

Satisfaction with Life and Happiness Among Young Adults and Retired Elderly Adults in Bangalore City

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Abstract: Due to significant advancements in science and technology, particularly in the field of health sciences, older adults are a demographic that is becoming more and more prevalent in the modern world. An issue facing the world is the growing number of elderly people, and governments need to focus more on this demographic. In 2019, Sourour Y. et al. Life satisfaction has recently been proposed as the best indicator of quality of life (QoL). Individual experiences in the outside world led to a deep and universal inner contentment known as life satisfaction. It expresses the individual's optimistic view of life and reflects their emotions toward the past, present, or future. Akarsu TN, Yeniaras V. (2017). Older persons with more life satisfaction also seem to engage more in health-promoting practices. Vijayakumar G, et al. (2016). Life satisfaction (LS) correlates with various factors. They examined 141 empirical studies on young people's life satisfaction. According to C. L. Proctor et al. (2009), research generally shows that children who are happy with their lives report better social and interpersonal connections, engage in healthier activities, and act less violently and antisocially. Everyone has the right to happiness, which is a universal value that everyone strives for. It has been underlined that an individual's sense of coherence affects this crucial health indicator. Lee, T.S.H., and Chiang, H.H. (2018). Presently, individuals have developed a heightened interest in happiness as an objective. Numerous factors correlate with happiness in older persons. Social assistance and resources are essential for the well-being and health of the elderly. Similarly, in young adults, happiness correlated with possessing meaningful objectives, pursuing the attainment of those objectives (Brunstein, 1993; Emmons, 1986), and scholastic progress (Diener et al., 2009). This particular study's objective was to evaluate life satisfaction and happiness among retired elderly persons compared to young adults. The sample had 120 participants, including 60 older persons and 60 young adults. The sample consisted of people from Bangalore City. The researcher personally interacted with older and younger persons to administer the life satisfaction and Oxford happiness questionnaires. A purposive sample design was selected for the investigation. The mean, standard deviation (SD), and t-value were calculated using suitable statistical methods. The findings indicated a substantial disparity in life satisfaction and happiness between older and younger persons. A notable gender disparity was observed in relation to life satisfaction and happiness.

Key Words: Satisfaction with life, Happiness, Retired older adults, Young adults.

INTRODUCTION

Life satisfaction has recently emerged as the premier predictor of QoL. LS is a profound and overarching sense of contentment derived from personal experiences in the external environment. It expresses the individual's emotions about the past, present, or future as well as their upbeat outlook on life. Akarsu TN, Yeniaras V. (2017). Higher levels of health-promoting habits also appear to be present among older adults who are more satisfied with their lives. G. Vijayakumar and associates (2016). However, achieving high levels of life happiness frequently becomes difficult as one age and physical and mental problems arise. (Papi S. and associates 2019). The lifestyle of senior individuals significantly influences their satisfaction with life. Economic, social, along cultural aspects appear to influence the LS of older persons. Gholizadeh A, et al. (2010). Social, psychological, and behavioral factors are among the many good predictors for older adults that may be changed. Physical activity, social interaction, and social support are factors that greatly contribute to older people's contentment and have a greater impact on their success than individual hereditary qualities. Adler, N., and T. E. Seeman (1998). Consequently, elements like as an individual's previous status in a domain, their future aspirations, and their temperament-driven responses to happy and bad occurrences may influence the effect that particular experiences have on their life satisfaction. According to research, personality qualities including extraversion, neuroticism, and self-esteem are frequently moderately to significantly correlated with subjective well-being markers. (Steel et al. 2008).

The enhancement of well-being in adolescents remains a persistent issue for mental health practitioners and educators ("Huebner et al. 2006"). Despite the numerous constructs presented, comprehending and enhancing life happiness is universally recognized as essential to attaining this objective. LS is the cognitive, comprehensive evaluation of one's existence ("Shin and Johnson 1978") and serves as a prominent indication of happiness, well-being, and good functioning in youth ("Suldo et al. 2006"). Numerous advantageous psychological, personal, behavioral, interpersonal, social, and intrapersonal impacts have been positively correlated with it, according to empirical research (Proctor et al. 2009). Despite being different from Ryff and Keyes' definition of psychological well-being (1995), LS is considered a "component of 'Subjective Well-Being (SWB)', which includes both positive and negative affect. According to research, psychological well-being and subjective well-being are distinct yet related domains, at least for adults (Keyes et al. 2002; Linley et al. 2009").

