



# HAPPINESS AND LIFE SATISFACTION AMONG MARRIED AND UNMARRIED PEOPLE

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## ABSTRACT

Marriage is considered as a formal union and should generally be recognized by law. A married person is legally married.

The single represents a person who is not currently legally married to any person.

The objective of the study was to find out the relationship between Happiness and Life satisfaction among married and unmarried people. The tools used for the study are Oxford happiness scale (Hills, P., & Argyle, M. (2002) ) and Life satisfaction scale (Mrs. Promila Singh and George Joseph, 1997) . The research was carried out on 60 Individuals (N=60) in which 30 were Married and 30 were unmarried .The average mean value and SD of happiness are  $m= 3.98$  and  $SD= 773$  which indicate that the sample population is moderately happy . Also the average mean value and SD of Life satisfaction are  $m= 126.61$  and  $SD= 22.855$  which indicate that the sample population is having average life satisfaction. Statistical analysis like Pearson's product-moment correlation, t- test and ANOVA were done using SPSS software. The result of the present study indicates that there does not exist correlation between happiness and life satisfaction. There is no significant difference in happiness and life satisfaction of married and unmarried people. To maintain the balance between people's life before and after marriage, they need to define their role in society. Happiness and life satisfaction are the key factors in each individual's life that seek to strike a balance between married and unmarried life.

Key words: Happiness, Life satisfaction, Marriage.

## CHAPTER 1

### INTRODUCTION

Happiness is a state of well-being. It is the degree to which an individual judges the across-the-board quality of his presence as a whole admiringly, and it is generally deemed to be an ultimate purpose in life. There are two beliefs of perceiving happiness as instigated by Aristotle. Both traditions try to distinguish good life according to their perception. Defining good life in terms of personal happiness is the general thrust of the first view (Ryan and Deci, 2001). This view has been tagged as hedonism (Kahneman, Diener & Schwarz, 1999). The second tradition views that well-being consists of more than bare happiness. It lies rather in the actualization of human capabilities. This view has been called eudaimonism (Waterman, 1993), conveying the belief that well-being consists of the existence of virtue and meaning.

Happiness exists closely associated with the inventiveness, productivity, and longevity of an individual. In teaching-learning manifestations also happy civilizations are more productive and creative. Negative emotions are disablers in the working environment. In contrast, positive emotions like joy, happiness, contentment inform us that something good is transpiring. They broaden our awareness.

This broadened attention informs us to be open to new ideas and practices and to be more creative than usual (Isen, 2000). Thus, positive emotions develop relationships and increase productivity. Happy people overrate their talents and memorize more positive than negative events and are better at making life planning decisions (Aspinwall, Richter & Hoffman, 2001). Fredrickson (2009) showed that positivity opens up. The first foundation truth about positive emotions is that they open our hearts and our senses, making us more receptive and more creative. Secondly, they transform us for the betterment of our life.

Twenty-three hundred years ago Aristotle concluded that more than anything else human beings seek happiness. Every other goal, health, beauty, money, or power is valued only with the intention that these will make us happy. Much has changed today since Aristotle's time. And yet on this most important issue very little has changed (Csikszentmihalyi, 1990). Dalai Lama (1998) concluded that the very purpose of our life is to seek happiness. Whether one believes in this religion or that religion, we all are seeking something generously in life. So The very notion of life is towards happiness.

The term happiness seems very dubious, unmanageable, and nontechnical for scientific use. Seligman (2012) proposed that the term could be decomposed into five scientifically manageable realms. These are positive emotion (pleasant life), engagement (engaged life), meaning (meaningful life), accomplishment, and positive relationships. These terms are measurable, manageable, and can occur handled specifically. Most honorably the elements are skill-based and can be taught and memorized.

## TWO TRADITIONS OF HAPPINESS

### Hedonic Tradition

The idea of hedonic happiness dates back to the fourth century B.C., when a Greek philosopher, Aristippus, taught that the ultimate goal in life should be to maximize pleasure. Throughout history, several philosophers have clasp to this hedonic viewpoint, including Hobbes and Bentham. Psychologists who study happiness from a hedonic perspective shape a wide awning by conceptualizing hedonia in terms of pleasures of both the mind and body. In this view, then, happiness pertains to maximizing pleasure and minimizing pain.

### Eudaimonic tradition

Eudaimonic happiness gets less attention in American civilization as a broad but is not minor significant in the psychological exploration of happiness and well-being. Like Sedona, the concept of eudaimonia dates back to the fourth century B.C., when Aristotle first formulated it in his work, *Nicomachean Ethics*. According to Aristotle, to attain happiness, one should live their life by their morality. He alleged people are constantly striving to meet their potential and be their best selves, which leads to greater objective and meaning.

## MODERN CONCEPT OF HAPPINESS

Seligman (2002) disintegrated happiness into three scientifically manageable domains. These are positive emotions (pleasant life), engagement (engaged life), and meaning (meaningful life). These terms are measurable, manageable, and can be handled precisely. Positive emotions (Pleasant life): The pleasant life is what the hedonic tradition of happiness refers to. It consists in having a lot of positive emotions about the present, past, and future and learning the skills to amplify the intensity and duration of these emotions (Seligman et al., 2006). Satisfaction, contentment, pride, serenity, and satisfaction are some of the emotions about the past. Positive emotions about the present include satisfaction derived from unexpected happiness and positive feelings about the future encompass hope, optimism, faith, trust, and confidence.

Engagement (engaged life): The second component of a happy life in Seligman's theory is engagement (engaged life) a life that pursues involvement and absorption in work, intimate relations, and leisure (Csikszentmihalyi, 1990). Csikszentmihalyi uses the term flow to refer to highly engaging and comprehending works. During flow, people experience deep enjoyment, creativity, and a total involvement with life. It is a state of complete absorption in a creative or playful activity. Time passes rapidly. Attention is completely focused on the activity. The sense of self is lost (Moneta & Csikszentmihalyi, 1996). "We feel a sense of exhilaration, a deep sense of enjoyment that is long cherished" (Csikszentmihalyi, 2008, p. 3).

Meaning (meaningful life): The third component of Seligman's model is meaning. "I go into the flow playing the bridge, but after a long competition, when I look in the reflector, I worry that I am entirely trembling until I die. The pursuit of engagement and the pursuit of Pleasure is often solitary, solipsistic endeavours. Human beings want meaning and purpose in life" (Seligman, 2012, p. 12). And life gets meaning when it is extended from the self. According to

Seligman (2012) “the meaningful life consists in belonging to and serving something that you believe is bigger than the self” (p. 12). Meaning is increased through our connections to others, future generations, or causes that transcend the self (Durkheim, 1951). Meaning increases when one uses his character strength for the betterment of others. The meaning performs two central functions in our lives. Firstly it makes us more resilient to bounce back from adversity. Lack of meaning is not just a symptom, but a major cause of depression. Meaning works as a means to relieve depression. Secondly, it gives a sense of direction, enabling us to set goals and targets to aim for. However there are two new elements in his theory, they are accomplishment and positive relationship.

**Accomplishment:** Accomplishment is the fourth aspect of the well-being model of Seligman that the authentic happiness model did not consider. In his well-being model, he asserts that people pursue success, accomplishment, achievement, mastery, and success for their sake. Though people work, play for the pursuit of fun, engagement, and joy but at the same time, they possess the pursuit of victory. Nurturing Accomplishment on its own or together with any of the other four facets, says Seligman, will lead to higher well-being (Seligman, 2012).

