a standardized questionnaire developed by Sagayaraj & Gopal (2020). If the score is higher in a particular dimension, it shows more about the subject's sexual orientation in the long run. If the same score is in both the heterosexual and homosexual dimensions, then they will be considered bisexual. Any other scores that are very close to each other between dimensions will be rejected and can be considered a sign that the subjects didn't answer the questionnaire truthfully. This scale is only for people who identify as male or female and are trying to figure out their sexual orientation.

Administration: The questionnaire was administered via Google Forms. Include clear instructions on how to complete the scale and submit responses. The rating scale is as follows:

You should rate the 28 items on a 4-point Likert scale as follows:

- Always: 3
- Sometimes: 2
- Rarely: 1
- Never - 0

Scoring: The Sexual Orientation Scale scoring process is highly objective, and for an appropriate assessment, distinct dimension-wise interpretation must be adhered to for both males and females.

Reliability: Test-retest Reliability (r_r) = 0.96 Spearman-Brown and Guttman Split half reliability = 0.73 $I = 0.71$ to 0.88.

Validity

- Logical-Based Validity: Face, Content, and Focus Group Validity
- Empirical-Based Validity: Criterion Validity (Concurrent Validity) and Construct Validity (Convergent and Divergent Validity).

3. Satisfaction with Life Scale (SWLS)

The Satisfaction with Life Scale (SWLS) is a widely used 5-item self-report tool measuring global life satisfaction—a cognitive component of subjective well-being (Diener et al. 1985). A brief 5-item SWLS test is used to gauge people's overall cognitive assessments of life satisfaction. Answers are provided on a Likert scale, and the scale typically takes only one minute of the respondent's time.

Administration: The questionnaire was administered via Google Forms. Include clear instructions on how to complete the scale and submit responses. The rating scale is as follows:

- Strongly disagree: 1
- Disagree: 2
- Slightly disagree: 3
- Neither agree nor disagree: 4
- Slightly agree: 5
- Agree: 6
- Strongly agree: 7

Scoring: The five items on the SWLS are rated on a Likert scale from 1 (meaning "strongly disagree") to 7 (meaning "strongly agree"), and the raw values are displayed, with a total score range of 5 to 35. Higher scores indicate greater life satisfaction.

Reliability: It has also shown consistent reliability for Cronbach's alpha above the .70.

Validity: Good convergent validity correlates positively with other subjective well-being measures, such as positive affect.

Statistical Analysis

Statistical Package for Social Sciences (SPSS), version 20, used the following statistical techniques for analyzing the coded data. We used various statistical methods to analyze the collected data and determine the study's objectives, as detailed in this section. We employed the following statistical techniques to analyze the data: independent sample t-test, one-way ANOVA, and correlation.

RESULT

The present study is to investigate life satisfaction and sexual orientation among adults.

Table 1 Comparing educational qualification and life satisfaction among adults

| Qualification | N | Mean | SD | F | Sign |
|-----------------|-----|-------|-------|------|------|
| Plus two | 33 | 21.45 | 6.195 | 0.85 | .968 |
| Degree | 143 | 21.47 | 6.318 | | |
| Post Graduation | 75 | 21.72 | 6.571 | | |
| Other | 4 | 22.50 | 6.646 | | |

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Table 1 indicates that educational qualification is not considered an influencing factor in life satisfaction ($p > 0.05$). The p-value is more significant than 0.05, so the result shows no significant difference between educational qualification and adult life satisfaction. Hence the hypothesis is accepted.

Table 2 Comparing occupation and life satisfaction among adults.

| Occupation | N | Mean | SD | F | Sign |
|------------|-----|-------|------|------|------|
| Student | 207 | 21.47 | 6.35 | 1.87 | .134 |
| Teacher | 16 | 22.63 | 6.02 | | |
| Nurse | 2 | 18.50 | 6.36 | | |
| Other | 30 | 24.17 | 5.90 | | |

Table 2 indicates that occupation is not considered as an influencing factor in life satisfaction ($p > 0.05$). The p-value is more significant than 0.05, so the result shows no significant difference between occupation and life satisfaction among adults. Hence the hypothesis is accepted.

Table 3 Comparing occupation and sexual orientation among adults.

| Occupation | N | Mean | SD | F | Sign |
|------------|-----|-------|------|------|------|
| Student | 207 | 25.94 | 5.88 | .460 | .710 |
| Teacher | 16 | 26.13 | 5.35 | | |
| Nurse | 2 | 22 | 2.82 | | |
| Other | 30 | 26.67 | 5.45 | | |

Table 3 indicates that occupation is not considered an influencing factor in sexual orientation ($p > 0.05$). The p-value is more significant than 0.05, so the result shows no significant difference between occupation and sexual orientation among adults. Hence the hypothesis is accepted.

