

Study Of Well Being In Relation To Life Style And Life Satisfaction Of Undergraduate Students

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ABSTRACT

Everything in our life is going very smooth but at one point, one is feeling lonely or having unhealthy meals then this will have impact on different arenas of life as a result one feels low and pessimistic. To develop an emotional well-being, one needs to develop his emotional skills like awareness of his emotions, managing and regulating his emotions and thinking in a positive direction. When such skills are developed, a person can better deal with anxiety, hardships and challenges. In a present era, much emphasis is put on maintaining life style which most of the times put pressure on a person and he suffers from anxiety and stress. It depicts a person's social and economic position in a social hierarchy. Education can help to achieve satisfaction in life. There are certain other factors like health, emotional security, financial security; secure family life affects the life satisfaction level. The researcher for the present study used descriptive survey method. Through random sampling technique, the sample of 200 under-graduates was taken from Panjab University. The Pearson product-moment correlation coefficient was used to analyse the data. Results revealed that the under graduate's well-being and life satisfaction goes hand in hand but in few cases, it may not. Moreover, Lifestyle and life satisfaction goes hand in hand but in few cases it is seen that life satisfaction is not much dependent upon life style.

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Introduction

Every human being on this planet wants to have good health, feel happy and prosper in life. When one is mentally sound and very much satisfied from life then he can manage his stress and anxiety in life as well. Everyone wants to remain well as this feeling includes feeling energetic and cheerful. The person will have healthy relationships around and will have purpose in life. These days well-being appears to be at a declining phase. For example, in developed countries though there is much development and high status of life but still they are not satisfied in life. Well-being can be improved by learning or increasing skills but it is not an easy task. It needs some extra work to improve your well-being. For instance, eating healthy food and not consuming any junk food, exercising and meditation. Furthermore, it can also be improved by setting goals in life and achieving them.

Well-Being

Well-being arises from our actions, thought process and day to day experiences of life. It can be seen in various forms. For instance, if a person is having an optimistic attitude then he has good emotional well-being. Also, if a person has good and congenial relationships with others then he possesses good social wellbeing. On the contrary, if someone loses his job, negative emotions will arise which will result into a lower wellbeing at his workplace. Like emotional and social well-being, physical well-being also exists, which has direct relationship with functioning of our body. Having dense nutritional food and regular work out will improve the physical well-being. If everything in our life is going very smooth but at one point, one is feeling lonely or having unhealthy meals then this will have impact on different arenas of life as a result one feels low and pessimistic. To develop an emotional well-being, one needs to develop his emotional skills like awareness of his

emotions, managing and regulating his emotions and thinking in a positive direction. When such skills are developed, a person can better deal with anxiety, hardships and challenges. A person can recover from failure and disappointment in a short time, if his level of emotional well-being is high. This results in achieving the goals in a better way. Physical well-being can be developed by developing healthy eating pattern and regular workouts. Healthy nutritional food is very much required to build strong body. Exercise boosts up the energy levels and develops strong immune system. A person is able to fight with any disease if a body is strong and healthy. In order to improve social well-being, one has to improve his social skills. The feeling of gratitude; kindness, love and compassion for others; better and healthy communication and empathetic attitude will help in improving social well-being. If this skill is improved then the feeling of low and loneliness will decrease. A person is able to accept the other person the way he is. There will be no judgements and more acceptances for each other's behaviour and attitude. Bakar, A.(2015).

Workplace well is also very essential. It is very much necessary that a person has balance between home and workplace. It is essential to develop skills that increase harmony between home and work life. Those persons who have better skills tend to enjoy life more as they give their best to both personal and professional life and lead a balanced and happy life. The feeling of leading a life where everything has its own place and none interferes in each other, leads to high levels of motivation, persistence and commitment. Borgan, S.,(2015).

