



Life Satisfaction: The Role of Happiness and Optimism Among Young Adults

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Abstract: The concept of life satisfaction (LS) refers to how people express their emotions, sentiments (moods), and perspectives on their foreseeable futures (Ritter, 2003). A typical definition of optimism is the propensity to hope for the best and see the positive side of situations (Peterson, 2000). Happiness is described as the perception of advancing toward important life objectives and having good emotional feelings more frequently than unhappy ones (Tkach & Lyubomirsky, 2006). This study attempted to assess young people's levels of life satisfaction, optimism, and happiness. **Methods:** Using purposive sampling approaches, the study involved 120 young individuals between the ages of 18 and 24, 60 of whom were female and 60 of whom were male. Data were gathered using the Oxford Happiness Questionnaire Life Orientation Test (Peterson, 2000) and Satisfaction with Life Scales. The one-way ANOVA, mean, standard deviation, and Pearson product-moment correlation were used to evaluate the data. **Result:** The study's findings indicate that young people's levels of life satisfaction, optimism, and happiness are similar across genders. Happiness and life satisfaction among young adults have a substantial positive correlation, while optimism and life satisfaction among young adults also have a large positive correlation.

Key Words: Life Satisfaction, Optimism, Happiness

1. Introduction

Life satisfaction (LS) is a term used to describe how people communicate their feelings, sentiments (moods), and perspectives on their potential futures (Peterson, 2000). However, personal happiness is a highly personalized emotion that is influenced by each person's own life experiences, perspectives, beliefs, and values (Haybron, 2013). Although pleasure that exists when we focus on the present moment is happiness that exists when we focus on the present moment, contentment with life is happiness that comes when we focus on the big picture of our lives (Lopez et al., 2018).

We view it as relevant since it is based on our cognitive evaluations. Each individual experiences happiness differently, and it can be challenging to describe it since what makes one person happy may not make another person happy (Laengle & Wurm, 2018). The condition of the mind is life contentment. It is an evaluative assessment. This expression refers to both "contentment" and "enjoyment." It therefore includes both cognitive and emotional evaluations. Life satisfaction might come and go, but it can also remain over time. Life satisfaction is a person's level of optimism about the overall quality of his or her life. Another way to say it is, "How much money does the man make, and do you enjoy the life he/she leads?" (Lopez et al., 2018).

Typically, optimism is defined as a way of thinking that expects the best and views things positively (Scheier & Carver, 1985). The broad conviction that one will often experience positive rather than negative experiences in life is what is meant by optimism. Numerous studies have shown a strong correlation between optimism and pessimism and life happiness (Sirgy, 2012). A manner of being, feeling, and doing that encourages individuals to reach their objectives and feel good about themselves is optimism (Sirgy, 2012). One trait that all optimistic individuals share is their ability to rapidly refocus their attention from negative situations or occurrences to the

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things in their lives that make them happy and joyful ([Rizzo, 2015](#)). There are more ways that optimism may be beneficial. First, it frequently improves mood, preventing anxiety and sadness. Second, it promotes perseverance in the face of challenges, which may lead to greater achievement ([Thomas & Kavya, 2022](#)). Pessimists are persons who doubt their ability to accomplish worthwhile goals, discourage others, and foresee only negative outcomes ([Schneider et al., 2011](#)).

Pessimism also makes it harder to achieve goals, causes more stress, and harms or ends relationships. In addition, whereas optimists perceive opportunities among challenges, pessimists generally see hurdles amid opportunities ([Seaward, 1999](#)).

Happiness, also known as subjective well-being in psychology, is a state of emotional well-being that a person might feel at a specific moment when lovely things happen, or in a more general sense, when they feel good about their lives and accomplishments.

Happiness (like sorrow, fear, and fury) and other positive emotions may discern between good and harmful emotions (such as affection, excitement, and interest). This emotion typically occurs coupled with one specific facial expression, the grin. Happiness is defined as the positive feelings we experience when engaging in pleasurable everyday activities.

All these positive feelings contribute to our happiness, including pleasure, consolation, gratitude, hope, and inspiration. The core tenet of positive psychology is the idea of happiness. The perception of making progress toward important life goals and experiencing more happy emotional experiences than negative ones are the two criteria for happiness ([Tkach & Lyubomirsky, 2006](#)).

