RELATIONSHIP BETWEEN SOCIO ECONOMIC STATUS, SUBJECTIVE HAPPINESS AND LIFE SATISFACTION

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ABSTRACT

To make or to do enough is the meaning of the Latin word Satisfaction. Acceptance of one's life circumstances, positive and negative implies a sense of contentment from the life. Every individual is in search of the ultimate feeling of satisfaction and contentment. Individuals are affected by satisfaction through different factors and each individual experiences satisfaction in their own unique way. Subjective life experiences and related factors contribute to this process. Life Satisfaction is individuals comprehensive judgement. Life Satisfaction may be affected by Socio Economic Status and Subjective Happiness. In the present study, the researcher investigated the relationship between Socio Economic Status, Subjective

Happiness and Life Satisfaction. A sample of 385 Young Adults out of which 190 were males and 195 were females were collected from urban and rural areas of Surat District with an age range of 18- 25 years. The researcher used Convenience and Snowball sampling technique to collect data. The sample was administered Subjective Happiness Scale consisting of 4 item developed by (Lyubomirsky, S., & Lepper, H.S., 1999) and The Satisfaction with Life Scale developed by (Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S., 1985), Socio Economic Status detail was obtained through demographic details. The Statistical Package for Social Sciences

(SPSS) was used to analyse the data statistically. The statistical tools used to analyse the data were the Pearson Product Moment Correlation and t- test.

Data analysis indicated that there was a statistically significant relationship between Subjective Happiness and Life Satisfaction. There was a statistically significant difference between Low

Socio Economic Status Individuals and High Socio Economic Status Individuals on Subjective

Happiness. There was a statistically significant difference between Low Socio Economic Status Individuals and High Socio Economic Status Individuals on Life Satisfaction. Present study found relationship between all the three variables under study.

Key words: Life Satisfaction, Socio Economic Status, Subjective Happiness, and Young Adults

CHAPTER 1

INTRODUCTION

1.1 OVERVIEW

Positive Psychological constructs such as Life Satisfaction and Subjective Well Being are relatively young in the field of research. Only a few decades ago, a small number of attempts were made to understand Life Satisfaction. Researchers have recognized the importance of creating and maintaining Life Satisfaction (Diener, 1984, 2000; Holder, 2012; Huebner, Suldo, Smith, & McKnight, 2004; Lyubomirsky, King, & Diener, 2005). Job Satisfaction, Marriage, Children, Socio Economic Status and Happiness are factors associated with Life Satisfaction (Holder, 2012). The way adults perceive their own lives depends on multiple such factors. Environmental factors need to be examined in depth to understand what leads to Life Satisfaction. Lack of literature in this area in the Indian context and a great emphasis on the importance of factors influencing Life Satisfaction was the area of interest for the researcher. Individuals sense of wellbeing in general is determined by Life Satisfaction. At the age of 18-25 years, students face problems time and again as they are undergo transitions, which affects their life satisfaction (Gokalp and Topal,2019). Socio Economic Status and Subjective

Happiness are factors related to Life Satisfaction, and hence the understanding relationship between Socio Economic Status, Subjective Happiness and Life Satisfaction has an important implication on promoting human welfare. The present study aims at contributing to the understanding of Relationship between Socio Economic Status, Subjective Happiness, and Life Satisfaction in Young Adults. Difference between Low and High Socio Economic

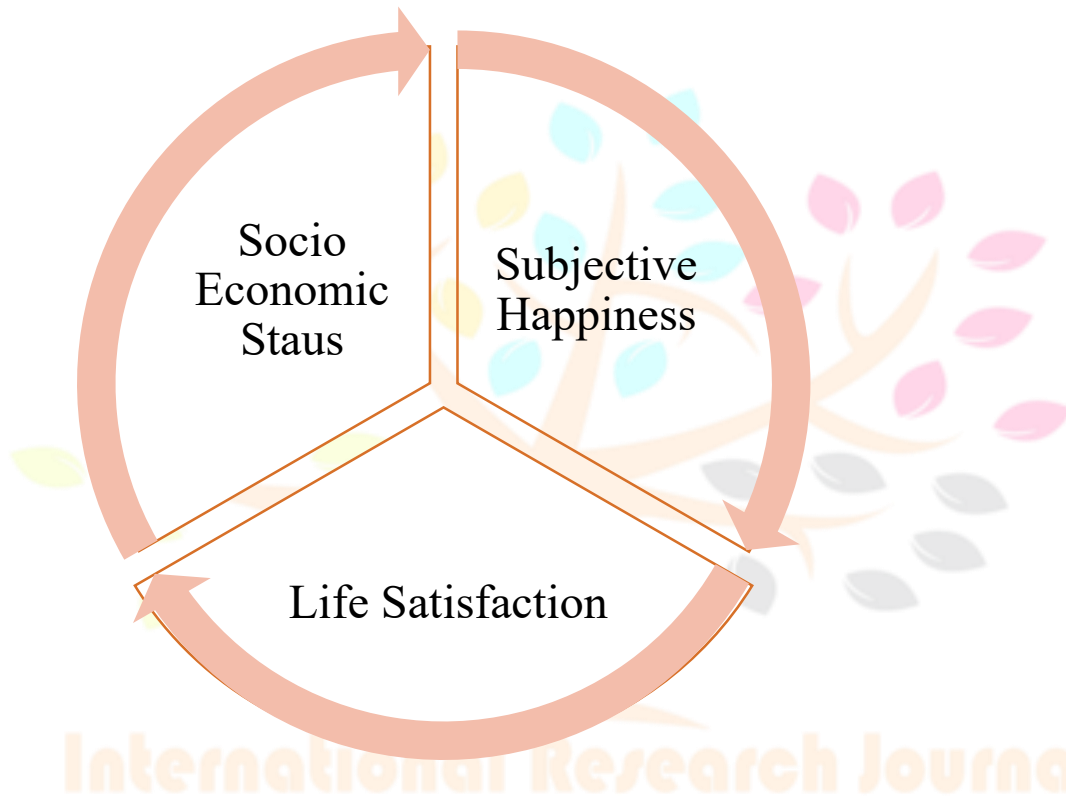Status individuals, Subjective Happiness, and Life Satisfaction.

Figure 1.1 Diagrammatic Representation of the Present Study.

1.2 CONCEPT

This section of the chapter discusses the variables; Socio Economic Status, Subjective

Happiness and Life Satisfaction.

1.2.1 Socio Economic Status

Socio Economic Status is defined by Meraz (1983) as the estimated family background of students which includes income, community of parents, occupation, and schooling. Kamble (2015) conceptualised Socio Economic Status as a class of an individual or group in a society or social standing. Education, occupation, and

income are combined as a measuring tool of Socio Economic Status. Relation between an individual's relative wealth and Personal Social Status indicated by the sociological classification is also referred as Socio Economic Status.

Sometimes Socio Economic Status is also shortened to SES. Key indicators of community issues are also Socio Economic Status, it affects crime rate, household problems, academic performance. Family income and assets are analysed to determine SES. Parental Education level also plays a crucial role in determining Socio Economic Status of the Family. There are few exceptions to the spectrum of Education level and Socio Economic Status but majorly individuals with high education tend to get good economic occupation while those who have Lower Socio Economic Status tend to have low level of educational qualification.

1.2.1.1 History of Socio Economic Status

Underdevelopment term began to emerge in the twentieth century in Economics. Economists such as T.W. Schultz and W.A. Lewis in the mid of 1950s began the conversation around the need for "human capital" investment. Studies in the areas of education, agriculture, health and under social development increased numerously. It discussed that industrialization would not sustain if social development was eliminated, especially in economically poor countries. Social inequalities in the United Kingdom had widened over the past 30 years, stated a Black report that was published in 1988. Study of Socio Economic groups, disparities in health grew rapidly (Claudia Cabrera, 2005).

1.2.1.2 Socio Economic Status and Society

According to Mistry., Benner., Tan., & Kim., (2009) Society as a community is affected by the correlated of Low Socio Economic Status such as poverty, hunger, health, hygiene, and illiteracy. In countries like India inequality of distribution of resources, low quality of life, uneven wealth distribution and social categories are increasing. Population, hunger and illiteracy contribute majorly to Socio Economic Status differences an action plan is required to reduce inequality, gaps between Socio Economic Status and benefit society by improved Socio Economic Conditions. Disparities between individual and society could be improved by studying and identifying strategies, using behavioral and Social Sciences as a tool.

1.2.1.3 Socio Economic Status and Psychological Health

Research on Lower Socio Economic Status supports that there has been link between Socio Economic Status and negative psychological affects such as learning difficulties, academic achievement, self-esteem and overall performance. Learning related behavioral problems are observed to be twice in children with Lower Socio Economic Status as compared to High Socio Economic Status. A child's disinterest, inattentiveness, and lack of cooperation in school has also been linked to Socio Economic Status of the mother. Students belonging to Low Socio Economic Status face difficulties in educational set up, has adjustment problems, and feel isolated in a group. Thoughts of not continuing further studies and drop out intentions before high school are reported high in students belonging to Low Socio Economic Status. Academic performance is affected by the family's financial condition and constraints which leads to emotional distress and depression rates among students (Canadian National Survey Data).

