PREDICTORS OF SELF-SATISFACTION

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The aim of the present study was to find out the predictors of self-satisfaction from certain psychological variables. The main variable in this study was self-satisfaction. The other variables included were self-control, extraversion, general health, general stress, self-image, self-confidence, self-respect, self-reliance and spirituality. The study was conducted among 450 participants with in the age range 20-60. The sample consists of married and unmarried males and females from Hindu, Christian and Muslim religions. The tools used for data collection were A Self Profile, Self-control Scale-I, E-I Inventory, General health Scale, General stress Scale, Spirituality Scale and Personal Information Schedule. The statistical techniques used for data collection was Step-wise Multiple Regression. The analysis identified five significant predictor variables, viz., general health, self-respect, self-reliance, self-confidence, and self-image. The variables self-control, extraversion, spirituality and general stress were found insignificant in predicting self-satisfaction.

Key words: Self-satisfaction, and predictors

The self is a complex and multi-faced entity, that is, a combination of what an individual would like to be, what an individual is currently like, and what others would like the individual to be: because the self is created through, and has implications for, an individual's interactions with others, it is critical that its social nature be studied (Magill et.al.1996). Self-satisfaction refers to a person's sense of contentment or fulfillment with themselves, their actions, and their life achievements. The dictionary definition of self-satisfaction is excessive and un-warranted satisfaction with oneself, one's achievements etc. Self-satisfaction is an important factor for the well-being of an individual. If a person is not satisfied with himself/herself, he/she will be always in tension, worries and depression. There is the possibility to fall the person in serious psychological problems. If a person is satisfied with his achievements, wealth, friendship, social living, and family relationship, he can lead a better life and he will be always in happy. But those who are not self-satisfied may be aggressive, unhappy and may be a nuisance to the society. Self-satisfaction is a pleasure or contentment of a person that is derived from the fulfillment or gratification of a desire, his/her achievement, or well-being.

From a psychological perspective, self-satisfaction is closely related to self-esteem, motivation, and emotional well-being. According to Abraham Maslow's Hierarchy of Needs, it aligns with the stage of self-actualization—where a person realizes their potential and achieves personal growth. When people derive satisfaction from meaningful goals, creative expression, or helping others, they experience deeper fulfillment than from material success alone.

Self-satisfaction correlates positively with general well-being and negatively with symptoms of depression and anxiety. Associations are consistent with research on self-compassion and self-esteem: better self-evaluation and self-acceptance relate to lower emotional distress and better coping.

HYPOTHESIS

1)   There will be significant predictors of self-satisfaction among the variables viz., self-control, general stress, extraversion, self-image, self-confidence, self-respect, self-reliance, spirituality, and general health.

METHOD

Participants

The sample of the present study was 450 people selected randomly from the general population of Kerala state. The age of the participants ranged from 20 to 60.

Variables

The main variable was self-satisfaction. The independent variables used were self-control, general stress, extraversion, self-image, self-confidence, self-respect, self-reliance, spirituality, and general health.

Tools

1. S C Scale I (Ajilal & Raju, 2003)

2.   General Stress Scale (Ajilal & Raju, 2003)

3. E I Inventory (Ajilal & Raju, 2003)

4. A Self Profile (Ajilal & Raju, 2003)

5. Spirituality Scale (Sreekumar & Sananda Raj, 2002)

6. General Health Scale (Laiju & Sananda Raj, 2002) and

7. Personal Information Schedule

Procedure for data collection

The investigator met the participants individually and received their consent to participate in the study. Necessary information was given to all participants about the importance of the study. Then the 7 tools were given to each participant as a set in the order Personal Information Schedule, E-I Inventory, General Stress Scale, S C Scale I, A Self-profile, Spirituality Scale, and General Health Scale, for the responses. The

participants were informed not to consult with others for answering the items, and they were also informed to give only truthful responses. All the tools used in the study were self-administrating in nature. The necessary instructions were printed in the tool itself, so no separate instructions were necessary. But the investigator gave necessary clarifications. Care was taken for, in the case of each participant, not to consult with others while answering the items or copy the responses of others.

Statistical techniques

The main statistical technique used was Step-wise Multiple Regression.

RESULTS AND DISCUSSION

Statistical analyses were done by using appropriate techniques on the basis of hypotheses formulated. Using stepwise multiple regression technique, the predictors of self-confidence found out. The results are given below.

Multiple Regression Analysis with Self-satisfaction as Dependent Variable

In order to identify the predictor variables of self-satisfaction, a stepwise multiple regression analysis was conducted with self-satisfaction as dependent variable and the variables, namely, self-control, general stress, extraversion, self-image, self-confidence, self-respect, self-reliance, spirituality, and general health as independent variables. The analysis identified five significant predictor variables, viz., general health, self-respect, self-reliance, self-confidence, and self-image. The results obtained from the analysis are given in Table 1.

TABLE 1
Results of Regression Analysis with Self-satisfaction as Dependent Variable

Sl.No	Variable	B	Std.Error	Beta	R	R^2
1	General health	.204	.022	.401	.674	.455
2	Self-respect	.358	.050	.339	.741	.548
3	Self-reliance	-.171	.041	-.166	.748	.559
4	Self-confidence	.142	.047	.145	.757	.573
5	Self-image	.124	.054	.104	.760	.578
Constant		3.398	1.861	-	-	-

The results given in Table 1 show that there were five variables in the final regression equation, and they together explained 57.8 percent of variance in self-satisfaction [Multiple correlation (R) = 0.760 and R^2 = 0.578].