Lifestyle

Lifestyle refers to one's point of view, expression and varied interest of an individual or a group or culture as a whole. This term was introduced by an Austrian psychologist Alfred Adler. According to him, it is "A

person's basic character as established early in childhood."It reflects individual's way of living, his standard of life, and values imbibed by him. Lifestyle differs from person to person as well as region to region because it is expression of self which further displays cultural expression. It includes political view, myths and region, health etc. All these shape someone's lifestyle. A person living in rural area will have different lifestyle from the person hailing from urban area. In society, lifestyle of a person is a symbol of a class to which a person belongs. A rich person will have entirely different lifestyle than a poor person. People belonging to various classes like high, middle and low class have their own lifestyle. In a present era, much emphasis is put on maintaining life style which most of the times put pressure on a person and he suffers from anxiety and stress. Different people have different connotations when it comes to life style but one thing is common that it depicts a person's social and economic position in a social hierarchy.

Life style differs from society to society because societies are diverse in nature. An individual life is influenced by his thoughts as well as society. He tries to better his lifestyle as per the conditions of the society. Lifestyle depicts the individual actions as well as his reactions. His image of self, how it is built in society and how he viewed his position in the hierarchy of social structure is very important to understand the influence of life style. Apart from materialism, health also play significant role in determining the lifestyle. The people who eat healthy and nutritional food and workout daily have high energy levels, better stamina and disease free life. It is believed that such people follow healthy life style. On the contrary, those who eat junk food having low nutritional level and do not work out are considered to be following unhealthy lifestyle. Baumeister, R.F., (2003).

Lifestyle also refers to following a certain style of living, the households an individual carries and the society in which he is brought up. A healthy lifestyle helps a person to deal psychologically, socially and economically. It can be expressed both in professional and personal behavior patterns. It reflects one's image about self. Lifestyle is individual's wants and needs which is affected by the culture, tradition, family background, and social class. Hence, it depicts an individual's position in the social set up which can be improved if a person wants to go up in the hierarchy of society. In the present era, much emphasis is given to individual's life style whereby materialism and consumption have major role to play. Media as well as social media act as the promoters of lifestyle and have major impact on the psyche of an individual. It represents the aesthetic art as well as tradition and culture. Dale, H., (2014).

LIFE SATISFACTION

Life satisfaction is a phase or a moment in life when one feels satisfied in life to an extent. It is a way in which people share their joys and sorrows, make their future plans, share love and friendship in their surroundings. There are certain moments where one feels satisfied from his life, for instance when someone is able to avail the resources like social and economic welfare, freedom of speech, attaining social position, increasing status. Certain things can go for and

against life satisfaction, for example, comfort or discomfort, company or loneliness, owner or disowner, protection and harm, smoothness or hardships.

Education can help to achieve satisfaction in life. For example, a person who is having bachelor degree can feel academically satisfied in comparison to a person who is not a graduate. There are certain other factors like health, emotional security, financial security; secure family life affects the life satisfaction level. It makes us feel joyful, lively and has a positive impact on our well-being. Fujita, F., & Diener, E. (2005).

Having an empathetic attitude instead of dominating behaviour will provide satisfaction from life. We live in an era, where there is chaos, confusion and insecurities all around. It is very difficult to achieve a good level of life satisfaction. Materialism makes the people believe that something is missing in life. People fail to recognise the ample gifts of life and they usually focus on what is missing. Life satisfaction is a feeling of enjoying the moment as it is. There is greater joy and happiness if one lives in a present moment. It is often seen that elders feel more satisfied in life as they have seen both low and high points in life. They tend to have better level of acceptance, love and compassion for fellow beings. Chow, H. P. (2005).

Life satisfaction can be improved when one tries to gain new experiences by breaking the monotony and adding something new to routine. Giving your best will help the person to achieve fulfilment and gratitude in life. When someone enjoys spending time with their loved ones, they are able to improve their social and communication skills. A person who is groomed properly will remain confident most of the time and is able to achieve his goal easily as compared to others. A charismatic person seems to be more satisfied in life than a person with dull personality. So, it can be said that physical health, emotional balance, harmony in personal and professional life, and positive outlook in life will prove helpful in satisfying the life to some extent. Hence, Leading ethical life and having high morale will help in getting satisfaction in life.

Borganet. al. (2015) studied physician's life style habits and well-being. It was a cross sectional study of Bahrain. Questionnaire was distributed through a random sampling technique to the sample of 175 out of a 320 physicians of Bahrain. The reports revealed that 29.6% physicians performed less than 30 minutes of exercise in a week. 98% reported that they never drink. Unfavourable life style habits were seen in the physicians of Bahrain. The public health sectors were encouraged to become pro-active and to assist the physicians of Bahrain.