**Positive relationship:** Positive relationship is the fifth element of the well-being theory of Seligman. This element comprehends the importance of connectedness and prospering relationships in well-being. There is no denying that the desire for connection is a fundamental human need. One’s relationships with family, friends, loved ones, colleagues, and others are a central determinant of well-being. Being an element of well-being theory, a positive relationship fulfills at least two criteria of well-being theory. They contribute to well-being and they can be measured independently of the other elements (Seligman, 2012).

## LIFE SATISFACTION

Humans are objective creatures, always analyzing their life situations. He will feel no satisfaction until he yields his goals. Probably, it can be said that the final aspiration of every human being is to attain his goals and desires and this success leads to life satisfaction. Therefore, Life Satisfaction is a prominent aspect of human welfare. It is the ultimate goal and every human being strives to achieve this goal throughout life. Happiness is an immediate, in-the-moment experience, whereas life satisfaction is happiness that exists when we think about our lives as a whole, looking at the big picture. The study of life satisfaction and quality of life is associated with living conditions, such as food, health, shelter, and so on (Veenhoven, 1996). By contrast, Life satisfaction is defined as a state of emotion, like happiness or sadness. Life

satisfaction is one of the indicators of the obvious quality of life. Together with indicators of mental and physical health, it indicates how well people thrive. Life satisfaction is a multidimensional intuition related to psychological and environmental living circumstances. The term life satisfaction can be split into two words life and satisfaction.

Life satisfaction refers to a person’s general happiness, freedom from tension, interest in life, etc. According to Chadha (1993), the term quality of Life casually measured as satisfaction indicates general well-being. An individual's function of physical, psychological, and social well-being is defined as life satisfaction. In other words, quality of life is the physical fitness (actual and perceived by an individual) and psychological health

(low on loneliness, helplessness, and high on life satisfaction) as well as the leisure time activities and support from social networks originated from the environment of an individual constantly thinks about the state of his present and also about the state of the Future. Again he also recollects his memories of his past.

Life satisfaction is the way a person perceives how his or her life has been and how they feel and think about where it is going to be in the future. It is a measure of well-being as well as a cognitive, global judgment. It is having a favourable attitude toward one's life as a whole.

Life satisfaction is the way a person perceives how his or her life has been and how they feel about where it is going in the future. It is an extent of well-being as well as a cognitive, global conclusion. It is having a favourable attitude toward one's life as a whole. Life satisfaction has been measured by economic standing, amount of education, experience.

Generally, there are three phases of human life younger, matured, and aged. Life satisfaction is assumed to be an important variable in younger, matured, and aged life. Life satisfaction is related to successful aging by meeting the development, challenges present to individuals, in both 'Satisfying' and an appropriate manner (ward, 1979). So many aspects of human life affect the term 'Life satisfaction. The feeling of happiness and satisfaction with one's life, his or her present status, and activities are the general aspects affecting life satisfaction. A person having life satisfaction feels satisfied with health, family friends, finances, work and show zest, positive self-concept, and optimistic mood tone (Havinghorst, 1961) In a way, the level of satisfaction is a yardstick of the well being of the aged individual reflecting their psychological, physical, social, and financial adjustment (Chadha, Aggarwal and Mangala, 1992)

Regarding the concept of life satisfaction Diener (1984) has the most important contribution. He has emphasized the feeling of subjective well-being. Diener's concepts include positive and negative emotions and life satisfaction, several problems are created in satisfaction where there is a lack of self-confidence. These problems include unsuccessful, pessimistic, and negative feelings. Earlier Researchers found several factors leading to satisfaction e.g. income, high status, social factors (Argyle, 1987 Blishen and Atkinson, T980). The economic factor does not influence happiness (Kaman Mid Campbell, 1982) Unmarried people's life is aimless (Argyle, 1991) married Taiwanese couple were satisfied with their jobs as well as they had satisfaction in marital life (Tson and Lik, 2001)

Relationships with others and a sense of belongingness have a direct impact on happiness. (Argyle, 1987), The criterion of satisfaction is one's judgment (Johnson, 1978). Several studies are done which show the relationship between life satisfaction and religiosity. In one study, it was found that life satisfaction is related to religiosity and women were more religious than males. ( Bergan and Conatha, 2002)

### **Different Aspects Of Life Satisfaction**

#### *Life satisfaction and Personality:*

It is possible that life satisfaction can reflect experiences that have positively affected a person's life experience to motivate people to pursue and reach their goals (Frisch, 1999). How a person perceives their lives generally depends on two emotions. *Hope* and *Optimism* both consist of cognitive processes that are originally oriented



towards the reaching of goals and the perception of those goals. It is established by several studies that self-esteem plays a definite role in Influencing life satisfaction. There is also a homeostatic model that also supports these findings (Cummins et al at 2002) the most and outlook of a person in his or her life can also influence one's perception of life satisfaction.

#### *Life satisfaction and Values:*

The life of an individual is established on the individual's values and what he or she keeps important. And based on these values and important life satisfaction comes from within an individual. These personal values and importance fluctuate in different individuals. For some it is family, for others it is love and for others, it is money or other material items; on the opposite, if an individual does not hold the obtainment of wealth as a high preference, his or her financial state will not make a difference on how happy he or she is with life overall It is also documented that those individuals who have a high value on traditions and religion are the holder of a high level of life satisfaction.

#### *Life satisfaction and Religion:*

In the world, there are commonly two types of people, Believers in religion and non-believers. And extended studies have proven this fact that religious people are further satisfied with their lives than non-believers. Many religious persons are a forum to be 'extremely satisfied' with lives who attend a religious service weekly or maybe daily or at regular periods. According to the American Sociological Review, religious people gain more life satisfaction because they create social networking by accompanying religious service, and from this social networking, they get this extra kind of life satisfaction.

#### *Life satisfaction and Culture:*

Culture is a remarkable possession of man. It is deeply rooted in societal values and beliefs. Sometimes it influences subjective well-being. We'll certainly include general life satisfaction and the relative balance of positive consequences and negative effects in daily life. Culture organizes the attention to different sources of information for making life satisfaction assessments, some studies suggest that individualistic cultures give direct attention to inner states and feelings, i.e. positive or negative effects; on the other hand, collectivistic cultures give direct attention to outer sources i.e. adhering to social norms or fulfilling one's duties. Indeed, success (1998) found that the correlation between life satisfaction and the prevalence of positive effects is higher in individualistic cultures, whereas in collectivistic cultures affect and adherence to norms are equally important for life satisfaction.

#### *Life satisfaction and family:*

Life satisfaction holds a recent pattern when influenced by family. Family satisfaction is an applicable issue because everyone's family is different and influence one in some way and most strive to have high levels of

satisfaction in life as well as within their own family. According to Gary L. Bower, family life satisfaction is enhanced by the ability of the family members to together recognize their family-related values in behaviour.

## MARRIAGE

“Happy marriages begin when we marry the ones we love, and they blossom when we love the ones we marry.” - Tom Mullen.

Marriage is a significant demographic phenomenon that exists almost everywhere. A happy and successful married life is the ultimate goal for anyone who is either already married or is thinking about it (Murphy et al., 1997). It is said that marriages are made in heaven and celebrated on earth. Marriage is considered as a special bond, shared between two souls by tying the wedding knot. This knot is a promise to be companions for a lifetime. It brings substantial stability in relationships between two individuals as they commit to complementing and supplementing each other (Seidman, 1997). Marriage is not only an important status for an individual but also a license for a couple to live together in a society. In the Indian subcontinent, marriage is associated with a lot of significant meanings apart from giving a couple the legal status to live together. An important implication of marriage in India is the coming closer of two different families of the spouse (Fatima and Ajmal, 2012). From a demographic point of view, marriage is essential because it regulates the reproductive behavior of a couple (Islam, 2013).

