

## A Study on Happiness and Life-Satisfaction among Elderly in Relation with Self-Esteem

Mrs. Harpreet Kaur Vilku<sup>1\*</sup>, Dr. Sudarsan Behera<sup>2</sup>

### ABSTRACT

Aging is a Universal phenomenon with a wealth of life experiences. The life experiences earned by the elderly are multidimensional phenomenon which includes physical, mental, social, economic and spiritual aspect in life. The present study intends to examine life-satisfaction and Happiness among elderly with respect to their Self-Esteem in New Delhi. The sample consisted of 150 Elderly people in New Delhi which comprised of males (87) and females (63) by using purposive sampling technique and the data is collected by using Life-Satisfaction Scale (Promila Singh and Joseph George), Oxford Happiness Scale (Michael Argyle and Peter Hills) and Rosenberg Self Esteem Scale. The result found that there no significant difference between male and female old age people in respect to Self-Esteem, Happiness and life satisfaction and there is a significant difference among place of locality of Elderly people with reference to Self-Esteem, Happiness and Life-Satisfaction. The results also observed that there was positive relationship between Self-Esteem, Happiness and Life-Satisfaction and Self-Esteem is the key predictor of Happiness and Life-Satisfaction. The results were discussed on socio-cultural context in India.

**Keywords:** *Self-Esteem, Life-Satisfaction, Happiness and Elderly People*

The study revolves around the elderly people of New Delhi and was ascertained to find out their happiness and life-satisfaction level in respect to their self-esteem. Aging is a universal and natural biological process of the number of years one lives. It is a Multidimensional phenomenon which includes social, demographical, economical and psychological spheres of one's life. Aging presents us the wealth of life experiences that shapes our attitude and that is the base of my study. As one approaches towards 60, their participation level in every sphere of life diminishes. Therefore this "graying of age" has become a social problem. The quality of life, their attitude and life experiences have landed them to what extent of life satisfaction and happiness level in their empty nest stage of life cycle is the study under observation. This is due to the fact that life satisfaction and happiness is a dual core element in life or we can say they are the two sides of a same coin of life and it can only be attained if one is optimistic. Therefore a vital role is played by the factors like age related development

<sup>1</sup>MAPC Scholar, Indira Gandhi National Open University, New Delhi, India

<sup>2</sup>Academic Counselor, Indira Gandhi National Open University, New Delhi, India

\*[Responding Author](#)

Received: July 1, 2019; Revision Received: August 16, 2019; Accepted: September 25, 2019

## **A Study on Happiness and Life-Satisfaction among Elderly in Relation with Self-Esteem**

changes, health, positive self, economic resources, social interaction etc. upon the happiness and life satisfaction in later life of an individual.

Self-esteem is a term in psychology to reflect a person's overall evaluation or appraisal of his or her own worth. Self-esteem encompasses beliefs (for example, "I am competent", "I am worthy") and emotions such as triumph, despair, pride and shame. Self-esteem is crucial and is a cornerstone of a positive attitude towards living. It is very important because it affects how you think, act and even how you relate to other people. It allows you to live life to your potential. Low self-esteem means poor confidence and that also causes negative thoughts which mean that you are likely to give up easily rather than face challenges. In addition, it has a direct bearing on your happiness and wellbeing.

Rosenberg (1965) summarized that self-esteem as ‘‘a positive or negative attitude toward a particular object, namely, the self’’. John and Pervin (2001) suggested Self-Esteem is a trait, quirk, mannerism feature, idiosyncrasy, personality attribute rather than disposition or a temporary attitude towards certain situation. As one grows older, the things are seen from the perspective of greater maturity. Past life experiences of a person tends to be positive or negative in nature. Some people take those life lessons in a positive way and others vice versa. So their attitude towards life depends on which way they are heading i.e positive self-attitude or negative self-attitude. Positive self-attitude will fill positivity, happiness and satisfaction in one’s life.

Quality of life is the combination of a number of factors: social, health, economic and the environment. Interest in subjective well-being has a long tradition in philosophy and psychology, but only recently have scholars across many disciplines begun to explore the question of happiness and life satisfaction. The emerging body of interdisciplinary literature embraces subjective perceptions of well-being as important indicators of quality of life. An individual’s satisfaction with life refers to acceptance of life circumstances to fulfil needs, desires and safety of one’s life as a whole which is a counterpart of happiness.

Andrew (1974) states Life Satisfaction symbolizing an overarching criterion or ultimate outcome of human experience. Diener, Emmons, Larsen, & Griffen, (1985) Life satisfaction is characterized, in agreement with the cognitive theory, as ‘‘individual’s cognitive judgment about comparisons based on the compatibility of their own living conditions with the standards’’.