Table 4 Comparing life satisfaction and gender among adults

| Gender | N | Mean | SD | F | Sign |
|------------|-----|-------|-------|------|------|
| Female | 104 | 22.63 | 5.604 | 1.72 | .18 |
| Male | 113 | 21.55 | 6.696 | | |
| Homosexual | 38 | 20.55 | 6.837 | | |

Table 4 indicates that gender is not an influencing factor in life satisfaction ($p > 0.05$). The p-value is more significant than 0.05, so the result shows no significant difference between gender and life satisfaction among adults. Hence the hypothesis is accepted.

Table 5 Mean, Standard deviation, and correlation of life satisfaction about gender and occupation.

| Variable | M | SD | 1 | 2 | 3 |
|----------------------|-------|-------|---------|-------|---|
| 1. Gender | .74 | .701 | - | | |
| 2. Occupation | 3.21 | 6.313 | -0.037* | - | |
| 3. Life satisfaction | 21.84 | .722 | -0.116 | .132* | - |

Note: * $p < .05$, ** $p < .01$

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Table 5 indicates that occupation negatively correlates with gender and life satisfaction. It means the status of the occupation is negatively correlated with life satisfaction. Hence the hypothesis is rejected.

Table 6 Mean, Standard deviation, and correlation of life satisfaction and sexual orientation about age.

| Variable | M | SD | 1 | 2 | 3 |
|-----------------------|-------|------|--------|--------|---|
| 1. Age | 1.47 | .5 | - | | |
| 2. Life satisfaction | 21.84 | 6.31 | -.105* | - | |
| 3. Sexual orientation | 26 | 5.77 | -.028* | -.159* | - |

Note: *p<.05, **p<.01

Table 5 indicates that occupation has a negative correlation with life satisfaction and sexual orientation about age. It means status, when age increases, life satisfaction and sexual orientation decrease. Hence the hypothesis is rejected.

Table 7 Mean, Standard deviation, and correlation of sexual orientation about educational qualification and occupation.

| Variable | M | SD | 1 | 2 | 3 |
|------------------------------|------|-------|-------|------|---|
| 1. Educational qualification | 3.21 | .722 | 1 | | |
| 2. Occupation | 1.43 | .985 | .103 | 1 | |
| 3. Sexual orientation | 26 | 5.777 | -.035 | .032 | 1 |

Note: *p<.05, **p<.01

Table 7 indicates that there is no correlation between sexual orientation and educational qualification and occupation. Hence, the hypothesis is accepted.

Table 8 Mean, Standard deviation, and correlation of sexual orientation about marital status.

| Variables | M | SD | 1 | 2 |
|-----------------------|-----|------|-------|---|
| 1. Sexual orientation | 26 | 5.77 | 1 | |
| 2. marital status | 1.6 | .816 | 0.048 | 1 |

Note: *p<.05, **p<.01

Table 8 indicates that there is no correlation between sexual orientation and marital status. Hence, the hypothesis is accepted.

Table 9 Mean, standard deviation, and correlation of life satisfaction and sexual orientation about marital status.

| Variable | M | SD | 1 | 2 | 3 |
|-----------------------|-------|-------|-------|--------|---|
| 1. Marital status | 1.6 | .816 | - | | |
| 2. Life satisfaction | 21.84 | 6.313 | .014* | - | |
| 3. Sexual orientation | 26 | 5.77 | .048* | -.159* | - |

Note: *p<.05, **p<.01

Table 9 indicates that there is a positive correlation between sexual orientation marital status, and life satisfaction. Hence hypothesis is accepted.

Table 10 The study aims to determine the mean, standard deviation, and correlation of life satisfaction with educational qualification and occupation.

| Variable | M | SD | 1 | 2 | 3 |
|------------------------------|-------|------|-------|-------|---|
| 1. Educational qualification | 3.21 | .72 | - | | |
| 2. Occupation | 1.43 | .98 | .103* | - | |
| 3. Life satisfaction | 21.84 | 6.31 | 0.01* | .132* | - |

Note: *p<.05, **p<.01

Table 10 shows that life satisfaction regarding career and educational background is positively correlated. Hence, the hypothesis is rejected.

Table 11 The study aims to determine the mean, standard deviation, and correlation between life satisfaction and sexual orientation regarding occupation.

| Variable | M | SD | 1 | 2 | 3 |
|-----------------------|-------|------|-------|--------|---|
| 1. Occupation | 1.43 | .98 | - | | |
| 2. Life satisfaction | 21.84 | 6.31 | .132* | - | |
| 3. Sexual orientation | 26 | 5.77 | .032 | -.159* | - |

Note: *p<.05, **p<.01

Sexual orientation and life satisfaction have a favorable correlation with occupation, as Table 11 demonstrates. Hence, the hypothesis is rejected.

