

# WHO DOESN'T WANT TO BE SATISFIED IN LIFE? TESTING A STRUCTURAL EQUATION MODEL BASED ON PSYCHOLOGICAL WELL-BEING

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**Abstract:** Who doesn't want to be dissatisfied in this world? None! So, if satisfaction is that important, we need to understand the variables which should be focused upon so that more and more people can become satisfied. The aim of this research is to explore the relationship between the constructs related with Psychological Well-being and Satisfaction with Life using the scales developed by Diener in 2009 and 1985 respectively. Usage of a common term by people for valuing different aspects related to their life, body and mind, the events taking place and the circumstances in which they live, led to a convergence between these constructs related to happiness (Diener et al, 2006). The relationship between psychological well being, and Satisfaction with Life was examined using Structural Equation Model (SEM). The scales are adopted from (Diener, 2009); Lyubomirsky & Lepper (1999). The participants in this research were 212 students studying in university. Standardized beta in the Structural Equation Model showed that the most significant predictor of Psychological well being was "I lead a purposeful and meaningful life" and of Satisfaction with life it was "The conditions of my life are excellent". Results have been discussed in accordance with the related literature.

**Keywords:** Psychological Well Being (PWB), Satisfaction with life (SWL)

## INTRODUCTION

In the domain of positive psychology, Diener (1984, 2000) explains happiness as having more of life satisfaction with positive effect and less of negative effect. Seligman and

Csikszentmihalyi (2005) positive psychology is focused on happiness, well-being of individuals, creativity and positive experiences with life.

Baumeister et al, (2013) satisfaction of needs and wants increase happiness in the present but didn't added to meaningfulness in life which is important for present as well as future. Thus happiness is related only to being a 'taker' whereas meaningful life is related to being a taker as well as a giver. Abe (2016), at times there may be a trade-off between "happiness and meaning-making" and a change in their patterns can occur in long-term.

Parks et al (2012) carried out three studies based on three statements: what are the traits of happiness seekers; what do they do purposefully for becoming happier; and how they make use of the self-help resources, and found a preliminary picture of the characteristics of happiness seekers' and their naturalistic behaviors.

There is significant relationship between happiness, psychological domain of quality of work life, and life satisfaction (Medvedev & Landhuis 2018).

Happiness depends on "aggregated positive and negative feelings" (Diener, 1984). It is an outcome of subjective evaluations of life experiences of an individual or his/her satisfaction with life (Diener, Lucas & Oishi, 2005). In terms of psychology, happiness is often used synonymously with subjective well-being (Lyubomirsky, 2013). Happiness is an emotion which results in an individual's subjective well-being when combined with other positive emotions (Diener, 2000).

### **Psychological well being**

Aristotle (1947) states that "both the general run of men and people of superior refinement say that (the highest of all goods achievable by action) is happy...but with regard to what happiness is they differ, and the many do not give the same account as the wise."

When an individual assigns different meaning to the notions of difficulties faced by him in life, happiness or psychological sense of well-being stand out as the important ones (Bradburn & Caplovitz, 1965)

An individual's psychological well-being is the degree to which one has more positive interventions as compared to negative interventions (Bradburn and Caplovitz, 1965). Psychologists who patronise the hedonic view focus on the viewpoint that happiness is a combination of physical and mental satisfaction both (Kubovy 1999). The concept was further refined by Diener and Lucas, 1999 who suggested that happiness cannot be reduced merely to physical hedonism, it can rather be attained by achieving the goals and valued outcomes in varied realms.

Research on well-being can be categorised into two groups: , the hedonic viewpoint which focuses merely on subjective well-being, generates happiness which is the result of more positive and less negative effect leading to greater life satisfaction; The pleasure and pain continuum in human experiences can be assessed using the Subjective Well Being (SWB) scale which comprises of three components: satisfaction with life, the existence of positive mood, and the non- existence of negative mood (e.g. Diener & Lucas 1999).