Holm et. al. (2016) studied the effectiveness of exercises which are email based in promoting psychological wellbeing and healthy lifestyle. The questionnaire was distributed and 16499 respondents participated in one of the follow ups. The respondents who did exercises by following the instructions properly had improvements in their psychological well-being. Findings revealed that the interventions which were internet based promoted mental health and also it should be available to the people who are interested in improving their life style and well-being.

Sholeh (2017) explored the relationship between hedonistic lifestyle. A quantitative method was adopted and convenience sampling technique was used to collect 80

students of Islamic university of Indonesia. The findings revealed that there exists a significant relationship between hedonistic lifestyle and life satisfaction. Further, there is no significant relationship between hedonistic lifestyle and happiness.

McElroy (2019) studied wellbeing and lifestyle information in an urban rural setting. Survey method was adopted by the researchers. The questionnaires were distributed and information about socio economic and behaviour was taken. Results revealed that respondents were able to get the information online or from non-expert sources. Social media was accessed frequently but the information received from social media was not satisfactory and useful. The implication of the study was that the information providers must provide information in the print form and face to face.

OBJECTIVES

- To study well-being, lifestyle and life satisfaction of under graduate students.
- To study well-being in relation to lifestyle and life satisfaction of under graduate students.

HYPOTHESIS

- There exists no significant relationship between wellbeing and lifestyle and life satisfaction of under graduate students.

STATISTICAL TOOLS

- **S. K. Bawa and S. Kaur. Life Style Scale.** (LSS–BK) Hindi/English I I 1000 (This scale consists 60 items into six dimensions--I. Health Conscious, II. Academic Oriented, III. Career Oriented, IV. Socially Oriented, V. Trend Seeking, VI. Family Oriented. It was standardized on students of Higher Education [Adult]).
- **Hardeo Ojha. Life Satisfaction Scale (LSS–OH)** Hindi/English I I 750 (This scale consists 20 items. The scale was administered on 100 young (21–40 years) 100 middle aged (over 41–60 years) and 100 old (over 61 years & above.) 1011 P Q. G. Alam and R. Srivastava. Life Satisfaction Scale (LSS–AS) Hindi. II 750 (It contains 60 items divided into six areas — I. health, II. personal, III. economic. IV. marital, V. social and VI. job. Standardized on 875 adults aging between 18 to 40 years.)
- **D. S. Sisodia and Pooja Choudhary. Psychological Well-Being Scale (PWBS–SDCP)** Hindi/English I I 750 (The scale consists 50 items in Five Area—I. Satisfaction, II. Efficiency, III. Sociability, IV. Mental Health, V. Interpersonal Relation. This scale was standardized on 16 to 60 years age.)

Methodology

The researcher for the present study used descriptive survey method. It is a method in which the present or existing phenomena is studied which further gives solutions and plans for the policies to be adopted to improve the scenario. Through random sampling technique, the sample of 200 under-graduates was taken from Panjab University. The instructions and guidelines were given by the researcher to

the under graduates to fill up the questionnaires. The scoring of the data was done for further analysis.

STATISTICAL TECHNIQUES:

The Pearson product-moment correlation coefficient was used to analyse the data.

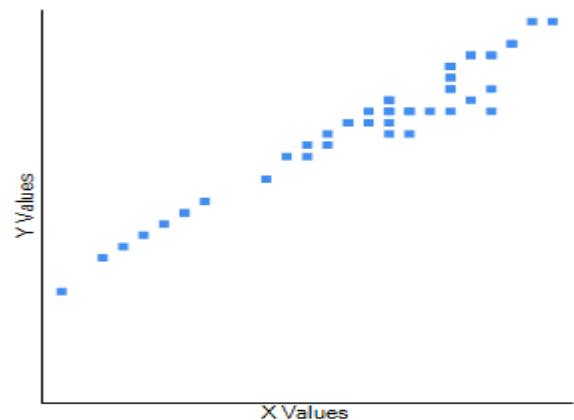
Analysis and interpretation:

Data was analysed through SPSS software.

