

# A STUDY TO ASSESS THE LEVEL OF LIFE SATISFACTION AMONG ELDERLY MALE AND FEMALE IN BHUCHO MANDI, BATHINDA, PUNJAB.

Ms. Arshdeep Kaur<sup>1</sup>, Mrs. Betsy Mathew<sup>2</sup>, Mr. Karthik Aiyappa Sathyan S.K<sup>3</sup>, Mrs. Jasdeep Kaur<sup>4</sup>

<sup>1</sup>(Post Graduate student, Psychiatric Nursing, Adesh University, Bathinda, Punjab, India)

<sup>2</sup>(Professor, HOD, Psychiatric Nursing, Adesh University, Bathinda, Punjab)

<sup>3</sup>(Professor, Psychiatric Nursing, Adesh University, Bathinda, Punjab)

<sup>4</sup>(Assistant Professor, Psychiatric Nursing, Adesh University, Bathinda, Punjab)

## ABSTRACT

### Background of the study-

Life satisfaction is an overall assessment of feelings and attitude about one's life at a particular point in time ranging from negative to positive. It is one of three major indicators of well-being: life satisfaction, positive affect and negative affect (Diener, 1984). Happiness is an immediate, in the moment experience, whereas life satisfaction that exists when the person think about his life as a whole, looking at the big picture. It is the quality of life is associated with living conditions such as food, health, shelter and so on (veenhoven, 1996). **Objectives:** To assess the level of life satisfaction among elderly male and female. To compare the level of life satisfaction among elderly male and female. To find an association of life satisfaction among elderly male and female with their selected socio demographic variables. **Methodology:** A descriptive study design was used to assess the level of life satisfaction. The sample of 200 elderly male and female was selected by non probability convenience sampling technique. The data was collected by using the Life Satisfaction Scale given by Diener et al. 1985. Analysis was done by using descriptive and inferential statistics. **Results:** The study revealed that majority of elderly male 74 (74.0%) and elderly female 74 (74.0%) were satisfied, 15 (15.0%) elderly male and 19 (19.0%) elderly female were slightly satisfied, 7 (7.0%) elderly male and 3 (3.0%) elderly female were neutral, only 4 (4.0%) elderly male and 4 (4.0%) elderly female were extremely satisfied, none was slightly dissatisfied, dissatisfied and extremely dissatisfied.

**Keywords-** Assess, Level, Life Satisfaction, Elderly.

## INTRODUCTION

**Satisfaction of one's curiosity is one of the greatest sources of happiness in life.**

*Dr. Linus Pauling*

Life satisfaction is a global concept, referring to life as a whole rather than to specific aspects.<sup>1</sup> Life satisfaction is defined as a perception of being happy with one's own life and a belief that one's life is on the right track.<sup>2</sup> The most elementary use of life-satisfaction data is to estimate apparent quality of life within a country or a specific social group.<sup>3</sup> Measuring life satisfaction is not just a way to see how happy people are with their lives, it is also a way of determining how unhappy they are. By adding another, positive point of view stemming from the individuals subjective experience, clinicians and researchers can analyze what makes people happy and what makes them unhappy.<sup>4</sup> It is also measured by the help of some scales as well as there are 6 primary variables that relate to subjective well-being: positive life-esteem, sense of perceived control, extroversion, optimism, positive social relationships, sense of meaning and purpose to life.<sup>5</sup>

Life satisfaction is a common variable in statistical studies and also is a determinant of the level of individuals' health. It is a subjective concept, unique to each person which along with positive and negative effects. Life satisfaction denotes cognitive and conscious assessment by the individual of his/her life as a whole which is based on personal criteria. Accordingly, life satisfaction reflects the positive attitude of the individual towards the world in which he/she lives and indeed it is the same sense of joy which he/she spent a lot of time to achieve.<sup>6</sup>

This present study was undertaken to assess the level of life satisfaction among elderly male and female in Bhucho Mandi, Bathinda, Punjab.

### STATEMENT OF THE PROBLEM:

A study to assess the level of life satisfaction among elderly male and female in Bhucho Mandi, Bathinda, Punjab.