Happiness results in subjective well being when it is combined with other positive emotions (Sagiv, Roccas, & Hazan, 2004). Subjective well being is said to have exist when the positive emotions of a person are stronger than the negative emotions (Diener, 2000). Quality of work life can be evaluated by focusing on both, subjective well being i.e. self-perceived happiness and satisfaction with one's life along with measures of objective well being (Myers, 2013). This broader perspective was further researched upon in subsequent years and an expanded form of well-being emerged (Ryan & Deci, 2000).

### **Satisfaction with Life**

Quality of work life includes objective dimension as it includes income, friendship, social network, access to services (Valois et al, 2006) and subjective dimension as it includes the judgements related with overall life satisfaction or satisfaction from particular aspects like work, family, friends etc. (Oishi, Diener, Lucas & Suh, 1999). Life satisfaction is an essential part of quality of work-life which includes in its fold both- life satisfaction and subjective well-being (Diener, Oishi & Lucas, 2003). Life satisfaction is the “overall cognitive evaluation” of an individual's life and is an indicator of their mental and physical health which assesses the degree to which a person perceives the quality of his life as a whole (Compton, 2005), Veenhoven, 1996). In general, people want to be happy and they strive to optimize or increase happiness and the related factors like well-being and life satisfaction (Ryan and Deci, 2000; Larsen and Prizmic, 2004).

### **The Present Study**

Hypothesis 1: Psychological well being has significant effect on satisfaction with life

### **Method**

#### **Participants**

This research was carried out on a sample of 212 university students who were young adolescents. Their age ranged from 19 years to 24 years. Out of the total sample 58 % were females and 42% were males. The students were enrolled in different courses of the university- Engineering (39%), Medical (21%), and Humanities and others (40%).

## **Instruments**

### **Psychological Well Being Scale**

Famous psychologist Ryff (1989) developed a 42-item “Psychological Well Being (PWB) Scale” for measuring six measures of wellbeing and happiness. The responses to the 8 item scale given below were sought using the 7 point scale; 7 indicating strongly agree and 1 strongly disagree. The total score ranged from 4 to 28 wherein the higher scores indicated higher psychological well being.

The result of test-retest reliability of the scale was ( $r=.78$ ) and item total correlation varied between .75 and .80. The higher score of goodness of fit index indicated higher level of Psychological well being (NFI=.96, CFI=.97, RFI=.95, GFI=.95, AGFI=.86, RMSEA= .056, and IFI=.95). The Cronbach Alpha which is a measure of internal consistency was .78.

- “I lead a purposeful and meaningful life.
- My social relationships are supportive and rewarding.
- I am engaged and interested in my daily activities.
- I actively contribute to the happiness and well-being of others.
- I am competent and capable in the activities that are important to me.
- I am a good person and live a good life.
- I am optimistic about my future
- People respect me”

### **Satisfaction with Life Scale**

The Satisfaction with life scale (SWL) was developed by Diener et al (1985). The responses to the 5 item scale given below were sought using the 7 point scale, 7 indicating strongly agree and 1 indicating strongly disagree.

The result of test-retest reliability of the scale was ( $r=.75$ ) and item total correlation varied between .75 and .80, Koker, (1991) the higher scores of the scale indicate higher life satisfaction.

The higher score of goodness of fit index indicated higher level of Psychological well being (NFI=.92 CFI=.91, RFI=.90, GFI=.93, AGFI=.92, RMSEA=.062, and IFI=.91). The Cronbach Alpha which is a measure of internal consistency was .79.

- In most ways my life is close to my ideal.
- The conditions of my life are excellent.
- I am satisfied with my life.

- So far I have gotten the important things I want in life.
- If I could live my life over, I would change almost nothing.”