Marriage in Indian society is more of a religious institution than a legitimate one. It is understood as a moderately stable union of two individuals, indicating several immersing attitudes and roles. Family is never merely a personal matter in the Indian context because society is so much affected by the quality of its families. Even the breaking up of a marriage is not a personal concern alone, but a concern of family, community, and society at large. Statistically, marriages in India have shown a much better survival rate than marriages in other countries (Bharat, 1996). However, many marriages today are like "a house built upon the sand" (Wright, 1992). Staying together in a house does not necessarily mean being happy. Many people try to adjust to the demands of marriage due to the social stigma attached to divorce and separation. Today, quite several marriages fail, some form an uneasy compromise, and others end in divorce or separation. The stability of marriage depends on many factors like adjustment, communication, expectations, etc. Some well-known counselors, like Clinebell (1970), think that religious belief has a decisive role in minimizing the possibility of dissolution of marriage. Perhaps, this religious angle holds importance in the Indian context in making marriage appear as a relatively permanent union as compared to the western countries.

Marriage is a most beautiful gift for humankind. A successful marital tie-up can lead to the ultimate success and satisfaction of a human being. However, sometimes, there develops variation of opinion and culture, mental incompatibility, or interference of a third party, which leads to a deterioration in the relationship and seriously requires the intervention of a professional to resolve the discord and restore mental peace for both the individuals and their family members. In Indian law, every married woman is protected against domestic violence and physical and mental torture of any sort. Continuous demands for dowry, if not checked in time, can be fatal for a married woman (Sharma et al., 2015).

Campbell (1981) found that married people, in general, are happier than ever-married people (separated, divorced, widowed, or never married). Studies also indicate that married men are happier than married women because they are more likely to receive emotional satisfaction from their spouses. In support of this view, Radloff (1975) found that men benefit more than women from marriage.

## TYPES OF MARRIAGE

*Monogamy* – The most common form of marriage in the world is between a man and a woman. There are two types of monogamy: straight and serial. Straight monogamy doesn't allow for remarriage due to death or divorce. Serial monogamy does.

*Polygamy*, the union between three or more individuals is the second most common form of marriage.

*Polygyny* – One male, more than one wife; this is further broken down into sororal and non-sororal. The former involves sisters, the latter doesn't.

*Polyandry* – One wife, more than one husband; this also includes fraternal and non-fraternal marriage. The former involves several brothers with the same wife; the latter doesn't. Depending on the cultural traditions, the children choose their father, or a ritual determines this.

*Group marriage* – Two or more men and women join together as common spouses; children belong to the group.

## Marital Happiness

Marriage is known as the most important event in everyone's life after birth. As the most important and divine social custom, it has usually been approved to achieve an adult's security and emotional needs (Khazaei et al., 2011). Marital happiness is a judgment made by an individual that indicates a sense of well-being or satisfaction spouses usually experience in their marital relationship. It is a powerful indicator of marital quality (Fincham, 2009). Marital quality is often used in a sense that includes marital happiness as well as satisfaction. Marital happiness has also been found to be correlated with household income, personal gain, traditional marital attitudes, religiosity, and interdependence of familial and friendship networks (Kearns and Leonard, 2004). Marital happiness and satisfaction are not synonymous; yet they are closely related and frequently used interchangeably (Ney, 1974). Due to this similarity, both the terms have been considered in the review of prior research. Marital happiness is an essential element for successful family life and personal growth. Fulfilment and positive development are possible only when the relationship between a husband and a wife is coherent and satisfactory (Abdulazeez, 2013).

## CHARACTERISTICS OF MARRIAGE

### *Universality:*

Marriage has universal recognition. Both the literate and pre-literate society is involved in this act. Moreover, in some of the societies, it is considered and even carried out as a social rule.



***Relationship between Man and women:***

Throughout the world, it is generally considered that marriage is a kind of union between man and woman. It may reflect towards the possibility of a relationship between one or more than a man to one or more women.

***Marriage bond is enduring:***

Marriage indicates a long-lasting bond between the husband and wife and hence, is not coincident with sex life. In some in societies, marriage is considered as a bond that lasts for many births i.e.re-birth. It excludes relationships established with prostitutes or any other sexual relationship, maybe illicit, which is recognized as casual and generally not authorized by social customs and laws. It is also significant that even after achieving sexual satisfaction, the marital relationship between man and woman lasts for years.

***Marriage requires social approval:***

It is only when the society, i.e. social customs and laws, approves a union between a man and woman, it becomes a marital bond. Marriage needs the hallmark of social approval, in many societies, to be considered a legal contract.

***Marriage Creates Mutual Obligations:***

Some mutual obligations are committed in the union of man and woman which contains certain rights and duties to be performed both by husband and wife. These obligations make them support each other and their children.

**IMPORTANCE OF MARRIAGE:**

Marriage consists of certain functions which are generally performed by the persons involved in this act. The main functions of marriage are as follows:

➤ ***Regulation of the sex - life:***

Marriage is instrumental in governing or regulation the sex life of a man. In man, it is believed, sex impulse is powerful. Throughout his life, he is influenced by this powerful impulse. It is somewhat an overwhelming need of man. And it is his urgent need too. Accordingly, it has to be controlled and regulated. And it should be done properly and healthily to avoid chaos and confusion in society. And marriage is such an instrument in this concern with its social customs and laws and beliefs. Hence, marriage is often considered and even believed to be the license for sex life. In the regulation of relations, marriage has its influential regulatory acts. It prohibits and even discards sex relations between close relatives i.e. between father and daughter, mother and son, brother and sister, etc. The social rules and laws regarding marriage also put restrictions on premarital and extramarital sexual relationships.

➤ ***Marriage leads to the Establishment of the family:***

Marriage offers sexual satisfaction between man and woman -and this sexual satisfaction results in self-perpetuation. Through marriage, a couple organizes a family of procreation. And through this establishment children are born and bred up. Newly born individuals are determined by this act of marriage and the actions or steps brought by the complex bonded through this act.

➤ ***Provides for Economic Co-operation:***

After an act of marriage is conducted, a new division of labor based on sex occurs. The works of the household are distributed and divided among the patterns involved in the act of marriage. In some of the primitive tribes, a clear-cut division of work between the husband and wife is more distinguished. More movers, in the modern trends of industrially developed societies, it is obvious that husband and wife are working outside the family to strengthen their expenditures handsomely and to improve their economic status. To them, more income means more comfort.

➤ ***Marriage Contributes to Emotional and Intellectual inter stimulation of the partners:***

Marriage is instrumental in carrying and even developing intense love and affection for each other i.e. the husband and wife. The companionship between the husband and wife is enhanced and it eventually brings a strong bond of emotion between them. Intellectual Cooperation between them also expanded through this process.

➤ ***Marriage aims at social solidarity:***

Marriage is also strongly assessed as an act of developing social solidarity. Marriage not only generates two individuals of the opposite sex together but also brings their respective families groups and kindred's in close connection. Through marriage friendships between groups are established. Social distances between different groups, castes, races, classes, religions, and linguistics may be minimized by performing marriages between them. In this way, bonds between various groups of people strengthen and deliberately develop social solidarity.