### OBJECTIVES:

- 1) To assess the level of life satisfaction among elderly male and female.
- 2) To compare the level of life satisfaction among elderly male and female.
- 3) To find an association of life satisfaction among elderly male and female with their selected socio demographic variables.

**MATERIALS AND METHODS:**

**Research Approach:** A quantitative research approach was used.

**Research design:** A descriptive research design was used in the present study.

**Setting of the Study:** The study was conducted in Bhucho Mandi, Bathinda, Punjab.

**Target population:** The target population is the aggregate of cases about which the researcher would like to generalize. In the present study, the target population was elderly male and female who had the age of 60 year or more than 60 year.

**Sample:** The sample for the present constitutes elderly male and female.

**Sample size:** Sample size was 200 elderly male and female (100 males and 100 females).

**Sampling Technique:** The non-probability convenience sampling technique was used for selecting the sample.

**Development of tool for data collection:**

The data collection tool was consist of two parts:

1. **Section A:** Socio-demographic data of elderly male and female regarding life satisfaction.
2. **Section B:** Life Satisfaction Scale.

**1. Section A: Socio-demographic data of elderly male and female regarding life satisfaction**

It includes baseline information of elderly male and female regarding life satisfaction such as age (in years), sex, religion, family type, marital status, educational status, educational status of spouse, occupation, occupation of spouse, monthly income, numbers of children, do you have a frequent contact with your family members, how many years of married life, in general, would you say your health is, feeling of anxiety, feeling of loneliness.

**2. Section B: Life Satisfaction Scale**

Life Satisfaction Scale was developed by Diener et all in 1985. It was used to assess the level of life satisfaction. It consists of 5 questions. It consists of scoring: 31 - 35 extremely satisfied, 26 - 30 Satisfied, 21 - 25 slightly satisfied, 20 – Neutral, 15 - 19 slightly dissatisfied, 10 - 14 Dissatisfied, 5 - 9 extremely dissatisfied. The minimum score is 5 and maximum score is 35.

**Scoring key for life Satisfaction Scale:**

<u>Item</u>	<u>Maximum score</u>	<u>Minimum score</u>
5	35	5

**Level of Life Satisfaction:**

Life Satisfaction Score	Level of Life Satisfaction
31 – 35	Extremely satisfied
26 -30	Satisfied
21 – 25	Slightly satisfied
20	Neutral
15 – 19	Slightly dissatisfaction
10 – 14	Dissatisfaction
5 – 9	Extremely dissatisfaction

**RESULTS:****Organization and presentation of the data:**

The data collected were edited, tabulated, analyzed, interpreted and findings obtained were presented in the form of tables and diagrams represent under following sections:

**Section I:**

**Table 1:** Frequency and percentage distribution of socio-demographic variables of elderly male and female.

**Section II:**

**Table 2:** Frequency and percentage distribution of level of life satisfaction among elderly male and female.

**Section III:**

**Table3:** Findings related to comparison of level of life satisfaction among elderly male and female.

**Table 4:** Comparison of the Mean, Standard Deviation of level of life satisfaction among elderly male and female.

**Section IV:**

**Table 5:** Association of life satisfaction among elderly male with their selected socio demographic variables.

**Table 6:** Association of life satisfaction among elderly female with their selected socio demographic variables.

## SECTION I:

**Table 1:** Frequency and percentage distribution of socio-demographic variables of elderly male and female.

N=200

Variables	Elderly male and female	
	f	Percentage (%)
Age (in years)		
60-65	94	47.0
66-70	69	34.5
71-75	25	12.5
76-80	11	5.5
81-85	1	.5
Sex		
Male	100	50.0
Female	100	50.0
Religion		
Sikh	147	73.5
Hindu	44	22.0
Muslim	1	.5
Christian	8	4.0
Family type		
Nuclear	92	46.0
Joint	89	44.5
Extended	19	9.5
Marital status		
Married	163	81.5
Unmarried	0	0
Widow/widower	37	18.5
Educational status		
No formal education	129	64.5
Senior secondary	54	27.0
Graduate	17	8.5