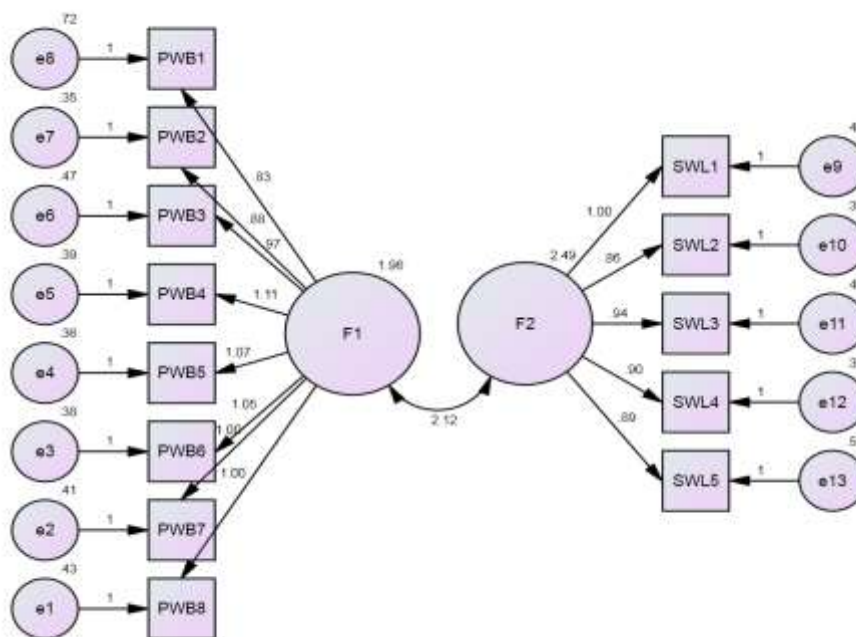
### Measures and procedures

The University students enthusiastically participated in the study and there was complete assurance of confidentiality. The questionnaires were administered to the students in their classrooms. The participants were made aware of the questions and also about the aim of the study.

Relationship between Psychological Well-being and Satisfaction with Life and their items was tested with the help of Structural Equation Modelling that takes a confirmatory approach to the analysis (Byrne 2010). For assessing model fit measures like GFI, AGFI, CFI, NFI, RFI, IFI, and RMSEA were used. The values of GFI, AGFI, CFI, NFI, RFI and IFI indices were found to be greater than 0.90, hence they were acceptable as they indicated good fit (Byrne 2010) RMSEA of 0.60 or less indicates good fit (Hu and Bentler, 1999). SPSS and AMOS were used for analysing the data.

### RESULTS

**Figure 1: Structural Equation Modelling**



**Note:**

F1 here denotes Psychological Well Being

F2 here denotes Satisfaction with Work Life

The hypothesised model was tested using structural equation modelling which indicated good fit GFI= .905, AGFI= .914, CFI .95, NFI= .965, RFI .96, and RMSEA= .053

**Table 1: Frequency Distribution**

<b>Respondents' characteristics</b>	<b>Category</b>	<b>No.</b>	<b>%</b>
Gender	Male	79	37
	Female	133	63
Loss of family member	Yes	57	27
	No	155	73
Income	Satisfactory	48	23
	Non-satisfactory	164	77
Job opportunities	Satisfactorily present	68	32
	Not present	144	68

**Table 2: Descriptive Statistics: Psychological Well Being**

<b>Psychological well-being</b>	<b>Mean</b>	<b>Standard Deviation</b>	<b>Cronbach's alpha</b>	<b>Item-total correlation</b>
I lead a purposeful and meaningful life	4.13	1.441	.872	.796
My social relationships are supportive and rewarding	4.27	1.367	.867	.837
I am engaged and interested in my daily activities	4.27	1.521	.917	.882
I actively contribute to the	4.31	1.683	.832	.816

happiness and well-being of others				
I am competent and capable in the activities that are important to me	4.40	1.610	.821	.812
I am a good person and live a good life	<b>4.55</b>	1.600	.798	.809
I am a good person and live a good life	4.44	1.540	.834	.888
People respect me	4.42	1.548	.879	.878

The item “I am a good person and lead a good life” is the most important as it has the highest mean score.

**Table 3: Scale Statistics: Psychological Well Being**

Mean	Standard deviation	No. of items
34.80	2.242	8

**Table 4: Descriptive Statistics: Satisfaction with life**

Satisfaction with life	Mean	Standard Deviation	Cronbach's alpha	Item-total correlation
In most ways my life is close to my ideal	<b>4.34</b>	1.341	.913	.894
The conditions of my life are excellent	4.25	1.345	.834	.824
I am satisfied with my	4.33	1.432	.813	.819

life				
So far I have gotten the important things I want in life	4.14	1.234	.874	.899
If I could live my life over, I would change almost nothing	4.26	1.612	.845	.875

The table above shows that the mean score of the item “in most ways my life is close to my ideal” is the highest and is the most influencing variable of the construct satisfaction with life.