1.2.1.4 Socio Economic Status and Socio Economic Position

According to Jonas Minet Kinge, there is a difference between Socio Economic Status and Socio Economic Position. Difference between two terms is the word 'Status.' Position refers to resource while Status refers to characteristics related to rank and prestige. Both the terms are measuring the same thing, class or indicator of a group.

1.2.2 Subjective Happiness

Researchers have observed that the Pursuit of Happiness underlines all other pursuits.

Happiness has been regarded as of supreme value throughout ages by many thinkers. Blaise Pascal, French Philosopher stated that "Happiness is the motive of every act of every man including those who go and hang themselves". Happiness is deep rooted in human thinking patterns. Darrin McMahon (2005), through various experiments concluded that all the struggle from Marxism to Nazism, Psychotropic drugs in modern times are all part of struggle and conflict for achieving Happiness (Ed Diener, 2009). A state of emotion where an individual feels satisfied ad contend is called Happiness. Happiness is regarded a positive emotion. Happiness has been an area of interest for researchers. It has been stated that Happiness varies from person to person, nature of happiness

is subjective. Subjective wellbeing as broad umbrella covers Happiness and Subjective Happiness. Subjective Happiness of an individual may or may not depend on external validations and outer world. Researcher in this study aims at understanding Subjective Happiness. Subjective Happiness includes inner happiness that is not searcher upon in the outside world. Not enough research has been conducted on Subjective Happiness. Happiness and Subjective Happiness has been used interchangeably in previous research (Pallavi Patwari and Sakshi Seth Grover, 2022). Greater Happiness has been related with material needs of people belonging to same income groups. Although cross sectional Happiness income difference persists, the life cycle of aspirations grows along with income and affects happiness by growth of income. Individuals perceive their aspiration to be same in future as current and start believing that with growth income they will become happier in the future as they will be able to achieve current materialistic needs (Richard A. Easterlin, 2001). Samuel Johnsons (1776) "Life is a progress from want to want, not from enjoyment to enjoyment. Puzzling relationship exists between Happiness and income.

1.2.2.1 History of Happiness studies

In past centuries, Aristotle and nineteenth-century philosophers of utilitarianism saw happiness as the ultimate goal, something pursued solely for its own sake (Myers & Diener, 1995). In the past, scholars and researchers on the topic of happiness were led into a paradigm in which happiness is viewed as a result; an end point that carries no further importance.
Thereafter, stifling progress towards a better understanding of the topic has been made.

Over six decades of psychological research have been dedication primarily to the "disease model": the empirical investigation of psychopathology. Furthermore, there is significant scientific skepticism about whether it is even possible to achieve long-term increases in happiness. Many argued that the pursuit of happiness contradicted our living conditions, and that reality was designed to cause unhappiness and mental health issues (Lyubomirsky, Sheldon, et al., 2005). Augustine (1972), argued that 'Original Sin", makes happiness unattainable goal in an individual's life. Suffering is a forever component of humankind and its inevitable to escape suffering as mortals. Sigmund Freud proposed that aim of an individual should be to purse ordinary misery and not to

increase happiness as pursuit of happiness is a failure. In the field of psychology and human sciences happiness as a topic is still under light.

1.2.2.2 Theories of Happiness

Philosophical ideas on happiness have been discussed for years, however empirical studies on happiness have emerged in the past decade. Happiness theories have majorly been classified into two categories: Happiness is relatively stable, and Happiness can be changed. Set point theory is in support of Happiness cannot be changed and Theories like affective theory, comparison theory, livability theory suggest that happiness can be changed.

1.2.2.2.1 Set Point Theory

One of the most controversial and influential theory in the area of happiness is set point theory. Individuals' happiness remains relatively stable and cannot be changed is the focus of set point theory. Lykken and Tellegen (1996) proposed set point theory and argued that happiness is not attributed to life events and is a stable characteristic. It also suggests that personality of any individual can predetermine their happiness and as personality remains same over the years, happiness also maintains equilibrium (Veenhoven, 2009) Based on the study by Lykken and Tellegen (1996) predicted that factors such as education, social status, income has no significant contribution to one's happiness. Set point theory remains controversial as it implies that happiness is determined and it cannot be improved (Diener et al., 2006).

1.2.2.2.2 Livability Theory

Livability theory suggest that happiness is related to people's living conditions such as health, income and education. It is affected by social factors and environmental events (Veenhoven and Ehrhardt, 1995). It acknowledges the idea that individuals' happiness can be improved by social factors and other environmental conditions.
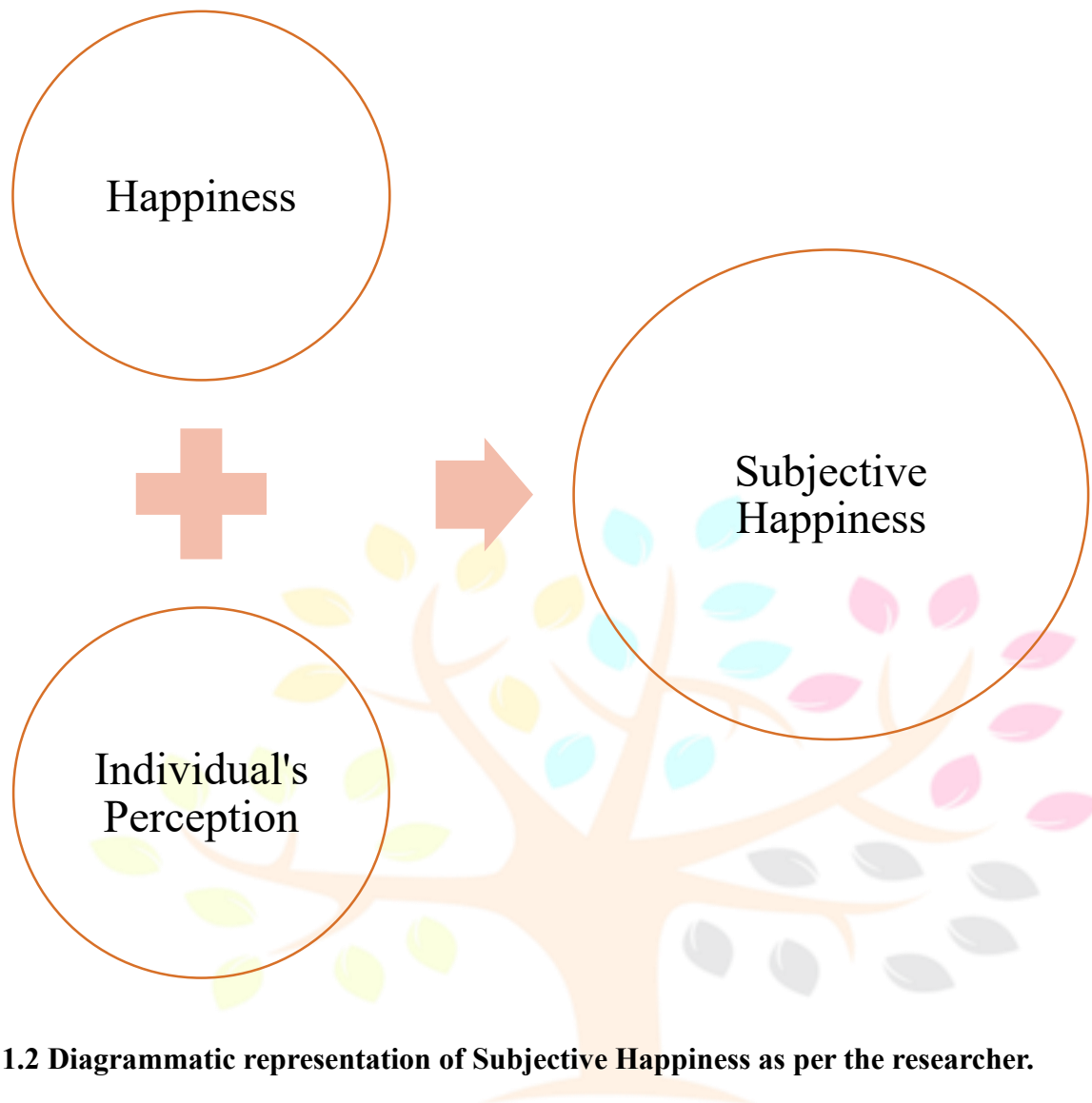
Figure 1.2 Diagrammatic representation of Subjective Happiness as per the researcher.

1.2.2.3 Happiness and Wellbeing.

Characterized by positive and pleasant emotions, Happiness is a mental or emotional state of wellbeing experienced by an individual. To identify and better understand the sources of Happiness variety of approaches have been used by researcher such as psychological, philosophical, biological, and religious. Research on happiness and mental wellbeing indicated that happiness is linked with three main elements known as physical health, mental health, and social health. All the elements have significant effect on each other and are interlinked. Hierarchy is created based on this element where physical health is first, followed by mental and social health (Ruchi and Ravindra, 2014).