One of the earliest theoretical conceptions of life satisfaction was developed by Neugarten, Havighurst and Tobin (1961). The theory proposed that the five factors or variables of life satisfaction are congruence, self-concept, resolution, zest and mood. Congruence measures the difference between achieved and desired goals, whereas self-concept presents the intellectual, physical and emotional state. Resolution represents individual’s personal responsibility towards his/her life situation and zest responds to individual’s enthusiasm to life in general. The fifth and the final variable mood refer to happiness and optimism or positivity. In addition, the study by Diener, Oishi, & Lucas, (2003) assumed that the less the incongruity between the Individual’s achievements and desires, the more the life satisfaction he/she possess. On contrary, the recent research conducted by Frish, (2006; as cited in Simsek, 2011) feels the life satisfaction to be individuals experience as the degree of dominance of positive emotions over negative emotions.

## **A Study on Happiness and Life-Satisfaction among Elderly in Relation with Self-Esteem**

Happiness can be defined as experience of joy, contentment, or positive being combined with a sense that one's life is good, meaningful and worthwhile. Happiness is defined by a cognitive assessment of one's life – how does one feel when reflecting back on one's life. In “How of Happiness”, positive psychology researcher Sonja Lyubomirsky described happiness as being the experience of joy, contentment, or positive well-being, combined with a sense that one's life is good meaningful and worthwhile. Happiness is based on external criteria of virtue and holiness. Aristotle described such external measures as pride, friendliness, honesty, wittiness, intellectual virtue, rationality in judgment and scientific knowledge.

Traits that characterize happy people according to Myers and Diener (1995) are: optimism (A. Campbell, 1981; Carver & Gaines, 1987), self-esteem (e.g., Diener & Diener, 1995; Fordyce, 1988; Kozma & Stones, 1978), sense of personal mastery or control (Csikzentmihalyi & Wong, 1991; Grob et al., 1999; Ryff, 1989); and extraversion (Brebner et al., 1995; Costa and McCrae, 1980; Costa et al., 1981; Emmons and Diener, 1985; Headey and Wearing, 1989; Pavot et al., 1990). So it can be concluded that the happy people have positive feelings, social, have sense of mastery and future.

Age related developmental changes in health, socioeconomic resources and social interaction may significantly influence life satisfaction (Asakawa, Koyano, Ando, & Shibata, 2000; Connidis & McMullin, 1993; Ghush, Hyde, Stevens, & Hyde, 1996; Spiro & Bosse, 2000; Steverink, Westerhof, Bode, & Dittmann-Kohli, 2001). Study done by Bishop, Martin, Poon, (2005) suggested that Happiness and Congruence are the two measures of life satisfaction and there is a significant relationship between health, social support and socio economic status (SES). Findings suggested that SES and social support have direct effect on health impairment and it is also the key predictor of congruence and Happiness. The findings revealed that health and social interaction influence past and present assessments among the elderly.

A positive link between happiness, marriage, intimacy, friendship and social support was revealed and it was attributed by the findings that Personal Relationship is the most important source of happiness (Argyle, 1987, Diener, 1984; Kahana et al, 1995; Myers, 1992; Myers and Diener, 1995; Ryff, 1989). Studies support and revealed the fact that Self Esteem is significantly related to both Happiness and life satisfaction (Eden Hill, 2015). According to study conducted by Sonja Lyubomirsky, Chris Tkach and M Robin Dimatto (2006), there is a strong co-relation between happiness and self-esteem.

Hill, E. (2015) examined the relationship between Self-Esteem, subjective Happiness and overall Life-Satisfaction among Elderly people. The study revealed that self-esteem was a strong predictor of subjective happiness and overall life-satisfaction and there was a positive co-relation between Happiness and Life-Satisfaction. A positive link between happiness, marriage, intimacy, friendship and social support was revealed and it was attributed by the findings that Personal Relationship is the most important source of happiness (Argyle, 1987, Diener, 1984; Kahana et al, 1995; Myers, 1992; Myers and Diener, 1995; Ryff, 1989). According to study conducted by Sonja Lyubomirsky, Chris Tkach and M Robin Dimatto (2006), there is a strong co-relation between happiness and self-esteem.

Advancements at the societal level (economic, technological, political etc.) are closely related to and affect individuals at the micro level (family level). Especially in the case of rapidly growing cities like Delhi, urbanization and modernization have a close impact on societal

## **A Study on Happiness and Life-Satisfaction among Elderly in Relation with Self-Esteem**

values and institutions, which has repercussions on the lives of the human being across various stages in life (Dubey et al., 2011). Devising social policies to address concerns that will surface from these societal transitions (effects on mental health of the elderly etc.) will require for humans life-satisfaction and happiness. In this regard, the following study will help to understand some manner in the context of happiness, life-satisfaction and self-esteem among elderly in New Delhi. Not only will this add to the existing pool of literature in the realm of geriatric studies, but also help to enhance understandings on old age life in specific socio-cultural environments.

### ***Objectives of the Present study***

1. To examine demographic difference among elderly in Happiness, Life-satisfaction and Self-esteem among elderly in reference to gender and Place of locality.
2. To examine the significant relationship between Happiness, Life-satisfaction and Self-esteem.
3. To examine whether Self-esteem predict Happiness and Life-satisfaction among elderly in New Delhi.