According to recent research, young people with exceptionally high life satisfaction levels have better "adaptive psychosocial functioning, better intrapersonal, interpersonal, and social relationships, higher academic success, and fewer behavioral issues than youths with average LS levels (Gilman

(Gilman and Huebner 2006; Proctor et al. 2010; Suldo and Huebner 2006). There is a correlation between higher life happiness and several school-related factors, such as perceived academic accomplishment, competence, self-efficacy, teacher support, and school satisfaction (Suldo et al. 2006). Also, research indicates that rather than merely an epiphenomenon that is, a result of human characteristics and life events life happiness is a powerful predictor of outcomes advantageous to people, families, and communities (K. Martin et al. 2008”).

All individuals eventually strive for happiness, All individuals eventually strive for happiness, although it is elusive and challenging to attain. It is a concept that can exist at any point in a person's life and serves as the foundation for a wide range of diverse initiatives, claim Diener et al. (2009). Three mostly independent elements constitute happiness, according to Argyle et al. (1989): the frequency and intensity of positive affect, the relative absence of negative affect, and the average degree of satisfaction throughout a specific time period. The attempts to define happiness emphasize how arbitrary this concept is and how individuals ultimately determine what constitutes good experiences (Myers & Diener, 1995). According to research, academic progress (Diener et al., 2009), having important objectives, and working toward achieving them (Brunstein, 1993; Emmons, 1986) were all related to happiness. Positive mental health and life happiness were also correlated (“Batthyany & Russo-Netzer, 2014; Diener & Biswas-Diener, 2008; Hicks & Routledge, 2013”). Happiness and enjoyment are sometimes related. Numerous research indicates that psychological health and life quality are also correlated with happiness (Zindansek, 2006). Diener (2000) suggested happiness metrics derived from SWB components. According to “Diane and Kehn (1995), Fourie, Meyer, and Wilders (2004)”, and the “Sustainable Europe Research Institute (2006)”, happiness, well-being, and QoL depend on a variety of attributes, that include health, marital status, security, positive social relationships, religious commitment, and freedom of choice; these factors are impacted by the environment, social changes, along with economic shifts (“Femia, Hinterberger, & Luks, 1999”).

Aim:

To find “satisfaction with life among young and elderly adults
To find happiness among young and elderly adults

Objectives:

To study satisfaction with life among young and elderly adults
To study happiness among young and elderly adults

Hypothesis:

There will be no difference in satisfaction with life between young adults and retired elderly adults.

There will be no difference in happiness between young adults and retired elderly adults.

There will be no gender difference in satisfaction with life between young adults and retired elderly adults.

There will be no gender difference in happiness between young adults and retired elderly adults.

Variables:

Independent variables: Young adults and retired elderly” adults

Dependent variables: Satisfaction with life and Happiness\

Sample:

There were 120 subjects in the sample, 60 of whom were

young adults and 60 of whom were retired older adults. Of the 60 young and elderly adults 30 were male and 30 were females respectively. All the subjects were residents of Bangalore City. Adults ranged in age from 60 to 70, while young adults were between 20 and 30.

Inclusion criteria:

The age of young adults was between 20-30 years.

The age of elderly adults was between 60-70 years.

Young adults were pursuing their higher education.

Retired elderly adults.

Both genders were considered for the study.

Exclusion Criteria:

Adults in their middle years were excluded from the study.

Psychologically problematic samples were excluded from the study.

Research design

For the study, a between-group design using purposive sampling was chosen.

Tools:

Satisfaction with life Scale: Diener, E., et.al (1985).

The 5-item “Satisfaction with Life scale is not a measure of happy or negative affect; rather, it is designed to evaluate a person's overall cognitive assessments of LS. On a seven-point scale, from seven strongly agree to one strongly disagree, participants designate how much they agree or disagree with each of the five items. The sum of the components determines the overall life satisfaction score. Higher ratings, which typically range from 5 to 35, indicate greater life satisfaction. The reliability investigation revealed that the SWLS's internal consistency (Cronbach's alpha) was 0.74. All of the items had moderate to high correlations with the scale (item-test), with values” that ranged from 0.64 to 0.74, and we verified that the inter-item correlation was significant.