### **NEED AND SIGNIFICANCE OF STUDY:**

Marriage is that special bond that binds two souls together. It is the traditional building block of human society, intended to unite couples. It may provide affection, intimacy, affiliation, financial security etc. Even Though married people face a lot of adjustment problems in their Life and even their families. It includes absence of loving behavior, lack of respect between partners devaluing of one another and chronic communication problems. It was suggested that problems in marital life could often lead to great sadness, worry, a high level of tension, anxiety, and depression. And, if prolonged, it can negatively impact one's physical health. The significance of study on happiness and life satisfaction are tangible. It is important to address the issues faced by the individual in their life. There are a limited number of previous studies on the correlations between happiness and life satisfaction, among married and unmarried people. Therefore, the present study aims to contribute to the literature in this field. Both

happiness and life satisfaction are the most important aspects of a person's life to live a healthy life. So there has been an immense need for this study.

**Statement of the problem:**

The problem under investigation is entitled “Happiness and Life satisfaction among married and unmarried people”.

**DEFINITION OF THE KEY TERMS:****1. HAPPINESS**

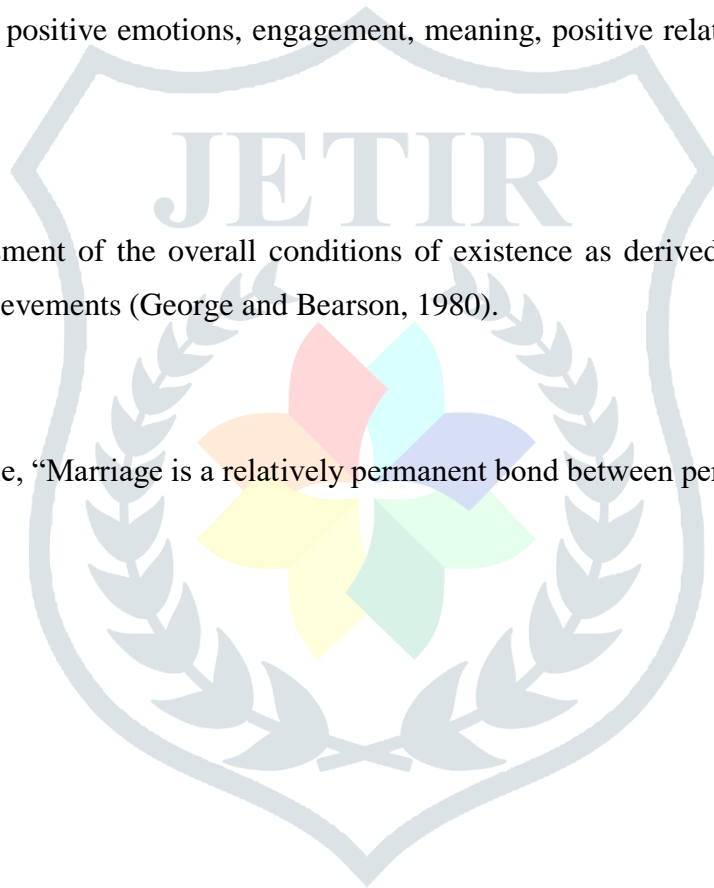
Happiness is the degree to which an individual judges the quality of his life favourably. Increasing well-being and happiness refer to increasing positive emotions, engagement, meaning, positive relationship, and accomplishment (Seligman, 2012).

**2. LIFE SATISFACTION**

Life satisfaction is an assessment of the overall conditions of existence as derived from a comparison of one's aspiration to one's actual achievements (George and Bearson, 1980).

**3. MARRIAGE**

According to Robert H. Lowie, “Marriage is a relatively permanent bond between permissible mates”.



## CHAPTER 2

### REVIEW OF LITERATURE

The review of literature involves identifying, locating, evaluating, and reacting the research and also involves opinions and observations that are related to any research problem being explored. This encourages the researcher to have a thorough understanding and insight into the work already undertaken and key areas to be explored further. It is vital that in a spirit of adventure we should not neglect a particular fact because it is of the past and should not accept a new one because of its newness. It is quite important to give reference to the old so that new ones can be learned. No research endeavour is unique in descriptive research and variables under investigation are studied in different combinations to understand the dynamics of cause and effect relationship underlying any phenomenon. Thus related studies provide a comparative data on the basis of which one can evaluate and interpret the significance of one's finding. The review of literature is carried out to know the current knowledge of the topic and to understand the research methodology. The survey of related literature means locating, studying and evaluating reports of relevant research, study of publishing articles, going through related portions, pages out of comprehensive books on the subject and going through related manuscripts if any. A research worker should have familiarity with what has been done in the past by the research workers, so that unnecessary duplication can be avoided and relevant and required knowledge about objectives, hypotheses and suggestions can be accepted. Research needs to acquire up to date information about what has been thought and done in a particular area. Hence It is important for research workers to know the previous literature.

### STUDIES RELATED TO LIFE SATISFACTION

Nagar (2012) studied job satisfaction and organizational commitment among the teachers during the times of burn out. The study also examined the effect of increased job satisfaction in commitment among teachers towards their organization. The results indicated that all the three factors of burn out namely, depersonalization, reduced personal accomplishment and emotional exhaustion lead to decreased job satisfaction. In terms of job satisfaction, females showed higher levels of job satisfaction as compared to men and were reported to be more committed to their organizations as compared to the male teachers. It was also concluded that greater job satisfaction contributed significantly towards an increase in organizational commitment.

A study conducted by N.Hasnain, Shadab et al(2011), on "Life satisfaction and self esteem in married and unmarried working women". The study aimed at finding out the difference between married and unmarried, working and non-working woman on life satisfaction and self esteem. Sample were selected are 80 women among them 40 were working and 40 were non-working. The tools used are Self-Esteem Inventory Adult form by Coopersmith (1981), Life Satisfaction scale by Singh and Joseph (1996).Result showed significantly greater life satisfaction and lower self esteem for working women than for non-working women. However, non-significant difference was found between married and unmarried women on both life satisfaction and self-esteem.

Neelkandan (2010) determined the level of job satisfaction of teachers in relation to organizational health of the schools. The study concluded that there was a significant relationship between the job satisfaction and

organizational health of the school teachers. However, it also revealed that the teachers differed in job satisfaction in relation to organizational health. Significant relationship was found between the job satisfaction and organizational health of male and female, rural and urban teachers.

Singh (2009) made an attempt to find out the impact of leadership behavior on teachers' job satisfaction and pupils' academic achievement. The study concluded that some dimensions of leadership behavior played a significant role in pupils' academic achievement also. It also revealed that leadership as a whole was significantly related to teachers' job satisfaction as well as to pupils' academic achievement and that all the dimensions of leadership behavior were not the significant predictors of pupils' academic achievement.

Bhandari and Patil (2009) carried out a study on job satisfaction among the women teachers. It was found that a few women teachers faced certain problems such as lack of coordination and cooperation in the workplace. Majority of these teachers were found to be satisfied with their work, job and salary and said that they had promotional opportunities in the teaching profession. Majority of women teachers acknowledged that they have got recognition for the job and work done. The study also revealed that 55.25% of the women teachers were fully satisfied with their job and work; and only about 41.69% of these women teachers revealed that they have got recognition and encouragement for the work done in their workplace.

Sharma (2008) Conducted a study entitled "A study of Mental Health and Life Satisfaction among secondary school teachers". Unpublished Dissertation M.A. (Education) Department of Education University of Jammu on a sample of 100 teachers from different schools of Jammu District and found that:- 1. There existed a significant but negative relationship between mental health and life satisfaction among male secondary school teachers. 2. There existed an insignificant but positive relationship between mental health and life satisfaction among female secondary school teachers. 3. There was no significant difference in mental health among secondary school teachers having high and low levels of life satisfaction. 4. There was no significant sex difference in mental health among secondary school teachers. 5. The variables of life satisfaction and sex were independent of each other with mental health as the dependent variable among secondary school teachers.

