

# Realizing the Vision of NEP-2020 through AI and Human Potential in Higher Education

LIFE SATISFACTION AMONG THE YOUTH ADULTS

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**Abstract-** Economic status, level of education, personal experiences, place of residence, and many other factors have been used to assess life satisfaction. The aim of the present study was to measure the level of life satisfaction among young people. Specifically, the study sought to examine the mean difference in life satisfaction between males and females. The Life Satisfaction Scale developed and standardized by Alam and Srivastava (1996) was used as the research instrument. Gender (male and female) was treated as the independent variable. The scale consists of 60 yes/no items. The validity of the test was found to be 0.74, and the test-retest reliability was 0.84. A sample of 60 participants was selected for the study, comprising 30 males and 30 females from Wankaner, Morbi (Gujarat). The age range of the participants was 21 to 30 years, as the study focused on youth. A t-test was used to examine significant differences in life satisfaction between genders. The results indicated that there was no significant difference in life satisfaction between male and female youth.

**Keyword:** life satisfaction, male and female, youth

## I. INTRODUCTION

There are a lot of activities for young people to do in the twenty-first century. Young people are powerful and self-assured. Youth is the period of life during which a person is young, but it also frequently refers to the period between childhood and adulthood. Young people are developing their sense of self. Peers, lifestyle, gender, and culture are some of the factors that impact a young person's self-concept. This stage of life is when people make decisions that will have an impact on their future.

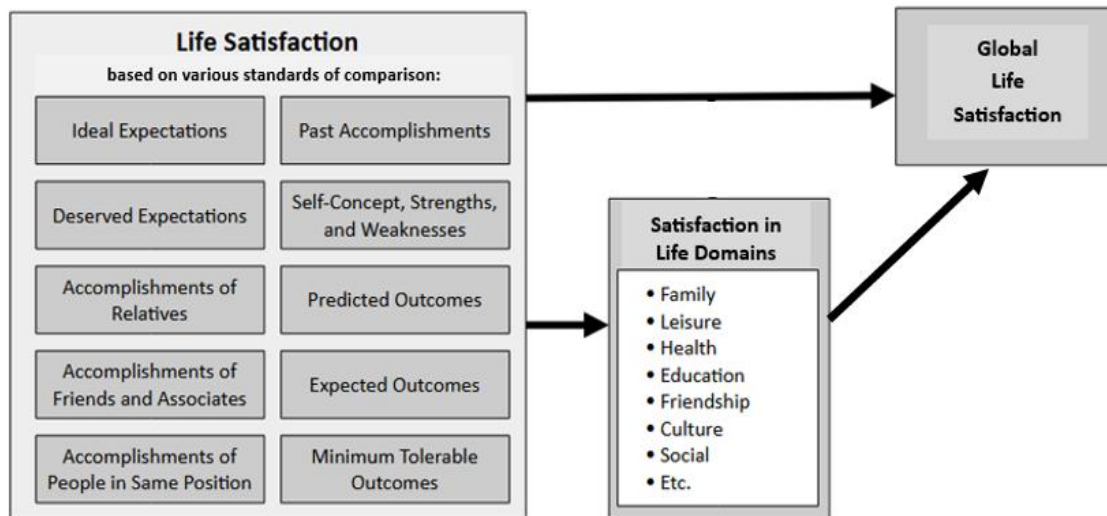
Every country Have different defined of youth. In India “youth defined as those aged 15 to 29 in the national youth policy (2014). The age-group constitutes 27.5% of India’s population. The 2011 census counted 563 million young people from 10 to 35, according to the 12<sup>th</sup> five year plan vol.2 (2013).” there the main aim to measured life satisfaction in youth.

Now know something about life satisfaction. Life satisfaction is a one type of filing to archive something in life. Any ting is happen and any ting get in life is a one type of satisfaction. Every people have different view for life satisfaction. Life satisfaction is one type of positive filing.

Life satisfaction is the way people evaluate their live and how they feel about their direction and options for the future. It is a measure of well-being and many be assessed in terms of mood, satisfaction with others and with achieved goals, self-concepts, and self-perceived ability to cope with daily life. It is having a favorable attitude of one’s life as a whole rather than an assessment of current feelings. Life satisfaction has been measured in relation to economical standing, amount of education, experiences, and residence, as well as many other topics.

Life satisfaction is a complex term and is sometimes used interchangeably with the emotion of happiness, but they are indeed two separate concepts. Life satisfaction is defined as one’s evaluation of life as a whole, rather than the feeling and emotions that are experienced in emotions that are experienced in the moment.

