

Level of Happiness and Life Satisfaction among Married and Unmarried Females

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Abstract

Purpose- Studies looking into happiness and life satisfaction are plentiful. The purpose of this research is to investigate and make comparison between the level of happiness and life satisfaction among married females and unmarried females.

Design/ Methodology/ Approach –The data is based upon a survey questionnaire administered to married and unmarried females. A detailed synthesis has been provided in this paper that highlights the major components of positive psychology i.e. Happiness and life satisfaction.

Findings – The results of the study shows that there is positive correlation between marriage, happiness and life satisfaction. Married females were more happy and satisfied than unmarried females.

Practical Implications – This study aims at exploring the factors that affect the female's life before and after marriage in Pakistan. To maintain the balance between female's life before and after marriage, she needs to define her role in the society. Happiness and life satisfaction are the key factors in female's life that seek to strike a balance between married and unmarried life.

Originality Value – Several researches discussed the practical issues in Pakistani society. This is a unique study as it aims to explore the positive factors of female's life before and after marriage especially in Multan (Pakistan) where very limited research has been done to investigate the positive psychological factors.

Keywords Females, Happiness, Life Satisfaction, Marriage

Research type Research Paper

The current issue of this journal is available on the official website of Institute: <http://www.ibfbzu.edu.pk/sajbs>



South Asian Journal of Banking and Social Sciences

Vol. 02, No.01 (2016), ISSN: 2410-2067

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1.0 INTRODUCTION

Happiness and life Satisfaction are identified with each other. Happiness is a psychological or passionate condition of wellbeing portrayed by positive or charming feelings running from satisfaction to serious happiness (Wordnet, 2011). The connection between marriage and wellbeing has been clarified by two unique procedures: social determination and social causation. As per the social determination point of view, people with large amounts of prosperity will probably get hitched and remain married than people with down levels of wellbeing. Then again, the social causation viewpoint recommends that the conjugal relationship creates elevated amounts of prosperity.

Specialists in help of the social causation point of view contend that the marital relationship creates elevated levels of wellbeing principally on the grounds that it gives people delight and rewards, social help, and social control. Albeit a few research ponders have been directed which investigate the idea of joy and life satisfaction, however this exploration tries to show an examination of joy and life fulfillment in wedded and unmarried females of Pakistan.

The main objective of the research study is to explore the factors that affect the female's life before and after marriage in Pakistan. To maintain the balance between female's life before and after marriage, she needs to define her role in the society. Happiness and life satisfaction are the key factors in female's life that seek to strike a balance between married and unmarried life. Several researches discussed the practical issues in Pakistani society. This is a unique study as it aims to explore the positive factors of female's life before and after marriage especially in Multan (Pakistan) where very limited research has been done to investigate the positive psychological factors.

More specific objectives of this study are as follows:

- I. To explore the linkage between life satisfaction and level of happiness.
- II. To investigate the comparison between life satisfaction and level of happiness among females with different marital status (married/unmarried)
- III. To explore the level of happiness in unmarried females only.
- IV. To explore the level of life satisfaction in unmarried females only.

2.0 LITERATURE REVIEW

Happiness is a psychological or passionate condition of wellbeing described by positive or wonderful feelings going from happiness to serious euphoria. An assortment of organic, mental, religious, and philosophical methodologies has endeavored to characterize happiness and recognize its sources. Different research gatherings, including positive brain science, attempt to apply the logical technique to answer inquiries regarding what "joy" is, and how it may be accomplished (universes' report 2012).

Despite the fact that fulfillment with ebb and flow life conditions is regularly surveyed in explore considers, (Diener, et al., 1999), it likewise incorporate the accompanying under life fulfillment: one want to change his/her life; fulfillment with previous life; fulfillment with forthcoming life; and critical perspectives of one's life regarding other's (Beutell, 2006). Previous studies found a positive correlation between the level of happiness and life satisfaction. Very less work was done on females to check their happiness and life satisfaction. This research is undertaken to investigate the comparison between life satisfaction and the level of happiness among married females and unmarried females.

One late examination proposes that unmarried ladies are troubled not on the grounds that they are single but rather in light of the fact that society doesn't favor of their singleness. The investigation found that ladies who were unmarried were marginally unhappier than hitched ladies, and that the probably reason was on account of they had "disregarded" typical conduct and needed to persevere through objecting looks (Meghan, 2011).