### ***Hypotheses***

- H<sub>1</sub>:** There will be a significant difference in Happiness, Life-satisfaction and Self-Esteem among elderly in reference to demographic factor gender and place of locality.
- H<sub>2</sub>:** There will be a significant positive relationship between Happiness, Life-satisfaction and Self-Esteem.
- H<sub>3</sub>:** Self-Esteem will be a significant predictor towards Happiness and Life-satisfaction.

## **METHODS**

### ***Research Design***

Descriptive Research design followed in the present study and it helps to seek answers the formulated research objectives and also associated with a particular research problem as the information concerning the current status is obtained by phenomena and it describes what exist. The research was descriptive and co-relational in nature. Thus, the study of variables and other demographic characteristics were also verified. The subjects were observed completely natural environment.

### ***Participants and Procedure***

A total of 150 samples were selected from different parts in New Delhi. The data from old age people was collected from different centers and localities New Delhi such as: Senior citizens centers, Nursing homes, Old Age Care Centre and people living around Pitam Pura, Patel Nagar, Moti Nagar etc. with their families. The participants were selected by using purposive sampling technique. It is also called Selective or Subjective sampling. Due to convenient accessibility, this sampling technique has been used in the present study.

In order to carry out the research, first the variables were selected. Since the research was on the elderly people of Delhi, NCR (National Capital Region), data from different sources i.e Old Age Homes, Nursing Homes and General Homes was collected. Before collecting the information, a brief detailing on the purpose of the research along with confidentiality of information was ensured. Thereafter Informed consent pro-forma was made and was signed by the participants. After receiving the consent, the questionnaires were distributed and finally the data was collected. The Pilot study was conducted before the main study, the purpose of pilot study was taken be to rectify the shortcomings in the survey and the data collection process. It helps to identify the feasibility of questionnaire towards the main study.

## **A Study on Happiness and Life-Satisfaction among Elderly in Relation with Self-Esteem**

This pilot study enables the main study to have maximum control over minimizing the possible biases and conflicts. It can empirically determine, the time factor for responding to the questionnaire, and we can get acquainted with time factor because time is one of the important aspects for research work.

### ***Research Instruments***

#### ***1. Demographic Information Schedule***

The Demographic Information Schedule describes the general characteristics of sample. The information sheet was developed by the researcher to collect background information from the respondents. It encloses items to seek personal information like: Name, Age, Date of Birth, Gender, Residential Address, Education Qualification, Languages Known, Marital Status etc.

#### ***2. Oxford Happiness Scale***

The scale was developed by Michael Argyle and Peter Hills. The Oxford Happiness Scale consists of 29 items Likert type scale with a six-point scale- 'Strongly Disagree', 'Moderately Disagree', 'Slightly Disagree', 'Slightly Agree', 'Moderately Agree' and "Strongly Agree" with the response values were 1, 2, 3, 4, 5 and 6. Items marked (R) should be scored in reverse. The split-half reliability of the scale is 0.78 and validity is above 0.74.

#### ***3. Life-Satisfaction Scale***

Life satisfaction scale (1997) of Mrs. Promila Singh and George Joseph English/Hindi version was used to measure the life satisfaction. It consists of 35 items covering the basis conditions of five dimensions of life satisfaction-: taking pleasure in everyday activities, considering life meaningful, holding a positive self-image, having a happy and optimistic outlook and feeling success in achieving goals. Thus, items related to the individuals all around activities and thus give a global picture of one's life-satisfaction level. The responses were given based on 5-point rating scale. The scoring is done by assigning score of 5, 4, 3, 2, and 1 to response of "Always", "often", "sometimes", "seldom", and "never". The scale ranges from 35-175. Reliability of the scale was determined by test-retest reliability 0.91 and the validity of the scale was 0.83.

#### ***4. Rosenberg's Self-Esteem Scale***

The standardized scale was developed by Morris Rosenberg (1965). The scale consists of 10 statements with Likert-scale design. The scale specific measures basic properties of self-esteem. The scale is designed to measure the respondents, global self-esteem. The scale attempts to gauge a respondent's basic attitude toward his or her own worth and also designed to capture the respondent's enduring, longstanding self-estimate. The responses were given based on 4-point rating scale namely, "Strongly Agree (SA)", "Agree (A)", "Disagree (D)", "Strongly Disagree (SD)" with the scores of 3, 2, 1 and 0 marks respectively. There are two types of scoring pattern such as, positive scoring and negative scoring. The positive statement are 1,3,4,7, 10 and other statements like, 2, 5, 6, 8 and 9 are reverse scoring. The scoring is determined: SA=3, A=2, D=1, SD=0. Items with an asterisk are reverse scored, that is, SA=0, A=1, D=2, SD=3. The scale reliability co-efficient determine based on previous studies was 0.72.

