

# THE PURPOSE OF LIFE

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**ABSTRACT**--*This study tries to focus on how an individual gets his/her purpose in life. Instead of telling the importance we have to start making a way or creating or building a new direction for an individual to easily access their purpose in life without making confusing by showing the complexity of this issue. All of us have to start working on this issue because our brothers and sisters are dying with enough knowledge of purpose but without living it. One can be 100% sure, if individuals couldn't get their purpose in life, the percentage of having satisfaction in their life becomes very low. All of us have to stand together, this is our issue. In general, many scholars gave much information about the importance of purpose in life but they are not able to create, build, and make a way of getting it. The author believes there should be a way and in addition to that, this study suggests that all of us including the scholars have to focus on answering how an individual's able to access their purpose in life instead of telling how important it is.*

**Key Words**--*purpose in life, meaning, purpose, life, goal*

## I. INTRODUCTION

This paper tries to analyse how the two terms purpose and life makes sense for everyone and check the variation in the levels of understanding. It also questions why people get confused about purpose and goal in life. In addition to that, it also tries to make a way for an individual to get his/her personal life purpose. As it is known there is something behind our back that is holding us to live our own lives in a unique way. A dozen peoples give a different definition of the concept but they didn't give a way of getting it. ....it is believed that giving or telling the importance of purpose in life without making a way how to get to it, is like travelling to somewhere without the knowledge of how to go there. This thing will show in many people's in many ways, they may not get satisfaction from what they did, they don't feel comfortable while they have goods in their hands and they may not be sure about what they are going through...those are signs we observe from an individual that didn't get their purpose for their life. This is all because they are not able to figure it out even if they have a desire for it. The researcher believes that there should have a way to know how to get a purpose in life.

For about many years more than seven thousand writers give their assumption about this topic, this shows how much important and focus need area it is.

Did you know?

This issue is one of the main reasons for suicide?

Many are dying without living their purpose?

Are Peoples working their job without loving it?

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Many marriages are dying because of this issue?

This is the reason for our young generation to loss of satisfaction in all things?

This issue is the reason for the loss of self-confidence of an individual, lack of passion to work, feeling of hate for life...? World have to think about this if individual loss satisfaction on thing the consequence may become worst for all of us. And is this thing leave like nothing or forgot things become so difficult this generation have a question on his mind it is before start doing things he needs why? and how? Because of this and many reasons, things need everyone's attention.

Nowadays many literates speak the word "purpose" without proving it.

The researcher wants to question world including all the researchers who are engaged in this issue that, is that enough for an individual to have a knowledge of the importance of driving bike/car without knowing how to drive?

The writer believes there should have a way to all of us to now how to get our purpose in life.

## II. LITERARY SURVEY:

[1] The purpose driven life. Chapter number one of this book we get a question "why we are doing what we are doing?", the way that everyone discovers his/her life purpose is centred on this question. If anyone can't answer the question...this book says this "Without purpose, life is motion without meaning, activity without direction, and events without reason. Without a purpose, life is trivial, petty, and pointless.". And this book tries to give a direction for how we find life purpose by examining Jesus Christ teaching. And the central point of all is ..there is some hidden party that is responsible for all individuals who are born on earth to have a purpose in life...knowing the purpose of life gives joy for one individual and at the same time for the hidden parts. In general, this book tries to tell us the way that we found purpose in life is to have a better relationship with the one who put purpose for all of us...he is the one who is able to answer the base questions "why" and "how" .... The hidden party set principles that helps an individual to know how to get purpose in life, those are Holy bible and prayer. In addition, this book tries to give an information about human character development process through knowing the purpose in life and all thing are connected with the hidden party ,he is the one who gives purpose ,he is the one that is able to answer our "whys" and our "how's" concerning purpose in life and all other staffs too , he is the one that makes us sufficient for our purpose and he is the one who helps us not to give up for our purpose in life journey. [2] The call: Finding and Fulfilling The Central Purpose of Your Life: in this book, we get some information about calling or in another word purpose of being on earth ... "Covey doesn't tell us how to define the spirituals. This is the core point of the book.

It makes calling the core for spiritual life but not for spiritual only ..calling works for social , mental and physical aspects also."Calling is the truth that God calls us to Himself so decisively that everything we are, everything we do, and everything we have is invested with a special devotion and dynamism lived out as a response to His summons and service." The bold phrase tells us calling another name for purpose, in other word everything we do is up to the one who called us to live life on earth. This shows us God is the one who called us and who knows how to get our life purpose. The book tells us that we all are called one by one that is why "Comparisons are idle, speculations about others a waste of time, and envy as silly as it is evil. We are each called individually, accountable to God alone, to please Him alone, and eventually to be approved by Him alone." This book tries to