An exploration targeting spiritual intelligence and Life Satisfaction among females (Married and Unmarried) was focused by Syed Mohammad. It showed that the rate of life satisfaction in wedded females is more than in unmarried females (Syed, 2014). Another exploration on "The connection between marital status and satisfaction with life among South African grown-ups" by Ferdi Botha and Frikkie Booyesen recommended that marriage is emphatically connected with life satisfaction among ladies, yet not among men (Ferdinand and Frikkie, 2012).

A study was conducted by N. Hasnain, Shadab Ahmad Ansari and Shelly Seth in 2011. The main objective of the study was to examine Life Satisfaction and Self Esteem in Married and Unmarried Working Women. Unmarried females were found less satisfied than married females (Hasnain, Shadab & Shelly, 2011).

The empirical researches perused in above mentioned reviews have almost all discovered a noteworthy association between happiness, life satisfaction and marriage.

3.0 RESEARCH METHODOLOGY

The following study is a quantitative research based on the method of comparison research design. Research participants were 100 married and unmarried females (50 married and 50 unmarried) all residing in Multan, Pakistan. The mean age was 37.3 years (SD= 8.2). Ethnicity of participants was not evaluated. The participants were aged between 19 to 28 years and their educational level varied and also they were available at the time of study and were willing to participate in the research.

The objective of this study was to investigate the relationship between happiness and life satisfaction among married and unmarried females. On the basis of important factors identified in the literature review the following hypothesis can be developed for this study:

H1. Level of happiness is high in married females as compared to unmarried females.

H2. Life satisfaction is high in married females as compared to unmarried females.

H3. Females with isolated family styles are less happy than females in nuclear family styles

H4. Females with isolated family styles have more life satisfaction than females with nuclear family styles.

H5. Happiness and life satisfaction are positively correlated.

To collect the information for the present study, two Scales were used. The Oxford Happiness Questionnaire by Argyle & Hills (2000) and Satisfaction with life scale (Diener, et al.,1985) respectively. The OHI comprises 29 items where each item involves the response marked on one of four given options that are unlike for every individual item. The OHQ incorporates comparable things to those of the OHI, each introduced as a solitary proclamation which can be supported on a uniform six-point Likert scale.

The SWLS is a short 5-item instrument intended to quantify global cognitive conclusions of satisfaction with one's life. The scale usually requires only about one minute of a respondent's

All the participants were approached at their departments individually. First of all the participants were informed about the purpose of the study and afterwards they were given the instructions regarding the fill up of the questionnaires. The confidentiality of their responses was ensured to them. They were told that their identity would not be disclosed to any one and their responses will be used only for research purpose. The data was statistically analyzed to assess the psychometric properties of the two measures with independent T-test.

4.0 RESULTS AND DISCUSSION

The collected data was analyzed using Statistical Package for Social Sciences (SPSS). Correlational analysis has been used to highlight the various trends observed during the data analysis. Demographic variables such as gender, age, family style and education level were also included.

Table 1 Means, standard deviations and t- values on happiness scale with regard to marital status

Groups	N	M	SD	t	Sig.
Married	50	103.42	7.443	0.654	0.002
Unmarried	50	102.36	6.708		

df= 98, *p*< 0.05

The table shows significant differences that married females are happier than unmarried females. The findings of the study support the hypothesis

Table 2 Means, standard deviations and t- values on life satisfaction scale with regard to marital status

Groups	N	M	SD	t	Sig.
Married	50	18.40	3.332	7.01	0.000
Unmarried	50	24.12	4.520		

df= 98, *p*< 0.05

The *p* is smaller than .05 which supports the hypothesis that level of life satisfaction is higher in married females than in unmarried females.

Table 3 Correlation between happiness and life satisfaction

Scales	Happiness
Life Satisfaction	0.167

The findings of table indicate that there is positive correlation between happiness and life satisfaction with the value of .167 in females.

5.0 CONCLUSION

This research is undertaken to investigate the comparison between the level of happiness and life satisfaction among married and unmarried females .Analysis of results was based on hypotheses of this research. The reason for choosing females as a sample in this research is based on the ground that many females are not matured emotionally. They attribute their stressful events according to their emotional or situational factors so, it's important for them to be aware of their personality type to face and cope with these stressful life events and to stay happy.

In the previous research, the level of happiness and life satisfaction was negatively correlated in females (Claire, 2012). However in present research it is found that level of happiness is positively correlated with life satisfaction.

This study was a foundational level research. It is suggested for further researchers that Sample should be large enough to represent the whole population. Date collection should be collected from all the cities of Pakistan and other relevant research methodologies can be used.

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