The Oxford Happiness Scale: Michael Argyle and Peter Hills (2002).

The psychologists “Michael Argyle” and “Peter Hills” of “Oxford University” formed the “Oxford Happiness Questionnaire”. There are 29 elements on the scale, and each one requires choosing one of four distinct possibilities. The scale has twelve items that require reverse scoring. Test-retest reliability is .73, concurrent validity is .73, and internal reliability is 0.91 for the scale.

Procedure:

There were 120 adults in the sample, 60 of whom were young adults and 60 of whom were retired older adults. 30 of the 60 samples were female, and 30 were male. Higher education was being pursued by the young adults. The elderly people who had retired were contented and living comfortably. The researcher individually approached the subjects and explained the aim of this particular research. Additionally, they received assurances of the privacy of the information being gathered. The “Oxford Happiness Scale” and the “Satisfaction with Life Scale” were given to them with their permission. Any questionnaires about the questionnaires were addressed.

The outcomes were graded, and an independent t-test was measured to determine the life satisfaction and contentment of young and retired elderly people.

Table 1 demonstrates the satisfaction with life between young adults and retired elderly adults.

Variables	Group	N	Mean	SD	t
Satisfaction with Life	Young Adults	60	25.31	.46	5.15**
	Retired Elderly Adults	60	25.93	.79	

** Significant at 0.01 level.

The level of LS among young adults and retired older persons is displayed in Table 1. Young adults' mean score is 25.31, with an SD of .46. For older persons who have retired, the mean score is 25.93 with an SD of .79. Young adults and retired older persons had significantly different levels of life satisfaction, as indicated by the obtained t value of 5.15, that is significant at the 0.01 level. The study by Papi, S. and Cheragh, M. (2021) has validated the reported findings. According to the study's findings, life happiness is significantly influenced by a person's occupation, education, social support, daily activities, health, and cognitive state. Life satisfaction was the subject of a study by Chehregosha, M., et al. (2016). The study's findings showed that factors affecting total life satisfaction included gender, living style, and educational attainment. According to a study on life satisfaction conducted by Shrestha M.K. et al. (2019), the majority of older citizens were content with their general level of contentment. strong economic standing, property ownership, having a strong family income, and having enough financial assistance were all significantly correlated with overall life happiness.

Table 2 shows the happiness between young adults and retired elderly adults.

Variables	Group	N	Mean	SD	t
Oxford Happiness Scale	Young Adults	60	5.73	.44	3.61**
	Retired Elderly Adults	60	5.40	.55	

** Significant at 0.01 level.

The happiness of young individuals and retired older persons is displayed in Table 2. Young adults have a mean score of 5.73 and an SD of .44. For retired older persons, the mean score is 5.40 with an SD of .55. Young adults and retired older persons had significantly different levels of happiness, as indicated by the derived t-value of 3.61, that is significant at the 0.01 level. The study by Twenge, M.J., et al. (2015) has validated the results obtained. As per the study's outcomes, adolescents are happier and more satisfied with their lives than their lineages. "Kharbanda, A. and Mohan, A. (2021)" investigated the connection between young adults' gratitude and happiness. The research's outcomes demonstrated a strong and positive correlation between happiness and gratitude. According to a study by Ozaira Bee Asha I, Sasi. R (2021), young individuals' happiness and their general leisure attitude were significantly positively correlated. Additionally, it was discovered that among young individuals, happiness was positively connected with each of the cognitive, emotional, and behavioral aspects of leisure attitude.

Table 3 shows the satisfaction with life between male and female retired elderly adults.