**Table 5: Scale Statistics: Satisfaction with life**

Mean	Standard deviation	No. of items
21.32	2.406	5

**Table 6: Regression Weights of Psychological well being**

Variable	Estimate	S.E	C.R	p
<b>PWB 1</b>	.830	.050	16.509	.001
<b>PWB 2</b>	.878	.041	21.314	.001
<b>PWB 3</b>	.969	.046	20.843	.001
<b>PWB 4</b>	1.115	.048	23.269	.001
<b>PWB 5</b>	1.066	.046	23.225	.001
<b>PWB 6</b>	1.054	.046	22.835	.001
<b>PWB 7</b>	.997	.046	21.787	.001
<b>PWB 8</b>	1.000	.049	20.831	.001



**Table 7: Regression Weights of Satisfaction with Life**

Variable	Estimate	S.E	C.R	P
SWL 1	1.000			
SWL 2	.862	.036	23.854	.001
SWL 3	.938	.040	23.593	.001
SWL 4	.899	.038	23.777	.001
SWL 5	.895	.042	21.306	.001

**Table 8: Covariances: (Group number 1 - Default model)**

	Estimate	S.E.	C.R.	P	Label
F1 <--> F2	2.115	.230	9.188	***	par_12

**Table 9: Correlations: (Group number 1 - Default model)**

	Estimate
F1 <--> F2	.959

**Table 10: Model fit**

Index	Value	Acceptance level	Does it meet the acceptance level?
GFI (Hair et al, 1995; Hu & Bentler, 1999; Kaplan, 2000; Hooper et al, 2008)	.905	greater than 0.90	Yes
RMSEA (Hu and Bentler, 1999)	.053	0.60 or less	Yes
AGFI (Hooper et al, 2008; Byrne 2010; )	.914	greater than 0.90	Yes

NFI (Hu & Bentler, 1999; Kaplan, 2000; Byrne 2010)	.965	greater than 0.90	Yes
CFI ((Hair et al., 1995; Hu & Bentler, 1999; Byrne 2010)	.95	greater than 0.90	Yes

Thus, the values adequately represent the sample data and represent a good model fit. Goodness of fit as found during analysis is in the acceptable limit thus indicating that the fit is acceptable. It's RMSEA  $\leq 0.10$  (Kline, 2005); RMSEA should be less than 0.05 (Holmes-Smith et al, 2006); a value ranging between 0.05 to 0.08 is generally acceptable (Hair et al., 1995). Acceptable model fit is indicated by a CFI value of 0.90 or greater (Hair et al., 1995; Hu & Bentler, 1999). Similarly, alternative measures of fit, such as the NFI, the GFI are considered acceptable if above 0.90 (Hu & Bentler, 1999). The recommended level of GFI and AGFI ranges between 0, which indicates a poor fit to 1, which indicates a perfectly good fit), and the recommended acceptance level is 0.90 (Hair et al.,1995; Hooper et al, 2008).

## DISCUSSION

The results of the study indicate that there is statistically significant relationship between Psychological Well Being and Satisfaction with Life and Psychological well being has significant influence on Satisfaction with Life of the university students. Vela et al (2017) found that the reliability and validity of the Satisfaction with Work Life Scale and Subjective Happiness Scale supported as measures of subjective well-being. The research also supports previous studies. Satisfaction and happiness are related to self-perception of well-being (Ryan, & Deci, 2001), satisfaction with life (Diener, 2000; Suh, Diener, Oishi S, et al. 1998), and satisfying relationships & positive emotions (Diener & Seligman, 2002). The findings of the current research are supported by the previous researches.

There are a few limitations of this research. The sample used is limited only to university students of adolescent age and hence the findings cannot be generalised to different organisations and different age groups.

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