Educational status of spouse		
No formal education	141	70.5
Senior secondary	46	23.0
Graduate	13	6.5
Occupation.....		
Unemployed	73	36.5
Daily wager	17	8.5
Shopkeeper/driver	34	17.0
Farmer	56	28.0
Pvt. Job	7	3.5
Govt. job	13	6.5
Occupation of spouse.....		
Unemployed	86	43.0
Daily wager	9	4.5
Shopkeeper/driver	48	24.0
Farmer	45	22.5
Pvt. Job	5	2.5
Govt. job	7	3.5
Monthly income.....		
10,000 – 20,000	49	24.5
20,001 – 30,000	96	48.0
30,001 – 40,000	39	19.5
40,001 – 50,000	10	5.0
50,001 – 60,000	6	3.0
Numbers of children in the family?		
One	10	5.0
Two	97	48.5
Three	61	30.5
More	32	16.0
Do you have a frequent contact with your family members?		
Yes	200	100.0
No	0	0

How many years of married life?		
20 – 30	27	13.5
31 – 40	114	57.0
41 – 50	48	24.0
51 – 60	10	5.0
61 – 70	1	.5
In general, would you say your health is?		
Excellent	1	.5
Very good	1	.5
Good	164	82.0
Fair	34	17.0
Poor	0	0
Feeling of anxiety.....		
Always	61	30.5
Sometime	135	67.5
Rare	4	0
Feeling of loneliness.....		
Always	28	14.0
Sometime	163	81.5
Rare	9	4.5
Who taught you religious practices?.....		
Family	113	56.5
Religious places	51	25.5
Granth	36	18.0
Do you considers that you are more interested in religion at this stage of life?		
Yes	114	57.0
No	10	5.0
Equal	76	38.0

In your view, the family allows you to freely express your religious beliefs and practices?		
Yes	199	99.5
No	1	.5
How often do you pray?.....		
Once a day	67	33.5
Twice a day	108	54.0
Thrice a day	25	12.5
How often you watch or hear religious programs on television/radio?.....		
Once a day	23	11.5
Twice a day	92	46.0
Thrice a day	85	42.5
How often you give thanks or praying before or after meals?		
At all meals	119	59.5
Once a day	70	35.0
Only on special occasions	11	5.5
Never	0	0

## SECTION II:

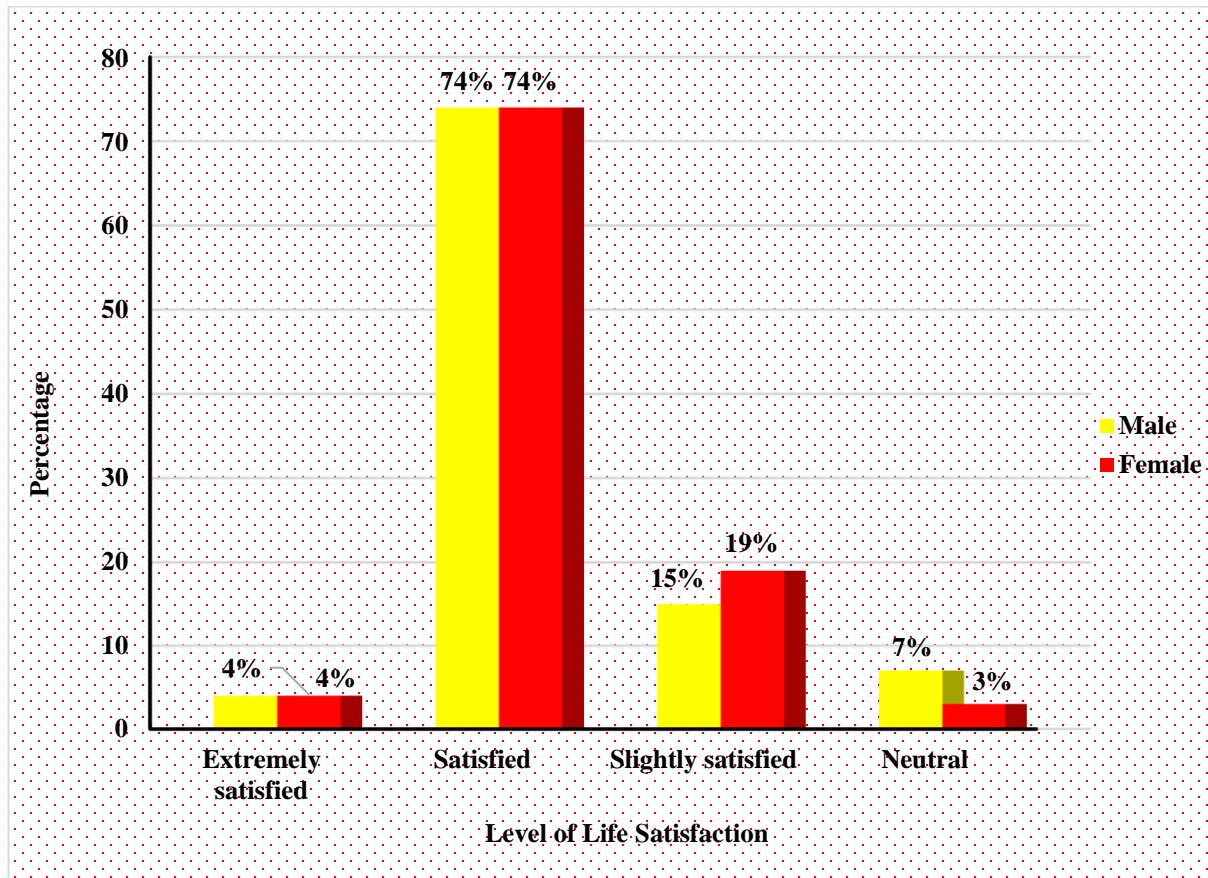
**Table 2:** Frequency and percentage distribution of level of life satisfaction among elderly male and female.

