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An assessment of life style satisfaction among the professional and nonprofessional students

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Abstract

Lifestyle satisfaction is an overall assessment of attitude and feelings about one's life at a particular point in time ranging from negative to positive. Life satisfaction is the need of time. It is of much importance in today's stressful life. Without satisfaction, man cannot lead a prosperous and peaceful life. So the present study is an attempt to evaluate life style satisfaction among professional and nonprofessional students and also examine gender difference among male and female college students. To full fill these objectives, a sample of 180 students was randomly selected from different faculties and colleges of Udaipur city, of Rajasthan state. Life Style Satisfaction scale developed by Pro. S.K. Bawa was used for data collection. This scale consists of 4 dimensions. T-test was used for analyzing the data. The findings show that out of four dimensions of life style satisfaction only one aspect had significant difference for professional and nonprofessional students.

Keywords: Life satisfaction, professional, non-professional students, gender

1. Introduction

Satisfaction is a Latin word that means to make or do enough. Satisfaction with life can be observed since it is not very easy to understand. Life satisfaction for Sumner (1966) is "A positive assessment of the conditions of his life, a judgment that, at least in general, compares favorably with his standards or expectations. Life satisfaction is the degree to which a person positively evaluates the overall quality of her/his life as-a-whole. In other words, how much the person likes the life he she leads. (The study of life satisfaction Erasmus universities Rotterdam) "Life satisfaction is a state of feeling pleasure in an organism, which is the ultimate goal that human beings are thriving to achieve in entire lives. Without life satisfaction, there is discord in the inner & outer self. It gives rise to a feeling of emptiness, meaninglessness, uneasiness in life. This paradoxical situation leads to a crisis of character, values and working efficiency. Life satisfaction includes the capacity for enjoyment. The more we can enjoy what we have, the happier we are. A person having high life satisfaction is expected to have a happy/higher adjustment with life and vice-versa. By the study of life satisfaction, we can monitor social progress. Life satisfaction of individuals in a group indicates the meaningfulness of life but when satisfaction level decrees, this indicates possible problems. We can also know about certain factors that play a positive role in maximizing life satisfaction and their assigned role in reducing dissatisfaction. Gender does not make any significant difference in interpersonal attraction among male and female partner of a couple Bajaj S *et al.* (2018) [5]. Ravikumar N *et al.* (2018), found that significant differences were found between professional and nonprofessional course students in life style and suicidal ideation. Professional students have more adapted life style and had more suicidal ideation compared to Nonprofessional course students. Kimberly, (2005) [2] examined Professional and Nonprofessional women changed in only of career motivation. Rohit V.K. *et al.*, (2015) [6] found that no significant difference between the life style of Science and Arts college students. Mahmoud *et al.*, (2019) reveals that nonprofessional student's life satisfaction level significant different found with consideration of residence and gender.

2. Methodology

2.1 Selection of Sample

For the present research the sample size was 180 students (pursuing for the degree of different professional and non professional courses).

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The sample was drawn randomly from different Faculties and Colleges of Udaipur city. The sample was categorized into 6 subgroups of Two Major categories of student’s Equal numbers of students i.e. (30) were selected from each stream like (B.A./B.com/B.Sc.) non-professional courses (L.L.B./M.B.B.S./ B.E.) professional courses respectively consisting both male and females. And their age range was between 18-25 years.

2.2 Tools for Data Collection

Lifestyle Satisfaction Scale

Lifestyle satisfaction scale developed by Prof. S. K. Bawa. Four dimensions in this scale 1. Career-oriented Lifestyle 2. Socially-Oriented Lifestyle 3. Trend Seeking lifestyle 4. Family Oriented Lifestyle. A Total number of 40 items (30 positive and 10 negatives) belonging to four different dimensions of lifestyle. Each item has five optional responses,

i.e., Strongly Agree, Agree, Indifferent, Disagree, and Strongly Disagree.

2.3 Method of Data Collection

For this study Data were personally collected by administering the selected standardized tools in the form of questionnaire. Participators were requested to carefully read the printed instruction and go through every statement of each question and to respond accordingly. It will be distributed to the students and after filling up, will be immediately collected. The participants took almost 30 -35 minutes in completing all the questions.

2.4 Data Analyses

Data were suitably coded, tabulated, analyzes and interpreted by using Statistical Package for Social Science (SPSS 17.0).t - test was used to analyze the data.