show us that calling is a base for individual identity and an understanding of humanness itself. If one can't get his calling in life that individual will never get satisfaction or enjoyment from what he/she does. "when He calls us, He enables us to do what He calls us to do." This statement shows us all that if we want to know how to get our purpose in life, first we have to know who called us and the second thing we have to know the caller is responsible to make us known our purpose in life. [3]Purpose, hope, and life satisfaction in three age groups: "Results of this cross-sectional study revealed that having identified a purpose in life was associated with greater life satisfaction at these three stages of life." This tells us that purpose is inter linked with other main part of life such as satisfaction and hope for different level of life. "Pursuing a purpose involves aspects of both the good life and the meaningful life, and in this way, purpose is indirectly linked to subjective well-being." "Purpose, as these studies define it, includes both internally-directed as well as externally-directed sources of meaning in life. "those two points of this book shows us the significance of purpose in life for all individual. This book tries to hypothesise that purpose is positively associated with that of life satisfaction and both purpose and hope are inter linked to find one another because they are future oriented, they help each other ...for instance "hope seems to play a critical role in keeping purposeful individuals committed to their aims over time." As the difference in age among an individual's their definition of purpose also get changed, Youngs define it to have meaning in life while older adults need it to have identification of their source of meaning for their live.in general this paper tries to give us the evidence that purpose in life is much important in associated with hope and life satisfaction in different age. In addition it gives direction of searching for purpose for live even if it is differ from age but not in general manner ..that means there have to be a why how to get purpose in life.. Giving information with out giving the application that we all access in nothing. The authors of this book believes in way of getting purpose in life but "the purpose of this paper was to explore the relationship among purpose, hope, and life satisfaction in three age groups: adolescence, emergent adulthood, and adulthood"[4]The Life Engagement Test: Assessing Purpose in Life: as many other book this book also tries to show us the importance of purpose in lifeand this book want to give us direction of assessing purpose in life through different scales.. including purpose in life associated with life satisfaction and age-based assessment of core issue through life engagement test. By the help of this life engagement test this book tries to take different samples from different areas, such us gender zone being women and men, in different age zones .. in addition to that I observe that this life engagement test helpthe authors to get clear areas that purpose in life impact." The LET was specifically designed to assess purpose in life by assessing the extent to which people engaged in activities that they found valuable and significant." this shows us LET is a mechanism in which we assess purpose in life throughout our activity engagement. Additionally, this book tries to say to us information on" Purpose in Life Scaleto a new sample, to determine which purpose in life scale provided the better prediction of subjective well-being" this area, that means purpose in life associated with that of well-beingness of individuals. "The partial correlations between the Life Engagement Test and the indicators of subjective well-being were controlled for the Purpose in Life Scale", this was taken from one sample and it shows the issue that we are focusing control the healthiness of individual and life engagement test it self both are under the control of purpose in life. [5]FACTOR STRUCTURE, CONSTRUCT VALIDITY AND RELIABILITY OF THE SEEKING OF NOETIC GOALS (SONG) AND PURPOSE IN LIFE (PIL) TESTS: "The development and application of the Purpose in Life (PIL) test, an attitude scale designed to measure the degree to which an individual experiences a sense of meaning and purpose in life" . this book stands for testing purpose in life and the motivation that an individual has to find

meaning and purpose in life. And this book tries to show us that an individual who found meaning and purpose in his life, have other motivation to seek more but for an individual who did not find meaning and purpose in life he will face some problems. Additionally, the writers want us to know the correlation between seeking of notice goal with that of purpose in life. one is complementing to another. Positive correlation between those two parts brings strong motivation to seek meaning and purpose. There are also other correlation areas of this book those are my life at present, my life in the future and present-future life discrepancy. In those factors make a change between the correlation of seeking of notice goal and that of purpose in life in many ways such as in gender difference have different value of motivation to find meaning and purpose in life. Overall concept of this book is concerning on test of motivation to find meaning in life. As mentioned before the strength of this motivation is directly focus on the correlation of seeking of notice goal and purpose in life. [ 6] PURPOSE-IN-LIFE TEST: FURTHER CORRELATES: “The purpose of the present study was further to investigate the construct validity of the PIL by studying the relationship between PIL scores and various measures of the personality of normal and schizophrenic subjects.” This book wants us to the validity of the purpose in life test through the relation that this test has with the subject. There are also other groups that the authors use to get the relation among the issue that we are dealing with. This paper summarises the values that they obtained from the purpose in life test are not related to that of age instead those are related to that of anxiety and anxiety proneness In an inverse manner. this paper use university students for a sample test. another thing that this test helps them to know the meaning of life, to have a purpose in life and to understand the well-beingness of an individual. [7] The role of purpose in life in healthy identity formation: a grounded model: the writer believes that there is a relation in the identity formation and purpose in life but he wants us to know that there is lack of this topic. It mentions that youths are explored and commit to both purpose and identity in the same manner. This book tries to give the definition of both identity and purpose in life. The purpose in life definition have importance’s dimension as the book mention even is it didn’t mention how we can make it applicable. It mentions that from 100 adolescent 20 of them only develop a clear sense of purpose in life. This shows that the progress towards purpose in life have a great role on identity formation of the individual. Sample taking the format of this book was a little bit different because of those two points ...it was taken in the case-study form and as the author mentioned it helps them to distinguish purpose in life with that of identity formation. Finally, this paper gives us information about those to concepts overlapping on another and it suggests that committing to a purpose in life is the key to good youth identity development and also the well-being of the individual.[8]The Role of Purpose in Life in Recovery from Knee Surgery: this book wants to tell us all that if an individual has his/her own purpose in life this makes a sense of the meaning of life as the same time, a feeling that their life gets a direction to flow. They believe that to measure the sense of this purpose in life, that all individuals have to set a valued goal that will help them to be healthy and well and add to get meaning of their life. In addition to that this paper take another mechanism of checking the sense of the individuals what they call it positive outcome expectancies.” it was expected that (purpose in life) PIL would be important beyond neuroticism because (purpose in life) PIL is not just the lack of negative affectivity but involves the belief that there is a reason to live.” This shows the crucialness of purpose in life of an individual to stay alive. this paper uses older adult as a sample “who had severe osteoarthritis of the knee and elected to have total knee replacement surgery” to observe that this PIL can help them to get quick recovery during this diagnosis. finally, the authors discuss about having purpose in life play important role in those case of getting quick recovery of those older adult individuals and this shows PIL is