**N=200**

Level of life satisfaction	Male (n=100)		Female (n=100)	
	f	%	f	%
Extremely satisfied	4	4.0	4	4.0
Satisfied	74	74.0	74	74.0
Slightly satisfied	15	15.0	19	19.0



Neutral	7	7.0	3	3.0
Slightly dissatisfied	0	0	0	0
Dissatisfied	0	0	0	0
Extremely dissatisfied	0	0	0	0



Graph-

22: The 3D column diagram shows percentage distribution of elderly male and female according to the level of life satisfaction among elderly male and female.

SECTION III:

Table3: Findings related to comparison of levels of life satisfaction among elderly male and female.

N=200

Level of life satisfaction	Male (n=100)		Female (n=100)	
	f	%	f	%
Extremely satisfied	4	4.0	4	4.0
Satisfied	74	74.0	74	74.0
Slightly satisfied	15	15.0	19	19.0

Neutral	7	7.0	3	3.0
Slightly dissatisfied	0	0	0	0
Dissatisfied	0	0	0	0
Extremely dissatisfied	0	0	0	0

**Table 4:** Comparison of the Mean, Standard Deviation of level of life satisfaction among elderly male and female.

N=200

Scale	No. of items	Male (n=100)		Female (n=100)	
		Mean	S.D	Mean	S.D
Life satisfaction scale	200	26.69	3.071	26.70	2.747

#### SECTION IV:

**Table 5:** Association of life satisfaction among elderly male with their selected socio demographic variables.

N=100

Variables	Extremely Satisfied		Satisfied		Slightly Satisfied		Neutral		Chi square	df	p value
	f	%	f	%	f	%	f	%			
Age (in years)											
60-65	0	0.0	26	26.0	3	3.0	4	4.0	19.206	9	.024 <sup>S</sup>
66-70	2	2.0	32	32.0	6	6.0	2	2.0			
71-75	2	2.0	6	6.0	6	6.0	1	1.0			
76-80	0	0.0	10	10.0	0	0.0	0	0.0			

