



# Life Satisfaction and Meaning in life among police personnel in Jammu

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## ABSTRACT

*The present study was conducted to compare meaning in-life and life satisfaction among male and female Police Personals. For this purpose 100 male and 100 female police personals were selected from Jammu City in the age range of 22-45years. To measure meaning in life Steger, M.F., Frazier, P., Oishi, S., & Kaler, M. (2006) and to measure life satisfaction Diener, E., Emmons, R.A., Larsen, R.J., & Griffin, S. (1985) were used in the present study. The investigator used different statistical analysis viz, mean, S.D. and t-test to analyze the data. The result showed that there is no significant difference in meaning in life and life satisfaction among males and females of police personals.*

**Key words: Life satisfaction, Meaning in life, Police**

## Introduction

Policing is one of the most stressful occupations. The work of police is to protect life and property of their country. It undertakes investigation of crimes. Its role involves many challenges such as encounter with dreaded elements while handling crimes. These roles expose police personals to different mental ability.

Policing is an extremely demanding profession and one has no choice for working hours. It is been recognized that police personals need to maintain a healthy mix between their personal lives and professional.

The job is physically demanding as well as mentally challenging. How efficiently one will deliver services depends on a number of factors like interest, benefits received, proper coordination and cooperation among the staff etc. If somebody works out of compulsion, then the output is not expected to be very high in terms of quality and resulting into stress which further leads towards

less job and life satisfaction among police constables. If a person has problems then he may not be able to concentrate on work.

In this context the present study made its effort to explore the life satisfaction as well as Meaning in life among police constable.

### **Meaning in Life**

The search for life's meaning has produced much philosophical, scientific, theological, and metaphysical speculation throughout history. Meaning in life is a key indicator of subjective well-being and quality of life.

Meaning in life, an established indicator of well-being and a contributor to optimal human functioning (Ryff & Singer, 1998), is conceptualized across two dimensions: the presence of meaning and the search for meaning (Steger, Kawabata, Shimai, & Otake, 2008). The presence of life meaning relates to the extent to which individuals consider their lives as significant, meaningful, and purposeful, whereas the search for meaning in life represents individuals' active pursuit to find a sense of significance, meaning, and purpose in life. The presence of life meaning and the search for life meaning are distinct dimensions that may potentially impact life satisfaction in different ways.

Meaning of life is a vital element that gives coherence to the person's worldview and a critical factor for his/her psychological and spiritual well-being. Frankl notes that life has meaning under all circumstances and that it is psychologically damaging when a person's search for meaning is hindered. If someone does not strive to find meaning in his/her life, then sooner or later he will lose his psychological well-being (Frankl, 1967, 1969). Meaninglessness causes a situation called "existential vacuum". This state can be manifested with symptoms of boredom, depression and/or aggressive behavior. Maddi (1967) has been referred to this situation with the term "existential neurosis", which is differentiated by depression in that it is more closely associated with apathy and less with depressive feeling.

In general, meaning of life has been positively associated with physical/psychological health/well-being and psychopathology and seems to serve as a mediator factor in psychological health (Chan, 2009; Fox & Leung, 2009; Halama & Dedova, 2007; Ho, Cheung, & Cheung, 2010; Holahan, Holahan, & Suzuki, 2008; Owens, Steger, Whitesell, & Herrera, 2009) and death acceptance/fear of death (Routledge & Juhl, 2010; Thompson, Noone, & Guarino, 2003). Additionally, people who can find meaning in negative experiences, such as cancer (Jaarsma, Pool, Ranchor, & Sanderman, 2007; Lethborg, Aranda, Cox, & Kissane, 2007; Visser, Garsen, & Vingerhoets, 2010), HIV (Lyon, 1997; Lyon & Younger, 2001) or the loss of a child (Coyle, 1998), seem, after the incident, to cope better with the situation, in comparison to those that cannot find meaning.

## Life satisfaction

Life satisfaction refers to a cognitive, judgmental process, Shin and Johnson (1978) define life satisfaction as "a global assessment of a person's quality of according to his chosen criteria" Life satisfaction is an overall assessment of feelings and attitudes 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). Although satisfaction with current life circumstances is often assessed in research studies, Diener, Suh, Lucas, & Smith (1999) also include the following under life satisfaction: desire to change one's life; satisfaction with past; satisfaction with future; and significant other's views of one's life." (Beutell;2006). In the other hand, life satisfaction was defined as an individual's global assessment of his or her life in positive terms (Diener, Suh, Lucas, & Smith, 1999).

Satisfaction is state of mind. It is an evaluative appraisal of satisfaction. The term refers to both "contentment" and "enjoyment" as such it covers cognitive as well as effective appraisal. Satisfaction can be both evanescent and stable through time.

