



Life Satisfaction with reference to Psychological Context

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Satisfaction is a psychological feeling and the condition of mind. When a man passing through a number of day to day incidents become successful in his aim he experiences positive feeling, whereas failure leads him to negative feeling that is dissatisfaction. It is very difficult to define life satisfaction all inclusively, because individual matters are indeed in life satisfaction. Some people consider physical matters important, whereas others consider satisfaction of economic or psychological needs important. Thus, as different individual matters are included, it becomes difficult to clarify concept about this.

In Froid's opinion, life's ultimate goal is achievement of happiness-satisfaction only. Every person ultimately tries to achieve happiness only. Maslow, too, indicating serial order of needs has expressed in that order that satisfaction in the context of happiness only. However, it does not become possible that every need may be satisfied in that order only.

Defining life satisfaction in practical terms, it can be said that:

“Life satisfaction means the amount of total positive feeling experienced by an individual towards his life.”

When an individual experiences positive feeling from every field of life and this feeling of him fulfills his psychological need like satisfaction, it can be called life satisfaction. In the life satisfaction of an individual, beginning with the family, his surrounding atmosphere as well as different institutions, etc. have a lion's share.

Factors Influencing Life Satisfaction

Kith Devis and Newstorm (1995) have stated the following factors influencing life satisfaction. Their detailed information is available in the figure given elsewhere in this article.

1. Work:

Absence of activity is like a punishment for human nature. Every man is busy with activity. His work and at the end of it satisfaction available from it or accomplishing the feeling of happiness proves important in deciding life satisfaction.

The work in which a man has to spend 1/3 part of life and his liking towards that place lead him towards life satisfaction.

2. Family:

Family plays an important role in deciding well-ordered life satisfaction. A person's family inter-relations, parents, number of brothers-sisters, monthly income, physical facilities as well as means of entertainment, etc. Effect of all these do take place on a person's life satisfaction.

Economic prosperity and strength of inter-relations inspire satisfaction in them. Whereas the lack of the above peripherals play important part in deciding dissatisfaction.

3. Political Surrounding Conditions:

Political surrounding condition of the region, state and nation in which a person lives also exercises important effect on a person's life satisfaction. A democratic state, a dictator state or other arrangement creates effect.

4. Religious Atmosphere:

In a person's family, society, caste, region and in national atmosphere, religious atmosphere influences person's life satisfaction. Religious beliefs, religious customs, way of thinking, way of life, way of worship take shape on the basis of religion. Religious ceremonies, rites, etc. cause direct or indirect effect on a person's life satisfaction.

5. Leisure:

The time remaining spare after a person's service, business, working hours of farming is considered leisure. During leisure, a person's attitude, reflection, thinking and activities also influence a person's life satisfaction.

Robins (1997) says, “In modern age, young persons give more importance to leisure. They work diligently, but they prefer to do activity of their choice during leisure.

Effects of Life Satisfaction

A great deal of effect of satisfaction of life can be found on a person's all other aspects. If a person experiences satisfaction towards life, his mental health is good, interpersonal relations are healthy and the amount of mental stress is found less in them. Moreover, a person with life satisfaction is able to easily achieve adjustment.

But if those who experience feeling of dissatisfaction towards life, their interpersonal relations are weak, their mental health is weak and the amount of strength of mind is found less in them.

Thus, institutional atmosphere of persons having life satisfaction build happy atmosphere. Such persons make institutional environment positive by which persons' professional involvement also increases.

The researcher-woman after giving theatrical explanation of life satisfaction above in the next chapter (Reference Literature) has taken into consideration previous studies about life satisfaction.

History of study about life satisfaction is believed to be very very old because the concept about life satisfaction, very much like psychology, has been found from philosophy. According to the opinion of 'Nyaya Vaisheshika' (the science of logic as propounded by sage Gautam), happiness and sorrow are independent of each other and are opposite feelings. It emerges from the knowledge of desirable-undesirable object. Happiness is the feeling of convenience and this feeling determines satisfaction.

In the opinion of great physiologist Charaka, satisfaction is determined on the basis of balance-imbalance of physical chemical substances. According to his opinion, feeling of happiness-sorrow is born out of imbalance of chemical substances. Physical and mental happiness-sorrow emerges from mind and body respectively. Charak's principle of happiness-sorrow presents psychological base.