2. Definitions of key terms

Life satisfaction (LS) is the process by which people communicate their feelings, sentiments (moods), and perspectives about their potential futures ([Ritter, 2003](#)). Typically, optimism is defined as a way of thinking that expects the best and views things positively. Happiness is described as having more positive feelings than negative feelings and believing that one is making progress toward important life goals ([Tkach & Lyubomirsky, 2006](#)).

2.1 Relevance of the study/Rationale

This study aims to investigate, evaluate, and document the link between optimism and life satisfaction. It takes fulfillment to live and enjoy a healthy life. Society will benefit from this study's illumination of the relationship among young people's optimism, happiness, and life satisfaction.

The researcher found that little research has been done in this area and that there is a research gap on this issue after reviewing the literature. As a result, the researcher is conducting a study on this subject to enhance the quality of life and well-being of society.

2.3 Review of Literature

College students' levels of stress and life satisfaction were evaluated by Civitci (2015). According to the findings, a college student's sense of belonging is particularly crucial for reducing stress and enhancing life happiness. Lin (2010) evaluated the association between optimism and life satisfaction among patients waiting for kidney transplantation.

The findings showed that everyone had good optimism, which was strongly correlated with their level of life happiness. A study on predicting happiness based on family communication patterns, with resilience as a mediating factor, was conducted by F. Khorrami and AB. Akbari in 2015. 186 high school students from Shiraz city (95 females and 91 males) were selected using a multi-stage cluster sampling approach.

Data were gathered using the Family Communication Patterns Scale ([Koerner & Mary Anne, 2002](#)). The Resilience Scale ([Connor & Davidson, 2003](#)) and the Oxford Happiness Scale ([Hills & Argyle, 2001](#)) The findings indicated a strong connection between family communication styles, resilience, and happiness.



3. Methods

3.1 Problem

Do young adults' levels of life satisfaction, optimism, and happiness change significantly depending on their gender, and how do happiness and optimism relate to life satisfaction?

3.2 Aim

To investigate the degree of life satisfaction, optimism, and happiness among young adults across their gender, and the link between the variables.

3.3 Objectives

1. To investigate the link between optimism and life satisfaction in young adults.
2. To investigate the link between young people's happiness and life satisfaction.
3. To research the link between youthful optimism and contentment.
4. To comprehend the variations in life satisfaction, optimism, and happiness among young people of both sexes.

3.4 Variables

3.5 Independent Variable: Gender

3.6 Dependent Variables: Life satisfaction, Optimism, and Happiness.

3.7 Hypothesis

1. Young adults of various genders will not have significantly varied levels of life satisfaction.
2. Young adults of various genders won't have much of a difference in their optimism.
3. Young adults of different genders will not be significantly happier than each other.
4. Happiness and optimism among young adults will not significantly correlate.
5. Among young individuals, there won't be a meaningful connection between happiness and life satisfaction.
6. Young people's optimism and life expectancy will not be significantly correlated.

4. Research Design

A between-group research design was used in this quantitative study to examine gender differences in the variables and to determine whether there was a relationship between life satisfaction and optimism among young people.

4.1 Research sample

The study used a type of deliberate sampling. 120 young people aged 18-24 from various districts in Kerala comprised the study sample, 60 of whom were female and 60 males. Regarding gender, religion, family structure, and place of residence, the sample is representative of a wide variety.

4.2 Sampling criteria

Inclusion standards

1. Only individuals from Kerala were included.
2. The age range is 18 to 24.
3. People who have consented.

Exclusion standards

1. Participants who weren't from Kerala were barred.
2. Age range from 18 to 24 years.
3. Disqualified those with psychological issues.
4. People who have not consented

5. Tools

The following tools were administered individually to collect required data.

5.1 Personal data sheet

It includes the participants' names, ages, genders, dates of birth, marital statuses, types of families, and occupations.

5.2 The Life Orientation Test (LOT-R)

LOT-R was used to assess participants' optimism levels (Carver, 2013). It contrasts optimism and pessimism on a 10-item scale. Four were filler questions, while three rated optimism and three pessimism. This scale was developed by Carver in 2013. Validity and Reliability: The LOT-R has good internal consistency and is very stable over time (Cronbach's Alpha values vary from high 0.70s to low 0.80s).