Ishwara and Laxmana (2008) investigated the correlates of job satisfaction among the teachers. The majority of teachers were found to be dissatisfied about various aspects of their job. The highest aspects of job satisfaction were found to be the work itself, pay, recognition for good work, creativity, responsibility, professional growth, working condition and job security. The study revealed a positive association between overall job satisfaction and specific job satisfaction. Organizational, individual and career factors also determined the level of job satisfaction of the teachers.

Singh and Bhardwaj (2007) evaluated the differential effect if any, of organizational hierarchies of employees on job satisfaction. The analyses of the data revealed that organizational hierarchies exerted differential effects on job satisfaction among the employees. The employees belonging to the junior engineers' group exhibited lowest job satisfaction whereas the class-III employees appeared as being much more satisfied with their job. Also, the employees belonging to the junior engineers' group exhibited the lowest level of job satisfaction whereas the employees belonging to class-III feel more job satisfaction as compared to the other two groups.



Manikandan and Jayan (2006) examined the influence of age on job satisfaction, job involvement, organizational commitment and mental health of employees. It was reported that different age groups did not differ significantly with respect to job satisfaction and organizational commitment. Age was found to have a significant influence on job satisfaction. Also, mental health status was significantly influenced but age of the employees that are the age groups showed a higher mean score as compared to the lower groups.

Ali, Khan and Alam (2005) contemplated to ascertain the effect of locus of control, sex and marital status on job satisfaction. The results revealed that the internally group of teachers were found to be significantly more satisfied with their job than their externally controlled counterparts. The female teachers showed significantly greater degree of job Satisfaction than the male teachers and married teachers were found to be significantly more satisfied with their job than unmarried counterparts.

A study conducted across thirty-five countries (Cheung & Chan, 2004) to examine the relationship between education and life satisfaction found that life satisfaction was higher in countries where people have more education. Also, the longer the time spent in education, the higher is people's life satisfaction. Overall it is concluded that greater educational expenditure, more years of education and higher enrolment rates lead to a higher level of satisfaction.

Bhuyan and Choudhary (2003) determined the degree of job satisfaction of teachers with respect to sex, marital status, and location as well as experience and identified the factors responsible for job satisfaction of teachers. The teachers were found to be happy with revised pay scale, promotional aspects but were unhappy with academic environment of the institutions and the retirement benefits. No association was found between level of job satisfaction and sex, locality, marital status and experience of the teachers. The results revealed a significant difference in job satisfaction of male and female teachers; but there was no significant difference in job satisfaction between married and unmarried; between rural and urban and among the experience of the teachers.

Sam and Lackland (2001) examined self reported satisfaction with life. The students reported on the whole good satisfaction with life. However students from Europe and North America were on the whole more satisfied than their peers from Africa and Asia. It was also found that factors such as the number of friends, satisfaction with finances, perceived discrimination and information received prior to the foreign, significantly affected the student's life satisfaction.

Panda (2001) made a comparative study of the attitude towards teaching profession and job satisfaction of teachers of Assam and Orissa. The study revealed that a significant percentage of teachers of Assam and Orissa had a high or moderate degree of job satisfaction. But it was also found that more than 40 percent female, experienced, urban and rural teachers of Assam; and male, experienced teachers of Orissa were dissatisfied with their jobs. A significant and positive relationship between attitude towards teaching profession and job satisfaction of teachers of Assam and Orissa in general and their different categories except in case of male and female teachers in Assam was also observed.

Suthar Shruti. A. (1999) studied the "Relation of perceived psychological wellbeing and life satisfaction among middle-aged women". The purpose of present study is to examine the relationship between

perceived psychological wellbeing and life satisfaction among middle aged working and non working women of Gandhinagar district. Sample were taken from 100 middle aged women, 50 working and 50 non working The results show that significant impact on the psychological wellbeing and life satisfaction among middle aged women in Gandhinagar. There is high correlation between various dimensions of psychological wellbeing and life satisfaction between working and non-working middle aged women.

## STUDIES RELATED TO HAPPINESS

Davidson, Mostofsky and Whang (2010) conducted a study on happiness and its impact on CAD. Over a period of 10 years Dr. Davidson and her colleagues followed 1,739 healthy adults (862 men and 877 women) who were participating in the 1995 Nova Scotia health Survey. At the start of the study in 1995, trained nurses assessed the participants' risk of heart disease and with both self reporting and clinical assessment, they measured symptoms of depression, hostility, anxiety and the degree of expression of positive emotions which is known as 'positive affect' and Then again the dispositions of 1739 volunteers were evaluated in 2005. The researchers found that over the 10 year period, increased positive affect predicted less risk of heart disease by 22% per point on a 5 point scale. Participants with no positive affect were at a 22% higher risk of Ischemic heart disease (heart disease or angina) than those with a little positive affect, who were themselves at 22% higher risk than those with moderate positive affect. The findings led to the conclusion that people who are naturally happy appear to have a lower risk of developing heart disease or dying from heart attacks.

Khulman (2010) stated "We propose to consider happiness the broadest concept. A policy that would make everybody happy would surely be considered a better policy. It would also generally be considered impossible to develop. This is because it is very difficult to know what makes people happy. Happiness is a subjective state of mind which only partially depends on objective conditions". Welfare is a narrow concept than happiness because it considers only present condition and happiness is related to future state of mind as human being think about future when he is happy and think about past in conditions of grief. Same question is there in our research topic and question is 'what we need – happiness, growth or growth with happiness'

Henry and Smith (2009) conducted a study on unhappy marriages and women's heart disease risk. The researchers looked at 276 couples, married an average of 20 years ranging from 40 to 70 years. The couples filled out questionnaires reflecting quality of marriage, emotional support, happiness and communication among patients. The researchers found that women in unhappy marriages were more likely to feel depressed and had more risk factors for metabolic syndrome that can lead to heart disease.

Research study conducted by Davaadori in 2009, explained as country gets richer aggregate benefit to higher income becomes less and less observable. This sums up that enjoyment of higher income leads to higher consumption and higher status at a given time but over time as everyone's income improves the status gained is fixed and the adaptation to surroundings fix our subjective welfare where we started. It is human nature that we always compare ourselves with the one next to us.

Siahpush, Spittal, and Singh (2008) found that happiness and satisfaction might lead to better health. The researchers looked at data from an Australian Survey conducted in 2001 and 2004. Nearly 10,000 adults responded to items about health indicators including the presence of long-term limiting health conditions and physical health. The results found that happiness and life satisfaction at the baseline survey were both associated with (1) excellent good or very good health, (2) absence of long term limiting health concerns, (3) higher levels of physical health 3 years later.

Study conducted by Veenhoven in 2007 analyzed factors like inequality adjusted happiness, inequality of happiness, happy life years, average happiness, utility of life and the livability of the environment. These factors added some new variables to measure noneconomic growth. It was an analytical and qualitative study based on secondary data and literature review. This study was held in the context of the Netherlands.

One study aimed to examine the relationship between interpersonal communications with marital happiness (Juwitaningrum & Basuki, 2006). The research delved into the importance of interpersonal communication may affect happiness in a marriage. Results from this study indicate that there is a significant positive relationship between interpersonal communications with marital happiness.

Wardle and Steptoe (2005) conducted a study which examined the impact of happiness on health. 116 middle aged men and 100 women from London were monitored at work and leisure and tested in a laboratory. Blood and saliva samples were taken and they were asked to rate their happiness at different points during the day. The researcher found out there were lower levels in the happier people of fibrinogen, a clotting factor in the blood which increases the risk of a heart attack. One important finding of the study was that the associations between happiness and biological responses were independent of psychological distress.