1.2.2.4 The Economic Approach to Happiness and Life Satisfaction

According to Fry and Stutzer (2010), Society one lives in determined the Happiness of an individual. In the book 'Happiness and Economics' the author related two variables Happiness and utility and effect of elements like unemployment, income and inflation on Life Satisfaction. Good life is determined by three sets of sources: Personality and Demographic factors, Micro and Macro Economic Factors and Institutional condition in an economy and society. A model by Layard has proposed 'The Big7 model' which distributes internal and external determinants in seven main indicators of Happiness (Layard, 2005).

1.2.3 Life Satisfaction

According to research by Ruut Veenhoven (2012), Satisfaction is a Latin word which indicates to make or to do enough. Life Satisfaction implies to contentment with one's life, acceptance of one's life circumstance, fulfillment of one's wants and needs, and life as whole. Ellison and Colleagues (1989) defined Life Satisfaction as: "A cognitive assessment of an underlying state thought to be relatively consistent and influenced by social factors". Life

Satisfaction is also defined as a "Person's cognitive and judgmental process which includes his or her evaluations and feelings about life and future" (Diener et al., 1985). The underlying meaning of definitions on Life Satisfaction is the same. Life Satisfaction is an evaluation of not any specific domain or point in time of life rather it's a global evaluation of one's life.

Judgment of life satisfaction has a large cognitive component because it is inherently an evolution. One of the indicators of apparent quality of life is Life Satisfaction. Satisfaction, a state of mind. It is a degree to which person likes the life he/she has led. Contentment and enjoyment also refer to life satisfaction. For human welfare, life satisfaction is considered to be important. Throughout the life, human beings strive to achieve satisfaction, it is considered as the ultimate goal (Elisabeth Adele Gusevik Opshaug, 2013).

1.2.3.1 History of Life Satisfaction

In the 18th century Enlightenment thinking, life is the purpose of existence is rooted. Along with the King and God, life and happiness became central. 'The greatest happiness for the greatest number' was Utilitarian Creed in the 19th century. Society which provided this was considered as the best society. In the 20th century progressed was measured by society's ability to eliminate poverty, hunger and illness, increase literacy and control epidemic disease. Society was rewarded on the basis of extent to which all these areas were covered, and social statistics measures were created to record the progress. The term Life Satisfaction was introduced as a result of 'post materialism', serving the idea that material welfare was just part of human existence and there's more to life (Ruut Veenhoven,2012). If the key word 'Life Satisfaction' is searched in the PsycINFO, 10350 text result appears in the data base (Elisabeth Adele Gusevik Opshaug, 2013). According to Neugarten (1961), "Life Satisfaction is result obtained from comparison of what one wants and what he/she gets in life". He first introduced the concept of Life Satisfaction, followed by extensive researches.

1.2.3.2 Life Satisfaction determinants

Study by Veenhoven (1996), suggested that factors contributing to life satisfaction are complex to be understood. Individual differences play a major role in understanding determinants of life satisfactions. However, Life Satisfaction is categorised into four main components. Evaluation of life, Flow of experience, Course of events and Life chances. Evaluation of life is determined by individual's own idea of good and bad, maintaining equilibrium between the two. It is measured by average of Flow of experiences, Course of events and Life chances. The flow of experience component includes dichotomous experiences such as love or loneliness, safety or anxiety, and respect and rejection. Individuals' response to such life events is determined by both personal and societal interaction and individuals' ability to deal with the course of event. The course of events category describes the outside worldly situations such as habit or resistance, beauty or ugliness, protection or attack. Finally, in the life chance component individual's physical fitness, social ability, societal position, material belongings, economic welfare, religion, and culture are considered.

1.2.3.3 Life Satisfaction in different forms

Pleasure satisfaction is related with sensory pleasures an individual experiences through the five senses. A plate of good food, smell of glass of good wine, reading a book, are all associated with individuals subjective idea of pleasure and satisfaction. Part satisfaction is also subjective in nature where an individual experiences satisfaction from life in one particular domain or area of life. It includes work satisfaction, marital satisfaction, interpersonal relationship satisfaction. Top Experience Satisfaction is related to satisfaction with life as a whole and not in parts. It includes all pervasive and intense experiences. This experience is also referred as bliss and contentment (Ruut Veenhoven, 2006).

1.3 PRESENT STUDY

This section of the chapter discusses the Significance of the study, Psychological

Significance, Personal Significance and Global Significance.

1.3.1 Significance of the study

The relationship between Socio Economic Status and Life Satisfaction has been an area of interest for researchers. Socio Economic Status has been a predictor of subjective happiness which leads to overall life satisfaction in individuals (Easterlin, 1974). The present study is highly significant from the application point of view, since relationship between Socio Economic Status, Subjective Happiness and Life Satisfaction has not been explored in depth in Indian Context. According to research by Swangfa (2010) level of happiness in country like India is low, in International Happiness Surveys India ranks 43rd. This is because of level of literacy, employment, and environmental factors, which contributes to overall life satisfaction. **1.3.2.1 Psychological Significance**

One of the key psychological concepts which has evolved over the years is Happiness. Aristotle, Sigmund Freud, Martin Seligman and many other philosophers, sociologists and psychologists have worked on the concept of happiness. Happiness in general is regarded as a subjective experience. Happiness is a key component for wellbeing and positive mental health. Individuals Subjective Happiness affects his/her social relationships and holistic development.

Subjective Happiness of an individual can be determined by his Socio Economic Status, Life Satisfaction, Cultural background, Personality type, and many other factors. Researcher aimed to explore the relationship between Socio Economic Status, Subjective Happiness and Life Satisfaction as past researchers in the field have explained the impact of Socio Economic Status on Life Satisfaction, it has indicated to be significant. Life Satisfaction and Subjective Happiness is known to develop all over positive attitude towards life and helps in coping up with stressful life events.

Thus, studying the relationship between Socio Economic Status, Subjective Happiness and Life Satisfaction can contribute to the field of psychology.

1.3.2.2 Personal Significance

Being a student of Psychology, the researcher identifies herself as an observer of all aspects of life and the interplay between them. Researcher belongs to the Upper Class Socio Economic Status of the society, had an urban upbringing filled with all kinds of sensory pleasures and at young age already experiences a certain level of contentment and satisfaction from life. The researcher was curiosity whether Socio Economic Status accounted for her experiences and quality of life. Through introspection and life experiences the researcher analysed that Subjective Happiness probably has contributed to the overall Life Satisfaction. Relationship between Socio Economic Status, Subjective Happiness and Life Satisfaction made the researcher curious about the difference between individuals belonging to low and high Socio Economic Status and their Life Satisfaction. Subjective Happiness being one of the predictors of Life Satisfaction was included as a variable into the study to quantify the experiences researcher had over the years. Hence, researcher took up this study.

1.3.2.3 Global Significance

Human life is a continuous struggle to make it worth living. Individuals to their maximum potential try and create a satisfied and contend life. Happiness is an integral part which determines the life satisfaction of an individual. Numerous studies have proved that happy individuals tend to live a better life as compared to unhappy individuals. Happiness and its source vary from person to person. The concept of Subjective Happiness takes individual differences into account. Globally, there is a wide gap in social positions, economic welfare, and socio

economic status of individuals. According to research conducted by Mansuri and Barad (2019), the middle factor of human welfare is Life Satisfaction. Current study will find out the relationship between Socio Economic Status, Subjective Happiness and Life Satisfaction.

SUMMARY

In this chapter the researcher discussed an overview of the study; connecting variables, concept; Socio Economic Status, Subjective Happiness and Life Satisfaction, Significance of the study, Psychological Significance, Personal Significance and Global Significance. Relationship between variables; Socio Economic Status, Subjective Happiness and Life

Satisfaction was discussed.

CHAPTER 2

REVIEW OF LITERATURE

2.1 INTRODUCTION

This chapter includes Review of Literature which explains relationship between all three variables: Socio Economic Status, Subjective Happiness, and Life Satisfaction. Hypotheses of the current study was formed based on Review of Literature. The aim of the present research is to understand the relationship between Socio Economic Status, Subjective Happiness, and Life Satisfaction.

2.2 REVIEW OF LITERATURE

Studies have indicated the importance of Life Satisfaction in organisational factor and personal factor. Individuals can be separated into two group based on their Life Satisfaction predictor. Those who are in search for Happiness and associate it with financial gains and those who no longer seek for happiness in the outside world. Socio Economic Status, Happiness, interpersonal dynamics are all predictors of an individual's Life Satisfaction (Thieme, Paula). This study was based on review of literature, to understand the relationship between Socio Economic Status, Subjective Happiness and Life Satisfaction.