Religion											
Sikh	4	4.0	60	60.0	12	12.0	5	5.0	1.806	6	.937 <sup>NS</sup>
Hindu	0	0.0	13	13.0	3	3.0	2	2.0			
Muslim	0	0.0	0	0.0	0	0.0	0	0.0			
Christian	0	0.0	1	1.0	0	0.0	0	0.0			
Family type											
Nuclear	2	2.0	27	27.0	9	9.0	6	6.0	10.598	6	.102 <sup>NS</sup>
Joint	1	1.0	39	39.0	5	5.0	0	0.0			
Extended	1	1.0	8	8.0	1	5.0	1	1.0			
Marital status											
Married	2	2.0	59	59.0	13	13.0	5	5.0	2.825	3	.419 <sup>NS</sup>
Unmarried	0	0.0	0	0.0	0	0.0	0	0.0			
Widow/widower	2	2.0	15	15.0	2	2.0	2	2.0			
Educational status											
No formal education	3	3.0	42	42.0	13	13.0	5	5.0	5.904	6	.434 <sup>NS</sup>
Senior secondary	1	1.0	27	27.0	2	2.0	2	2.0			
Graduate	0	0.0	5	5.0	0	0.0	0	0.0			
Educational status of spouse											
No formal education	3	3.0	60	60.0	14	14.0	5	5.0	2.777	6	.836 <sup>NS</sup>
Senior secondary	1	1.0	12	12.0	1	1.0	2	2.0			
Graduate	0	0.0	2	2.0	0	0.0	0	0.0			
Occupation.....											
Unemployed	0	0.0	0	0.0	0	0.0	0	0.0	27.730	12	.006 <sup>S</sup>
Daily wager	1	1.0	3	3.0	4	4.0	4	4.0			
Shopkeeper/driver	0	0.0	16	16.0	2	2.0	2	2.0			
Farmer	2	2.0	44	44.0	9	9.0	1	1.0			
Occupation of spouse.....											
Unemployed	3	3.0	64	64.0	11	11.0	4	4.0	11.815	12	.461 <sup>NS</sup>
Daily wager	0	0.0	1	1.0	2	2.0	1	1.0			

Shopkeeper/driver	1	1.0	6	6.0	2	2.0	2	2.0			
Farmer	0	0.0	0	0.0	0	0.0	0	0.0			
Pvt. Job	0	0.0	1	1.0	0	0.0	0	0.0			
Govt. job	0	0.0	2	2.0	0	0.0	0	0.0			
Monthly income.....											
10,000 – 20,000	1	1.0	17	17.0	15	15.0	5	5.0	43.222	12	.000 <sup>S</sup>
20,001 – 30,000	2	2.0	37	37.0	0	0.0	2	2.0			
30,001 – 40,000	0	0.0	15	15.0	0	0.0	0	0.0			
40,001 – 50,000	1	1.0	2	2.0	0	0.0	0	0.0			
50,001 – 60,000	0	0.0	3	3.0	0	0.0	0	0.0			
Numbers of children in the family?											
One	0	0.0	1	1.0	0	0.0	1	1.0	11.603	9	.237 <sup>NS</sup>
Two	3	3.0	37	37.0	9	9.0	2	2.0			
Three	1	1.0	24	24.0	4	4.0	1	1.0			
More	0	0.0	12	12.0	2	2.0	3	3.0			
Do you have a frequent contact with your family members?											
Yes	4	4.0	74	74.0	15	15.0	7	7.0	7.085	9	.628 <sup>NS</sup>
No	0	0.0	0	0.0	0	0.0	0	0.0			
How many years of married life?											
20 – 30	0	0.0	7	7.0	3	3.0	1	1.0	7.085	9	.628 <sup>NS</sup>
31 – 40	2	2.0	43	43.0	6	6.0	3	3.0			
41 – 50	2	2.0	18	18.0	6	6.0	3	3.0			
51 – 60	0	0.0	6	6.0	0	0.0	0	0.0			
In general, would you say your health is?											

Excellent	0	0.0	0	0.0	0	0.0	0	0.0	41.752	3	.000 <sup>S</sup>
Very good	0	0.0	0	0.0	0	0.0	0	0.0			
Good	3	3.0	71	71.0	8	8.0	1	1.0			
Fair	1	1.0	3	3.0	7	7.0	6	6.0			
Poor	0	0.0	0	0.0	0	0.0	0	0.0			
Feeling of anxiety.....											
Always	2	2.0	13	13.0	7	7.0	6	6.0	19.539	6	.003 <sup>S</sup>
Sometime	2	2.0	58	58.0	8	8.0	1	1.0			
Rare	0	0.0	3	3.0	0	0.0	0	0.0			
Feeling of loneliness.....											
Always	2	2.0	6	6.0	3	3.0	6	6.0	32.048	6	.000 <sup>S</sup>
Sometime	2	2.0	62	62.0	12	12.0	1	1.0			
Rare	0	0.0	6	6.0	0	0.0	0	0.0			
Who taught you religious practices?.....											
Family	2	2.0	41	41.0	9	9.0	3	3.0	5.713	6	.456 <sup>NS</sup>
Religious places	0	0.0	19	19.0	5	5.0	3	3.0			
Granth	2	2.0	14	14.0	1	1.0	1	1.0			
Do you considers that you are more interested in religion at this stage of life?											
Yes	2	2.0	49	49.0	4	4.0	3	3.0	13.262	6	.039 <sup>S</sup>
No	0	0.0	0	0.0	1	1.0	0	0.0			
Equal	2	2.0	25	25.0	10	10.0	4	4.0			
In your view, the family allows you to freely express your											