This result suggests that a person's level of education does not have a meaningful impact on how satisfied they are with their adult life. The statistical test didn't find enough evidence to say there's a real connection between these two factors ($p > 0.05$). In simpler terms, having more education doesn't necessarily mean you'll be happier or more content as an adult. The study found no significant connection between a person's job and how satisfied they are with their life ($p > 0.05$). In the case of occupation, the study found that there is no significant difference between occupation and sexual orientation among adults ($p > 0.05$). Sexual orientation and life satisfaction have a favorable correlation with occupation. The text describes several relationships between different factors in people's lives. These findings suggest complex interactions between various aspects of people's lives, including work, education, age, gender, sexual orientation, and overall satisfaction. Some relationships are positive, some negative, and others show no significant connection.

DISCUSSION

The findings of this study suggest that education levels do not significantly impact life satisfaction in adulthood. Despite common assumptions that higher education leads to greater life fulfillment, our results indicate that no strong correlation exists between these two variables ($p > 0.05$). This aligns with some previous studies that argue life satisfaction is influenced by a multitude of personal, social, and economic factors rather than just educational attainment. While education may provide individuals with more opportunities, higher income potential, or social mobility, it does not necessarily translate to higher life satisfaction. Other elements such as relationships, health, and personal values may play a more substantial role in determining overall happiness.

Similarly, the study found no significant association between a person's job and their level of life satisfaction ($p > 0.05$). This finding challenges the widely held belief that occupational status or career success directly affects personal fulfillment. It is possible that while

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employment provides financial stability and purpose, it may not be a primary factor in determining long-term life satisfaction. Instead, job satisfaction, work-life balance, and workplace relationships might contribute more meaningfully to an individual's well-being than the job itself.

Moreover, the study examined the relationship between occupation and sexual orientation, finding no significant difference among adults ($p > 0.05$). The result suggests that sexual orientation does not dictate occupational choices or career success. However, it is important to consider external factors such as workplace discrimination, societal acceptance, or support systems, which may influence individual career trajectories and experiences.

Despite the lack of strong associations between education, occupation, and life satisfaction, the study highlights the complexity of these interactions. The favorable correlation between sexual orientation and life satisfaction with occupation suggests that certain occupational environments may be more conducive to well-being for individuals of different sexual orientations. These findings indicate that personal fulfillment is shaped by a range of interconnected factors, including but not limited to age, gender, sexual orientation, and occupational experiences.

Overall, these results emphasize the importance of considering multiple life aspects when evaluating what contributes to life satisfaction. Future research should explore how other variables—such as social support, personal values, and psychological resilience—mediate these relationships. Additionally, qualitative studies could provide more profound insights into the lived experiences of individuals, helping to uncover the subjective factors that contribute to a fulfilling life.

Major Findings

- There are no changes in life satisfaction, educational qualification, occupation, and gender among adults.
- There is no relationship with sexual orientation, educational qualifications, or marital status among adults.
- There is a relationship between sexual orientation and life satisfaction about occupation, marital status, and age among adults.
- There is a relationship between life satisfaction about gender, occupation, and educational qualification among adults.

Limitations of the Study

- The sample was small, so the results can't be generalized to a population.
- The time was limited.
- The data was collected via Google Forms, so direct interaction was not possible.
- We only collected the data from Kerala; we could expand it to other states for better results.

Implications

- Help to know the sexual orientation and life satisfaction among adults.
- More awareness is given to society, decision-makers, medical experts, and scholars.

Scope For Further Research

- Investigate whether the patterns observed in Kerala are consistent with other regions in India or internationally.

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- Analyze the impact of cultural, religious, and socio-economic differences on sexual orientation and life satisfaction.
- The study may apply to other states
- More variables could be included in future studies.
- The study may apply to other areas.
- The study can be replicated to large samples with a suitable sample design, giving coverage to different demographic variables, etc.

CONCLUSION

Both life happiness and sexual orientation are important factors in this study. Every person has to be aware of their sexual orientation. We ought to be conscious of our sexual desire and identity. There are various ways to achieve life contentment. Here, the researcher looks at what factors, particularly age and marital status, affect obtaining pleasure. The result shows no significant difference in life satisfaction, educational qualification, occupation, and gender among adults. There is no significant relationship between sexual orientation and educational qualifications or marital status among adults. There is a relationship between sexual orientation and life satisfaction in occupation, marital status, and age among adults. There is a relationship between life satisfaction about gender, occupation, and educational qualification among adults.

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Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Sreelakshmi, K.P. (2025). Life Satisfaction and Sexual Orientation: A Study on Homosexuals and Heterosexuals in Kerala. *International Journal of Indian Psychology*, 13(2), 3890-3903. DIP:18.01.345.20251302, DOI:10.25215/1302.345