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A Comparative Study Of Life Satisfaction Of Senior Secondary School Teachers

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Abstract –

Present study was conducted to investigate the level of life satisfaction among senior secondary school teachers . The study was conducted on 100 senior secondary school teachers from government and private schools of Ludhiana city of panjab state. Purposive sampling technique was used to select the school and random sampling to select the desired sample. Life Satisfaction Scale (L-S Scale) by Promila Singh & George Joseph, (1996) was used for data collection. Mean, standard deviation and T-test were used to analyze the data. Results of the study indicate that no significant gender difference has been found between the the level of life satisfaction of senior secondary school teachers. It also has been found that govt. school teachers have high level of life satisfaction as compared to private school teachers, who have average level of life satisfaction.

Introduction

Education is a man making process. Its specific role is to accelerate the holistic development of body, mind intellect and emotions. Education is essential for the growth and development of an individual as well as of society. A teacher occupies an important and unique place in the system of education. He is the heart and soul of the system and leads the students from the darkness of ignorance to light of knowledge and understanding. He acts as a pivot for the transmission of intellectual and traditions and helps to keep the lamp of civilization burning. Thus, the importance of a teacher for the community and educational system is very much evident. A teacher has to play diverse role and he can play that role efficiently only when he has satisfaction from their life. Satisfied teachers can pay more attention towards the overall development of the child. 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 high adjustment with life and vice versa. Life satisfaction refers to retrospective evaluation of life happiness through self judgment. According to 'Hindus' sacred book, 'Geeta', life satisfaction brings 'viveka', 'vairagya' and 'vichara' and open the doors of internal bless and sunshine.

Life Satisfaction

Life satisfaction is the need of the hour, without satisfaction man can't lead a peaceful and prosperous life. "Satisfaction" is a Latin word that means to make or do enough. Satisfaction with one's life implies contentment with or acceptance of one's life circumstances or the fulfilment of one's wants and needs for one's life, as wholes. Satisfaction is derived from the extent to which actually rewards fall short, meet or exceed

the individual's perceived level of equitable rewards. If actual rewards meet or exceed perceived equitable rewards, the individual will feel satisfied and if these are less than equitable rewards, the individual will feel dissatisfied. Life satisfaction is a subjective assessment of the quality of one's life. Life satisfaction is defined as the attitude that people hold towards life. It is the positive attitude towards life. Satisfaction is not what happens to us. It is how we perceive what happens. Life satisfaction is a multidimensional concept related to psychological and environmental life conditions. Life satisfaction can be split into two words, life and satisfaction. Life is an object to which the effort or ambition is directed. Satisfaction is defined as fulfilment or gratification of desires, feeling or expressing pleasures, happiness, contentment and optimism. It is the knack of finding a positive for every negative. Satisfaction wholly depends upon the individual's environment, calibre, behaviour and nature. It is mainly concerned more with mind than material things. According to Lavingia (1979) a teacher who is happy with his work finds satisfaction in his life and plays a pivotal role in the upliftment of society. (1995) *Life satisfaction is the degree of contentment with one's own life style*. De Neve and Cooper (1998) *Life satisfaction is a cognitive evaluation of the quality of one's experiences spanning an individual's entire life*. Cribb (2000) *Life satisfaction is referred to as an assessment of the overall conditions of existence as derived from a comparison of one's aspiration to one's actual achievement*.

Factors Affecting Life Satisfaction:- The considerable amount of research has been focussed on identifying factors that are related to and influence an individual's life satisfaction. That are factors can be grouped under two categories:-

1. Personal

2. Environmental

1. The personal factors include:-

(A) Satisfaction of needs or urges (B) Education (C) Nature of job

(A) Satisfaction of needs or urges: Need or urge always creates tension in the mind of the individual. As a result, individual becomes restless and dissatisfied. The satisfaction of needs is biological and psycho-social.

- Biological needs include sex.
- Psychological needs include self-esteem, personality, coping abilities, attitude, social intelligence, mental health, anxiety, frustration, life skills, emotional stability.
- Social needs include strong family support system, social participation, social cognitive skills, family relationships, social status and other social outlets and affiliations. Complete satisfaction in life depends upon the satisfaction of these two needs.