religious beliefs and practices?	3	3.0	74	74.0	15	15.0	7	7.0	24.242	3	.000 <sup>S</sup>
Yes	1	1.0	0	0.0	0	0.0	0	0.0			
No											
How often do you pray?.....											
Once a day	1	1.0	21	21.0	8	8.0	4	4.0	7.671	6	.263 <sup>NS</sup>
Twice a day	2	2.0	42	42.0	7	7.0	3	3.0			
Thrice a day	1	1.0	11	11.0	0	0.0	0	0.0			
How often you watch or hear religious programs on television/radio?.....											
Once a day	2	2.0	6	6.0	2	2.0	3	3.0	13.529	6	.035 <sup>S</sup>
Twice a day	1	1.0	36	36.0	9	9.0	3	3.0			
Thrice a day	1	1.0	32	32.0	4	4.0	1	1.0			
How often you give thanks or praying before or after meals?											
At all meals	3	3.0	46	46.0	6	6.0	2	2.0	10.040	6	.123 <sup>NS</sup>
Once a day	1	1.0	27	27.0	7	7.0	4	4.0			
Only on special occasions	0	0.0	1	1.0	2	2.0	1	1.0			
Never	0	0.0	0	0.0	0	0.0	0	0.0			

**Table 5:** There was a significant association of life satisfaction among elderly male with selected demographic variables such as age (in years) ( $p=.024$ ), occupation ( $p=.006$ ), monthly income ( $p=.000$ ), in general, would you say your health is? ( $p=.000$ ), feeling of anxiety ( $p=.003$ ), feeling of loneliness ( $p=.000$ ), do you consider that you are more interested in religion at this stage of life? ( $p=.039$ ), in your view, the family allows you to freely express your religious beliefs and practices? ( $p=.000$ ), how often you watch or hear religious programs on television/radio? ( $p=.035$ ) at the level of 0.05. Hence the null hypothesis (**H<sub>0.2</sub>**) was rejected and the research hypothesis (**H<sub>1.2</sub>**) was accepted. However, there was no significant association of level of life satisfaction among elderly male with the religion, family type, marital status, educational status, educational status of spouse, occupation of spouse, numbers of children in the family,

do you have a frequent contact with your family members?, how many years of married life?, who taught you religious practices?, how often do you pray?, how often you give thanks or praying before or after meals? at the level of 0.05.

**Table 6:** Association of life satisfaction among elderly female with their selected socio demographic variables.

**N=100**

Variables	Extremely Satisfied		Satisfied		Slightly Satisfied		Neutral		Chi Square	df	p value
	f	%	f	%	f	%	f	%			
Age (in years)											
60-65	4	4.0	43	43.0	12	12.0	2	2.0	4.576	12	.971 <sup>NS</sup>
66-70	0	0.0	20	20.0	6	6.0	1	1.0			
71-75	0	0.0	9	9.0	1	1.0	0	0.0			
76-80	0	0.0	1	1.0	0	0.0	0	0.0			
81-85	0	0.0	1	1.0	0	0.0	0	0.0			
Religion											
Sikh	4	4.0	44	44.0	15	15.0	3	3.0	7.394	9	.596 <sup>NS</sup>
Hindu	0	0.0	22	22.0	4	4.0	0	0.0			
Muslim	0	0.0	1	1.0	0	0.0	0	0.0			
Christian	0	0.0	7	7.0	0	0.0	0	0.0			
Family type											
Nuclear	1	1.0	37	37.0	9	9.0	1	1.0	5.001	9	.834 <sup>NS</sup>
Joint	2	2.0	32	32.0	8	8.0	2	2.0			
Extended	1	1.0	5	5.0	2	2.0	0	0.0			
Marital status											
Married	3	3.0	64	64.0	4	4.0	1	1.0	1.613	3	.656 <sup>NS</sup>
Unmarried	0	0.0	0	0.0	0	0.0	0	0.0			
Widow/widower	1	1.0	10	10.0	19	19.0	3	3.0			
Educational status											
No formal education	3	3.0	47	47.0	15	15.0	1	1.0	4.120	6	.660 <sup>NS</sup>
Senior secondary	1	1.0	17	17.0	3	3.0	1	1.0			