### ***Ethical Principles***

Success of research studies depends on the trust and cooperation the researcher gained from the participants. Therefore Rapport formations with participants were carried out in the

## A Study on Happiness and Life-Satisfaction among Elderly in Relation with Self-Esteem

present study to following the ethical principles. Participants were assured that confidentiality of both data and details will be maintained at all cost. For ethics, APA guidelines were followed.

### *Statistical Treatment of data*

The present study used various statistical techniques such as, t-ratio, F-ratio, Pearson Product moment coefficient of correlation and regression to verify the formulated research hypotheses. The data were treated by using the statistical software “IBM SPSS-22”.

## RESULTS ANALYSIS AND DISCUSSION

**Table No.1 Mean, Standard Deviation and t-ratio of Self Esteem, Happiness and Life-Satisfaction scores in Demographic Schedule “Gender”.**

Variables	Gender	N	Mean	SD	t-ratio	p-value
Self Esteem	Male	87	19.85	4.89	0.46 <sup>ns</sup>	0.11
	Female	63	20.27	5.74		
Happiness	Male	87	120.38	19.13	0.10 <sup>ns</sup>	0.09
	Female	63	120.75	23.30		
Life Satisfaction	Male	87	134.27	24.18	0.18 <sup>ns</sup>	0.36
	Female	63	133.44	30.08		

*Note: <sup>ns</sup> - not Significant*

Table No. 1 explicit Mean, Standard Deviation and t-ratio of Self Esteem, Happiness and Life-Satisfaction scores in reference to Demographic factor “Gender”. The results revealed that there is no significant difference in Self-Esteem, Happiness and Life-Satisfaction mean scores of male and female elderly living in New Delhi as the p value is greater than 0.05 levels. The Mean scores indicates that the Self-Esteem level of females (M=20.27) is higher than males (M=19.85). Lower mean value indicates lower self-esteem level and higher mean value indicates higher self-esteem level. The Mean scores of Happiness pointed out the higher level of happiness found in females (M=120.75) than males (M=120.38). However, the Mean value of Males for Life-Satisfaction is high (M=134.27) in comparison to females (M=133.44). This shows that males are more satisfied in life than females. The t-ratio of Self-Esteem (t= 0.46, p= 0.11), Happiness (t= 0.10, p=0.09) and Life-Satisfaction (t= 0.18, p= 0.36) shows that Mean difference are statistically insignificant between old age male and females. Hence, table 1 depicts Self-Esteem, Happiness and Life-Satisfaction shows insignificant difference between males and females elderly of New Delhi.

**Table No.2 Mean, Standard Deviation and F-ratio of Self Esteem, Happiness and Life-Satisfaction scores in Demographic Schedule “Place of Origin”.**

Variables	Place of Locality	N	Mean	SD	F-ratio	p-value
Self Esteem	Nursing Home	58	20.17	5.51	12.95 <sup>**</sup>	.001
	Old Age Home	24	15.58	3.41		
	General Home	68	21.47	4.72		
Happiness	Nursing Home	58	122.24	23.38	18.03 <sup>**</sup>	.001
	Old Age Home	24	99.79	12.10		
	General Home	68	126.40	16.29		
Life Satisfaction	Nursing Home	58	135.98	24.01	51.11 <sup>**</sup>	.001
	Old Age Home	24	96.12	15.82		
	General Home	68	145.51	18.99		

*Note: <sup>\*\*</sup>-Significant at 0.01 levels*

## A Study on Happiness and Life-Satisfaction among Elderly in Relation with Self-Esteem

The table 2 observes Mean, Standard Deviation and F-ratio and p-value of Self-esteem, Happiness and Life-Satisfaction scores in Demographic factor “Place of Locality” of elderly people living in New Delhi. The Mean scores indicated that the self-esteem (M= 21.47), happiness (M= 126.40) and life-satisfaction (M=145.51) of elderly living in General homes, found higher in comparison to old age home and Nursing home.. The mean score of self-esteem (M= 20.17), happiness (M= 122.24) and life-satisfaction (M= 135.98) of the elderly living in the Nursing home is moderate and least indicator found in elderly living in Old Age home. The F-ratio of Self-Esteem (F= 12.95, p= .001), Happiness (F= 18.03, p= .001) and Life-Satisfaction (F= 51.11, p= .001) displays a significant difference beyond 0.01 levels among elderly in reference to place of Locality (nursing, old age and general homes). Hence table 2 depicts that there is a significant difference of self-esteem, happiness and life-satisfaction among the elderly living in nursing homes, old age homes and general homes.