According to Ostir, Ottenbacher and Markides (2004) older individuals with positive moods and attitudes protected against strokes. For every step up on the researcher's happiness scale, male participants stroke risk dropped 41 per cent women's risk dropped 18 percent per happiness unit. Happy people are more likely to get medical care, exercise and stay healthy, all protective factors against stroke.

Stutzer and Frey (2003) conducted a research on- "Does marriage make people happy, or do happy people get married" analyzed the causal relationships between marriage and subjective well-being in a longitudinal data set spanning 17 years. It gave evidence that happier singles opt more likely for marriage and that there are large differences in the benefits from marriage between couples. Potential, as well as actual, division of labour seems to contribute to spouses' well-being, especially for women and when there is a young family to raise. In contrast, large differences in the partners' educational level have a negative effect on experienced life satisfaction.

King, Rowe, Kimble and Zerwic (1998) conducted a study to investigate happiness, coping strategies and functional outcomes in women undergoing Coronary Artery Surgery. The subjects were 55 females undergoing coronary artery surgery. Data were collected in hospital and at 1, 6 and 12 months after surgery. Happiness was related to positive moods and greater life satisfaction, and inversely related to negative moods.

Happy people were more likely to accept their situation, and less likely to use escapism. In turn, these coping strategies were inversely related to negative moods.

Goldbourt, Yaari and Medalie (1993) found that those who were married at midlife were 64% less likely to die of a stroke during the next 34 years than single men. The data was adjusted for other stroke risk factors like socio-economic status, blood pressure and smoking. But the marriage has to be a happy one. Men who reported dissatisfied marriages were just as likely as single men to die of a stroke, the researchers reported at the ASA's international stroke conference.

Frasure-Smith, Lesperance, and Talajic (1993) followed 800 people with stable heart disease including 100 individuals who also suffered from depression or anxiety for 2 years. During the course of the study, 26% of the group with depression experienced a major repeat cardiac event, including an emergency bypass surgery or sudden death from a heart attack. By comparison, 13% of the subjects who were comparatively happier and did not suffer from these psychiatric conditions were at a lower risk.

In a study (Cartlin, 1964) it has written about thriving, struggling and suffering. It was based on surveys and primary data. This research was held in the context of societies. Study described the process of wellbeing to suffering. Wiese, in 2014, presented a research study on life satisfaction and happiness. This study describes non-monetary factors such as wellbeing, happiness, life satisfaction with economic and GDP. This study depicted a comparative view of monetary and non-monetary factors. It was an analytical study based on secondary data and literature review.

## OBJECTIVES:

- To study the relationship between happiness and life satisfaction among married and unmarried persons.
- To study the relationship between happiness and life satisfaction among married persons.
- To study the relationship between happiness and life satisfaction among unmarried persons.

## HYPOTHESES:

- H01- There is no significant difference in happiness among married and unmarried persons.
- H02- There is no significant difference in life satisfaction among married and unmarried persons.
- H03- There is no significant relationship between happiness and life satisfaction with respect to marital status.
- H04- There is no significant relationship between happiness and life satisfaction with respect to socioeconomic status.

## CHAPTER 3

### METHODOLOGY

Research methods refer to the method researchers use in performing research operations. These include those methods which are concerned with the collection of data of those statistical techniques used for establishing relationship between the data and the unknowns and those methods which are used to evaluate the accuracy of the results obtained. Research methodology has many dimensions and research methods do constitute a part of the research methodology. Proper methodology is the hallmark of a scientific investigation. Without proper methodology a scientific investigation cannot succeed. This chapter deals with the way through which the present study was carried out. And focuses on aspects of research investigation such as research design, sample, tools used, data collection procedure, statistical analysis etc have been explained.

#### AIM

To study Happiness and Life satisfaction among married and uh unmarried people.

#### RESEARCH DESIGN

A research design is the set of methods and procedures used in collecting and analyzing measures of the variables specified in the research problem. Research design is a framework that has been created to find answers to the research questions. The present study adopts a descriptive method. Descriptive research is used to describe characteristics of a population or phenomenon being studied. It does not answer questions about how/when/why the characteristics occurred. Thus, descriptive research cannot be used as the basis of a casual relationship, where one variable affects another. Descriptive research is “aimed at casting light on current issues or problems through a process of data collection that enables them to describe the situation more completely than was possible without employing this method.

#### PARTICIPANTS

The participants for the present study comprises of 60 people of the age group 20-35. They are categorized into married (N=30) and unmarried (N=30). Purposive Sampling method was used to select the participants. The participants of the study were selected from Kerala.

#### Inclusion criteria

- Married people and unmarried people are included in the study
- Participants between the age group of 20-35 were included
- The participants are belongs to different districts in kerala

#### Exclusion criteria

- The people who are currently engaged were excluded.



## **INSTRUMENTS USED**

In order to collect data from the participants, instruments such as the oxford happiness questionnaire, life satisfaction scale, and personal data schedule are used.

### **(1)Personal Data Schedule:**

The personal data schedule is prepared by the investigator to obtain the socio demographic information about the participants such as age, place of residence, socioeconomic status (education and occupation) , marital status etc.

### **(2)Oxford happiness scale:**

The Oxford happiness questionnaire was developed by Michael Argyle and Peter Hills of Oxford Brookes University, and originally published in 2002 in the Journal of Personality and Individual Differences, it's one of several measures of "subjective wellbeing" (aka happiness) constructed by scientific research psychologists. The scale consisted of 29 items, of these 12 items are reversed scored. Each item had 6 response categories viz: a) strongly disagree; b) moderately disagree; c)slightly disagree ; d) Slightly agree; e) Moderately agree f)Strongly agree, and the respondent had to mark the proper response of his choice after reading each item.

### **Reliability and validity:**

Internal reliability using Cronbach's alpha in a sample of students (n=727) was .92. Then, a sample of 50 students out of the 727 was randomly selected to examine test-retest reliability 6 weeks later, obtaining a reliability coefficient of .73. As items were deleted, alpha, the scale mean, a scale variance, and item-total correlation were calculated. The Oxford Happiness Questionnaire has the strongest construct validity demonstrated by correlation with a measure of self-esteem, the life regard index, and the Depression–Happiness scale (. 81, . 77, and . 90, respectively).

### **Scoring:**

The scores are given in the following manner:

1=strongly disagree; 2=moderately disagree; 3=slightly disagree; 4=slightly agree; 5=moderately agree; 6=strongly agree.

To obtain final scores three simple steps were followed. Firstly, raw scores on twelve items (items 1, 5, 6, 10, 13, 14, 19, 23, 24, 27, 28 & 29) were reversed, secondly, all raw scores on each scale item were summed up which gave total raw. Finally, the total raw scores were further divided by 29 therefore the final possible score was 1 on lower side and 6 on the highest side.

### **(3)Life satisfaction scale:**

The standardized scale was developed by Mrs. Promila Singh and George Joseph (1997). It consists of 35 items covering the basic conditions of life satisfaction such as, taking pleasure in everyday activities, considering life

meaningful, holding a positive self-image, having a happy and optimistic outlook and feeling success in achieving goals. The responses were given based on a 5-point rating scale. The scoring is done by assigning scores of 5, 4, 3, 2, and 1 to the response of “Always”, “often” “sometimes”, “seldom”, and “never”.

### **Reliability and validity :**

Reliability of the scale was determined by test-retest reliability 0.94 and the scale was validity 0.83. Its test retest reliability is 0.91 and validity compared to Life satisfaction scale of Alam and Srivatsava (1971) is 0.83; also, it has content and face validity since every item was judged by experts.

