

**ORIGINAL RESEARCH**

# Assessment of Satisfaction with Life in the Residents of Urban City of Gujarat: A Cross-Sectional Study

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**ABSTRACT**

**Background:** Life satisfaction is influenced by various factors, including demographic, socioeconomic, health, physical status, mental status, social support, social adjustment, and number of morbidities.

**Objectives:** To assess the satisfaction of life in study population and to describe satisfaction of life with regards to socio-demographic factors.

**Materials and Methods:** A cross-sectional study was carried out in Surendranagar City of India by using Stratified Random Sampling.

**Results:** Out of the total participants, around 24% were extremely satisfied while around 12% were extremely dissatisfied with their life. Age, gender, education and socio economical profile had positive association with life satisfaction level.

**Conclusion:** Almost half of the participants were satisfied with their life in current study. In our study male had higher life satisfaction than female. Older adults were more satisfied with their life as compared to middle age people.

**Keywords:** Emotional Responses, Life satisfaction, Socio-Demographic Factors, Statified Random Sampling.

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**INTRODUCTION**

Subjective wellbeing is defined as 'a person's cognitive and affective evaluation of his or her life and a key indicator is the self-reported measure of life satisfaction.<sup>1</sup> Emotional responses (positive or negative affect), domain satisfaction, and life satisfaction are different components of subjective wellbeing that are considered by psychologist.<sup>2</sup> There has been growing interest in subjective wellbeing within the field of sociology, albeit from somewhat different perspectives. The terms "life satisfaction," "happiness," and "quality of life" are often used interchangeably. Life satisfaction draws on important sources of information, including "affective information from how one feels most of the time

[hedonic level of affect]".<sup>3,4</sup> This means that life satisfaction refers not only to a cognitive evaluation, but also to an overall appraisal of life. This is similar to the core of the life satisfaction theories of wellbeing (LST), which explicitly consider wellbeing as an overall judgment of life.<sup>5,6</sup>

Life satisfaction is influenced by various factors, including demographic, socioeconomic, health, physical status, mental status, social support, social adjustment, and number of morbidities. Studies indicate that factors such as race, socioeconomic status, marital status, education, level of self-esteem, and depression may influence the level of life satisfaction. In terms of demographic factors, an increase in age has a significant impact on life

satisfaction among females compared to males.<sup>7</sup> Spirituality and satisfaction with life are psychological factors related to health-promoting behaviours.<sup>8</sup> Therefore, it can be assumed that there is a causal relationship between them based on studies such as the one published in 2011, which found that spiritual well-being was directly associated with high satisfaction with life among Korean elderly individuals.<sup>9</sup>

In the Indian context, Maheswaran and Ranjit focused on life satisfaction and the influence of demographic factors on the life satisfaction of elderly people. The results indicate that the majority of respondents had a low level of life satisfaction. Furthermore, the demographic factors of gender and savings habits directly influenced the level of life satisfaction of the elderly respondents.<sup>10</sup>

With this background in this study, we aimed to assess the level of satisfaction with life among residents and tried to find out the association between socio-demographic factors and life satisfaction level if any. The result of this study can be used as a base line data for further research in this area. Looking at the scarcity of data at state and national level it can be used for policy making and programme implementation.

## MATERIAL AND METHODS

A cross-sectional study was carried out with an approval from Ethical committee of C. U. Shah Medical College, Surendranagar. A verbal consent was taken from the study subjects to participate in study. Whenever necessary the family members were communicated for further clarification.

**Inclusion criteria:** We included healthy adult citizens of the Surendranagar city as our study participants.

**Exclusion criteria:** Mentally disabled persons were excluded from the study.

**Sample size and study period:** A pilot study was carried out in Surendranagar city on 103 Citizens of Surendranagar to find out the Prevalence rate of Satisfaction with Life. Based on Pilot Study the Prevalence rate (p) came out to be 57%, a sample size of 310 is reached by using appropriate statistical formula  $n = \frac{4pq}{l^2}$  ( $n$ =sample size,  $p=57$ ,  $q=100-p = 43$  and  $l$ = allowable error, which is taken 10% of  $p=5.7\%$ ). Study was conducted from January-February 2023

**Sampling Technique:** Study was conducted in Surendranagar City by using Stratified Random

Sampling. According to the census 2011, 1.49% population of Surendranagar is residing in urban slums.<sup>11</sup> So, to reach to total sample of 310 we enrolled 10 samples from urban slum and rest 300 from urban area. Now, we first selected 10 wards out of total 13 wards of Surendranagar through open Epi info software. From each ward, three societies were selected randomly from urban area and one from urban slum area. Now, from each selected society from urban area 10 participants were taken and 1 participant was selected from urban slum society randomly.