2.2.1 Subjective Happiness and Life Satisfaction

Diener, Lucas, and Oishi (2002) defined Subjective wellbeing (SWB) as a "person's cognitive and affective evaluations of his or her life". Subjective wellbeing covers concepts like positive psychology, and it is an umbrella term and Life Satisfaction was referred as cognitive and affective aspects of Subjective wellbeing. Subjective wellbeing theoretical foundations are placed in the theories of goal, need and activity. These theories aim at increasing Life Satisfaction. Maslow's hierarchy of needs is the example of need theory and individual's perception about their life, happiness and affectivity would change with the conditions. Positive sides of human behaviour include Life Satisfaction, Happiness and Wellbeing. Study indicated positive affect and low level of negative affect individual's behaviour under specific component such as Life Satisfaction and Subjective Wellbeing (Mehmet Akif Karaman, 2013).

A study conducted by Fred Feldman (2008), on Whole Life Satisfaction Concepts of Happiness indicated that there are hundreds of non-equivalent ways in which a conception of Happiness can be developed. Study concludes that defining happiness as whole Life Satisfaction and the concept of eudaimonistic intuition should be avoided.

Jesus San, Fabiola and Jesus Maria conducted research on Life Satisfaction and Perception of Happiness, aimed at evaluation of happiness and relation to Life Satisfaction.
Sample of 320 university students was selected to find the difference between the concept of Happiness and Life Satisfaction and plan of action to improve the levels of Happiness.

Another study by Richard A. and Onnicha Sawangfa (2007) on Happiness and Domain Satisfaction in the United States indicated that happiness and Socio Economic Status are related. Happiness is constant over adulthood, rises in midlife and later declines over the years. Four domains of Satisfaction in an individual's life are Socio Economic Status, Occupation, health, and Family. The key to happiness is in no single domain.

2.2.2 Socio Economic Status and Subjective Happiness

A study by Tshediso and Paul (2014) explored the Happiness status of individuals residing in township of Kwakwatsi, South Africa. Relationship between Subjective Happiness and Socio Economic Status was determined. Data analysis indicated 17.28 as mean Happiness score, relating individuals are happy with their lives. Age, gender, education, occupation was analysed as other significant predictor of Subjective Happiness.

A paper by Carol, Andrew, Sandip on Happiness observed Socio Economic Status as determinants of Happiness and reported that negative perception of own progress, fear of unemployment, low income and Happiness are positively correlated.

Research conducted by B. Greve (2012), on 15 Eurpoean countries concluded that direct causal relationship between Happiness and Income cannot be established based on the limited data. European Social Survey research suggested that higher income per capital have higher levels of happiness. Level of Happiness will have a negative impact with decline in income.

Study by Sundaram Divya and Raj Paul (2016), McAllister (2005) defined Well-being as "The absence of illness or pathology with subjective and objective dimensions" and states that Well-being cannot be influenced by economic growth, and it can be measure at individual and community level. Study aimed at understanding well-being of early adolescents in relation to impact of Socio Economic Status and Gender. A sample of 200 adolescents between the age group of 14 years and 16 years, from private and government schools in South India was selected. Results indicated that girls have higher perception of Well – being as compared to boys and Socio Economic Status affects the personal and environmental conditions of an individual.

2.2.3 Socio Economic Status and Life Satisfaction

Research conducted by Rathi Ramachandran and Radhika R (2012) indicated that Level of Life Satisfaction among the Indian Elderly was higher than Japanese. Japanese have better Socio Economic Status as compared to the Indians. Study examined level of Life Satisfaction, Factors contributing to Life Satisfaction, different Socio Economic Factors in India and Japan, nations with diverse cultures and provided empirical information. In the 21st century aging of population is one of the most significant global phenomena. All the

societies of the world are experiencing aging as an issue, Nations like Japan and India are particularly in alarming conditions due to high rate of elderly population.

A study by Nadhirah. Kamalulil. Aisyah. and Panatik (2021) on the influence of Socio Economic Status on Job and Life Satisfaction among Low income employees in Johor Local Authorities showed results that Socio Economic Status had a positive effect on Life Satisfaction and Job Satisfaction. Data was collected using The Satisfaction with Life Scale, Work Domain Satisfaction Scale and Socio economic Questionnaire via questionnaire. Sample of 265 respondents belonging to low income and working in the public sector in Malaysia was collected using a convenience sampling technique. Data was analysed using SPSS software and SmartPLS 3.0 equation modelling.

Another study by Daraej and Mohajery (2013), aimed at understanding the impact of Socio Economic Status, income, occupation, education on Life Satisfaction of female domestic workers. This study was conducted using qualitative and quantitative approach over a period of 4 years in Mysore City, South India. Results through quantitative findings revealed that Socio Economic Status and Life Satisfaction are positively correlated.

Based on the Review of Literature presented earlier, it is concluded that a statistically significant relationship exists between Socio Economic Status, Subjective Happiness and Life Satisfaction. Limited research has been conducted on Young Adults, between the age group of 18-25 years residing in the Surat district. Surat is a hub for textile and diamond industry in the entire world. 100,000 migrants from all over India migrate to Surat every year (Sayeed Mohammad, 2019) in search of better job opportunities, income, and overall upgrade in lifestyle. The age of the worker varies from 18-50 years, for few migrants' quality of living gets little better while for others work stress, raising family in Urban city and sending back expenses to hometown worsens their conditions. On the other side, Young Adults in Surat take over family's business and live a lavish and materialistically fulfilling life at a young age. Surat as a city has wide Socio Economic difference in terms of business owners and workers which impacts standard of living. Thus, the present study was conducted to understand the relationship between Socio Economic Status, Subjective Happiness, and Life Satisfaction.

SUMMARY

In this chapter the researcher discussed Review of Literature of the study. Relationship between Socio Economic Status and Life Satisfaction, Relationship between Socio Economic Status and Subjective Happiness and Relationship between Subjective Happiness and Life

Satisfaction.

CHAPTER 3

RESEARCH METHODOLOGY

INTRODUCTION

Research methodology includes the entire procedure of the study. This includes description about the variables, research design, sample, tools used in the study, procedure of data collection and statistical technique.

3.1 PROBLEM STATEMENT

To study the relationship between Socio Economic Status, Subjective Happiness, and Life Satisfaction.

3.2 OBJECTIVES

- To study the relationship between Socio Economic Status, Subjective Happiness, and Life Satisfaction.

- To study the relationship between Subjective Happiness and Life Satisfaction.

- To compare Subjective Happiness among Low and High Socio Economic Status.

- To compare Life Satisfaction among Low and High Socio Economic Status

3.3 VARIABLES

This section focuses on the Independent variable which is Socio Economic Status and

Dependent variable which is Subjective Happiness and Life Satisfaction.

3.3.1 Variables and Conceptual definitions

In this section, conceptual definitions of Independent variables which is Socio Economic Status and Dependent variable which is Subjective Happiness and Life Satisfaction are discussed.

3.3.1.1 Independent Variable

Independent variable in this study is Socio Economic Status. Two categories of Socio Economic Status, Low and High were created.

3.3.1.1.1 Socio Economic Status

The Socio Economic Status of a person or group is determined by a combination of economic and social factors such as income, amount and type of education, occupation form and prestige, a person's residence, and in some societies or regions of society ethnic origin or religious background (American Psychological Association).

National Cancer Institute defines Socio Economic Status by describing people on base of Education, Income, and type of Job.

The Socio Economic Status (SES) of an individual is determined by education level, parents' education, occupational status and level of income (Jeynes, 2002).

3.3.1.2 Dependent Variable

Dependent variable in this study is Subjective Happiness and Life Satisfaction.

3.3.1.2.1 Subjective Happiness

Overall happiness is the extent to which an individual views the quality of his or her own life positively. In other words, how much an individual enjoys one's life (Veenhoven, 2012).

The balance of positive and negative feelings and satisfaction (Diener et. Al, 2009).

Whoever lives inside a person's skin makes an overall moral judgement of the extent to which they are happy or unhappy (Myers and Diener, 1995).

3.3.1.2.2 Life Satisfaction

An overall assessment of feelings and attitudes about one's life at a particular point in time ranging from negative to positive (Buetell, 2006).

Life satisfaction is the degree to which a person positively evaluates the overall quality of his/her life as a whole. In other words, how much the person likes the life he/she leads (Ruut Veenhoven, 1996).

A cognitive assessment of an underlying state thought to be relatively consistent and influenced by social factors (Ellison, 1989).

Subjective assessment of quality of one's life (Sousa, L., & Lyubomirsky, S., 2001). **3.3.1.3 Control Variables**

- Age range of 18-25 years was controlled.
- Gender, only male and female.
- Individuals with Fluency in English language have been included.
- Individuals residing in Surat district.

3.4 HYPOTHESES

- There will be a statistically significant relationship between Subjective Happiness and Life Satisfaction
- There will be a statistically significant difference between Low Socio Economic Status Individuals and High Socio Economic Status Individuals on Subjective Happiness
- There will be a statistically significant difference between Low Socio Economic Status Individuals and High Socio Economic Status Individuals on Life Satisfaction

3.5 RESEARCH DESIGN

In this section, Sample, Inclusion criteria and Exclusion criteria are discussed.