**Table No. 3 Correlation of Co-efficient between Self-Esteem, Happiness and Life-Satisfaction**

Variable	Happiness	Life Satisfaction	Self Esteem
Happiness	1		
Life Satisfaction	<b>.750**</b>	1	
Self Esteem	<b>.741**</b>	<b>.617**</b>	1

*Note: \*\*Significant at 0.01 Levels*

The above table no. 3 observes correlation co-efficient (Pearson Product moment) between self-esteem, happiness and life-satisfaction. The obtained r-ratio reveals that Happiness (r= .741, p< 0.01) and Life-Satisfaction (r= .617, p< 0.01) are significantly correlated with Self-Esteem and significance found at 0.01 levels. This shows that there exist a positive relationship between Self-Esteem and Happiness, Self-Esteem and Life-Satisfaction. The obtained r-ratio between Happiness and Life-Satisfaction reveals (r= .750, p< 0.01) that significant positive correlation and level of significance found at 0.01 levels. This reveals that there is a positive relationship existed between happiness and life-satisfaction also.

**Table No. 4 Regression Model Summary for outcome variable Happiness and Life-Satisfaction**

Variable	R	R <sup>2</sup>	Adjusted R <sup>2</sup>	ΔR <sup>2</sup>	F-ratio	P-value
<b>Outcome Factor Happiness</b>						
Self-Esteem	.741	.549	.546	.549	<b>179.85**</b>	<b>.000</b>
<b>Outcome Factor Life Satisfaction</b>						
Self-Esteem	.617	.380	.376	.380	<b>90.81**</b>	<b>.000</b>

*Note: \*\*-Significant at 0.01 levels*

The above Table 4 observes Regression Model Summary for outcome variable Happiness and Life-Satisfaction. The significant predictor comes out to be R and is equal to (.741) and adjusted R<sup>2</sup> is equal to (0.546). It contributes that variable Happiness is contributing to 74.1% of total variance in Self-Esteem and itself contributes 54.6% of total variance. The contribution of variable Happiness is statistically significant as revealed by the F-Ratio (179.85), (p=0.000) as p value is less than 0.01 level.

The significant predictor comes out to be R and is equal to (.617) and adjusted R<sup>2</sup> is equal to (0.376).It contributes that variable Life-Satisfaction is contributing to 61.7% of total variance

## A Study on Happiness and Life-Satisfaction among Elderly in Relation with Self-Esteem

in Self-Esteem and itself contributes 37.6% of total variance. The contribution of variable Life-Satisfaction is statistically significant as revealed by the F-Ratio (90.81), ( $p=0.000$ ) as  $p$  value is less than 0.01 level.

**Table No. 5 Regression co-efficient model for outcome variable Happiness and Life-Satisfaction from the Predictor Self-Esteem**

Variable	$\beta$ (Standardized)	t-ratio	P-value
<b>Outcome Factor Happiness</b>			
Self-Esteem	.741	<b>9.53**</b>	<b>.000</b>
<b>Outcome Factor Life Satisfaction</b>			
Self-Esteem	.617	<b>13.4**</b>	<b>.000</b>

*Note: \*\*-Significant at 0.01 levels*

The above Table 5 observes Regression co-efficient model for outcome variable Happiness and Life-Satisfaction from the predictor Self-Esteem. Self-Esteem is a significant positive predictor towards Happiness level as the finding revealed on the basis of  $\beta=.741$ ,  $t= 9.53$ ,  $p= 0.000$ . Self-Esteem is a significant positive predictor towards Life-Satisfaction as the finding revealed that  $\beta=.617$ ,  $t= 13.4$ ,  $p= 0.000$ . Hence Table 5 depicts that Self-Esteem is a key predictor in the happiness and life-Satisfaction level of the elderly residing in New Delhi.

## **DISCUSSION**

It was anticipated in Hypothesis 1 that there would be significant difference in Happiness, Life-Satisfaction and Self-Esteem among elderly in reference to gender and place of locality. Table No. 1 depicts the Mean, Standard Deviation, t-ratio and p-value of Self-Esteem, Happiness and Life-Satisfaction scores in Demographic Schedule “Gender”. The observed results found that there was no significant difference between male and female elderly in self-esteem, Happiness and Life-satisfaction. The study supported by Mayungbo, O.A. (2016) on Gender differences, Self Esteem and Life-Satisfaction is consistent to the present study. The results reveal that Gender has no significant difference and effect on Life-Satisfaction. The same are the findings with Tkach and Lyubomirsky (2006), who in their study revealed that there is no gender difference and males and females are equally satisfied with life along with self-esteem. The above findings are in agreement with the study found by Huebneretal (2004) that there was no significant gender difference and has no significant effect on life-satisfaction.

It was anticipated in Hypothesis 1 that there would be significant difference among elderly Place of locality in Happiness, Life-Satisfaction and Self-Esteem in New Delhi. Table No. 2 depicts the Mean, Standard Deviation, F-Ratio and p-value of Self-Esteem, Happiness and Life-Satisfaction scores in Demographic Schedule “Place of Origin”. The results found that there was a significant difference among elderly of Nursing home, old age home and general home in Self-esteem, happiness and life-satisfaction. It is due to the fact that the Elderly people residing with their families are happier than the people living in Nursing Homes or Old Age Homes. The people living with their family receive proper love, care, affection, economic security, better health facilities, and social interaction, healthy self being etc. which is the greatest contributing factor. The F-Ratio and P-value revealed and displays a significant difference beyond 0.01 levels. The study consisted by Joseph, J. (2014) Chandigarh; Old Age Home on Life-Satisfaction among inhabitants of selected Old Age Homes, the study is in consistent with the present study. The study revealed that the people living in Old Age Home have low or moderate life satisfaction level. Another study in agreement is by Choudhary, A. (2013). This study was conducted on old age people living with their families in Jammu.