### **Scoring:**

The responses were given based on a 5-point rating scale. The scoring is done by assigning scores of 5, 4, 3, 2, and 1 to the response of “Always”, “often”, “sometimes”, “seldom”, and “never”. Scoring of response can be done by summing up the individual response weight age and interpreting it against norms; which indicate scores ranging from 136-175 as high, 81-135 as average and 35-80 as low life satisfaction.

### **PROCEDURE FOR DATA COLLECTION**

The research was conducted by circulating questionnaires in Google form to undertake the study; the investigator approached 30 married and 30 unmarried persons and explained the purpose of the study. After obtaining the consent of the subjects and before completing the questionnaires, the aims of the study explained to the participants and they ensured that the information was confidential. After establishing a good rapport with the participants, questionnaires were made to be answered through phone. The various tools used to assess are Personal data schedule, Oxford happiness questionnaire and Life satisfaction scale.

## CHAPTER 4

## RESULTS AND DISCUSSION

## RESULTS AND DISCUSSION

Analysis and interpretation of data is considered one of the crucial points of any research process. Analysis and interpretation are the process of making sense of numerical data that has been gathered, analyzed and presented. After collecting required data, the data has no meanings of its own, if it is not analyzed and interpreted properly. It can be fair to say that research generally consists of two steps, the collection of data and the interpretation of data. Interpretation describes as a critical examination of the results of the analysis in the view of all the limitations of that gathered data. Data analysis is the act of converting the data with the aim of extracting useful information and valid conclusion. Analysis is the process of systematically applying statistical tools and logical techniques to describe, illustrate, condense, summarize and evaluate data and drawing inductive inferences.

C.R Kothari explains that the term analysis refers to the computation of certain measures along with searching for patterns of relationship that exist among data groups.

This chapter deals with the analysis and discussion of the data obtained through the data collection. A total of four hypotheses were framed and tested the collected data by using different statistical tests. The statistical analyses used are descriptive statistics, correlation and Student's t-test and one way ANOVA.

## PRELIMINARY ANALYSIS

Preliminary analysis entails the fundamental descriptive statistics like mean, median, mode, standard deviation, of the collected data. Preliminary analysis helps the investigator to identify the statistical test has to be done .it determines the normality of the data.

On the basis of preliminary analysis, selection of parametric and non-parametric tests is carried out.

## TABLE 1

Table 1 shows details about mean and Standard deviation of each Variable.

Variables	Frequency (N)	Mean	SD
Happiness	60	3.98	773
Life satisfaction	60	126.61	22.855

Table 1 shows the descriptive statistics of scores of the variables. The mean and standard deviation scores obtained for the variables Happiness and Life satisfaction are 3.98 and 126.61 respectively. Here the standard deviation values of Happiness and Life satisfaction are 773 and 228.55 respectively. From the table of preliminary analysis, it can be said that the data obtained from the the sample is normally distributed and it means that the variables under study are not much deviated from normality. Hence the data collected is viable for parametric statistical analysis.

**TABLE 2 (HYPOTHESES 1)**

The correlation coefficient between Happiness and Life satisfaction among married and unmarried people

Variables		Happiness	Life satisfaction
Happiness	N	60	60
	Pearson correlation	1	-0.016
	Sig ( 2 - tailed )		0.903
Life satisfaction	N	60	
	Pearson correlation	-0.016	1
	Sig ( 2 - tailed )	0.903	60

*NS:Not significant at any level*

Table 2 indicates the correlation between variables Happiness and Life satisfaction among married and unmarried people. From the table, it is seen that the Correlation Coefficient  $r$  for happiness is 1 and for life satisfaction is -.016. This value indicates that there is no correlation between the variables at any levels, so that a change in the value of happiness does not make any change in life satisfaction. An exploration targeting spiritual intelligence and Life Satisfaction among females (Married and Unmarried) was focused by Syed Mohammad. It showed that the rate of life satisfaction in wedded females is more than in unmarried females (Syed, 2014). Another exploration on "The connection between marital status and satisfaction with life among South African grown-ups" by Ferdi Botha and Frikkie Booysen recommended that marriage is emphatically connected with life satisfaction among ladies, yet not among men (Ferdinand and Frikkie, 2012).

A study by Hamida Bibi and Ruqia among happiness and Life Satisfaction of married and unmarried females, The results of the study shows that there is a positive correlation between marriage, happiness and life satisfaction. Married females were more happy and satisfied than unmarried females, which opposes this present study.

**TABLE 3**

Mean, standard deviation and t-value of happiness among married and unmarried people.

Variable	Married ( N : 30 )		Unmarried ( N : 30 )		T- Value
	Mean	SD	Mean	SD	
Happiness	3.87	0.867	4.09	0.657	-1.121

*NS:Not significant at any level*

Table 3 represents the mean, standard deviation, t-value and degree of freedom of the scores of happiness obtained by married and unmarried subjects. Since the t-value is -1.121, the result shows there is no significant difference in the happiness among married and unmarried people.

But the mean value for unmarried (4.09) is slightly higher than that of married (3.87) in the results. It might be because of the customs and marital roles that prevail in the society. Recently, there has been an increasing interest in the effect of marriage on people's happiness.

It has been found that marriage goes hand in hand with higher happiness levels in a large number of studies for different countries and time periods (e.g. Diener et al. 2000, Stack and Eshleman 1998, see also Coombs 1991 and Myers 1999 for surveys). Married persons report greater subjective Well-being than persons who have never been married or have been divorced, separated or widowed. Married women are happier than unmarried women, and married men are happier than unmarried men. Married women and married men report similar levels of subjective well-being, which means that marriage does not benefit one gender more than the other.

**TABLE 4**

Mean, standard deviation and t-value scores of life satisfaction obtained by married and unmarried people.

Variable	Married ( N : 30 )		Unmarried ( N : 30 )		T- Value
	Mean	SD	Mean	SD	
Life satisfaction	123.77	22.903	129.55	22.828	-0.972

*NS:Not significant at any level*

Table 4 represents the mean, standard deviation t-value and degree of freedom of the scores of life satisfaction obtained by married and unmarried people.



The obtained t-value is - . 972 so that the result shows there is no significant difference in Life Satisfaction among married and unmarried people. It might be because of the cultural, personal and educational developments that the population gets nowadays. Among the not married, persons who cohabit with a partner are significantly happier than those who live alone. But this effect is dependent on the culture one lives in. It turns out that people living together in individualistic societies report higher life satisfaction than single, and sometimes even married people. The opposite holds for collectivist societies. The difference in happiness between married people and people who were never married has fallen in recent years.

The “happiness gap” has decreased both because those who have never married have experienced increasing happiness, and those married have experienced decreasing happiness (Lee et al. 1991). This finding is consistent with people marrying later, divorcing more often marrying less, and with the increasing number of partners not marrying, even where there are children

However ; there is a wide range of benefits from marriage that go beyond increased earnings. Researchers have documented that, compared to single people, married people have better physical and psychological health (e.g. less substance abuse and less depression) and that they live longer. Evidence on the effects on health has been reviewed e.g. in Burman and Margolin (1992) and Ross et al. (1990). Waite and Gallagher (2000) additionally survey evidence on income, health, mortality, children’s achievements and sexual satisfaction.

**TABLE 5**

F value of happiness and life satisfaction among married and unmarried people.