**Data collection:** Data were collected by personal interviews by using Satisfaction with life scale tool.<sup>12</sup> The above scale consists of total 5 items which can be answered by 7-point Likert scale (1= strongly disagree to 7= strongly agree)

**Data entry and analysis:** Data entry and analysis was done using excel. For analysis of data, we have find out frequency, percentage, Mean and SD. Multiple logistic regression was also calculated to get the Adjusted Odds ratio.

## RESULTS

Table-1 shows socio-demographic profile of study subjects. In current study, mean age of participants was  $50.12 \pm 17.47$ . Male involvement in study was found 61.94%. Out of total participants, 75.81% and 10.97% were married and widow/widower respectively. Almost 49% were belonging to upper socio economic class.

The figure shows conventional 100% stacked bar for the comparison of life satisfaction scale responses given by the participants. Percentage of strongly agree response was found to be highest for each of the question of LSS where as lowest percentage was found for slightly disagree response. (Figure-1)

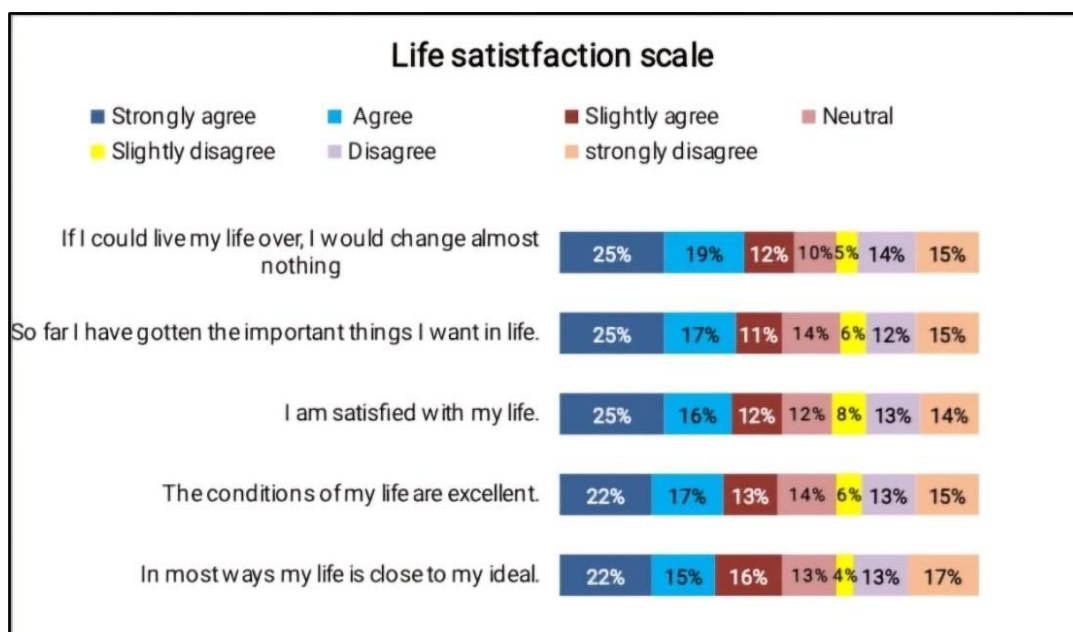
Out of the total participants, around 24% were extremely satisfied while around 12% were extremely dissatisfied with their life (Table-2).

The mean score on the SWLS was 22.01 points (SD 9.99), with women yielding a slightly higher score than men, with scores of 22.13 (SD 10.19) and 21.93 (SD 9.83), respectively. The mean score and standard deviation of each of the items on the SWLS are presented in Table 3.