3.5.1 Sample

The sample collected for present study consists data of 385 young adults out of which

190 were males and 195 were females. The data was collected from urban and rural areas of Surat District located in Gujarat, India. Only individuals between the age range of 18-25 years were part of the study. Fluency in English language was a control variable. The researcher used

Convenience and Snowball sampling technique to collect data.

3.5.1.1 Inclusion criteria

- Individuals between the age range of 18-25 years were selected.
- Individuals residing in Surat district were selected.
- Individuals with fluency in English language were selected.
- Only male and female.

3.5.1.2 Exclusion criteria

- Individuals below or above the age range of 18-25 years were excluded.
- Individuals residing outside Surat district were excluded.
- Individuals with no fluency in English language were excluded.
- Another gender, apart from male and female excluded.

3.5.2 Ethical consideration

- Confidentiality - All the participants were assured about the confidentiality of demographics and results obtained. This study was done for research purposes only.
- Informed consent - All the participants were informed about the nature of study.

Consent was taken from all participants regarding their voluntary participation.

- Debriefing- All the participants were given details about the questionnaire filled and the purpose of the study.

3.5.3 Tools

Tools used in this study were Subjective Happiness Scale and Satisfaction with Life

Scale.

3.5.3.1 Socio Economic Status

Socio Economic Status was defined by using two categories, Low and High Socio Economic Status. A question was added in demographic detail section and three options were mentioned. Operationally defined as the option participant has selected in the questionnaire.

3.5.3.2 Subjective Happiness

Subjective Happiness Scale consisting of 4 item was developed by Lyubomirsky, S., & Lepper, H.S. (1999) from an original 13 self-report items. Scale was administered on N=97 college student sample. Six out of the thirteen items were discarded based upon high semantic similarity. Other three items were dropped because of single interpretable factor in a component analysis performed on items. The final fours items are recorded on a 7 point Likert scale ranging from Not at all (1) to most (7) with higher score reflecting greater happiness. A single score is obtained by computing average of all four items. Fourth item is reverse scored. This English version of the Subjective Happiness Scale 141 was translated into Russian and thereafter back translated into English by a second translator to confirm meaning comparability and internal consistency (Brislin, 1970).

Through 14 samples assessment of reliability and validity of the scale was obtained, sample was collected at different locations and time. Response was collected through 2732, out of which 1754 were women, 962 were men and 16 were unknown. Sample was collected from three different college campus, high school campus, community of working and retired adults, age range from 14 to 28 years for young adults and 20 to 94 years for working and retired adults. Responds were collected through group administration questionnaire, individually in a laboratory setting or at home.

Through results it was confirmed that Subjective Happiness Scale has high internal consistency, across sample. Good to excellent, test – retest reliability, convergent validity and construct validation.

3.5.3.3 The Satisfaction with Life Scale

Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985) developed the Satisfaction with Life Scale. A 5-item scale designed to measure global cognitive judgments of one's life satisfaction. Consisting of 5 questions on a seven point Likert scale ranging from Strongly disagree (1) to Strongly Agree (7)

Reliability: Good internal consistency was shown by analysis of scale's reliability ($\alpha = 0.74$). A sample of 176 undergraduate students was considered to examine satisfaction with life scale. 0.82 and alpha coefficient 0.88 was obtained score after two months for test – retest correlation coefficient.

Validity: SWLS was related to depression, perceived health, financial situation, and social support, and these relations were all statistically significant ($P < .01$). There was significant difference in life satisfaction between the good- and bad-health groups.

Scoring: The possible range of scores is between 5 and 35, with greater scores signifying higher satisfaction with life.

3.5.4 Research Design

This Quantitative Study was conducted using Quasi Experimental Research Design. Quasi Experimental Research Design is used where randomized controlled trial cannot be conducted in a laboratory setting. Present study fulfilled the elements of Quai Experimental Research Design.

3.5.5 Procedure

For the purpose of Data collection, a Google form was created and shared with individuals between the age range of 18-25 years residing in Surat district. The form consisted of 5 parts: The first section was regarding the details of the researcher, research, and confidentiality. The second section was demographic details. The third section was on Subjective Happiness. The fourth section was on Life Satisfaction and the fifth section was about debriefing.

The email address of the researcher was provided in case the participants had questions regarding the study. Demographic details such as name, age, gender, education qualification, Socio economic status, and email address were collected. It was made sure that the participants' information was kept confidential. The aim of the study and information about the psychological scales used were provided under the column of debriefing at the end of the questionnaire. The statistical tool of correlation and T- dependent was used and data was analysed using the SPSS software.

3.5.6 Statistical Analysis

To statically analyse the data Pearson correlation Coefficient and t-test was conducted.

Pearson Correlation Coefficient - The measure of linear correlation between two sets of data in statistics is Pearson correlation coefficient, also referred to as Pearson's r. It was used in the research to study the relationship between Subjective Happiness and Life Satisfaction. t-Test - A t-test is applied when the test statistic would follow a normal distribution and if the value of a scaling term in the test statistic were known. Two levels of Socio Economic Status, Low and High on Subjective Happiness and Life Satisfaction were compared using t-Test.

SUMMARY

In this chapter, the researcher discussed problem statement, variables, hypotheses, research design, sample, procedure, tools, and statistical analysis. The tools used to measure the variables; Subjective Happiness Scale and Satisfaction with Life Scale (SWLS). Data collected was analysed using SPSS Software.

CHAPTER 4

RESULTS AND DISCUSSION

This chapter contains analysis of the data obtained using tools and data analysis software. This includes descriptive statistics followed by inferential statistics and discussion on the acceptance and rejection of hypotheses.

4.1 RESULTS

The results obtained after data analysis are as follow:

4.1.1 Descriptive Statistics

To understand the data better, descriptive statistics was used. For this purpose, the mean and standard deviation of variables were calculated.

Table 4.1 Descriptive Statistics for Life Satisfaction and Subjective Happiness

	N	Mean	Standard Deviation
Subjective Happiness	385	19.95	4.659
Life Satisfaction	385	18.49	5.964

The descriptive data was analyzed using the Statistical package for Social Sciences (SPSS – 23). The descriptive statistics for variables Subjective Happiness and Life Satisfaction are mentioned in table 4.1. The mean score for Subjective Happiness calculated was 19.95 and for Life Satisfaction was 18.49. The standard deviation calculated for Subjective Happiness was 4.659 and for Life Satisfaction was 5.964.

4.1.2 Inferential Statistics

The present study has used Pearson Product Moment Correlation and Independent ttest to verify the hypotheses.

4.1.2.1 Relationship between Subjective Happiness and Life Satisfaction

This section shows results of Pearson product moment correlation on Subjective Happiness and Life Satisfaction.

**Table 4.2 Correlation between Subjective Happiness and Life Satisfaction**

		Subjective Happiness	Life Satisfaction
Subjective Happiness	Pearson Correlation	1	.660**
	Sig. (2- tailed)		.000
	N	385	385

Life Satisfaction	Pearson	.660**	1
	Correlation	.000	
	Sig. (2- tailed)	385	385
	N		

**. Correlation is significant at the 0.01 level (2-tailed).

The above table 4.1.2.1 shows Pearson product moment correlation that was used to study the relationship between Subjective Happiness and Life Satisfaction. Pearson Product moment showed a positive correlation between Subjective Happiness and Life Satisfaction at

.660 (p=0.01).