Satisfaction is a psychological feeling and it is a state of mind. A man passing through a number of day to day incidents experiences positive feeling when he becomes successful in his aim, whereas failure leads him to negative feeling, that is, dissatisfaction.

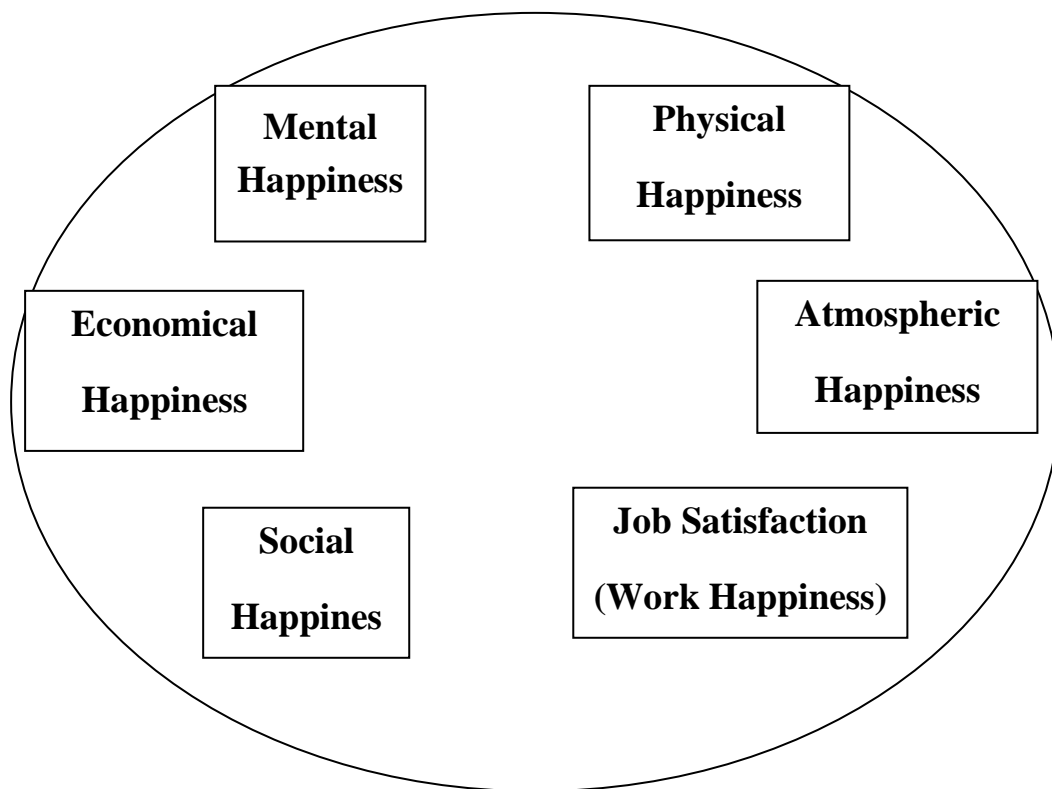
It is very difficult to define life satisfaction all inclusively, because individual matters are indeed in life satisfaction. Some people consider physical matters important, whereas others consider satisfaction of economic or psychological needs important. Thus, as different individual matters are included, it becomes difficult to clarify concept about this.

“Life satisfaction means an individual’s positive thought or attitude towards his own life.”

Life satisfaction means some combination of psychological, physical and atmospheric surrounding conditions or circumstances which really inspire him to say that he has satisfaction with his life.

Life satisfaction means the amount of total positive feeling experienced by an individual towards his life.

Life Satisfaction Circle



When an individual experiences positive feeling from every field of life and this feeling of him fulfills his psychological need like satisfaction, it can be called life satisfaction. In the life satisfaction of an individual, beginning with the family, his surrounding atmosphere as well as different institutions, etc. have an important share. Man has been surrounded with such needs that their satisfaction is his happiness. This

happiness is social, mental, economic or job or atmosphere. If all of them co-ordinate, man's life satisfaction takes shape in the form of a circle.

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