Relative Contribution of Psycho-Social Predictors of Life Satisfaction among Middle Aged Working Men and Women

A

Summary
Submitted for the Degree of
DOCTOR OF PHILOSOPHY
In Psychology
2017

Submitted to
Dayalbagh Educational Institute,
(Deemed University)
Dayalbagh, Agra

By

Urvashi Sharma

Under the Supervision of

Dr. Archana Satsangi
Assistant professor, **Department of Psychology**

Head

Dean

Dr. P.K. Mona

Prof. S.P. Srivastava

Faculty of Social Sciences,
Dayalbagh Educational Institute,
(Deemed University)
Dayalbagh, Agra-28200

SUMMARY

The major objective of the present research is to predict the relative contribution of spirituality, attachment, emotional stability and social support in the determination of life satisfaction among middle-aged working men and women. On the basis of literature review the following hypotheses were framed:

➢ There exists a significant correlation between spirituality and life satisfaction among middle aged working men and women.

➢ There exists no significant correlation between attachment and life satisfaction among middle aged working men and women.

➢ There exists a significant correlation between emotional stability and life satisfaction among middle aged working men and women.

➢ There exists a significant correlation between social support and life satisfaction among middle aged working men and women.

➢ There would be a remarkable contribution of spirituality as compared to attachment, emotional stability and social support in the determination of life satisfaction.

SAMPLE

The convenient sampling method was used to select the sample. This study was conducted on 300 middle aged men and women (between 40-60 years) working in Bank, Railways and Teaching profession of Agra region. The sample included the subjects of middle socio-economic status. Their income range was from 30,000 to 80,000/- per month. All subjects in the sample were at least graduate. The respondents who were suffering from any chronic diseases like cancer; arthritis etc. were excluded from the sample. Divorced and separated couples were not included in the sample of this research.

TOOLS

For measuring life satisfaction in the present research, investigator used a combination of two tests 'PGI-Wellbeing and Diener's life satisfaction scale'. PGI-Wellbeing is developed by Moudgil, Verma, Kaur and Pal in 1986 and Diener's life satisfaction scale' is developed by Diener in 1985. It has 25 (20+5) items to assess life satisfaction. For measuring spirituality, 'Spirituality Attitude Scale' was used which is developed by Hussian et.al (2010). To assess attachment, 'Know Yourself Attachment Scale' was used. This scale is developed by Das and Sharma (2012). For measuring emotional stability, Dimension of Personality was used which is developed by Bhargava (1994). To assess the social support, Berlin Social Support scale was used. This scale is developed by Schwarzer and Schulz (2000).

STATISTICAL ANALYSIS

In the present research, Multiple Regression Analysis was used to assess the contribution of spirituality, attachment, emotional stability and social support in determination of life satisfaction.

RESULTS

Table-1: shows the Value of Mean, S.D and Correlations of the variables

Variables	Mean	S.D	Correlation				
			Life Satisfaction Score	Spirituality Score	Attachment Score	Emotional Stability Score	Social Support Score
Life Satisfaction Score	17.08	4.723	1.000				
Spirituality Score	105.08	13.604	.342**	1.000			
Attachment score	14.00	4.407	-.400**	-.152*	1.000		
Emotional Stability Score	7.52	4.506	-.462**	-.0168*	.147*	1.000	
Social Support Score	116.46	16.073	.507**	.304**	-.189*	-.298**	1.000

Correlation between spirituality and life satisfaction:

Table: 1 shows Spirituality and life satisfaction scores are positively correlated (r = .34, p< .01). It shows positive relationship between spirituality and life satisfaction.

Correlation between attachment and life satisfaction:

Correlation value of attachment and life satisfaction (r = -.40) is significant at p< .01 level. This value shows inverse relationship between attachment and life satisfaction.

Correlation between emotional stability and life satisfaction:

Negative correlation value is found between emotional stability and life satisfaction scores i.e. (r = -0.4, p< .01). There is an inverse scoring on emotional stability scale. Obtained low scores on emotional stability scale shows high level of emotional stability and high score shows low level of emotional stability. Therefore this negative value of correlation represents positive relationship between emotional stability and life satisfaction.

Correlation between social support and life satisfaction:

Correlation value of social support and life satisfaction is r = 0.50 is significant at p< .01. Positive correlation is found between social support and life satisfaction scores.

Table -2: Multiple Regression Analysis for Life Satisfaction Scores

Multiple R	.68
R square	.46
Adjusted R square	.455
Standard Error	3.486
Observation	300

The value of R square is .46 which indicates 46% of contribution is accounted for life satisfaction (criterion) by the predictor variables i.e. spirituality, attachment, emotional stability and social support.

Table- 3: Coefficients of Determinations for predictors of life satisfaction

Variables	B	SE	β	t-value	r- value	Coefficient of determination
Spirituality	.053	.16	.154	3.400	.342**	**.0526**
Attachment	-.292	.047	-.272	-6.206	-.400**	**-.108**
Emotional stability	-.315	.047	-.301	-6.678	-.462**	**-.139**
Social support	.094	.014	.320	6.835	.507**	**.162**
Constant	6.992					

**p<.01

The table 3 reveals that individual contribution of spirituality is low but positive i.e. 5%. Moreover, 11 % variance out of 46 % in life satisfaction is to be explained due to attachment and relationship between attachment and life satisfaction is inverse. 14% of variance in life satisfaction is due to emotional stability scores and emotional stability and life satisfaction has positive relationship (Emotional stability scale has reverse scoring pattern). 16% of variance is to be explained due to social support out of total variance i.e. 46%. The contribution of social support (16%) is highest contribution among all predictors.

Table 4: Regression equation between predictor variables X1(spirituality), X2(attachment), X3(emotional stability), X4 (social support) and criterion variable Y (life satisfaction).

$\hat{Y}$ = (.053) X1+ (.-.292) X2+ (-.315) X3 + (.094) X4 + 6.992

$\hat{Y}$ = (*.053*x 105.08) + (-.292x14.00) + (-.315x7.52) + (.094x116.46) + 6.992

$\hat{Y}$ = (5.56924) + (-4.088) + (-2.3688) + (10.947) + 6.992

$\hat{Y}$ =17.05

Table 4 shows the b values that help to generate regression equation. B coefficient (b_1 value = .053) of spirituality reveals that one unit increment in spirituality would lead to .05 unit increment in life satisfaction of an individual. The b_2 value of attachment is -.292 that means one

unit increment in attachment would lead to .29 unit decrement in the level of life satisfaction. The b_3 value of emotional stability is -.32. Therefore, one unit increment in emotional stability would lead to .32 unit increment in life satisfaction (As there is an inverse scoring on emotional stability scale). The b_4 value (.094) of social support means one-unit increment in social support would lead to .094 unit increment in life satisfaction.

Findings

1. Spirituality has positive relationship and low contribution in the determination of life satisfaction among middle-aged working men and women.

2. Attachment has inverse relationship and contribution in the determination of Life satisfaction among middle aged working men and women.

3. Emotional stability has positive relationship and moderate contribution in the determination of life satisfaction among middle-aged working men and women.

4. Social support has positive and highest contribution in the determination of life satisfaction among middle-aged working men and women.

5. Late middle aged people are more satisfied than the early middle aged people.

6. Females are more satisfied than the males.

7. Teachers are more satisfied than the bank and railway employees.

Conclusion

On the basis of present findings it can be concluded that there is positive relationship of spirituality, emotional stability and social support with life satisfaction while attachment is negatively related with life satisfaction. The findings of the present research advocate that social support is the most contributing predictor variable of life satisfaction in the middle age.