again important for an individual well-being mentally and as there sample shows physically also it plays such an important role.[9]The The purpose in Life Test-Short Form: Development and Psychometric Support: purpose in life is may have two faces .one it can be related to individual well-being, hope, love and other relation with depression, anxiety. those two cases are namely called positive psychology and negative psychology, respectively. Their living samples were undergraduate student.....” unique psychometric contributions that the (purpose in life) PIL-SF offers in relation to other measures of meaning when predicting psychological distress” . in this study many items are collected for the help to distinguishing those formats, PIL with that of PIL-SF. Again, this study also concerns the correlation and cooperation of purpose in life with that of meaning, life satisfaction, and other negative variables such as depression, anxiety and other variable factors. Everyone can observe this paper is all about the relation of purpose in life with individual satisfaction, and ways of development of a psychometric supporting mechanism for those undergraduate psychology students as beginning.somehow this book has some complexity in sample taking area.[10] Purpose in Life as a System That Creates and Sustains Health and Well-Being: An Integrative, Testable Theory: “Purpose is a central, self-organizing life aim that organizes and stimulates goals, manages behaviours’, and provides a sense of meaning.” from this we can observe that purpose is a base for an individual life and it is difficult to think our life satisfaction, well-being, our behavioural development without purpose. The purpose is well defined in this paper almost it can able to summarise all in one .it mention that purpose is different from that of goal, the authors knew that the concept of purpose needs wide range view than before. “Our perspective on purpose is consistent with behavioural congruence models of personality that suggest people derive the greatest positive experiences when they participate in activities congruent with their habits and predispositions.” In general, we observe that this book also tries to link human health and being well in both ways physical and mental, with that of having purpose in life, as the same time it tries to make us sure that if an individual didn’t get their purpose in life they may face difficulties in their health.behavioural development, motivation, meaning in life those issues are also under the sense of having purpose in life.

### **III. FINDING**

The author of this paper says this, the initial idea before reading those scholars paper was making, creating, building a way that an individual’s get easily assess their purpose in life instead of giving or talking the importance of it. The conclusion goes to all scholars are busy by giving information on how important it is , its link with individual well-being mentally and physically in different age groups this is all they tries to give us , in general they are good by giving information about the issue but they are weak by making direction to answer how individuals get their purpose in life easily and another thing we can observe all they are making complexity in sample taking process it get shortage in addressing or we can say in other ways there sample get difficulty of being in application and to assess by individuals. The author appreciates same books on the area they select for instance “Purpose in Life as a System That Creates and Sustains Health and Well-Being: An Integrative, Testable Theory:” and “The purpose driven life” those two books are more helpful for this study even if they try to give information about the issue, they are well aware of the real scope of the issue.

### **IV. RECOMMENDATION & CONCLUSION**

The author recommends that all individuals to start working on “how to get or assess it” instead of “why important it is” because of many reasons. for instance, people we can’t find paper concerning “how to get or assess it” issue this is number one recommendation. The second thing is, lack of satisfaction, mental and physical sickness, meaningless life, those all things are only solved by having purpose in life. this work for all class of life and for different level also. Third thing is there should have a way of assessing individuals’ purpose in life this can be also the main reason that all of us get to start and focus on. Fourth thing we have to believe the importance of an individual with a purpose in life, for this we can examine our models in study. we are studying their formulas because making formulas is their purpose in life that is way the get success. The author believes that for sure things going to be change if we work on this issue because it is the root for all.

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