

# A Study Of Subjective Well-Being On Gender

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## ABSTRACT

*The objective of the study was to see the effect of gender on Subjective well-being. The locale of the study was confined to the state of Rajasthan. The total sample for the present study consisted of 40 respondents. The respondents were divided on the basis of gender i.e. male and female. Psychological well being scale ( Dr.Devendra Singh Sisodia &Pooja Choudhary,2010 ) will be used. The results indicate that females have better subjective well being as compared to males.*

## INTRODUCTION

**Subjective Well-being** means a state of being healthy and happy. Subjective Well-Being includes both cognitive and Emotional aspects. Cognitions about well-being cover overall satisfaction with life and emotionally Happiness is an internal feeling.

SWB is not just about the positive. Absence of negative situations and emotions are an also important for well-being. Feeling angry or fearful can hence reduce SWB, as Dwelling on the problems of life. The cognitive element refers to what one thinks about his or her life satisfaction in their life such work, relationship etc.

The affective element refers to emotions, moods and feelings. Affect is considered positive when emotions, moods and feelings experiences are pleasant (e.g. joy, Elation, affection etc.) Affect is deemed negative, though, when the emotions, moods and feelings experiences are unpleasant .SWB denotes ,an individual's own perception of happiness, quality of life and other markers attributed to well-being.

## REVIEW OF LITERATURE

**Cassandra Batz & Louis Tay (2018)** Studied gender differences in subjective well-being, (i.e., life satisfaction, positive affect, and negative affect), men and women differ in levels of well-being is a seemingly straight-forward one, there are numerous complexities involved in answering it. First, it is important to consider the different types, and components, of well-being as a construct. Second, it is important to understand that depending on numerous biological, individual, and environmental factors the difference in SWB may be more or less apparent.

**Lakhshmi Choudhary & Anis Ahmad (2017)** This study is planned to check the levels of psychological well-being among the housewives and working women of Mithila region, North Bihar. Region covers important districts of North Bihar viz., Darbhanga, Madhubani and Samastipur. Total sample consisted of 120 women comprising housewives (n=60) and working women (n=60) from different organizations where women are

engaged in performing their task with whom they are affiliated and housewives selected from different houses where women are dependent on their husbands. Data gathered through questionnaires using Psychological Well-being scale. Having analyzed the data, results indicated that elderly housewives have low level of psychological well-being in comparison to elderly working women but it is interesting to be cited that both the elderly group of women needs to have social and emotional support from their respective social and family institutions as reported by them.

**ML Arrosa, N Gandelman (2016)** Abstract Using the Gallup World Poll, the World Values Survey and the European Social Survey, present evidence of differences in happiness by gender. Although worldwide women are happier than men, at the country level the happiness gap favors females in some cases and males in others. We decompose the happiness gap between observable characteristics and how male and females react to these characteristics.

**Muhammad Arshad, Sidra Gull, Khalid Mahmood (2015)** Studied the life satisfaction among working and non working women. Satisfaction with Life Scale developed by Ed Diener and colleagues. The sample of (N=100) of different organizations and living areas of Islamabad and Faisalabad. The sample was divided into two categories 50 working women and 50 non-working women, out of which 25 working and 25 non working from Faisalabad, 25 working and 25 non working from Islamabad were taken. T-test was computed for the statistical analysis of the data. All hypotheses were significant at  $P < .05$  level. Findings indicate that there was significant difference between working and nonworking women regarding their positive well being.

**Gerhard Meisenberg, Michael A. Woodley (2015)** The present study investigates the social and cultural conditions that favor higher female relative to male happiness and life satisfaction. Results from more than 90 countries represented in the World Values Survey show that conditions associated with a high level of female relative to male happiness and life satisfaction include a high proportion of Muslims in the country, a low proportion of Catholics, and absence of communist history.