(b) Education: It has been realised that education plays a pivotal role in the life satisfaction of an individual. Education is considered a man's third eye in which he or she can view the whole world. The value of education is equally important for all. It dispels mental illusions and in its place cultivates good thinking, knowledge, attitudes, values etc. Which in other words, help to provide life satisfaction.

(c) Nature of job: Life satisfaction also depends on an individual's nature of job and satisfaction in job in which he is engaged. Man, being a social animal needs social recognition which is marked by his status and position in the society. Job is an important factor to upgrade the status and position of a man. Hence, suitable job gives satisfaction in life.

Other factors under personal factors which enhance life satisfaction are:

Leisure Activities, Marital Status, Sports Participation, Positivity of Emotions, Coping Abilities, Mental & Physical health, Ego identity, Financial Status, Personality, Social Supports.

2. Environmental Factors

Environment includes anything and everything that surrounds us. It is one of the important factors which influence not only the various psychological traits but also our good social behaviour. If the environment is peaceful and congenial it helps to facilitate peaceful living. Good social relationships with neighbours and participation social activities also provide satisfaction in life. Other factors are availability of social resources like good residential facilities and occupational facility which increase satisfaction in life

Review Of Related Literature

Parveen (1999) studied the impact of life satisfaction on value patterns of teacher trainees and observed that 20% of teacher trainees were highly satisfied, 75% were in average category of life satisfaction, 5% of teacher trainees had low level of satisfaction in life. Non-significant differences were found between life satisfaction and religious, social, democratic, aesthetic, economic, hedonistic, power, family prestige values, but significant differences existed between life satisfaction and health value of teacher trainees. *Sharma, R (2000)* investigated teacher effectiveness as related to life satisfaction and attitude towards teaching profession of secondary school teachers and found that life satisfaction and attitude towards teaching profession of secondary school teachers were related significantly with higher level of teacher effectiveness. *Husain and Sharma (2001)* studied life satisfaction among working couples and found that working husband of working wives were more satisfied than working husband of house wives. House wives were found to be significantly more satisfied than working wives. Further, working husbands were more satisfied than working wives. *Kaur, Harpreet (2003)* studied life satisfaction of 150 teachers at different levels of teaching i. e., schools, colleges and University of Ludhiana district and revealed non-significant differences between life satisfaction of school and college teachers, school and university teachers, but significant difference between life satisfaction of college and university teachers. There was significant difference on the variable of life satisfaction of total male and female teachers, but there was non-significant difference between male and female school teachers; and male and female university teachers. Significant differences existed in the level of life satisfaction of teachers at different level of teaching. *Vijayalakshmi (2003)* revealed a positive correlation between professional satisfaction and personal satisfaction (0.2714) of women teachers. However, there was negative and low

correlation between professional satisfaction and sex roles (-0.4404) and low positive correlation between personal satisfaction and sex roles (0.2447). *White and Myers (2006)* examined the relationship among chronological age, subjective age, wellness, and life satisfaction of women and found that women whose subjective age was less than or equal of their chronological age reported greater wellness, total wellness was a significant predictor of life satisfaction. *Sharma (2006)* investigated the life satisfaction and self-concept of male and female B.Ed teacher trainees and further, impact of high and low level of satisfaction on the self-concept of teacher trainees. Sample comprised 200 teacher trainees (100 boys and 100 girls) from different colleges of education. The findings of the study revealed that sex differences had no significant influence on the life satisfaction and self-concept of teacher trainees. Life satisfaction affected positively on self-concept of boys, but in case of girls life satisfaction had no significant effect on self-concept.

Need And Significance Of The Study

The teaching is regarded as the most important profession. A teacher is the top most academic and professional person in the educational pyramid. Life satisfaction level of a teacher influences his performance, student's achievement, work motivation, organisational commitment and teacher's efficacy. Life satisfaction includes many aspects as health, job, personal, economic, mental as well as social. A teacher should be satisfied in all these aspects. The teacher is the most powerful source of stimulation for the development of the child. The teacher's personality, behaviour and his sense of satisfaction in life can have paramount effect on his values and these in turn can influence the personality, behaviour and value patterns of students. As far as life satisfaction domain is concerned most of the studies have been conducted related to life satisfaction of sick, the elderly people, nurses employees or the retired persons, but a few studies have been conducted on life satisfaction of teachers, which are still in their embryonic stage and it has been a comparatively neglected area in educational research. A dissatisfied person is always surrounded by various troubles, obstacles and he faces hurdles in the performance of his duties assigned to him. Instead of becoming a good teacher and a good citizen in future, he becomes an irritable person. Hence, it is quite possible that a person dissatisfied in his life may carry over his dissatisfaction to his occupation and vice versa. The study of related literature reveals that very few studies have been conducted on life satisfaction of school teachers. So there is a great need to study it. The present study has been taken up with this aim.