As compared to neutral satisfaction level, satisfied ( $p=0.01$  and  $0.03$ ) and dissatisfied ( $p=0.002$  and  $0.02$ ) study participants had significant association with age and gender. Odds ratio of factors like age and gender with different level of satisfactions was found more than 1 unit which shows that there was positive association with life satisfaction. (Table-4)

**Table-1: Socio demographic profile of study participants (n=310)kuppuswamy’s socio economic classification**

Socio demographic variables	Frequency (N)	Percentage (%)
<b>Age group</b>		
10-19	02	0.64
20-29	52	16.77
30-39	57	18.39
40-49	30	09.68
50-59	14	4.52
60-69	130	41.94
70-79	22	7.09
80 & more	03	0.97
Mean age $\pm$ SD	50.12 $\pm$ 17.47	
<b>Sex</b>		
Male	192	61.94
Female	118	38.06
<b>Marital status</b>		
Married	235	75.81
Unmarried	41	13.22
Widow	34	10.97
<b>Education</b>		
Illiterate	12	3.87
Primary	25	8.06
Secondary	53	17.09
Higher Secondary	45	14.53
Graduate/Post graduate	175	56.45
<b>Working status</b>		
Yes	147	47.42
No	163	52.58
<b>Socio economic class (SEC)*</b>		
Upper	150	48.39
Upper Middle	77	24.84
Lower Middle	72	23.23
Upper lower	05	1.61
lower	06	1.93



**Figure-1: Responses of participants to the questionnaire of Life satisfaction scale (N=310)**

**Table2: Distribution of participants according to levels of life satisfaction**

Levels of satisfaction (score)	Frequency (n)	Percentage (%)
Extremely satisfied (31-35)	74	23.87
Satisfied (26-30)	58	18.71
Slightly satisfied (21-25)	46	14.84
Neutral (20)	17	5.48
Slightly dissatisfied (15-19)	33	10.65
Dissatisfied (10-14)	44	14.19
Extremely dissatisfied (5-9)	38	12.26

**Table3: Descriptive statistics (Mean score, SD and 95% CI) of satisfaction with life scale scores in studied population**

Questions	Mean (SD)	95% CI
If I could live my life over, I would change almost nothing	4.48 (2.21)	4.23-4.73
So far I have gotten the important things I want in life.	4.46 (2.17)	4.22-4.70
I am satisfied with my life.	4.43 (2.18)	4.19-4.67
The conditions of my life are excellent.	4.35 (2.15)	4.11-4.59
In most ways my life is close to my ideal.	4.29 (2.18)	4.05-4.53
Total Score	22.01 (9.99)	20.9-23.12

**Table4: Multiple Logistic Regression model showing association between levels of satisfaction and socio demographic factors**

Level of satisfaction*	Socio demographic factors	B	Std. error	Wald	Sig.	AOR	95% CI of AOR	
							Lower limit	Upper limit
Satisfied	Age	0.84	0.033	6.324	0.012	1.09	1.02	1.16
	Gender	1.596	0.736	4.706	0.030	4.94	1.17	20.88
	Marital status	-.710	0.562	1.597	0.206	0.49	0.16	1.48
	Education	0.501	0.880	0.325	0.569	1.65	0.29	9.25
	Socio economic class	1.468	0.851	2.977	0.084	4.34	0.82	23.02
	Working status	1.762	1.181	2.227	0.136	0.17	0.02	1.74
Dissatisfied	Age	0.105	0.034	9.446	0.002	1.11	1.04	1.19
	Gender	1.663	0.746	4.962	0.026	5.27	1.22	22.78
	Marital status	-.150	0.573	0.069	0.793	0.86	0.28	2.64
	Education	0.812	0.916	0.786	0.375	2.25	0.37	13.57
	Socio economic class	1.014	0.868	1.364	0.243	2.76	0.50	15.13
	Working status	2.087	1.212	2.969	0.085	0.12	0.01	1.33

\*Merged levels of satisfaction (Extremely satisfied, satisfied & slightly satisfied =satisfied, extremely dissatisfied, Dissatisfied & slightly dissatisfied=dissatisfied. The reference Level is 3 (Neutral).

## DISCUSSION

In current study majority (> than 40%) participants were from 60-69 years of age group where as two third participants were male. More than half participants had education up to graduation. Around half of participants were belonging to upper socio economical class. Number of extremely satisfied persons was highest (around 25%) in current study. The mean score on the SWLS in our study was 22.01 points (SD 9.99), with women yielding a slightly higher score than men which was higher than study from Pakistan<sup>13</sup> and Mexico<sup>14</sup>.

Our multivariate analysis showed that male had higher life satisfaction than female, consistent with other studies in China.<sup>15</sup>but inconsistent with studies

from other countries.<sup>16,17</sup>Consistent with other studies<sup>17, 18</sup> our study also found that older adults had significantly higher levels of life satisfaction than middle-aged people.

## CONCLUSION

Almost half of the participants were satisfied with their life in current study. In our study male had higher life satisfaction than female. Older adults were more satisfied with their life as compared to middle age people. So the life satisfaction level of female and middle aged people need to be improved.

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