



A comparative study of Life satisfaction among old age Women those staying at home and ashram.

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Abstract-

Satisfaction is a state of mind it is an evaluation appraise of some thing. The purpose of this study compare the life satisfaction between staying at home old age and staying at ashram old age women's. For this study 60 old age women's selected randomly in the Nashik city (30 old women's staying at home and 30 old age women's staying at Manavata care old age home, Nashik). Life satisfaction scale (L.S.Scale) Q.G.Alam and Dr. Ramji Shrivastav's Life satisfaction scale (L.S.Scale) were used for this study. that there is no significant difference among life satisfaction among old age home and old age ashram women's. It was conclusion that there is no significant difference among life satisfaction among old age home and old age ashram women's. After a certain age, the outlook on life is the same. Physical strength decreases and the person develops a tendency to turn towards spirituality.

Key words- life satisfaction, old age home.

Introduction-

Concept of the life satisfaction

Satisfaction is a state of mind it is an evaluation appraise of some thing. The term refers to both contentment and enjoyment satisfaction in a Latin word that means to make or do enough. Satisfaction with one's life implies contentment with or acceptance of one's wants and needs for one's life as a whole. In essence life satisfaction is a subjective assessment of the quality of one's life because it is inherently an evaluation judgment of life satisfaction has a large cognitive component.

Sense of well being may be assessed in terms of mood satisfaction relation with others. With achieved focus self perceived ability to cope with daily life.

Life satisfaction can also be assessed by examining the level of satisfaction in different life domains. Researches might ask people how satisfied they are with their jobs, families, health leisure, activities & social relationship overall life satisfaction would be expressed in terms of the average or sum of satisfaction ratings for these different aspects of life. This is the approach taken by "quality of life." Researches who ask about every thing from satisfaction with physical health & the environment one lives in to satisfaction with body appearance & self life. Distinguish from related constructs:-

- 1) Life satisfaction subjective well being according to Ed Diener and his colleagues (1999), subjective well being or happiness has but an affective and a cognitive component. The affective component consists of how frequently an individual reports experiencing positive and negative affect. Life satisfaction is considered to be the component of this broader construct.
- 2) L.S. life domain satisfaction researches differentiate between life domain satisfaction and life as whole or global L.S. life domain satisfaction refers to satisfaction with specific areas



of an individual's life such as work. Marriage and income whereas judgments of global life satisfaction are much more broad consisting of an individual's comprehensive judgment of her life.

A great deal of psy. Research has explored has explored the sources of people L.S. these sources include one's overall wealth. Whether one is single or married male or female or young or old. Because predictors of L.S. have not specifically focused on the experience of women. This review of the L.S. literate will describe research conducted; however, the findings of many of these studies are directly relevant to women's lives. Life circumstances such as bearing and raising children marriage poverty and in eqylity all influence that L.S. women despite the fact that studies of these factors have not necessarily been conducted with women participants only or been specifically analyzed for gender differences. Thus this review will focus on L.S. in general but with women's lives and experiences in mind.

DEMOGRAPHIC VARIABLES AS PREDICTORS OF LIFE SATISFACTION.

The vast majority of research on life satisfaction investigates the extent to which various demographic variables predict life satisfaction.

A) Culture

Before describing research on cultural influences we must revisit the question of whether life satisfaction can be measured similarly across cultures.

Fortunately satisfaction appears to be a universal term and across cultural researchers have not had any difficulty translating measures of life satisfaction into many different languages people from different cultures are able to distinguish between such terms as "happiness," "satisfaction with life." "Best possible life." And "worst possible life," and there does not appear to be a linguistic bias.

Thus research suggests that life satisfaction is not a uniquely western concept. For example, non response and "don't know" answers to questions about life satisfaction are no more frequent in non-western cultures than in western ones. In sum such evidence for the cultural universality of the construct of life satisfaction has allowed researchers to compare life satisfaction across cultures.

It is not surprising that women living in patriarchal cultures in which equal opportunities are unavailable and equal greater dissatisfaction with their lives than women living in egalitarian cultures.

B) Gender.

An apparently paradoxical finding in the literature is that women show higher rates of depression than men but also report higher levels of well being. At the same time the majority of studies find no gender differences in life satisfaction. These conflicting findings can be resolved by considering the range of affect that men and women typically experience.

The greater life satisfaction Gloria cowan and her colleagues (1998) suggested that women who report greater equality in their marriages tend to report greater life satisfaction than women whose this ideal is not often achieved.

**E) Income**

The relationship between income and life satisfaction is a complicated one. It seems that within nations. Wealthier individuals are more satisfied than poorer individuals. Across nations wealthier nations also show greater levels of life satisfaction than poorer nations.

Thus women who live in poorer less egalitarian nations tend to be less satisfied with their lives overall than women who live in wealthier nations.

F) Employment

An individual's employment status regardless of income appears to predict life satisfaction. Such that the unemployed report significantly diminished satisfaction compared with the employment car lock there of is more strongly associated with life satisfaction for men than for women.

G) Education

Overall researchers have found a small correlation between education and life satisfaction. However, the correlation appears to disappear when income and occupation are statistically controlled.

H) General comments

While this review of the predictors of life satisfaction provides valuable information and raises some intriguing question. We must be cautious in interpreting these findings because the possibility of selection effects may artificially bolster some of the results.

For example the observation that married individuals are more satisfied with their lives than unmarried ones may be confounded by the fact that more mentally healthy extraverted and stable individuals are able to find and sustain quality relationship with life satisfaction.

Objectives :-

To study the life satisfaction between staying at home old age and staying at ashram old age women's.

Hypotheses :-

1) There is no significant different in life satisfaction among old age staying at home and ashram old age women's.

Variables:-

1) Independent variable: Two types of group.

30 old age from staying at home.

30 old age from staying at asharm.

Dependent variables:

1) Life satisfaction

Selection of the sample:-

This test had been administered on the 60 old age womens, out of 60-30 from old age home and 30 old age ashram. Age range was between 61 to 85 year old ages. The data collection was conducted at Manavata Care Old age Home in the city of Nashik.

Tools of present study:-

1) Life satisfaction:-



Life satisfaction scale (L.S.Scale) by Q.G.Alam and Dr. Ramji Shrivastav 60 items related to 6 areas viz health, personal, economical, marital social and job the response are to be given in yes/no response indicate the satisfaction.

Data Analysis-

‘t’ on the basis of data collection the results were analyzed by calculating mean values, SD and ‘t’ ratio.

Result table-

table ‘t’ showing the significant differences among old age staying at home and ashram old age womens’s.

	Group	N	Means	SD	T	Sig level
Test Life satisfaction	Old age home women	30	35.6	5.59	0.09	Not
	Old age ashram women	30	35.4	2.01		Significant

Df=58

Standard error of differences =1.08

In the table shows there is no significant difference in life satisfaction between old age staying at home and old age staying at ashram womens’s value in mean = 35.6, and 35.4 and SD = 5.59 and 2.01 “ t “ test value 0.09 which is no significant

Conclusion :-

There is no significant difference in life satisfaction among old age home and old age ashram women’s. After a certain age, the outlook on life is the same. Physical strength decreases and the person develops a tendency to turn towards spirituality

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