Statement Of The Problem

A COMPARITIVE STUDY OF LIFE SATISFACTION OF SENIOR SECONDARY SCHOOL TEACHERS

Design Of The Study

In the present study, descriptive survey method was employed to investigate the level of life satisfaction among senior secondary school teachers.

Objectives Of The Study: - The objectives of the study were as follows.

1. To compare the level of Life satisfaction between male and female senior secondary school teachers.
2. To compare the level of Life satisfaction between government and private senior secondary school teachers.

Hypotheses :- As per the objectives of study, the present study was undertaken to test the following hypotheses.

1. There is no significant difference between the level of Life satisfaction of male and female senior secondary school teachers.
2. There is no significant difference between the level of Life satisfaction of government and private senior secondary school teachers.

Sample :- The study was conducted on 100 teachers (50 male and 50 female) which were randomly selected from govt. and private senior secondary schools of Ludhiana District.

Tool Used:- Life Satisfaction Scale (L-S Scale) by Promila Singh & George Joseph, (1996) was used for data collection. The scale consisted of 35 items, each item was rated on the five point scale –Always, Often, Sometimes, Seldom and Never and which were respectively scored as 5, 4, 3, 2, and 1. The items are related to the individual's all round activities and thus gave a global picture of one's life satisfaction level. The higher the score on the life satisfaction scale, the higher would be the level of life satisfaction.

Norms for the Life Satisfaction Scale

Satisfaction Level	Range of Scores
High	136-175
Average	81-135
Low	35-80

Statistical Techniques Used

Mean, S.D and t-test were used for analysis of data.

Analysis And Interpretation Of The Data

Table 1

Showing significance of difference in mean scores of Life satisfaction between male and female senior secondary school teachers.

Category	No. of teachers	Mean	S.D.	t-ratio
male	50	133.96	27.34	1.33 not significant
female	50	140.44	20.79	

Table 1 shows the mean, standard deviation and t-ratio of life satisfaction of male and female senior secondary school teachers. The calculated mean scores of male and female teachers on life satisfaction are 133.96 and 140.44 respectively. The t-ratio is 1.33 which is not significant at 0.05 level. Hence the hypothesis *there is no significant difference between the level of Life satisfaction of male and female senior secondary school teachers* stands accepted.

Table 2
Showing significance of difference in mean scores of life satisfaction between government and private senior secondary school teachers

Category	No. of teachers	Mean	S.D.	t-ratio
Govt.	50	148.08	19.25	4.96*
private	50	126.32	24.26	

*Significant at 0.01 level

Table 2 shows that the mean scores of life satisfaction of government and private senior secondary school teachers. The calculated mean scores of government and private school teachers on life satisfaction are 148.08 and 126.32 respectively. The mean score of govt. school teachers is more than that of private School teachers. The t-ratio is 4.96 that indicates that the difference between the two mean scores is significant at 0.01 level. Hence the hypothesis *there is no significant difference between the level of life satisfaction of government and private senior secondary school teachers* stands rejected.

Findings Of The Study

1. It has been found that male teachers have high average level of life satisfaction whereas female teachers have slightly high level of life satisfaction than male teachers. But this difference is not significant.
2. Significant difference has been found between the level of life satisfaction of government and private senior secondary school teachers. It has been found that govt. school teachers have more life satisfaction than private school teachers.

Implications

The results of the study show that govt. school teachers have high level of life satisfaction as compared to private school teachers, who have average level of life satisfaction. This may be due to the reason that private school teachers do not get proper pay scale and other facilities like TA, DA, HRA, medical claims etc. whereas govt. school teachers have all these facilities. So the Government should take proper steps to improve the working condition of private school teachers. Proper pay scale and other facilities should also be given to them. School authorities should also provide conducive environment for the

teachers. Timely reward should be given for their good performance. This will lead to better adjustment, less frustration and higher level of life satisfaction in them.

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