

LIFE SATISFACTION AMONG JOB-HOLDERS AND NON JOB-HOLDERS

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ABSTRACT

The study is aimed at investigating the degree of life satisfaction among job-holders and non job-holders and also among male and female. Two sub hypotheses were formulated to study the level of life satisfaction. So, questionnaire was given to both jobholders and non job-holders. They were divided equally between male and female. Analysis was done on the response of subjects. Thus degree of life satisfaction toward one another was measured. For this purpose our sample consist of 60 participants, 30 were job-holders and 30 non job-holders. It is also a comparative study between male and female. The T-test score of job holders is 1.34 and non job-holders are 1.32, also in male is 1.29 and in female is 1.19. There measurement shows that the level of life satisfaction is higher in job holders rather than non job-holders and is also more in male as compare to female.

1. Introduction

Life satisfaction is the way to evaluate his or her life and the person can make assumption about his or her future. It measures well-being and also evaluates the mood satisfaction with relations as well as with achieved goals and self-concepts. It is called a self-perceived ability to cope with daily life. It is a favorable attitude of one's life. It can also be measured in relation to economic stability, level of education, experiences and residence.

Life satisfaction can reflected experiences that have influences on a person in a positive way. These experiences also have the ability to motivate the people so that they can achieve their goals. Two kinds of emotions can influence the people's perception about their lives. Hope and optimism both consist of the cognitive processes that can oriented towards the accomplishment of goals. So optimism is linked with higher life satisfaction but pessimism is related with symptoms in depression

It is proposed that overall life satisfaction came from within an individual that is based on the individual's personal values and what he or she consider important. For some persons, it may be his or her family, for others it may be love and for others it may be money or other material items. It varies from one person to person. Economic materialism had been considered a value for life-satisfaction. Previous researches has founded that materialistic individuals are predominantly male and they also reported lower life satisfaction level than their non-materialistic counterparts. It is true that people valued money over helping other people; it is because the money is considered a valuable asset. Materialistic people can be less satisfied with life because they constantly wants more belongings and once this belongingness were obtained by lose value, which in turn caused such people to wants more belongings and the cycle continues. If these materialistic individuals does not having enough money to satisfy their craving for more items, they become more dissatisfied.

Satisfying careers are important components for an individual to be satisfied in his or her life. Doing something is meaningful in a productive capacity contributes to one's feeling of life satisfaction. Internationally, the salary of one person has a moderate correlation with individual's evaluation of life satisfaction. However, it has been seen in developed nations that the connection is weak and disappears for the most part when individuals earn enough money to meet basic needs (Kahneman & Deaton 2010; Diener et al 2010; Myers and Diener, 1995).

Some Christians argued that God intended women to care for husbands and children and they should be happy on doing so. We had been agreed that there should be satisfaction in being a wife and mother. There is a need that women should check their motives carefully and to determine the sources of their identity and self-esteem because she could be a house wife, a career woman or a combination of the two or more. If her occupation as wife and mother changes she will lose her husband or her children and have no longer needs as much but she must had a picture of herself and an identity that are based on who God has made her to be as an individual. No woman should be live off the identity or accomplishments of her husband, children, employer, work colleagues, or anyone else.

The reports show that the girls which are influenced by the media and advertising are spending substantial sums on beauty products. Nearly every two-thirds of 7 to 11 year-olds used nail polish, half wear makeup and one in three wears high heels, although they see this as just "being a girl" rather than trying look older. It may be a satisfying behavior for them.

Marina Della and Sarah Louise Jewell analyzed that different views are reported about life satisfaction among men and women in the United Kingdom. Average levels of life satisfaction were similar for men and women but the women have more variations. Analyzing the British Household Panel Survey (BHPS) for 1996–2007, the paper had been found that as we increase the hours of paid work it will increase the life satisfaction for both men and women while housework hours had been statistically significant only for retired men and women. Childcare and adults care affect women's life satisfaction negatively but these tendencies are statistically insignificant for men. These differences might be explained by the fact that women and men in the sample are assigned with different aspects of satisfaction with different life dimensions. Job satisfaction matters a lot for men than for women.

M. Pilar Matud, jaun M. bethenout and Ignacio Ibáñez investigated the self-identification in traditional gender roles of masculinity and femininity in women and men's life satisfaction. The research participants were 1233 women and 1233 men from the Spanish general population. Their ages were between 20 and 60 years. Hierarchical multiple regression showed that although in both genders the most important predictors of life satisfaction were self-esteem and social support and both genders were associated with higher life satisfaction in women and men. Besides the prediction of life satisfaction, femininity interacted with social support in women or masculinity with self-esteem in men. It was founded that the association between femininity and life satisfaction only occurred in women with high level social support and self-esteem and were also associated with life satisfaction only in men with low masculinity. These results provided information concerning the significance of adherence to gender roles in life satisfaction.