"Life satisfaction is the degree to which a person positively evaluates the overall quality of his/her life as a whole. In other words, how much the person likes the life he/she leads". Current synonyms for the life satisfaction are "happiness" and "subjective well-being" one advantage in using the life satisfaction than word "happiness" is that it emphasis's the subjective character of the concept, the word "happiness" is also used to refer to an objective good; especially by philosophers, further, the term life satisfaction has the advantage over the label of "subjective well-being" is that life rather than to current feelings or to specific Psychosomatic symptoms.

Life satisfaction can be defined as the cognitive component of subjective well-being (Martikainen, 2008). This is consistent with Bradley & Corwyn (2004) who say that life satisfaction reflects both the extent to which basic needs are met and the extent to which a variety of other goals are viewed as attainable. From this perspective it seems only reasonable that by accomplishing more goals, satisfaction with life will also increase. According to Beutell (2006) it is believed that life satisfaction is related to better physical, and mental health, longevity, and other outcomes that are considered positive in nature. In addition, Chow (2009) argues that improved levels of life satisfaction might give rise to better health in the future, and that this can already be identified within a three-year timeframe. Although there is a lack of congruence regarding the definition of life satisfaction (Iverson & Maguire, 2000), this thesis will adopt the definition as described by Veenhoven (1991, p.3): "Life satisfaction is conceived as the degree to which an individual judges the overall quality of his life-as-a-whole favorably.

## Literature Review

Vidya and kotain (2016) studied life satisfaction among women police personnel. The study explored different aspects like to measure the level of satisfaction.it was based on structured survey using a standard questionnaire.

Vijaylakshmi (2012) assessed life satisfaction of female personnel who work at irregular hours in the midst of their domestic caring responsibilities. The findings suggest a need for change in work policies for female police.

Studies have found that in police personnel, those perceiving meaning in their lives may relate positively to well-being and crisis management strategies and negatively to depression (Auhagen, Ann, 2000).

## Rationale of the study

A direction was provided that not many studies have been conducted on the police personnel that too including females. So it was found that an extensive research work is required on this topic including the variables: meaning in life and Life satisfaction. The study includes the police constable across gender. The sample was collected from several police stations (Channi Himmat, Trikuta Nagar, Bagh-e-Bahu, Gandhi Nagar, Gangyal, Satwari, Nowabad, Pacca Danga, Bakshi Nagar, Bus Stand, Janipur, City Thanna) and the Police line situated in Jammu City.

A vast majority of research on life satisfaction and meaning in life focus on various other demographics, excluding a prominent variable i.e. gender. Women comprise of a substantial proportion of any country's population. Therefore it is important to study the gender difference. The present study will attempt to evaluate how meaning in life and life satisfaction differ among male and female police constables.

The prospective research would focus specifically on the gender differences as the subjective experiences of males and females are different as far as the understanding and perception of meaning in life and life satisfaction are concerned. The inclusive criterion for the age was 25-45 years.

## Objective:

- 1) To study the meaning in life among male and female police constables.
- 2) To study life satisfaction among male and female police constables.

## Hypothesis:

- 1) There will be significant difference in the meaning of life among male and female police constables.
- 2) There will be significant difference in the life satisfaction among male and female police constables.

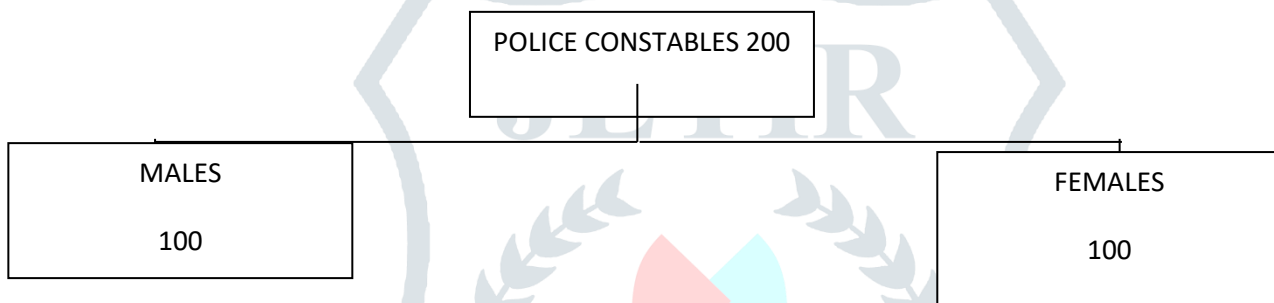
## RESEARCH METHODOLOGY:

### Research Design:

Present study is a comparative study in which SD is used to assess the significant difference while comparing means of two samples like Meaning of life and Life satisfaction of male and female police constables.

**Sample:** - The sample of the present study comprises of 200 police constables working in Jammu City having equal number of males and females.