Scheier, Carver, and Bridges discovered an internal reliability coefficient of 0.78 for a sample of undergraduates. Equivalent internal reliability of the sample. The 10 items were rated on a 5-point Likert scale (0 = I strongly disagree, 1 = I slightly disagree, 2 = I neither agree nor disagree, 3 = I somewhat agree, and 4 = I agree). Higher scores indicated more optimism, or a predisposition to expect more positive than negative occurrences.

5.3 Satisfaction with Life Scale (SWLS)

SWLS was created to gauge respondent's satisfaction with their life. Diener, Emmons, Larsen, and Griffin created this scale in 1985. There were 5 items on the life pleasure in it. one set in the past, one in the future, and three set in the present. Validity and Reliability: Cronbach's alpha and inter-item correlations were used to assess the scale's internal consistency (reliability).

Good internal consistency was found in the reliability analysis of the scale ($\alpha = 0.74$). The SWLS has strong construct validity and internal consistency, according to research by Mariana López-Ortega, Sara Torres-Castro, and Oscar Rosas-Carrasco from 2016.

This measure's Cronbach's Alpha was 0.878, which indicates strong internal reliability and validity. Scoring: A 7-point Likert scale was used to rate the five items, with 7 indicating the strongest agreement and 1 the strongest disagreement. To calculate the participant's overall level of life satisfaction, the responses were summed together. Higher scores represented a higher level of life satisfaction.

5.4 Oxford Happiness Questionnaire (OHQ)

A more accurate method of evaluating happiness is the Oxford Happiness Questionnaire (OHQ), which was created from the Oxford Happiness Inventory (OHI). The 29 questions that make up the OHI have been utilized in research, and it has been demonstrated that they have excellent psychometric properties and are typically consistent across cultures and nations.

6. Procedure

After the research goal was explained to the participants online, their willingness to participate in the study was assessed. The sample was provided with the sociodemographic data sheet, the Satisfaction With Life Scale (1985), the Life Orientation Test (2013), and the Oxford Happiness Questionnaire (2002) over the internet with the appropriate instructions for each. The participants were asked for their opinions. The manual's instructions were followed to scoring the three assessments.

6.1 Statistical Analysis

The data was evaluated using the following statistical tests. The statistical analysis was conducted using SPSS version 20 (Statistical Package for the Social Sciences).

1. The mean and standard deviation.
2. One route ANOVA
3. Correlation of Pearson's Product Moments.

6.2 Ethical concerns

1. The data collected has only been utilized for research purposes.
2. Informed permission of each participant was collected.
3. Throughout the course of the study, confidentiality and the information gathered have been upheld.

6.3 Ethical concerns

The study's primary goal is to look at young individuals' levels of life satisfaction, optimism, and happiness. The investigator developed seven hypotheses for this reason. The results are displayed in the table below.



Table: Mean, standard deviation, and standard errors on life satisfaction, optimism, and happiness in young adults of different genders.

	N	M	Std D	
Life satisfaction	Male	60	16.6667	5.82125
	Female	60	15.7167	5.39960
	Total	120	16.1917	5.61106
Optimism	Male	60	35.2500	4.65642
	Female	60	36.26667	4.30162
	Total	120	35.7583	4.49275
Happiness	Male	60	119.0667	16.69656
	Female	60	123.1667	15.53254
	Total	120	121.1167	16.18859

Table 1 presents the means and standard deviations for men and women on contentment, optimism, and life satisfaction. Men and women rate their overall life happiness at 16.667 and 15.7167, respectively. According to research, men are happier with their lives than women are. Men and women score on optimism on average at 35.2500 and 36.26667, respectively. The results show that women are more upbeat than men. Men and women score, respectively, on the happiness scale at 119.0667 and 123.1667. According to the study, women experience greater levels of happiness than men do.

Table 2: presents the one-way ANOVA for Life Satisfaction, Optimism, and Happiness among young adults of different genders.