General health was the first variable got place into the regression equation. The multiple correlation (R) obtained with general health was 0.674 and R^2 was 0.455. The R^2 showed that 45.5 percent of variance in

self-satisfaction was explained by general health alone. The beta value obtained for general health was 0.401. The beta value was strong and positive and it clearly showed that high score in self-satisfaction was strongly associated with high score in general health.

The second variable came into the regression equation was self-respect. Self-respect contributed an additional 9.3 percent of variance in self-satisfaction along with the contribution of general health (45.5%). Self-respect raised the multiple correlation to 0.741 and R^2 to 0.548. The obtained R^2 showed that general health and self-respect together contributed 54.8 percent of variance in self-satisfaction. The beta value for self-respect was 0.339. The beta value indicated that high score in self-satisfaction was associated with high score in self-respect.

Self-reliance, the next variable entered into the regression equation, explained 1.1 percent of additional variance in self-satisfaction along with 54.8 percent of variance explained by general health and self-respect together. That is, self-reliance raised the multiple correlation from 0.741 to 0. 748, and R^2 from 0.548 to 0.559. The obtained R^2 showed that the variables, general health, self-respect, and self-reliance together contributed 55.9 percent of variance in self-satisfaction. The beta value obtained for self-reliance was -0.166. The negative beta value obtained by self-reliance showed that when came as a predictor of self-satisfaction, low score in self-reliance was somewhat related with high score in self-satisfaction.

The fourth variable identified by regression analysis as the predictor variable of self-satisfaction was self-confidence. The beta value obtained for self-confidence was 0.145. The beta value was positive and it indicated the positive relationship of self-confidence with self-satisfaction while came as its predictor variable. Self-confidence raised the multiple correlation (R) to 0.757 and R^2 to 0.573, and it indicated that self-confidence contributed to explain1.4 percent of additional variance in self-satisfaction. The R^2 also showed that the variables general health, self-respect, self-reliance, and self-confidence together contributed to explain 57.3 percent of variance in self-satisfaction.

Self-image was the fifth and the final variable came as the predictor variable of self-satisfaction in the regression equation. Self-image contributed to explain an additional 0.5 percent of variance in self-satisfaction. That is, the contribution of self-image caused to raise the multiple correlation (R) from 0.757 to 0.760, and thus R^2 from 0.573 to 0.578. The finally obtained R^2 showed that the variables general health, self-respect, self-reliance, self-confidence, and self-image together explained 57.8 percent of variance in self-satisfaction. The beta value for self-image was 0.104 and it indicated that both self-image and self-satisfaction were in the same direction.

Out of the five beta values obtained from the analysis, the highest was the one got to general health (Beta = 0.401). It indicated that general health made the strongest unique contribution to explain the variance in self-satisfaction. The next highest beta value was the one got to self-respect (Beta = 0.339), indicating the next strongest contribution. The lowest beta value (Beta = 0.104) obtained by self-image showed that it made the smallest contribution among the five predictor variables to explain self-satisfaction.

The finally formulated regression equation, with the help of the obtained B weights and constant value, was as shown bellow:

$$Y = 3.398 + 0.204\ X_1 + 0.358\ X_2 + -0.171\ X_3 + 0.142\ X_4 + 0.124\ X_5$$

Where, Y = self-satisfaction, X_1 = general health, X_2 = self-respect, X_3 = self-reliance, X_4 = self-confidence, and X_5 = self-image.

Multiple regression analysis showed general health as a strong sign of self-satisfaction. The strong positive beta value obtained for general health showed that high physical and mental health is a sure predictor of high self-satisfaction. General health has achieved a large positive correlation with self-satisfaction in the correlation analysis of the present study. High mental and physical health surely brings happiness and satisfaction in one's life. While, the signs of low general health such as, headaches, body pain, tension, stress, anxiety, and insomnia problems surely bring unhappiness, distress and dissatisfaction in a person's life. Due respect for oneself, one's character, and one's conduct is also a sign of self-satisfaction. It is sure that self-confidence and positive self-image only add to one's overall satisfaction than to subtract it. An interesting thing derived from the present regression analysis for self-satisfaction was the entrance of the variable self-reliance in the regression equation model as a negative predictor variable of self-satisfaction. People high on autonomy (a personality variable related to self-reliance) tend to be highly self-critical and they are excessively sensitive to achievement failures (Carson, Butcher, & Mineka, 2006). These factors bring high amount of dissatisfaction among them. Therefore, the regression equation model obtained for self-satisfaction is an acceptable one.

CONCLUSIONS

The present study concludes that self-satisfaction is significantly influenced by personal and psychological factors related to an individual's self-perception and well-being. General health, self-respect, self-reliance, self-confidence, and self-image emerged as strong predictors, highlighting the importance of both physical health and positive self-related attributes in enhancing self-satisfaction. In contrast, self-control, extraversion, spirituality, and general stress did not show a significant predictive role, suggesting that these factors may have a less direct or context-dependent influence on self-satisfaction. Overall, the findings emphasize the central role of self-related strengths and overall health in fostering self-satisfaction and provide useful insights for interventions aimed at improving individual well-being.

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