Graduate	0	0.0	10	10.0	1	1.0	1	1.0			
Educational status of spouse											
No formal education	3	3.0	42	42.0	13	13.0	1	1.0	6.367	6	.383 <sup>NS</sup>
Senior secondary	0	0.0	23	23.0	6	6.0	1	1.0			
Graduate	1	1.0	9	9.0	0	0.0	1	1.0			
Occupation.....											
Unemployed	4	4.0	50	50	17	17.0	2	2.0	10.569	12	.566 <sup>NS</sup>
Daily wager	0	0.0	3	3.0	2	2.0	0	0.0			
Shopkeeper/driver	0	0.0	13	13.0	0	0.0	1	1.0			
Farmer	0	0.0	0	0.0	0	0.0	0	0.0			
Pvt. Job	0	0.0	3	3.0	0	0.0	0	0.0			
Govt. job	0	0.0	5	5.0	0	0.0	0	0.0			
Occupation of spouse.....											
Unemployed	0	0.0	2	2.0	2	2.0	0	0.0	15.200	15	.437 <sup>NS</sup>
Daily wager	0	0.0	2	2.0	3	3.0	0	0.0			
Shopkeeper/driver	1	1.0	28	28.0	7	7.0	1	1.0			
Farmer	2	2.0	35	35.0	6	6.0	2	2.0			
Pvt. Job	1	1.0	3	3.0	0	0.0	0	0.0			
Govt. job	0	0.0	4	4.0	1	1.0	0	0.0			
Monthly income.....											
10,000 – 20,000	0	0.0	0	0.0	9	9.0	2	2.0	47.392	12	0.0000
20,001 – 30,000	3	3.0	43	43.0	8	8.0	1	1.0	0		04 <sup>S</sup>
30,001 – 40,000	1	1.0	21	21.0	2	2.0	0	0.0			
40,001 – 50,000	0	0.0	7	7.0	0	0.0	0	0.0			
50,001 – 60,000	0	0.0	3	3.0	0	0.0	0	0.0			
Numbers of children in the family?											
One	0	0.0	5	5.0	3	3.0	0	0.0	14.077	9	.120 <sup>NS</sup>



Two	1	1.0	38	38.0	4	4.0	3	3.0			
Three	1	1.0	21	21.0	9	9.0	0	0.0			
More	2	2.0	10	10.0	3	3.0	0	0.0			
Do you have a frequent contact with your family members?											
Yes	4	4.0	74	74.0	19	19.0	3	3.0	-	-	-
No	0	0.0	0	0.0	0	0.0	0	0.0			
How many years of married life?											
20 – 30	0	0.0	13	13.0	3	3.0	0	0.0	4.021	12	.983 <sup>NS</sup>
31 – 40	3	3.0	42	42.0	13	13.0	2	2.0			
41 – 50	1	1.0	14	14.0	3	3.0	1	1.0			
In general, would you say your health is?											
Excellent	0	0.0	1	1.0	0	0.0	0	0.0	10.677	9	.298 <sup>NS</sup>
Very good	0	0.0	1	1.0	0	0.0	0	0.0			
Good	4	4.0	63	63.0	13	13.0	1	1.0			
Fair	0	0.0	9	9.0	6	6.0	2	2.0			
Poor	0	0.0	0	0.0	0	0.0	0	0.0			
Feeling of anxiety.....											
Always	1	1.0	19	19.0	10	10.0	3	3.0	16.293	6	.012 <sup>S</sup>
Sometime	3	3.0	55	55.0	8	8.0	0	0.0			
Rare	0	0.0	0	0.0	1	1.0	0	0.0			
Feeling of loneliness.....											
Always	0	0.0	8	8.0	3	3.0	0	0.0	2.396	6	.880 <sup>NS</sup>
Sometime	4	4.0	63	63.0	16	16.0	3	3.0			
Rare	0	0.0	3	3.0	0	0.0	0	0.0			
Who taught you religious practices?.....											