		Sum of Squares	Df	Mean Square	F	Sig
Happiness	Between Groups	259	2	130	211	811
	Within Groups	34.405	56	614		
	Total	34.664	58			
Life satisfaction	Between Groups	2232.257	2	1116.129	2.227	117
	Within Groups	28063.777	56	501.139		
	Total	30296.034	58			

*NS:Not significant at any level*

Table 5 shows the analysis of variance i.e. F value. The F value of happiness and life satisfaction is found to be. 211 and 2.227 respectively. It does not indicate significant differences between happiness and life satisfaction between married and unmarried subjects living in urban or rural areas .Therefore, it can be conclude that married

and unmarried subjects living in urban and rural area have experience similar kind of life Satisfaction and happiness. In economics, the effects of marriage on happiness have been found e.g. for the United States and the countries of the European Union (Di Tella et al. 2001), for Switzerland (Frey and Stutzer 2002) and for Latin America and Russia (Graham and Pettinato 2002). Based on a microeconomic happiness function, the effect on subjective well-being of marriage has even been translated into a monetary equivalent. Blanchflower and Oswald (2004) calculate that a lasting marriage is, on average, worth \$100,000 per year (compared to being widowed or separated).



## CHAPTER 5

### SUMMARY AND CONCLUSION

This chapter deals with the summary and conclusion of the present study. The major findings, implications, limitations of the study, suggestions for the further study are also included. The present study intends to measure the happiness and life satisfaction among married and unmarried individuals.

Happiness and life Satisfaction are identified with each other. Happiness is a psychological or passionate condition of well being portrayed by positive or charming feelings running from satisfaction to serious happiness. Life satisfaction involves a favourable attitude towards one's life rather than an assessment of current feelings. Life satisfaction has been measured in relation to economic standing, degree of education, experiences, residence, and among many other topics. Life satisfaction is a key part of subjective well-being.

The aim of the research was to find out the relationship between happiness and life satisfaction among married and unmarried individuals. The tools used to identify the objectives are the Oxford happiness scale Inventory (Michael Argyle and Peter Hills, 2002) and Life satisfaction Scale (Mrs promila singh and George Joseph, 1997).

Statistical analysis was performed using SPSS. The sample was normally distributed parametric tests like Pearson correlation coefficient and t test were used. ANOVA test also used.

### MAJOR FINDINGS

- There is no correlation between happiness and life satisfaction among married and unmarried people.
- There is no significant difference in happiness among married and unmarried persons.
- There is no significant difference in life satisfaction among married and unmarried persons.

### CONCLUSION

The study was conducted among 60 persons belonging to the 20-35 age groups including both male and female to assess the level of happiness and life satisfaction. The result showed that the two variables do not correlate to each other. It was also found that there was no significant difference between happiness and life satisfaction among married and unmarried persons.

### IMPLICATIONS

Happiness is a state of well-being. It is the degree to which an individual judges the overall quality of his own life as a whole favourably, and it is generally considered to be an ultimate goal in life. Life satisfaction is the way a person perceives how his or her life has been and how they feel about where it is going in the future. It is a measure of well being as well as a cognitive, global judgment. It is having a favourable attitude towards one's life as a whole.

The present study is conducted to identify the relationship between happiness and life satisfaction among married and unmarried people. Here in this study it is found that both happiness and life satisfaction happen in each individual in the same manner.

This study is helpful to understand whether there is any difference in Happiness and Life Satisfaction of people who are married and unmarried. So It is important to conduct research in these areas in order to further enhance our understanding about the variables such as happiness, life satisfaction and the factors which affect those variables, how it varies in each individual etc.

## LIMITATIONS

- The sample size could have been increased to increase the reliability and validity.
- Due to small samples, it could not be generalized to the whole population.
- More data could have been collected from male and female participants separately.
- The sample collection was conducted through Google forms, so direct contact with samples is limited
- Further research should be undertaken by employing some other method of data collection e.g., observations, interviews etc.

## SUGGESTIONS

In the light of present study, the following suggestions are made for future research

- Similar studies could be carried out with large samples to get more accurate analysis.
- The study can be done by qualitative analysis to assess more information.
- This study can also be done by focusing males and females separately.
- The study can be extended to include other psychological variables related to the present study.

## CHAPTER 6

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## APPENDICES

### APPENDIX A

#### PERSONAL DATA SCHEDULE

1. Name:
2. Age:
3. Socio economic status:
4. Marital status :
5. Place of residence :

### APPENDIX B

#### Oxford Happiness Questionnaire:

Below are a number of statements about happiness. Please indicate how much you agree or disagree with each by entering a number in the blank after each statement, according to the following scale:

- 1= Strongly disagree  
 2= Moderately disagree  
 3= Slightly disagree  
 4= Slightly agree  
 5= Moderately agree  
 6= Strongly agree

SL no	Items	Strongly disagree	Moderately Disagree	Slightly Disagree	Slightly Agree	Moderately Agree	Strongly Agree
1	I don't feel particularly pleased with the way I am.						
2	I am intensely interested in other people.						
3	I feel that life is very rewarding.						
4	I have very warm feelings towards almost everyone.						

5	I rarely wake up feeling rested.						
6	I am not particularly optimistic about the future.						
7	I find most things amusing.						
8	I am always committed and involved.						
9	Life is good.						
10	I do not think that the world is a good place.						
11	I laugh a lot.						
12	I am well satisfied about everything in my life.						
13	I don't think I look attractive.						
14	There is a gap between what I would like to do and what I have done.						
15	I am very happy.						
16	I find beauty in some things.						
17	I always have a cheerful effect on others.						
18	I can fit in (find time for) everything I want to.						
19	I feel that I am not especially in control of my life.						
20	I feel able to take anything on.						
21	I feel fully mentally alert.						
22	I often experience joy and elation.						
23	I don't find it easy to make decisions.						
24	I don't have a particular sense of meaning and purpose in my life.						
25	I feel I have a great deal of energy.						
26	I usually have a good influence on events.						
27	I don't have fun with other people.						
28	I don't feel particularly healthy.						
29	I don't have particularly happy memories of the past						

## APPENDIX C

### The Life Satisfaction Scale (LSS Scale):

There are 35 statements related to day to day life. You are requested to read each statement carefully and also see to what extent the statement is applicable in your case. You are requested to indicate your answer without hesitation and with at most degree of honesty.

Always - 5

Often - 4

Sometimes - 3

Rarely – 2

Never- 1

SL no	Items	Always	Often	Sometimes	Rarely	Never
1	I set realistic goals for myself.					
2	I, on the whole, enjoy my life.					
3	I enjoy whatever I do.					
4	I enjoy the way I live.					
5	I believe life is for living.					
6	I am satisfied with the work I do.					
7	I feel that I am a successful person.					
8	I obtain pleasure from domestic affairs.					
9	I feel proud of the success of my children.					
10	I love to get myself involved in leisure activities.					
11	I feel happy when I achieve my goals.					
12	I Am very much optimistic about my future					
13	I consider my job as less demanding and more congenial					
14	I think that i am a self made man					
15	I set priorities by planning the day					
16	I enjoy taking part in social activities					
17	I devote some time to community activities					
18	Money making is not the only motto of my life.					
19	I want to make use of my skills to improve the quality of life.					
20	I want to raise my standard of living					
21	I take life as it comes					
22	I think I'm capable of fulfilling demands of my life					
23	I feel I have a healthy sense of self.					
24	I hold optimistic attitudes towards life					
25	I maintain self respect in different roles					
26	I understand my strength and weakness					
27	I believe in self- help and self- sufficiency					
28	I have a lot of control over my life					
29	I never leave a job unfinished					
30	I am interested in sports activities					
31	I can solve my problems effectively					
32	I derive satisfaction from whatever i do					
33	I believed that I am a healthy person					
34	I can face unanticipated hardships					
35	I feel I am a courageous person					