Graph 4.1 Showing Correlation between Subjective Happiness and Life Satisfaction
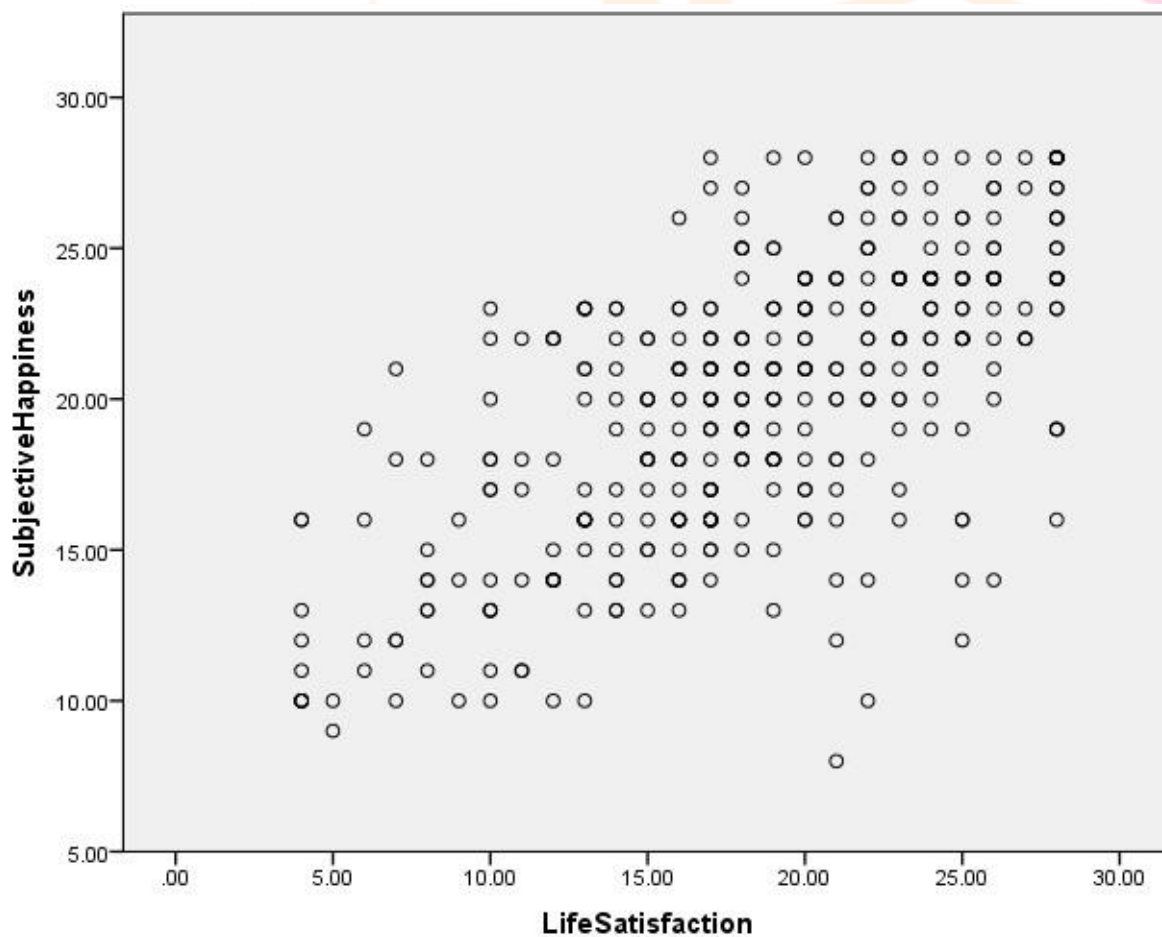
4.1.2.2 Socio Economic Status and Subjective Happiness

This section shows results of t -Test on variables Socio Economic Status and Subjective Happiness.

Table 4.3 Descriptive Statistics for Socio Economic Status and Subjective Happiness

	Socioeconomic Status	N	Mean	Std. Deviation	Std. Error Mean
Subjective	.00	385	19.71	5.281	.583
Happiness	1.00	385	21.39	4.236	.272

The descriptive statistics for variables Socio Economic Status and Subjective Happiness are mentioned in table 4.3. The mean score for Socio Economic Status calculated was 19.71 and for Subjective Happiness was 21.39. The standard deviation calculated for Socio Economic Status was 5.281 and for Subjective Happiness was 4.236.

Table 4.4 Showing Independent t-Test for Socio Economic Status and Subjective Happiness

		Levene's Test for Equality of Variances		t-test for Equality of Means				
		F	Sig.	T	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Subjective Happiness	Equal variances not assumed	12.309	.001	-2.610	118.121	.010	-1.680	.643

In the above table 4.4 the sample showed a significance value of .001 for the Levene's test, value of .001 is < p value 0.05. Thus, the equal variances were not assumed. And for the t-test the level of significance achieved was 0.010 which is significant, and the t-value was found to be -2.610.

4.1.2.3 Socio Economic Status and Life Satisfaction

This section shows results of t -Test on variables Socio Economic Status and Life Satisfaction.

Table 4.5 Descriptive Statistics for Socio Economic Status and Life Satisfaction

	Socio Economic	N	Mean	Std. Deviation	Std. Error Mean
Status					
	.00 Life Satisfaction	385	12.18	4.619	.510
	1.00	385	19.31	5.330	.342

The descriptive statistics for variables Socio Economic Status and Subjective Happiness are mentioned in table 4.5. The mean score for Socio Economic Status calculated was 12.18 and for Life Satisfaction was 19.31. The standard deviation calculated for Socio Economic Status was 4.619 and for Life Satisfaction was 5.330.

Table 4.6 Showing Independent t – Test for Socio Economic Status and Life Satisfaction

	Levene's Test for Equality of Variances		t-test for Equality of Means				
	F	Sig.	T	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Life Satisfaction Equal variances not assumed	5.309	.022	-11.610	159.385	.000	-7.130	.614

In the above table 4.6 the sample showed a significance value of .022 for the Levene's test, value of .022 is < p value 0.05. Thus, the equal variances were not assumed. And for the t-test the level of significance achieved was 0.000 which is highly significant, and the t-value was found to be -10.816.

4.2 DISCUSSION

Discussion on variables are presented below.

4.2.1 Subjective Happiness and Life Satisfaction

Hypothesis based on review of literature was created to understand the relationship between Subjective Happiness and Life Satisfaction: "There will be a statistically significant relationship between Subjective Happiness and Life Satisfaction" Calculated result was stated in the table 4.1.2.1 which showed Pearson product moment correlation that was used to study the relationship between Subjective Happiness and Life Satisfaction. Pearson Product moment showed a positive correlation between Subjective Happiness and Life Satisfaction at .660 (p=0.01).

Thus, the results obtained stated that there is a statistically significant relationship between Subjective Happiness and Life Satisfaction.

Happiness as a concept has been present in the history of humanity through one way or another. All the actions ranging from war, materialistic possessions, philosophical victories and scientific investigation has pleasure seeking in form of happiness involved. Happiness is a subjective experience and every individual experiences it differently. Concept of Subjective Happiness gives the individual space to define happiness, derived from their own subjective experiences. Optimal level of Happiness leads to contentment and satisfaction. Subjective

Happiness plays a key role in determining Life Satisfaction of an individual.

A study conducted by Jesús San Martín, Fabiola Perles, and Jesús María Canto (2010), on a sample of 320 university students indicated that orientation towards Happiness is pleasure and engagement is more related to Life Satisfaction.

Another study on Happiness, Domains of Life Satisfaction, Perceptions, and Valuation Differences Across Genders by Stephen Farrington (2021), indicated that Happiness is associated with goal attainment and general mental well being. Domain of Life Satisfactions have greatest impact on the Happiness level of men and women.

A study by Girbani & Kiran (2021), assessed the relationship between life satisfaction, self-esteem and happiness among 150 university students comprising of 75 males and 75 females. Three districts of Assam; Guwahati , Jorhat and Dibrugarh were considered as sample and correlational research design was used. Results indicated that a significant difference between Happiness level of males and females and no significant difference between the Life Satisfaction of males and females.

The data analysis of the present study and review of literature concluded that there was a significant relationship between Subjective Happiness and Life Satisfaction. Thus, the hypothesis stating "There will be a statistically significant relationship between Subjective Happiness and Life Satisfaction" was accepted.

4.2.2 Socio Economic Status and Subjective Happiness

Hypothesis, "There will be a statistically significant difference between Low Socio

Economic Status Individuals and High Socio Economic Status Individuals on Subjective Happiness" was created based on review of literature. Results in the table 4.4 indicated t – test analysis. The sample showed a significance value of .001 for the Levene's test, value of .001 < p value 0.05. Thus, the equal variances were not assumed. And for the t-test the level of significance achieved was 0.010 which is significant, and the t-value was found to be -2.610.

The results obtained showed that there is a statistically significant difference between

Low Socio Economic Status Individuals and High Socio Economic Status Individuals on Subjective Happiness.

A Study conducted by T. Lakshmanasamy (2021), examined the paradox between Socio Economic Status and happiness in India. 24 years of data was used 1990-2014. Chi – square test was used to analyse the data. The results indicated that the significant difference exists between the well being of individuals in relation to

education, income, religion, age, health and employment. The subjective wellbeing, term used interchangeably with happiness is influenced by the socio economic status and demographic details.

A study conducted by Adedeji, A., Olonisakin, T.T., Buchcik, J. et al. (2023), on Understanding the Socio Economic Status and social capital as predicting happiness on a sample of 1049 South African adults indicated positive results through hierarchical regression analysis. Socio economic status and all social capital variables were significantly correlated with happiness.

The data analysis of the present study and review of literature concluded that there was a statistically significant difference between Low Socio Economic Status Individuals and High Socio Economic Status Individuals on Subjective Happiness. Thus, the hypothesis stating "There will be a statistically significant difference between Low Socio Economic Status Individuals and High Socio Economic Status Individuals on Subjective Happiness" was accepted.

4.2.2   Socio Economic Status and Life Satisfaction

Hypothesis, "There will be a statistically significant difference between Low Socio Economic Status Individuals and High Socio Economic Status Individuals on Life Satisfaction" was created based on review of literature. Results in the table 4.6 indicated t – test analysis. The sample showed a significance value of .022 for the Levene's test, value of .022 is < p value 0.05. Thus, the equal variances were not assumed. And for the t-test the level of significance achieved was 0.000 which is highly significant, and the t-value was found to be -10.816

The results obtained showed that there is a statistically significant difference between

Low Socio Economic Status Individuals and High Socio Economic Status Individuals on Life Satisfaction.