## **A Study on Happiness and Life-Satisfaction among Elderly in Relation with Self-Esteem**

The findings revealed that significant relationship was found in life-satisfaction, mental health as they are living with their families.

Finally the Hypothesis 1 projected that there would be significant difference in Happiness, Life-Satisfaction and Self-Esteem in reference to gender and place of locality. In this context, the hypotheses 1 is partially accepted as the results revealed that there is a significant difference among Elderly Place of locality in Self-esteem, Happiness and Life-satisfaction but the gender difference found none-significant.

It was anticipated in Hypothesis 2 that there would be significant positive relationship between Happiness, Life-Satisfaction and Self-Esteem. Table No. 3, depicts correlation of co-efficient between Self-Esteem, Happiness and Life-Satisfaction. The obtained r-ratio reveals that Happiness ( $r=.741$ ), Life-Satisfaction ( $r=.617$ ) are significantly correlated with Self-Esteem at level of significance at 0.01 level. This shows that there is a positive relationship between Self-Esteem, Happiness and Life-Satisfaction level. The study supported by Lee, H.K., Kim, H. K., (2015) is in consistent with the result who conducted study to understand happiness on aging, life-satisfaction family support, self-esteem and social participation level of elderly people. The study revealed that self-esteem, happiness and life-satisfaction is co-related. The study done by Li et.al., (2010) is also agreed that Self-Esteem significantly correlated with Life-Satisfaction.

Finally the Hypothesis 2 projected that there would be significant positive relationship between Happiness, Life-Satisfaction and Self-Esteem. In this context, the hypotheses 2 is accepted as the results revealed that there is significant positive relationship between Happiness, Life-Satisfaction and Self-Esteem along with above evidences.

It was anticipated in Hypothesis 3 that Self-Esteem would be significant predictor towards Happiness and Life-Satisfaction. Table No. 4 and 5 observes Regression model summary and regression coefficient and shows Happiness and Life-Satisfaction are statistically significant. Table No. 4 observes Regression co-efficient model for outcome variable Happiness and Life-Satisfaction from the Predictor Self-Esteem. The results revealed that statistically, Self-Esteem is a significant predictor towards Happiness and Life-Satisfaction. The Study done by Hill, E., (2015) on relationship between Self-Esteem, Subjective Happiness and Overall Satisfaction reveals positive relationship among them. It was retrieved from the study that Self-Esteem was the significant predictor of life-satisfaction and happiness.

Finally the Hypothesis 3 projected Self-Esteem would be significant predictor towards Happiness and Life-Satisfaction. In this context, the hypothesis 3 is accepted as the results reveal that Self-Esteem is the significant predictor towards Happiness and Life-Satisfaction.

### ***Implications of the Study***

The major findings support the fact that in spite of the sample of research participants being small (150), it gave the concrete base to the fact that the Elderly people residing with their families are happier. Therefore, it is a need of an hour to address the issue and to organize awareness campaigns for family members, adults, societies, and NGO's. The condition of Nursing Homes and Old Age Homes should be ascertained and proper amenities should be provided so that they can feel at home there.

## A Study on Happiness and Life-Satisfaction among Elderly in Relation with Self-Esteem

Gerontologists assist and improve ways to uplift the quality of life of elderly and relate past and current source of life-satisfaction among elderly through the research. This assistance can be in the form of economic (financial or monetary), Social (support and counseling) or in General (Health, spiritual, sports, exercise). Government to intervene to make arrangement for pension, medical etc. and make strong laws in favor of elderly so that they are not harassed by their own family members and the authorities to be given strict orders that those laws are strictly followed. Welfare associations should be elderly group in every locality to address the grievances promptly at ground level.

### CONCLUSION

On the basis of this study, it is concluded that male and female have no significant difference in Self-Esteem, Happiness and Life-Satisfaction. Whether it is a male elderly or female elderly, they feel no difference in the self-Esteem, Happiness and Life-Satisfaction level. The findings also revealed that there is a significant difference in place of origin in elderly in respect of their self-esteem, happiness and life-satisfaction level. The elderly people living in General Homes are happiest followed by the Nursing Home and Old Age Home. This implies that the senior citizens of the country want to be a part of the family and want to live with their families and all they need is love, care and affection from them. The results also revealed that Positive self-attitude of the elderly leads them to greater happiness and life-satisfaction level. In other words we can say that Self-Esteem is the predictor of Happiness and Life-Satisfaction level of the elderly in New Delhi.