J Gerontl and Holahan CK studied the relationship of lifetime achievement patterns and retirement of life satisfaction for gifted aging women. The participants of the research were 352 women who were surveyed in 1977 at a mean age of 66. Lifetime achievements pattern were defined by homemaker or career work history. Dependent variables were included health, happiness, life satisfaction, work attitudes, ambitions and participations were in leisure activities. Results showed that variations in life satisfaction are measured as a function of lifetime career and with job holders it is generally less satisfied. There were a significant interaction between marital status and work pattern on overall life satisfaction.

J McQuillan et all (2007) conducted the study and investigated that paid employment had become increasingly significant in the lives of women. The pertinent question arise is that, is the woman become happier and better adjusted by relinquishing the traditional role or by combining the two roles? Self-esteem was selected to evaluate the effect of employment on women. The sample of this study consists of 150 married employed and 150 married unemployed women. Their ages range from 20-45 years and the educational qualification of participants was 10+2 and above.

Rabia Umer et all (2013) measured the life satisfaction with good reliability and validity. It is the fact that most researches on life satisfaction have not been directly focused on the experiences of women but this study investigated the unique predictors of life satisfaction for women. For example: several studies have demonstrated that the greater there may be gender equality within a culture the greater will be the life satisfaction. Gender equality includes the freedom to make reproductive choices, equal pay and equal value under the law, equal opportunity to education and achievement.

2. Objectives & Hypotheses

1. To study life satisfaction among job holders.
2. To study life among non-job holders.
3. To study life satisfaction among male.
4. To study life satisfaction among female.

Hypotheses:

To achieve the objectives of the study following hypothesis were formulated:

H0 Job-holders have more life-satisfaction rather than non job-holders.

H1 Job-holders have less life satisfaction rather than non job-holders.

H0 female feel less life satisfaction rather than male.

H1 Male feels more life satisfaction rather than female.

3. Methodology:

The present research design follows an exposit facts research design. True experiment design could not be used because the condition being studied were pre-existing in the population and could not be randomly assigned or controlled by the research. The research use non-probability sampling (purposive sampling). Population area consists on serial part, 50% data collected by general people from different places and 50% information collected through educational institutions. Life satisfaction is an independent variable. Whereas, job-holders and non job-holders are dependent variable. Sample consists of 60 participants they are 30 men and 30 women. They are job holders and non job-holders. There age limit from 20 to 40. WHOQOL-BREF questionnaire was used to study life satisfaction in our sample. T-test is used because sample size is greater than 30.

Chapter no.4

Results

Table no.1:

The below table show the life satisfaction between job-holders and non job-holders:-

Faculty	N	Mean	S.D	T-Test	a'
Non job-holders	30	47.4	4.6	1.32	0.05
Job-holders	30	48.8	4.8	1.34	

The facts and figures of the above table shows that there is a little difference of life satisfaction among job-holders and non job-holders and it proves our null hypothesis that job holders have more life satisfaction rather than non job-holders.

We state our hypothesis:-

H1: u (job-holders) < u (non job-holders)

Table no.2:

The below table show the life satisfaction among male and female:-

Faculty	N	Mean	S.D	T-Test	a'
Male	30	49.5	5.4	1.29	0.05
Female	30	44.5	4.5	1.19	

The facts and figures of the above table shows that there is difference of life satisfaction among male and female and it proves our null hypothesis that male have more life satisfaction rather than female.

We state our hypothesis:-

$$\mathbf{H1: \quad u (male) < u (female)}$$

Discussion:

The present research was conducted to explore measurement of life satisfaction job-holders and non job-holders and between male and female. For this purpose, 60 Performa's were filled from male and female having jobbed or not.

Hypothesis 1:

- H0 Job-holders have more life-satisfaction rather than non job-holders.
- H1 Job-holders have less life satisfaction rather than non job-holders.

The significant results were bound for the hypothesis of the study. The mean of job-holder people is 47.4 and non job-holders are 48.8 that confirm our null hypothesis that job-holders have life satisfaction rather than non job-holders. The acceptance of hypothesis has major reasons because job-holders spend most of the time with other people with multiple dimensions. In this way there vision broadens and they get familiar with the problems faced by other people and they feel more satisfaction about their life. On the hand, every day they have a different view of daily schedule, change in their ways of spending life make them more satisfied.

Hypothesis 2:

- H0 female feel less life satisfaction rather than male.
- H1 Male feels more life satisfaction rather than female.

The significant results were bound for the hypothesis of the study. There is a significant difference in the level of life satisfaction in both genders. The mean of female is 49.5 and the male is 44.5. The results confirms our null hypothesis that male have more satisfaction with life rather than female. There are solid reasons for this confirmation that women are more sensitive than male. They have more ambitions and charming dreams about their life. Their life's fantasies make them less satisfied rather than male.

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