	SS	df	MS	F	Sig	
Life satisfaction	Between	27.075	1	27.075	.859	.356
	Group					
	Within	3719.571	118	31.521		
	Group					
Total						
3746.592 119						
Optimism	Between	31.008	1	31.008	1.543	.217
	Group					
	Within	2370.983	118	20.093		
	group					
Total						
2401.992 119						
Happiness	Between	504.300	1	504.300	1.939	.166
	Group					
	Within	30682.067	118			
	Group					
Total						
31186.367 119						

With the use of one way ANOVA, these hypotheses were examined.

According to null hypothesis 1, young adults of different genders will not differ significantly in life satisfaction. The outcome indicates that the Sig. value is .356, which is higher than 0.05. The null hypothesis is thus accepted.

According to null hypothesis 2, there will be no discernible difference in the level of optimism among young people of different genders. The outcome indicates that the Sig. value is .217, which is higher than 0.05. The null hypothesis is thus accepted.

According to null hypothesis 3, there will be no significant difference in young adults' levels of happiness by gender. The outcome indicates that the Sig. value is .166, which is higher than 0.05. The null hypothesis is thus accepted.

Table 3: shows the co-efficient value in life satisfaction, optimism, and happiness

		Optimism	.Life satisfaction	Happiness
Optimism	Pearson	1	-.256**	.217*
	Correlation			
	Sig.(2-tailed)		0.05	.017
	N	120	120	120
Life satisfaction	Pearson		-.256**	-.357**
	Correlation			
	Sig.(2-tailed)	0.05		0.000
	N	120	120	120
Happiness	Pearson	-.217*	-.357**	1
	Correlation			
	Sig.(2-tailed)	.017	.000	
	N	120	120	120

Using the Pearson correlation coefficient, this theory was verified. The correlation coefficient between optimism and life satisfaction is -.256, and the corresponding significant value is 0.05, which is significant, according to the findings. As a result, hypothesis 4 is disproved. Young folks' life satisfaction and optimism are significantly correlated.

According to the findings, there is a -.357 correlation between life satisfaction and happiness, with a p-value of 0.000 at the 0.05 level of significance. As a result, hypothesis 5 is disproved. Among young individuals, Happiness and life satisfaction are significantly correlated.

The outcome indicates that optimism and happiness have a negative correlation coefficient of -.217, with a significant value of 0.017 at the 0.05 level of significance. As a result, hypothesis 6 is disproved. Among young individuals, there is a considerable connection between optimism and happiness.

7. Summary and Conclusion

Life satisfaction is defined as how people express their sentiments, emotions, and perspectives on their prospects (LS). The tendency to expect the best and see the bright side of things is a common expression of optimism.

The existence of more positive than negative affective sensations, as well as the conviction that one is making progress toward important life objectives, are what constitute happiness. The purpose of the study was to determine how content, upbeat, and happy young individuals are with their lives. In this investigation, a



purposeful sampling technique was adopted. Of the 120 participants, 60 were male, and 60 were female, making up the study's sample.

The population was evenly represented in the sample. Utilizing was used to administer the subjects. Sociodemographic information, the Life Orientation Test (Carver, 2013), the Oxford Happiness Questionnaire, and the Satisfaction With Life Scales (Diener et al., 1985). One-way ANOVA and Pearson's correlation were used for the data analysis.

8. Major Findings

1. Young adults of various genders have significantly diverse levels of life satisfaction.
2. Young people of various genders have markedly varying levels of optimism.
3. Young people's levels of happiness differ significantly.
4. Optimism and life satisfaction among young individuals differ significantly.
5. Men and women have the same level of life pleasure.
6. Men and women exhibit the same levels of optimism.
7. Men and women have the same levels of happiness.
8. Among young people of various genders, there is a significant variation in happiness and optimism.
9. Life satisfaction and optimism among young individuals are negatively correlated.
10. Happiness and life satisfaction among young adults are negatively correlated.

8.1 Limitations of the study

- The study's sample size is insufficient.
- The approach used was a questionnaire schedule, which has its own drawbacks.
- The study is conducted for a brief period.
- There are certain limitations on time and other resources.

8.2 Scope for the study

It is possible to conduct further studies on a broader population across several factors.

This study might be conducted across many cultures to examine how the correlations between life happiness vary between them.

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