Picture: 1 life satisfaction based on various standards



In picture that life satisfaction is not depend on one thing it's depend on different life domains like family, friends, culture, health, social life and different achievements. So satisfaction is very hard thing to archive.

#### Definition of life satisfaction

According to Diener (1984) Life satisfaction refers to an individual's personal judgment of wellbeing and quality of life based on his or her own chosen criteria.

Life satisfaction is considered as a dynamic process which goes on throughout one's life (Brown, 1981).

In psychology, life satisfaction is a person's overall, subjective evaluation of their own life quality, assessing how well their life measures up to their personal standards and goals, encompassing feelings of contentment, richness, and meaning, and serving as a core component of subjective well-being (SWB) alongside emotions like happiness. It's a cognitive appraisal, distinct from fleeting moods, influenced by health, relationships, achievements, and autonomy.

## II. REVIEW OF LITERATURE

Life satisfaction of elderly aged people in relation to demographic variable, Shamima Akter, Md Sarafat

,april (2020): The purpose of the study was to determine how older adults' life satisfaction related to their sex, marital status, level of education, socioeconomic status, and place of residence. The 197 participants in the current study were recruited from two old home institutes in the same area as well as from outside of them. Their ages ranged from 65 to 90. The Life Satisfaction Scale (SWLS), created by Diener, Emmons, Larsen, and Griffin (1985), was used to gather data; Ilyas (2002) modified the Bengali version. The results of this study show a strong correlation between life satisfaction and marital status, educational attainment, socioeconomic status, and living circumstances. However, we did not find any differences in life satisfaction between sexes from the perspective of Bangladesh.

Body Esteem and Life Satisfaction among Young Adults. Lalthanpuui, Dr. Rema. M. K(2023): This is a correlation research of body esteem and life satisfaction. Raising question on how much does self-esteem actually correlate with an individual's life satisfaction. The sample size is 100 and is taken through online mode of random sampling technique. As the way men and women view their body is different, the research is done for three domains separately, with different body parts for each domain, in both men and women. There is no definite

correlation in both men and women, but, It shows that there are correlation between weight concern, physical condition and life satisfaction

Self-esteem, Mental Well-Being and Life Satisfaction among Young Adults. Somya Nagar, Dr. Tamanna Saxena (2024): This dissertation explores the relationship between self-esteem, mental well-being, and life satisfaction among young adults. A sample of 200 participants was from all over India. The study utilized the Rosenberg Self-Esteem Scale, Warwick-Edinburgh Mental Well-Being Scale, and the Satisfaction with Life Scale to collect data. The findings revealed a significant positive relationship between self-esteem, Mental-Wellbeing and life satisfaction. The Implications of enhancing self-esteem for overall life satisfaction are discussed. This research contributes to our understanding of the psychological well-being of young adults and highlights the importance of fostering positive self-esteem for a fulfilling life satisfaction and mental well-being.

### III. METHODOLOGY

Objective:

1. to investigation of life satisfaction in male and female in youth adults.

Hypothesis:

1. There is no significant difference between 'the mean of the score on life satisfaction' in case of male and female youth adults.

Independent variables:

Gender

(Male and female)

Dependent variables:

Life satisfaction

Sampling:

The random sampling method was adopted. Sample for the study consisted of 60 young adults, 30 male and 30 female. The young adults of age 21 to 30 years are consider for this study. For the preset study the data was collected from wankaner, morbi (Gujarat).

Tools:

1. life satisfaction scale (Q.G.alam and Ramji shrivastava):

Researcher has used Life satisfaction questionnaire was constructed by shree Q.G.alam and Ramji shreevastva (1996). There are 60 items in this questionnaire all the sentence had a two option. Respondent choose one option 'yes' or 'no'. And score system is choose 'yes' get 1 score and 'no' get 0 score. The possible score is minimum 0 and maximum 60. Test-retest reliability of the test was found to be .84 and Validity is .74.

### IV. RESULT AND DISCUSSION

The hypothesis of the study was tested using t-test.

Table 1: t-test Life satisfaction among youth adult's male and female (gender)

Variables	N	Mean	SD	T	Sig
Female	30	46.33	4.7	1.23	NS
Male	30	47.1	4.9		

Sig.level: df=58

0.01=2.66

Hear t test was applied to check the difference of life satisfaction among male and female youth adults. If can be seen above table 1 reveals that the mean score of life satisfaction male was 46.33 and female 47.1 and t test result is 1.23 which is statistically not significant on 0.01. Hence the null hypothesis was accepted. Thus the result shows that type of gender has no significant effect on life satisfaction among youth adults.

### V. CONCLUSION

There is no significant difference between the mean of the score on life satisfaction among youth adults (male and female).

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