		WELL-BEING	LIFESTYLE
WELL-BEING	Pearson Correlation	1	.972**
	Sig. (2-tailed)		.000
	N	49	49
LIFESTYLE	Pearson Correlation	.972**	1
	Sig. (2-tailed)	.000	
	N	49	49

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

Figure 1



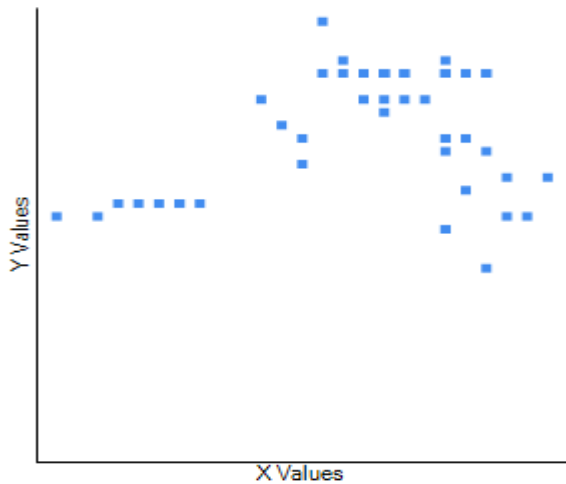
The value of R is: 0.972.

From the above table and figure, it can be interpreted that there exist strong positive correlation, which means that high well-being scores go with high life style scores (and vice versa).

2 Correlations

		WELLB EING	LIFESAT ISFACTI ON
WELLBEIN G	Pearson Correlation	1	.266
	Sig. (2-tailed)		.065
	N	49	49
LIFESATISF ACTION	Pearson Correlation	.266	1
	Sig. (2-tailed)	.065	
	N	49	49

Figure 2



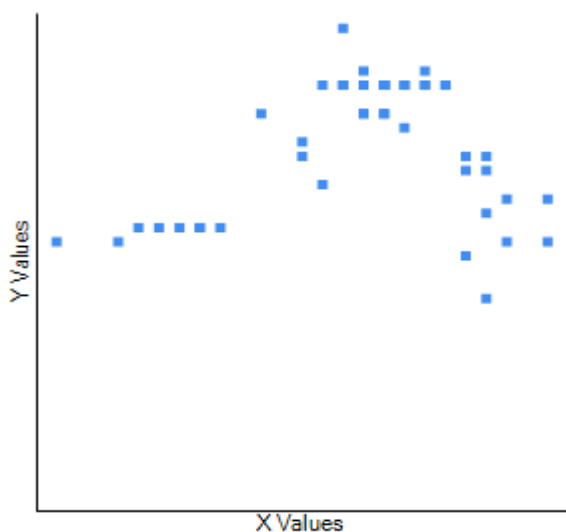
The value of R is 0.266.

From above table and figure, although technically a positive correlation, the relationship between well-being and life satisfaction is weak (the nearer the value is to zero, the weaker the relationship).

Correlations

		LIFESATISFACTION	LIFESTYLE
LIFESATISFACTION	Pearson Correlation	1	.166
	Sig. (2-tailed)		.255
	N	49	49
LIFESTYLE	Pearson Correlation	.166	1
	Sig. (2-tailed)	.255	
	N	49	49

Figure 3



The value of R is: 0.1658.

From above table and figure, although technically a positive correlation, the relationship between Life style and life satisfaction is weak (the nearer the value is to zero, the weaker the relationship).

CONCLUSION

Well-being can be improved by learning or increasing skills. Life satisfaction can be improved when one tries to gain new experiences by breaking the monotony and add something new to routine. A person whose well-being is good, he tries to keep his lifestyle smooth. A healthy lifestyle helps a person to deal psychologically, socially and economically. Furthermore, results revealed that the under graduate’s well-being and life satisfaction goes hand in hand but in few cases, it may not. Moreover, Lifestyle and life satisfaction goes hand in hand but in few cases it is seen that life satisfaction is not much dependent upon life style. Hence, it is necessary that one should give emphasis on well-being so that life style and life satisfaction can be improved. Hence, hypothesis got rejected

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