### REFERENCES

- Andrews, F. M. (1974). Social indicators of perceived life quality. *Social Indicators Research*, 1, 279- 299.
- Argyle, M. (1987). *The Psychology of Happiness*. London: Methuen.
- Asakawa, T., Koyano, W., Ando, T. & Shibata, H. (2000). Effects of functional decline on quality of life among the Japanese elderly. *Journal of Aging and Human Development*, 50 (4), 319–328.
- Aquino, J. A., Russell, D. W., Cutrona, C. E., & Altmaier, E. M. (1996). Employment status, Social Support and Life-Satisfaction among the elderly. *Journal of Counselling Psychology*, 43 (4), 480-489.
- Banerjee, P., Dwivedi, R., & Pradhan, J. (2015). Factors associated with life satisfaction amongst the rural elderly in Odisha, India. *Health Qual Life Outcomes*, 13, 201.
- Behera, S., & Rangaiah., B. (2017). Relationship between emotional maturity, Self-esteem and life-satisfaction: A study on traditional dancers of Odisha Region. *Congent Psychology*, 4 (1), 1-13.
- Bishop, A. J., Martin, P., & Poon, L. (2006). Happiness and congruence in older Adulthood: a structural model of life-satisfaction. *Aging & Mental Health*, 10(5), 445-453.
- Borg, C., Hallberg, IR., & Blomqvist K. (2006). Life satisfaction among older people (65+) with reduced self-care capacity: the relationship to social, health and financial aspects. *Journal of Clinical Nursing*. 15 (5), 607-18.
- Brebner, J., J., Donaldson, N. Kirby., & L. Ward. (1995). Relationships between happiness and personality. *Personality and Individual Differences*, 19, 251– 258.
- Campbell, A. (1981). *The sense of well-being in America: Recent patterns and trends*. New York: MsGraw-Hill.
- Carver, C. S., & Gaines, J. G. (1987). Optimism, Pessimism, and Postpartum Depression. *Cognitive Therapy and Research*, 11(4), 449-462.
- Choudhary, A. (2013). A Study of Life Satisfaction and Health in Old Age. *International Journal of Science and Research (IJSR)*, 4, (9).

## **A Study on Happiness and Life-Satisfaction among Elderly in Relation with Self-Esteem**

- Coke, M.M. (1992). Correlates of life-satisfaction among elderly African Americans. *JGerontol*, 47 (5), 316-20.
- Connidis, I. A., & McMullin, J.A. (1993). To have or have not: Parent status and the subjective well being of older men and women. *The Gerontologist*, 33, 630-636.
- Costa, P.T., Jr., & McCrae, R.R. (1980). Influence of extraversion and neuroticism on subjective well-being: Happy and unhappy people. *Journal of Personality and Social Psychology*, 38, 668–678.
- Costa, P.T., McCrae, R.R., & Norris, A.H. (1981). Personal adjustment to aging: Longitudinal prediction from neuroticism and extraversion. *Journal of Gerontology*, 36, 78–85.
- Csikszentmihalyi, M., & Wong, M. M. H. (1991). The situational and personal correlates of happiness: A cross-national comparison. In F. Strack, M. Argyle, & N. Schwarz (Eds.), *International series in experimental social psychology*, Vol. 21. Subjective well-being: An interdisciplinary perspective (pp. 193-212). Elmsford, NY, US: Pergamon Press.
- Diener, E. (1984). Subjective well-being. *Psychological Bulletin*, 95(3), 542-575.
- Diener, E., & Diener, M. (1995). Cross-Cultural correlates of Life-Satisfaction and Self-Esteem. *Journal of Personality and Social Psychology*, 68(4), 653-663.
- Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction With Life Scale. *Journal of Personality Assessment*, 49(1), 71-75.
- Diener, E., Oishi, S., & Lucas, R. E. (2003). Personality, Culture, and Subjective Well-Being: Emotional and Cognitive Evaluations of Life. *Annual Review of Psychology*, 54, 403-425.
- Diener, E., Sandvik, E., & Pavot, W. (1991). Happiness is the frequency, not the intensity, of positive versus negative affect. In F. Strack, M. Argyle and N. Schwarz (Eds.), *Subjective Well-Being: An Interdisciplinary Perspective (International Series in Experimental Social Psychology)* (pp. 119-139). Pergamon Press, Oxford.
- Dubey, A., Bhasin, S., Gupta, N., & Sharma, N. (2011). A Study of Elderly Living in Old Age Home and Within Family Set-up in Jammu. *Studies on Home and Community Science*, 5 (2), 93-98. doi: 10.1080/09737189.2011.11885333.
- Edel, Hill. (2015). The Relationship between Self-Esteem, Subjective Happiness and Overall Life Satisfaction, <http://trap.ncirl.ie/1966/1/edelhill.pdf>.
- Emmons, R.A., & Diener, E. (1985). Personality correlates of subjective well-being. *Personality and Social Psychology Bulletin*, 11, 89–97.
- Fordyce, M.W., (1988). A review of research on the happiness measures: a sixty second index of happiness and mental health. *Social Indicators Research*, 20(4), 355-381.
- Freedman, J. (1978). *Happy People: What Happiness is, Who Has It, and Why*. New York, NY: Harcourt Brace Jovanovich.
- Frisch, M. B., (2011). Evidence based Well-Being/Positive Psychology Assessment and Intervention with Quality of Life Therapy and Coaching and the Quality of Life Inventory (QOLI). *Social Indicators Research*, 114(2), 193-227. doi 10.1007/s11205-012-0140-7
- Ghusn, H. F., Hyde, D., Stevens, E. S., & Hyde, M. (1996). Enhancing life satisfaction in later life: What makes a difference or Nursing Home residents. *Journal of Gerontological Nursing*, 18, 13-20.
- Grob, A., Little, T. D., and Wanner, B. (1999). Control judgements across the life span. *International Journal of Behavioral Development*, 23, 833-854.
- Headey, B., & Wearing, A. (1989). Personality, life events, and subjective well-being: Toward a dynamic equilibrium model, *Journal of Personality and Social Psychology*, 57, 731–739.
- John, O. P., & Perwin L. A. (2001). *Personality: Theory and Research* (8th ed.). Wiley and Sons Incorporated.

