

An Assessment of Life Satisfaction among Women

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ABSTRACT Life satisfaction is widely considered to be central aspect of human welfare. Life satisfaction is not merely a judgment about one's life. For it is widely thought to involve affirming, endorsing, appreciating or being pleased with one's life. The present study is an attempt to evaluate life satisfaction among women and to analyze the influence of socio-personal characteristics of women with their life satisfaction. To fulfill these objectives, 120 women were selected from Jammu and Kashmir, through multi-stage sampling method, using questionnaire and scale regarding "Life Satisfaction among Women", constructed. The data was analyzed, computing percentage, chi-square value, ANOVA, Karl Pearson's co-relation and degree of freedom. The study depicts that women have average level of life satisfaction at all age levels. It is found that with an increase in age, the overall life satisfaction decreases; whereas, with an increase in personal income, the over all life satisfaction increases. Moreover, with an increase in family income, the over all life satisfaction of women also increases. The study paves the way for further research.