Family	2	2.0	41	41.0	12	12.0	3	3.0	4.990	6	.545 <sup>NS</sup>
Religious places	2	2.0	19	19.0	3	3.0	0	0.0			
Granth	0	0.0	14	14.0	4	4.0	0	0.0			
Do you considers that you are more interested in religion at this stage of life?											
Yes	2	2.0	43	43.0	9	9.9	2	2.0	2.343	6	.886 <sup>NS</sup>
No	1	1.0	6	6.0	2	2.0	0	0.0			
Equal	1	1.0	25	25.0	8	8.0	1	1.0			
In your view, the family allows you to freely express your religious beliefs and practices?											
Yes	4	4.0	74	74.0	19	19.0	3	3.0	-	-	-
No	0	0.0	0	0.0	0	0.0	0	0.0			
How often do you pray?.....											
Once a day	1	1.0	19	19.0	11	11.0	2	2.0	11.613	6	.071 <sup>S</sup>
Twice a day	3	3.0	23	23.0	8	8.0	1	1.0			
Thrice a day	0	0.0	13	13.0	0	0.0	0	0.0			
How often you watch or hear religious programs on television/radio?.....											
Once a day	1	1.0	5	5.0	2	2.0	2	2.0	16.059	6	.013 <sup>S</sup>
Twice a day	3	3.0	31	31.0	9	9.0	0	0.0			
Thrice a day	0	0.0	38	38.0	8	8.0	1	1.0			
How often you give thanks or praying before or after meals?											
At all meals	3	3.0	49	49.0	9	9.0	1	1.0	5.673	6	.461 <sup>NS</sup>

Once a day	1	1.0	19	19.0	9	9.0	2	2.0			
Only on special occasions	0	0.0	6	6.0	1	1.0	0	0.0			
Never	0	0.0	0	0.0	0	0.0	0	0.0			

**Table 6:** The association of level of life satisfaction among elderly female with their selected socio-demographic variables. The study findings revealed that there was a significant association of life satisfaction among elderly female with selected demographic variables such as monthly income ( $p=0.004$ ), feeling of anxiety ( $p=.012$ ), how often do you pray? ( $p=.071$ ), how often you watch or hear religious programs on television/radio? ( $p=.013$ ) at the level of 0.05. Hence the null hypothesis (**H<sub>0.2</sub>**) was rejected and the research hypothesis (**H<sub>1.2</sub>**) was accepted. However, there was no significant association of level of life satisfaction among elderly female with the age (in years), religion, family type, marital status, educational status, educational status of spouse, occupation, occupation of spouse, numbers of children in the family, do you have a frequent contact with your family members?, how many years of married life?, in general, would you say your health is?, feeling of loneliness, who taught you religious practices?, do you consider that you are more interested in religion at this stage of life?, in your view, the family allows you to freely express your religious beliefs and practices?, how often you give thanks or praying before or after meals? at the level of 0.05.

## CONCLUSION

The findings revealed that majority of elderly male 74 (74.0%) and elderly female 74 (74.0%) were satisfied, 15 (15.0%) elderly male and 19 (19.0%) elderly female were slightly satisfied, 7 (7.0%) elderly male and 3 (3.0%) elderly female were neutral, only 4 (4.0%) elderly male and 4 (4.0%) elderly female were extremely satisfied, none was slightly dissatisfied, dissatisfied and extremely dissatisfied.

## RECOMMENDATIONS:

On the basis of the findings of the study the following recommendations have been made:

1. Similar study can be undertaken with a large and different sample to generalize the findings.
2. Experimental studies can be conducted to increase the level of life satisfaction.

## LIMITATIONS:

1. The sample size was limited to 200 elderly male and female.
2. The study setting was limited to Bhuchho Mandi.

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