## A Study on Happiness and Life-Satisfaction among Elderly in Relation with Self-Esteem

- Joseph, J., Ranjith, K.R., Kaur, I., Ghai, S., & Harma, N. (2014). Life Satisfaction among inhabitants of selected old age homes at Chandigarh – A Cross Sectional Survey Delhi. *Psychiatry Journal*, 17 (2).
- Kahana, E., Redmond, C., Hill, G.J., Kahana, B., Johnson, J.R., & Young, R.F.(1995). The effects of stress, vulnerability, and appraisals on the psychological wellbeing of the elderly, *Research on Aging*, 17, 459–489.
- Kozma, A., & Stones, M. (1978). Some research issues and findings in the study of psychological well-being in the aged. *Canadian Psychological Review*, 19 (3), 241-249. doi: 10.1037/h0081479
- Larsen, R., Diener, E., & Emmons, R. (1985). An evaluation of subjective well-being measures. *Social Indicators Research*, 17, 1–17.
- Lyubomirsky, S., Chris, T. & Dimatteo, M. R. (2006). What are the difference between Happiness and Self-esteem. *Social Indicators Research*, 78(3), 306-404.
- Morgan, K., Dallosso, H. M., Arie, T., Byrne, E. J., Jones, R., & Waite, J. (1987) Mental Health and Psychological well-being among the old and the very old living at home, *The British Journal of Psychiatry*, 150 ( 6), 801-807 .
- Myers, D. G. (1992). *The Pursuit of Happiness*. New York, NY: William Morrow.
- Myers, D.G., & Diener, Ed. (1995). Who is Happy? *Association for Psychological Science*, 6(1), 10-19. <http://doi.org/10.1111/j.1467-9280.1995.tb00298.x>
- Neugarten, B. L., Havighurst, R. J., & Tobin, S. S. (1961). The measurement of life satisfaction. *Journal of Gerontology*, 16, 134–143.
- Parducci, A. (1995). *Happiness, Pleasure, and Judgment: The Contextual Theory and its Applications*. Mahwah, NJ: Lawrence Erlbaum Associates.
- Pavot, W., Diener, E., & Fujita, F. (1990). Extraversion and happiness. *Personality and Individual Differences*, 11, 1299–1306.
- Rosenberg, M. (1965). *Society and the adolescent self-image*. Princeton. NJ: Princeton University Press.
- Ryff, C.D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, 57, 1069–1081.
- Ryff, C. D. (1991). Possible selves in adulthood and old age: A tale of shifting horizons. *Psychology of Aging*, 6, 286–295.
- Simsek, E. (2011). The effects of organizational communication and personality traits on life satisfaction. (Unpublished Doctoral Thesis). Anadolu Universitesi, Eskisehir.
- Spiro III, A., & Bosse, R. (2000). Relations between healthrelated quality of life and well-being: The gerontologist's new clothes. *International Journal of Aging and Human Development*, 50, 297–318.
- Steverink, N., Westerhof, G. J., Bode, C., & Dittmann-Kohli, F. (2001). The personal experience of aging, individual resources, and subjective well-being. *Journals of Gerontology*, 56, P364–373.

### **Acknowledgements**

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

### **Conflict of Interest**

The author declared no conflict of interests.

**How to cite this article:** H. K. Vilku & S. Behera (2019). A Study on Happiness and Life-Satisfaction among Elderly in Relation with Self-Esteem. *International Journal of Indian Psychology*, 7(3), 173-184. DIP:18.01.022/20190703, DOI:10.25215/0703.022