The relationship between Socio Economic Status and Life Satisfaction is complex and complicated. Studies have concluded that wealthier individuals tend to be more satisfied with life as compared to individuals belonging to lower socio economic status. National surveys across nations also state that wealthier nations have citizens more satisfied with their life as compared to poor nations (Sousa, Lorie & Lyubomirsky, Sonja., 2001).

A study by Ren, Z.; Yue, G.; Xiao, W.; Fan, Q. (2022), indicated that Life Satisfaction is significantly influenced by social capital. A survey on 17,217 Chinese residents investigated the effect of Socio Economic Status on Life Satisfaction. The results stated that a positive correlation exists between Socio Economic Status and Life Satisfaction. Study also focused on the improvement of social equity perceptions and social trust to benefit citizens.

The data analysis of the present study and review of literature concluded that there was a statistically significant difference between Low Socio Economic Status Individuals and

High Socio Economic Status Individuals on Life Satisfaction. Thus, the hypothesis stating

"There will be a statistically significant difference between Low Socio Economic Status Individuals and High Socio Economic Status Individuals on Life Satisfaction" was accepted.

SUMMARY

This chapter consists of data analysis, tables, graphs and discussions about the acceptance or rejection of hypotheses.

CHAPTER 5

CONCLUSION, SUGGESTIONS AND LIMITATIONS

This chapter contains the summary of this study. It includes acceptance or rejection of hypotheses formulated, conclusions derived, implications, limitations, and suggestions for future research.

5.1 SUMMARY

As part of this research study a sample of 385 young adults from Surat city were taken. This sample was collected based on inclusion and exclusion criteria. Age, Geographical location, fluency in English language and Gender was controlled. The sample was between the age range of 18-25 years, residing in Surat District. The sample was administered Subjective Happiness Scale by Lyubomirsky, S., & Lepper, H.S. (1999) to measure Subjective Happiness and Satisfaction with Life Scale by Diener, E., Emmons, R.A., Larsen, R.J., & Griffin, S. (1985) to measure Life Satisfaction.

Socio Economic Status was independent variable which was determined by subject's response in the demographic detail section in the google form. The data was scored and analyzed using Descriptive Statistics, Pearson product moment correlation and t – Test.

The hypotheses formulated for the study are mentioned below.

- There will be a statistically significant relationship between Subjective Happiness and Life Satisfaction.

- There will be a statistically significant difference between Low Socio Economic Status Individuals and High Socio Economic Status Individuals on Subjective Happiness.

- There will be a statistically significant difference between Low Socio Economic Status Individuals and High Socio Economic Status Individuals on Life Satisfaction.

5.2 CONCLUSION

After analysis of the data following conclusions were drawn.

- There was a statistically significant relationship between Subjective Happiness and Life Satisfaction. Thus, the hypothesis stating that, "There will be a statistically significant relationship between Subjective Happiness and Life Satisfaction" was accepted.

- There was no statistically significant difference between Low Socio Economic Status Individuals and High Socio Economic Status Individuals on Subjective Happiness. Thus, the hypothesis stating that, "There will be a statistically significant difference between Low Socio Economic Status Individuals and High Socio Economic Status Individuals on Subjective Happiness" was accepted.

- There was no statistically significant difference between Low Socio Economic Status Individuals and High Socio Economic Status Individuals on Life Satisfaction. Thus, the hypothesis stating that, "There will be a statistically significant difference between Low

Socio Economic Status Individuals and High Socio Economic Status Individuals on

Life Satisfaction" was accepted.

5.3 Implications of the study

Present study examined the relationship between Socio Economic Status, Subjective Happiness, and Life Satisfaction. A detail study with other predictors of Life Satisfaction can be examined.

Understanding complex and subjective concepts like Subjective Happiness and Life Satisfaction is important in young adulthood. Understanding Life Satisfaction at young age helps create a possibility to change and led life in a desirable way.

The present study has included individuals between the age range of 18-25 years. This age group is also known as young adulthood where individuals go through major transitions in terms of shifting from academic set up to professional set up, becoming independent and are in constant search for happiness and satisfaction. Results concluded from this study will help individuals in understanding the relationship between Socio Economic Status, Subjective

Happiness and Life Satisfaction which will help them in predicting factors influencing Life Satisfaction.

Life Satisfaction is an area of interest for many researchers as the ultimate goal in an individuals life is to feel contend and happy. Individuals use different approaches to reach towards this goal. One of the approach is understanding the predictors of Life Satisfaction and consciously working on them. Holistic training programme helps an individual in this process. Role of Socio Economic Status in an individual's life is an important aspect to be considered.

Subjective Happiness and Life Satisfaction are interrelated and have significant impact on an individual's life. Happiness and Life Satisfaction as a concept are not included in schools and as part of curriculum. An integrated module on understanding basic life and psychological concepts can help enhance an individuals quality of life and level of contentment.

5.4 LIMITATIONS

Non Probability sampling technique, Convenience and Snowball were used for data collection.

Questionnaire used for data collection, Subjective Happiness Scale and Satisfaction with Life Scale were self-report measures. In self-report measures, respondents are asked to report based on their feeling, emotions,

and thoughts. Participants may try and give socially desirable answers in impression to give correct answer. This may have impacted results of the study.

Since age, geographical location, Fluency in English, and gender was controlled.

Generalisation of the sample was limited.

Limited sample of 385, cannot truly represent population of more than 60 Lakh individuals residing in Surat.

Questionnaire used for data collection, Subjective Happiness Scale and Satisfaction with Life Scale had 4 and 5 questions, respectively. Short length of the questionnaire might have impacted the results of the study.

Only Low and High Socio Economic Status individuals were considered part of the study. Hence, the results are not generalisable to below poverty line and middle socio economic status individuals.

5.5 SUGGESTIONS FOR FUTURE RESEARCH

Present study was conducted on individuals with fluency in English Language because the scales were available only in English Language. To increase the generalisability of the test, Scale can be translated in Indian languages.

Gender as a variable can be studied in detail. To examine the difference between Subjective Happiness and Life Satisfaction of Low and High Socio Economic Status male and female.

A longitudinal and comparative study on the Subjective happiness level and Life Satisfaction level of individuals between different age groups over the years can be examined to measure relative changes.

Present study stated a relationship between Subjective Happiness and Life Satisfaction. A study on mediating and moderating effect of Gender should be carried out.

Subjective Happiness as a concept is difficult to understand and analyse. Not enough research has been conducted on Subjective Happiness. A detail study on Subjective Happiness should be carried out to understand the concept and measure it.

SUMMARY

This section of the study includes the conclusion, implications, and limitations of the study. Suggestion for future research was derived from the study and included as the last section.

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Data Collection for Dissertation in M.A. Clinical Psychology

I, Dhyani Vashi, currently pursuing my Masters in Clinical Psychology, Department of Psychology, Vanita Vishram Women's University, Surat, under the supervision of Dr. Aditya Farsole request you to please spare your time and submit your honest responses.

They will be kept confidential and will be used for research purposes only.

Your participation in this research is completely voluntary and with your consent.

* Indicates required question

Demographic Details

1. Full name

    _____

2. Age *

    _____

3. Gender *

    Mark only one oval.

    ◯ Male

    ◯ Female

    Prefer not to say

4. City *

    _____

5. Socio Economic Status (Monthly Income) *

    Mark only one oval.

○ Upper Class (7770 and above)

○ Upper Middle Class (3808 - 7769) Lower Middle Class (2253 - 3808)

○ Upper Lower Class (1166 - 2253)

○ Lower Class (<1166)

○

6.   Education *

_____

7.   Fluency in English *

Mark only one oval.

○   Yes

○ No

Instructions

    Read the questions carefully.
There are no right or wrong answers, please give your honest responses.

8.   In general, I consider myself. * *Mark only one oval.*

_____

Not a very happy person

1 ⬭

2 ⬭

3 ⬭

4 ⬭

5 ⬭

6 ⬭

7 ⬭

A very happy person

9. Compared to most of my peers, I consider myself *

Mark only one oval.

Not a very happy person

1 ⬭

2 ⬭

3 ⬭

4 ⬭

5 ⬭

6 ⬭

7 ⬭

A very happy person

10. Some people are generally very happy. They enjoy life regardless of what is * going on, getting the most out of everything. To what extent does this characterization describe you?

Mark only one oval.

Not at all

1 ⬭

2 ⬭

3 ⬭

4 ⬭

5 ⬭

6 ⬭

7 ⬭

A great deal

11.   Some people are generally not very happy. Although they are not depressed, * they never seem as happy as they might be. To what extent does this characterization describe you?

Mark only one oval.