**Sylke Viola Schnepf (2010)** Studied Central and Eastern Europe increased the gender gap in poverty. Evidence for women's higher poverty risk is scarce, given that most analyses use household-level data and assume equal sharing of income within households, an assumption that has been questioned in recent literature. This article uses individual data on subjective well-being to examine the extent of gender differences in welfare in transition countries. OECD countries serve for benchmarking results. Findings show that the gender gap in subjective well-being is more predominant in post-communist than in OECD countries. Relatively little of the gender gap can be attributed to gender differences in socio-economic position in transition countries, but certain attributes, such as higher education and unemployment, impact differently on reported well-being for women and men.

**Akin (2008)** According to Akin happiness, mood, affect, subjective well-being, quality of life, satisfaction with life, mental health, emotional health and well-being all being used interchangeably with psychological well-being.

**Sunil K. Verma (2008)** Studied the experience of subjective well being and quality of life among working and Non-working elderly across rural and urban settings. The measures used in this study were P.G.I. health questionnaire, Satisfaction with life scale and Quality of life scale. Results show that elderly of this study have low levels of health problems. Elderly are more satisfied with future and experience better quality of life. Rural elderly showed more physical health problems compared to urban elderly. On the other hand urban elderly were more satisfied with past. Rural elderly showed more satisfaction with future. Urban elderly experience more independence, better social relations, environment and total quality of life in comparison to rural elderly. No significant differences were, however, found for working and Non-working elderly.

**Ronald Inglehart (2002)** This article demonstrates that significant gender-related differences in subjective well-being exist but tend to be concealed by an interaction effect between age, gender and well-being. Women under 45 tend to be happier than men; but older women are less happy. Thus, in a pooled sample of 146,000 respondents from 65 societies, among the youngest group, 24 percent of the men and 28 percent of the women describe themselves as very happy; but among the oldest group, only 20 percent of the women describe themselves as very happy, while 25 percent of the men do so. The relationship between gender and well-being reverses itself, moving from a female advantage of 4 points to a deficit of 5 points. Given the huge sample size, these differences are highly significant. The aspiration-adjustment model implies that, despite their continuing disadvantages in income, status, and power, women of today should show higher levels of subjective well-being than men.

## **OBJECTIVE**

- To see the influence of Gender (Male and female) on Subjective well being .

**Sample:** The locale of the study was confined to the state of Rajasthan. The total sample for the present study consisted of 40 respondents. Respondents were divided on the basis of gender i.e. Male and Female .

**Design of the study:** 2×2 Ex post factorial design was formulated for the present study.

**Materials:** Psychological well being scale using Likert technique was used to collect data in this study.

## PROCEDURE

Psychological well being scale was administered individually upon the Subjects. Brief instructions were given to them. The answered questionnaires were collected and scored according to the manual.

The scores obtained were analyzed statistically. Measures of central tendency and variability and t-value were calculated to see the effect of independent variables on Subjective Well-Being.

## RESULT AND DISCUSSION

**Table 1:** Means, Standard deviation and t-value scores of gender i.e. Male and Female on Subjective Well-Being.

Gender	Mean	Standard Deviation	t-value
Male	176.2	16.69	0.0112
Female	195.1	17.18	

Table 1 shows: The  $P < 0.05$  above table we can see that the Mean for man is 176.2 and for female 195.1 for variable Subjective Well-being. It can be concluded that females have better Subjective Well-Being. Males are more conscious about health and satisfied with their life. Whereas female are more adjustable, more responsible, more religious and have larger social relation. As compare to their our results gets support from Cassondra Batz and Louis Tay (2018) the men and women differs in level of well-being.

Eileen Trzcinski (2010) mentioned in their results that males if remained unemployed show low level of satisfaction as compare to females, males can cope with the stress comparativebel.

Rachel Croson and Uri Gneezy (2004) A number of studies also indicate that women's social preferences are more sensitive to subtle cues than are men's. women are more satisfied with their lives than men, they are more likely to experience negative emotions.

## CONCLUSIONS

Females have better Subjective Well-Being as compared to males.

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