3. Results and Discussion

Table 3.1: Satisfaction level of Professional Students

| Dimensions | L.L.B | | M.B.B.S | | B.E | | Total % |
|------------------------------|--------------------|----|--------------------|-------|--------------------|------|---------|
| | Satisfaction level | % | Satisfaction level | % | Satisfaction level | % | |
| Career oriented life style | Dissatisfied | 0 | Dissatisfied | 5.0 | Dissatisfied | 0 | 1.67 |
| | Neutral | 25 | Neutral | 35.0 | Neutral | 35 | 31.67 |
| | Satisfied | 75 | Satisfied | 60.0 | Satisfied | 65 | 66.67 |
| Socially oriented life style | Dissatisfied | 0 | Dissatisfied | 5.0 | Dissatisfied | 13.0 | 6.11 |
| | Neutral | 65 | Neutral | 58.0 | Neutral | 60.0 | 61.11 |
| | Satisfied | 35 | Satisfied | 36.0 | Satisfied | 26.7 | 32.78 |
| Tread seeking life style | Dissatisfied | 5 | Dissatisfied | 5.0 | Dissatisfied | 6.7 | 5.56 |
| | Neutral | 90 | Neutral | 95.0 | Neutral | 93.3 | 92.78 |
| | Satisfied | 5 | Satisfied | 0 | Satisfied | 0 | 1.67 |
| Family oriented life style | Dissatisfied | 0 | Dissatisfied | 13.3 | Dissatisfied | 0 | 4.44 |
| | Neutral | 65 | Neutral | 75.0 | Neutral | 85 | 75.0 |
| | Satisfied | 35 | Satisfied | 11.67 | Satisfied | 15 | 20.56 |

It can be observed from table 3.1 that maximum number of L.L.B= 75% M.B.B.S= 60% and B.E = 65% are satisfied with their career-oriented lifestyle. All the students are satisfied with the career-oriented lifestyle. Professional Students are neither satisfied nor dissatisfied with their socially oriented lifestyle; however as compare to other professional students the L.LB students are more satisfied with socially-oriented lifestyle., Majority of students neutral 92.78% with trend

seeking lifestyle It can also be observed that none of the M.B.B.S and B.E students is pleased with the trend seeking lifestyle. 4.44% professional students are dissatisfied with family-oriented lifestyle, while 20.56% professional students are satisfied with the same. And 75% students are neutral Out of the three professional courses, L.L.B students are most satisfied with the family-oriented lifestyle.

Table 3.2: Satisfaction level of Nonprofessional Students

| Dimensions | B.A | | B. Sc | | B. Com. | | Total % |
|------------------------------|--------------------|------|--------------------|------|--------------------|------|---------|
| | Satisfaction level | % | Satisfaction level | % | Satisfaction level | % | |
| Career oriented life style | Dissatisfied | 5 | Dissatisfied | 0 | Dissatisfied | 11.7 | 5.56 |
| | Neutral | 50 | Neutral | 50 | Neutral | 40.0 | 46.67 |
| | Satisfied | 45 | Satisfied | 50 | Satisfied | 48.3 | 47.78 |
| Socially oriented life style | Dissatisfied | 5.0 | Dissatisfied | 8.3 | Dissatisfied | 6.7 | 6.67 |
| | Neutral | 40.0 | Neutral | 36.7 | Neutral | 43.3 | 40.0 |
| | Satisfied | 55.0 | Satisfied | 55.0 | Satisfied | 50.0 | 53.33 |
| Tread seeking life style | Dissatisfied | 15.0 | Dissatisfied | 0 | Dissatisfied | 16.7 | 10.56 |
| | Neutral | 80 | Neutral | 100 | Neutral | 76.7 | 85.56 |
| | Satisfied | 5 | Satisfied | 0 | Satisfied | 6.7 | 3.89 |
| Family oriented life style | Dissatisfied | 0 | Dissatisfied | 0 | Dissatisfied | 6.7 | 2.22 |
| | Neutral | 75 | Neutral | 66.7 | Neutral | 70.0 | 70.56 |
| | Satisfied | 25 | Satisfied | 33.3 | Satisfied | 23.3 | 27.22 |

It can be observed from table 3.2 that maximum number of B.com. (48.3%) and B.Sc. (50%) students are satisfied with their career-oriented lifestyle students. They are neither satisfied nor dissatisfied with their socially oriented lifestyle; however, as compare to other Non-Professional students, the B.A. students are more satisfied with socially-oriented lifestyle. Majority of Non-Professional students 85.56% are

neutral with trend seeking lifestyle, Out of the three Non-Professional courses, the students of B.A. are least satisfied with trend seeking lifestyle while the students of B.Sc. are most satisfied. Only 2.22% Non-Professional students are dissatisfied with family-oriented lifestyle, while 27.22% 1 students are satisfied with the same.

