

## A brief Study of Life Satisfaction Among Single Women & Married Women

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### Introduction :

Life satisfaction can reflect experiences that have influenced a person in a positive way these experiences have the ability to motivate people to pursue and reach their goals. There are two kinds of emotions that may influence how people perceive their lives. Hope and optimism both consist of cognitive processes that are usually oriented towards the reaching of goals and the perception of those goals and the perception of those goals. Additionally optimism is linked to higher life satisfaction, whereas. Pessimism is related to symptoms in depression.

The satisfaction with life scale is a single scale that is used by UNESCO, the CIA, the New Economics foundations the who the Veenhoven Database the Latinbarometer, the Afrobarometen and the UNHDSR to measure how one views his or her self-esteem well-being and overall happiness with life. Previous modeling showed that positive views and life satisfaction were completely mediated by the concept of self esteem together with the different ways in which ideas and events are perceived by people. Several studies found that self-esteem plays a definite role in influences life satisfaction. There is also a home static model that supports these findings.

A person's mood and out-look on life can also influence their perception of their own life satisfaction.

According to Seligman, the happier people are, the less they are focused on the negative. Happier people also have a greater tendency to like other people which promotes a happier environment, which then correlates to higher level of the person's satisfaction with his or her life. However others have found that life satisfaction is compatible negative emotional states like depression.

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Life satisfaction can also be looked at in a new one as influenced by family. Family life satisfaction is a pertinent topic as everyone's family influence them in some way and most satisfaction in life all well as with in their own family. As discussed by Gary L. Bowen in his article "Family Life Satisfaction : A Value Based Approach" he examines how family life satisfaction is enhanced by the ability of family members to jointly realize their family related values in behaviour (489).

It is important to examine family life satisfaction from all members of the family from a perspective. Greater life satisfaction within a family increases through communication and understanding each members attitude and perceptions A family can make all the difference for someone's life satisfaction.

### Review of literatures about study :

- (i) Asher, S.R. & Hopmeyer, A. (1997). Loneliness in Childhood. In G.G. Bear, K.M. Mirke & A. Thomas (Eds.) Children's needs II : Development, Problems and alternatives (pp. 279-292). Bethesda, MD : National Association of School Psychology.
- (ii) R Gilman, S Huebner (2003) An important construct in positive psychology is life satisfaction. Although its importance has been recognized by some school psychologists remained unsynthesized. In this article theory, measurement, and correlates of life satisfaction among.
- (iii) Bradley, R. H. & Carwyn, R.F (2004) life satisfaction among European American, African American, Chinese American, Merican American, and Dominican American adolescents. International Journal of Behavioural Development.
- (iv) Braithwaite, V. & Devine, C.(1993). Life Satisfaction and Adjustment Children of alcoholics, The effects of parental drinking, family disorganization and survival rates. British Journal of Clinical Psychology.
- (v) (Diener, 1990; Diner & Eminons, 1984), Research has identified two broad aspects of subjective well-being : an affective component , which is usually further divided in to pleasant affect and unpleasant affect and a cognitive component, which is referred to as life satisfaction.
- (vi) A central construct within the positive psychology literature is life satisfaction. Whereas adult life satisfaction has been studied intensively, the life satisfaction of children and adolescents has only received attention more recently. This article provides a review of the entrant research on youth life satisfaction Empirical Studies on life satisfaction

among youth are reviewed. The review details how life satisfaction among relates to various other important emotional, social and behavioural constructs.

**Methods of Study :**

**Sample:**

An incidental sampling technique was used on 80 samples taken in Patna and general. The sample comprised 40 women of single women and 40 married women. The age of about ranged between 35 to 40 years, in which 40 single and 40 married women, in Patna district neighbor.

**Tools materials :**

To study the life satisfaction of married and single women the life satisfaction scale was used this scale was developed by Dr. Ashok Pratap Singh & Dr. Pramila Tiwary.

**Results :**

The summary of mean, S.D. S.E., SED, and t- ratio of life satisfaction among single women and married women in term of their life satisfaction.

**Table 1**

Group	Mean	SD	SE	SED	t-ratio	Level
Single	40	58.15	9.2	2.03	1.03	0.5
Married	40	57.1	9.19			

**Discussion :**

The above table showed that wean score of life-satisfaction among single and married women 58.15 and 57.1 respectively. These was negligible difference between two means that indicates that there was no significant difference between single and married women in terms of life satisfaction scores. The hypothesis was not proved. The t was not significant at any level.

**Table 2**

Group	Mean	SD	SE
Single	40	58.15	9.2

From the above table 2 that mean of Single women was 40.

**Table 3**

Group	Mean	SD	SE
Married	40	57.1	9.19

From the above table that mean of Married women was 40. Summary :

The present investigation aimed to study the effect of personal-

ity dimension on the choice of extracurricular activities among single women and married women.

The sample comprised of 40 single and 40 married women. Thus the both groups were administered on the following tests.

- I. Dr. Ashok Pratap Singh & Dr. Pramila Tiwary.
  - II. Extra- curricular Interest Inventory developed Dr. A.P. Singh.
- The following hypotheses were formulated.

**Hypothesis :**

There will be significant difference among single and married women on the life satisfaction scores.

**Conclusion :**

Life satisfaction is the way person evaluate their lives and how they feel about their directions and options for the future. It is a measure of wellbeing and may be assessed in terms of mood. satisfaction with relation with other and with achieved goals, self-concepts, and self-perceived ability to cape with daily life. It is having a favorable attitude of one's life as a whole rather than an assessment of current feeling, life satisfaction has been measured in relation to economic standing amount of education experience, and residence, as well as many other topics.

**References :**

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