**Figure1.1** Diagrammatical representation of the sample.



### TOOLS:

- 1) **Meaning in life by Steger, Frazier, Oishi, and Kaler (2006):**10 items are in the questionnaire and each of the items has seven responses (1,2,3,4,5,6&7)
- 2) **Life satisfaction-** This test is developed and standardized by Diener, Emmons, Larsen & Griffin (1985).The test consists of five items. The subject are required to respond to each items in terms of (7,6,5,4,3,2,&1).

## RESULT AND DISCUSSION

### Result Analysis:

Hypothesis states that there will be significant difference in the meaning of life among males and females of police constables.

**Table 1.1: Showing the mean value and S.D of meaning in life and Life satisfaction of male and female police constables**

Group Statistics						
	Gender	N	Mean	Std. Deviation	t	Sig (2-tailed)
<b>MOL</b>	1.00	102	45.3922	6.29970	.806	.421

	2.00	102	46.0784	5.85584		
<b>MOLPRESN</b>	1.00	102	23.9412	3.50621	.271	.787
<b>CE</b>	2.00	102	23.8137	3.20807		
<b>MOLSEARC</b>	1.00	102	21.4510	6.28156	1.015	.311
<b>H</b>	2.00	102	22.2647	5.11245		
<b>SLS</b>	1.00	102	26.0392	5.61455	1.669	.097
	2.00	102	24.7451	5.46218		

Females show high mean on meaning of life ( $M = 46.0784$ ) as compared to their male counterparts ( $M = 45.3922$ ) having respective SD of 5.85584 & 6.29970 value of 't' is .086.

Whereas on meaning of life presence male shows high mean (MOL Presence = 23.9412) as compared to females (MOL Presence = 23.8137) & SD is 3.50621 & 3.20807 value of 't' is .271.

At MOL search females show high mean (MOL Search = 22.2647) as compared to males (MOL Search = 21.4510) & SD is 6.28156 & 5.11245 value of 't' is 1.015.

It indicates that there exist no difference among the two groups.

Thus hypothesis 1 which states that there is no significant difference in the level of meaning in life among males and females of police personnel.

**Table1. 2: Mean, S.D, 't' value of male and female police constables living in Rural and urban areas**

Group Statistics						
	Residence	N	Mean	Std. Deviation	t	Sig (2-tailed)
MOL	1.00	104	46.5865	6.48166	2.057	.041
	2.00	100	44.8500	5.51833		
MOLPRESNCE	1.00	104	24.0096	3.47947	.573	.567
	2.00	100	23.7400	3.22747		
MOLSEARCE	1.00	104	22.5769	5.52609	1.839	.067
	2.00	100	21.1100	5.86359		
SLS	1.00	104	24.6635	5.41054	1.920	.056
	2.00	100	26.1500	5.64501		

Police personal living in rural and urban areas do differ in meaning of life as the value of 't' come out to be 2.057 which is significant at 0.05 level.

In presence dimension of meaning in life police personal living in rural and urban areas do not differ as the value of 't' come out to be .573 which is not significant at 0.05 level.

Police personal living in rural and urban areas do not differ in MOL Search as the value of 't' come out to be 1.839 which is not significant at 0.05 level.

The value of 't' in life satisfaction is 1.920 which is not significant at 0.05 level.

**Table1. 3: Mean, S.D, and 't' value of male and female police constables based on family:**

Group Statistics						
	Family	N	Mean	Std. Deviation	t	Sig (2-tailed)
<b>MOL</b>	1.00	174	45.7011	6.04533	.193	.847
	2.00	30	45.9333	6.35682		
<b>MOLPRESNCE</b>	1.00	174	23.9195	3.24249	.431	.667
	2.00	30	23.6333	3.98690		
<b>MOLSEARCH</b>	1.00	174	21.7816	5.75195	.457	.648
	2.00	30	22.3000	5.65777		
<b>SLS</b>	1.00	174	25.7126	5.52746	1.996	.047
	2.00	30	23.5333	5.49441		

Based on family of police personals in meaning of life the value of 't' is .193 which is not significant at 0.05 level.

In 'Presence' dimension of meaning in life the family of police personnel do not differ as the value of 't' is .431 which is not significant at 0.05 level.

Family of Police personnel do not differ in MOL Search as the value of 't' is .457 which is also not significant at 0.05 level.

The 't' value in Life satisfaction is 1.996 which is significant at 0.05 level.

### Conclusion:

The results of the study showed that there is no significant difference in meaning in life among males and females of police personals. It was found that females have high meaning in life as compared to their counterpart males.

It seems that, females have low MOL presence as compared to males of police.

It shows that females have high MOL search as compared to males.

The value of 't' in Life satisfaction is not significant among both males and females of police personals.

However, insignificant difference was found between both males and females .

It means that there is no difference among the males and females of police personals.

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