Table 3.3: T-results to measure the difference in the level of Lifestyle satisfaction of the Professional and Non-Professional Students

| Dimensions | Type of Students | Mean | S.D. | t-values | P-value | Result |
|-----------------------------|------------------|-------|-------|----------|---------|-----------------|
| Career Oriented Lifestyle | Professional | 33.48 | 3.895 | 2.881 | 0.004 | Significant* |
| | Non-Professional | 31.82 | 6.714 | | | |
| Socially Oriented Lifestyle | Professional | 27.99 | 4.435 | 0.178 | 0.859 | Not Significant |
| | Non-Professional | 27.88 | 7.606 | | | |
| Trend Seeking Lifestyle | Professional | 32.6 | 4.567 | 0.927 | 0.355 | Not Significant |
| | Non-Professional | 32.06 | 6.422 | | | |
| Family Oriented Lifestyle | Professional | 41.42 | 4.847 | 0.505 | 0.614 | Not Significant |
| | Non-Professional | 41.69 | 5.367 | | | |

Level of significance =5%

As it is show in table 3.3, to measure a significant difference in the carrier oriented life style of the Professional and Non-Professional students. T-test was applied, and results are presented career oriented lifestyle means score of professional students (33.48) and nonprofessional students means score (31.82) Non professional students are not satisfied with their carrier compare to professional students. Most of the nonprofessional students also choose the area in which they are not interested so they are confused about their goals of

life. They are not aware of the options available in the various fields. In compare to professional students they are not confused about their goals of life, they were aware of the options available in various fields. They often talk with their friend about their career. The majority of the dimensions, the students were neither satisfied nor dissatisfied with their lifestyle. While no significant difference exists for the rest of the dimensions.

Table 3.4: T-results to measure the difference in the level of Lifestyle satisfaction of the male & female Students

| Dimensions | Gender | Mean | S.D. | t-values | P-value | Result |
|-----------------------------|--------|-------|-------|----------|---------|-----------------|
| Career Oriented Lifestyle | Male | 32 | 4.492 | 1.844 | 0.066 | Not Significant |
| | Female | 33.09 | 6.13 | | | |
| Socially Oriented Lifestyle | Male | 27.34 | 7.111 | 1.499 | 0.135 | Not Significant |
| | Female | 28.34 | 5.506 | | | |
| Trend Seeking Lifestyle | Male | 32.37 | 5.636 | 0.118 | 0.906 | Not Significant |
| | Female | 32.3 | 5.539 | | | |
| Family Oriented Lifestyle | Male | 41.52 | 5.258 | 0.099 | 0.921 | Not Significant |
| | Female | 41.57 | 5.017 | | | |

As it is show in table 3.4. No significant difference has been identified in the scores of male and female students, so it can be concluded that there will be no influence of Gender on the level of life style satisfaction of the Professional and Non Professional Students.

4. Conclusion

In the present study, we found that when professional and non-professional courses students were contrast on measures of Lifestyle satisfaction it was found that the Professional course student showed satisfied only with carrier oriented lifestyle and neutral in socially orientated, trend seeking lifestyle and family-oriented lifestyle. Compare to the Non professional course students showed indifferent in carrier oriented, socially orientated, pattern-seeking and family-oriented. Diener, Suh, Lucas, & Smith (1999) show that Men and women are similar in their overall levels of life satisfaction." Education is very much crucial for everyone. It dispels mental illusions, and its place cultivates good thinking, high self-esteem, knowledge, attitudes, values, etc., which helps in bringing life satisfaction. All students they have no much time to spend to our family, social participation, social support, social cognitive skills, family relationships, social status, and other social outlets and affiliations. So this can be a reason for their neutral life style.

5. Suggestions

- Career counseling should be made compulsory in college/university.
- The best remedy can be to have direct talk with friends, keep healthy relationships with neighbours and participate in social activities which can provide

excellence in social lifestyle satisfaction.

- College and universities should organize seminars.

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