Variables	Group	N	Mean	SD	t
Satisfaction with Life	Male Retired Elderly Adults	30	25.70	.46	3.72*
	Female Retired Elderly Adults	30	25.23	.50	

** Significant at 0.01 level.

Male and female retired older adults' life satisfaction is displayed in Table 3. For older male individuals, the mean score is 25.70 with an SD of .46. The average score for senior female retirees is 25.23 with an SD of .50. The resulting t value of 3.72 indicates a significant variation in LS between males and females, which is significant at the 0.01 level. The outcomes were confirmed by the research done by Priyanka and Mishra, S. (2010). According to the study's findings, older men's and women's levels of life satisfaction varied significantly. In contrast to older females, men reported greater mean life satisfaction scores. Compared to men, more women expressed lower levels of satisfaction. Different research by Borg, C. et al. (2005) noted that women and people living in special accommodations had low life satisfaction.

Table 4 shows the satisfaction with life between young male and female adults.

Variables	Group	N	Mean	SD	t
Satisfaction with Life	Young Male Adults	30	30.53	.86	3.89**
	Young Female Adults	30	31.30	.65	

** Significant at 0.01 level.

The level of LS among young male and female adults is displayed in Table 4. For young male adults, mean score is 30.53 with an SD of .86. For young female adults, the mean score is 31.30 with an SD of .65. A significant variation in LS among young male and female adults is shown by the derived t value of 3.89, that is significant at the 0.01 level. Studies carried out by Ben-Shlomo, S. et al. (2022) have corroborated the acquired findings. carried out a study on young adults' LS. As per the outcomes, young women reported greater levels of parental support than young men. Greater support from friends and a dedication to principles and beliefs both positively impact life's happiness. A study on young adults' psychological health and life satisfaction was conducted by Fatima, I. et al. in 2021. The findings demonstrated that women had greater levels of psychological well-being and LS. According to Ahmad, D. M., and Silfiasari (2018), men and women exhibit comparable levels of life satisfaction.

Table 5 shows the happiness between young male and female adults.

Variables	Group	N	Mean	SD	t
Oxford Happiness Scale	Young Male Adults	30	4.96	.61	5.20**
	Young Female Adults	30	5.70	.46	

** Significant at 0.01 level.

The happiness of young male and female adults is displayed in Table 5. For young male adults, the mean is 4.96 with an SD of .61. For young female adults, the mean score is 5.70 with an SD of .46. There is a considerable variation between the young male and female adults, as indicated by the obtained t of 5.20, which is significant at the 0.01 level. The investigation done by Namazi, A. (2022) has validated the outcome obtained. According to the study's findings, female students generally experienced greater levels of satisfaction and health. As per the findings of different research done by Brakus, J.J., et al. (2022), significant experiences provide women greater happiness and life satisfaction than they do for males. During the COVID-19 epidemic, Panwar, P. (2021) investigated the happiness and well-being than men.

Table 6 shows the happiness between retired male and female adults.

Variables	Group	N	Mean	SD	t
Oxford Happiness Scale	Retired elderly Male Adults	30	5.36	.49	4.78 **
	Retired elderly Female Adults	30	4.30	1.11	

** Significant at 0.01 level.

The happy mean, standard deviation, and t for retired male and female individuals are displayed in Table 6. Adult males have a mean of 5.36 and an SD of .49. For females, the SD is 1.11 and the mean is 4.30. A substantial difference in satisfaction between male and female individuals is shown by the derived t-value of 4.78, "which is significant at the 0.01 level. The investigation studies have provided support for the acquired outcomes. A study by Chirinda, W. and Mafuya, P. N. (2018) on happy life expectancy and predictors of happiness among older adults in South Africa found that men had greater percentages of happy life expectancies than women. In 2022, Ali, M. et al. conducted research on the appreciation and satisfaction of senior citizens. The outcomes demonstrated that there were no significant variations in happiness and gratitude between males and females", which is in contrast to this particular research's findings.

CONCLUSION:

According to the study's findings, older persons who have retired are happier with their lives than young adults.

The result indicates that young adults are happier than retired elderly adults.

The obtained result shows that retired male elderly adults have better satisfaction with life than their counterparts.

In contrast to men, young women adults are happier with their lives, the survey found.

The outcomes of the study indicate that young women are happier than men.

The study revealed that retired elderly male adults are happier than retired elderly females.

Limitations of the study.

The study was only performed in Bangalore City.

The sample size was extremely small.

Other factors associated with satisfaction with life and happiness were not considered for the study.

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