Not at all

1   ⬭

2   ⬭

3   ⬭

4   ⬭

5   ⬭
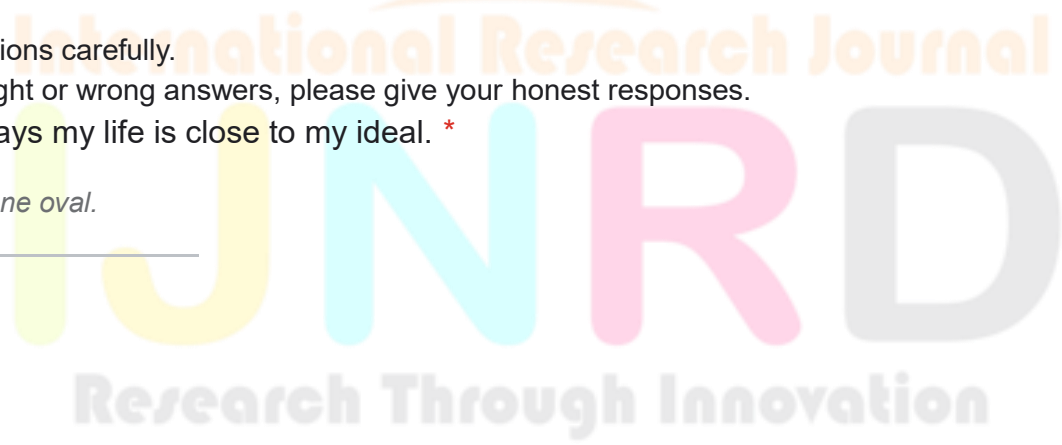
6   ⬭

7   ⬭

A great deal

Instructions

Read the questions carefully.
There are no right or wrong answers, please give your honest responses.

12.   In most ways my life is close to my ideal. *

Mark only one oval.

Strongly Disagree

1 ⬭

2 ⬭

3 ⬭

4 ⬭

5 ⬭

6 ⬭

7 ⬭

Strongly Agree

13. The conditions of my life are excellent. *

Mark only one oval.

Strongly Disagree

1 ◯

2 ◯

3 ◯

4 ◯

5 ◯

6 ◯

7 ◯

Strongly Agree

14. I am satisfied with my life. * *Mark only one oval.*

Strongly Disagree

1 ⬭

2 ⬭

3 ⬭

4 ⬭

5 ⬭

6 ⬭

7 ⬭

Strongly Agree

15. So far I have gotten the important things I want in life. *

Mark only one oval.

Strongly Disagree

1 ⬭

2 ⬭

3 ⬭

4 ⬭

5 ⬭

6 ⬭

7 ⬭

Strongly Agree

16.   If I could live my life over, I would change almost nothing. *

Mark only one oval.

Strongly Disagree

1 ⬭

2 ⬭

3 ⬭

4 ⬭

5 ⬭

6 ⬭

7 ⬭

Strongly Agree

Debriefing Section

This study is done to understand the relationships between Socio Economic Status, Subjective Happiness and Life Satisfaction.

This form had five sections in total. The first section was regarding the details of the researcher, research and confidentiality. The second section was regarding your demographic details. The third section was regarding Subjective Happiness. The fourth section was regarding Life Satisfaction and the fifth section was regarding debriefing.

For further details, contact
Dhyani Vashi - dhyanivashi@gmail.com

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The Subjective Happiness Scale

The SHS is a 4-item scale of global subjective happiness. Two items ask respondents to characterize themselves using both absolute ratings and ratings relative to peers, whereas the other two items offer brief descriptions of happy and unhappy individuals and ask respondents the extent to which each characterization describes them.

Lyubomirsky, S., & Lepper, H. S. (1999). A measure of subjective happiness: Preliminary reliability and construct validation. Social Indicators Research, 46, 137-155.

For each of the following statements and/or questions, please circle the point on the scale that you feel is most appropriate in describing you.

1. In general, I consider myself:

1	2	3	4	5	6	7
not a very	a very happy	happy person	person			

2. Compared to most of my peers, I consider myself:

1	2	3	4	5	6	7
less happy happy						more

3. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?

1	2	3	4	5	6	7
not at all deal						a great

4. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?

1	2	3	4	5	6	7
not at all deal						a great

Scoring: Compute the mean across responses to all four questions; item #4 is reverse coded.

SATISFACTION WITH LIFE SCALE

Reference:

Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction with Life Scale. Journal of Personality Assessment, 49, 71-75.

Description of Measure:

A 5-item scale designed to measure global cognitive judgments of one's life satisfaction (not a measure of either positive or negative affect).

Participants indicate how much they agree or disagree with each of the 5 items using a 7-point scale that ranges from 7 strongly agree to 1 strongly disagree.

Abstracts of Selected Related Articles:

Pavot, W. G., Diener, E., Colvin, C. R., & Sandvik, E. (1991). Further validation of the Satisfaction with Life Scale: Evidence for the cross-method convergence of well-being measures. Journal of Personality Assessment, 57, 149-161.

The structure of subjective well-being has been conceptualized as consisting of two major components: the emotional or affective component and the judgmental or cognitive component (Diener, 1984; Veenhoven, 1984). The judgmental component has also been conceptualized as life satisfaction (Andrews & Withey, 1976). Although the affective component of subjective well-being has received considerable attention from researchers, the judgmental component has been relatively neglected. The Satisfaction With Life Scale (SWLS; Diener, Emmnos, Larsen, & Griffin, 1985) was developed as a measure of the judgmental component of subjective well-being (SWB). Two studies designed to validate further the SWLS are reported. Peer reports, a memory measure, and clinical ratings are used as external criteria for validation. Evidence for the reliability and predictive validity of the SWLS is presented, and its performance is compared to other related scales. The SWLS is shown to be a valid and reliable measure of life satisfaction, suited for use with a wide range of age groups and applications, which makes possible the savings of interview time and resources compared to many measures of life satisfaction. In addition, the high convergence of self- and peer-reported measures of subjective well-being and life satisfaction provide strong evidence that subjective well-being is a relatively global and stable phenomenon, not simply a momentary judgment based on fleeting influences.

Pavot, W. G., & Diener, E. (1993). Review of the Satisfaction with Life Scale. Psychological Assessment, 5, 164-172.

The Satisfaction With Life Scale (SWLS) was developed to assess satisfaction with the respondent's life as a whole. The scale does not assess satisfaction with life domains such as health or finances but allows subjects to integrate and weight these domains in whatever way they choose. Normative data are presented for the scale, which shows good convergent validity with other scales and with other types of assessments of subjective well-being. Life satisfaction as assessed by the SWLS shows a degree of temporal stability (e.g., .54 for 4 years), yet the SWLS has shown sufficient sensitivity to be potentially valuable to detect change in life satisfaction during the course of clinical intervention. Further, the scale shows discriminant validity from emotional well-being measures. The SWLS is recommended as a complement to scales that focus on psychopathology or emotional well-being because it assesses an individuals' conscious evaluative judgment of his or her life by using the person's own criteria.

Diener, E., Sandvik, E., Seidlitz L., Diener, M. (1993). The relationship between income subjective well-being: Relative or absolute? Social Indicators Research, 28, 195-223.

Although it appears that income and subjective well-being correlate in within- country studies (Diener, 1984), a debate has focused on whether this relationship is relative (Easterlin, 1974) or absolute (Veenhoven, 1988, 1991). The absolute argument advanced by Veenhoven states that income helps individuals meet certain universal needs and therefore that income, at least at lower levels, is a cause of subjective well-being. The relativity argument is based on the idea that the impact of income or other resources depends on changeable standards such as those derived from expectancies, habituation levels, and social comparisons. Two studies which empirically examine these positions are presented: one based on 18 032 college studies in 39 countries, and one based on 10 year longitudinal data in a probability sample of 4 942 American adults. Modest but significant correlations were found in the U.S. between income and well-being, but the cross-country correlations were larger. No evidence for the influence of relative standards on income was found: (1) Income change did not produce effects beyond the effect of income level per se, (2) African-Americans and the poorly educated did not derive greater happiness from specific levels of income, (3) Income produced the same levels

of happiness in poorer and richer areas of the U.S., and (4) Affluence correlated with subjective well-being both across countries and within the U.S. Income appeared to produce lesser increases in subjective well-being at higher income levels in the U.S., but this pattern was not evident across countries. Conceptual and empirical questions about the universal needs position are noted. Suggestions for further explorations of the relativistic position are offered.

Scale:

Instructions: Below are five statements that you may agree or disagree with. Using the 1 - 7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

- *7 - Strongly agree*
- *6 - Agree*
- *5 - Slightly agree*
- *4 - Neither agree nor disagree*
- *3 - Slightly disagree*
- *2 - Disagree*
- *1 - Strongly disagree*

_____ *In most ways my life is close to my ideal.*

_____ *The conditions of my life are excellent.*

_____ *I am satisfied with my life.*

_____ *So far I have gotten the important things I want in life.*

_____ *If I could live my life over, I would change almost nothing.*

Scoring:

Though scoring should be kept continuous (sum up scores on each item), here are some cut- offs to be used as benchmarks.

- ✦ *31 - 35 Extremely satisfied*
- ✦ *26 - 30 Satisfied*
- ✦ *21 - 25 Slightly satisfied*
- ✦ *20   Neutral*
- ✦ *15 - 19 Slightly dissatisfied*
- ✦ *10 - 14 Dissatisfied*
- ✦ *5 - 9 Extremely dissatisfied*