

## LIFE SATISFACTION AMONG SELECTED PROFESSIONALS OF SONITPUR DISTRICT, ASSAM

*Mecal Ongmu Lepcha & Pooja Devi*

*Research Scholar, Department of Education, Sikkim University, Gangtok, Sikkim, India*

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### ABSTRACT

*Life satisfaction is being satisfied with one's Self-Achievement and one's existence. Though there are many different theories on satisfaction, the sum up of life satisfaction as identified by Ed Diener, the famous psychologist, and scientist, is related to being happy where he had pointed that psychological well-being is more important than materialistic wealth. Acting positively in life also makes one happy and satisfied in life And thinking in a positive way boots our cognition which consequently boots our happiness (Diener, 2000). Life satisfaction deals with individual's well-being. Well-being has many domains; physical, social, emotional, economic, spiritual, occupational and intellectual.*

**KEYWORDS:** *Physical, Social, Emotional, Economic, Spiritual*

### INTRODUCTION

Well-being and life satisfaction are the two sides of the same coin. Experiencing well-being also means being satisfied with life. Sometimes, we think that by getting the objectives that we had desired leads to life satisfaction. Our personality traits influence income and the way happiness depend on income sometimes makes us believe that getting rich or high income leads to being satisfied with life. There are real situations in life which tell us that people who are rich and having all the luxuries of life also do not make them happy. Materialistic things may bring a smile on one's face but for a short period of time. We feel that by attaining the basic common goals of life-related to bread, shelter and clothing is enough to get life satisfaction. Human-beings have different personalities and it depends upon an individual's outlook and goal towards life what eventually makes them happy. We often make a mistake for job satisfaction as life satisfaction. Job satisfaction is just one of the factors of life satisfaction. Generally, we think that life satisfaction is getting what we desire for like a new House, a luxury car, a perfect life partner and so on and so forth. But these things bring happiness only for a certain period of time. Those things which were just our wants all become shallow within few years. That is why many psychologists say that subjective wellbeing of a person generally depends on one's genes, life circumstances, and life choices and behaviour. The hedonic adaption of human beings is never-ending. Life satisfaction does not come from the things that we do not have but rather comes if we learn to appreciate the things that we do have. Living in the moment is the best medicine to remain happy and satisfied in life. Expectations can also affect life satisfaction. Life satisfaction is described as an integral feeling of being satisfied with life as a whole. Other components for subjective well-being are emotional components; the feeling of happiness and the lacking happiness which deals with happiness. It is said that life satisfaction is more of a cognitive aspect of subjective well-being while the emotional ones are complementary to each other but different to it. Life satisfaction topic has attracted both psychologists and economists to conduct various studies and researches.

Life satisfaction includes all the affective, cognitive, attitudinal and mixed feelings. Affective feelings erupt when a person experiences pleasant and unpleasant feelings during his or her life course. But when a person knows how to hold the balance by considering these experiences a good experience then we term it as life satisfaction. In the same manner, life satisfaction is a cognitive phenomenon as described by Mc Dowel & Newell (1987: 204) as a “Personal assessment of one’s condition compared to an external reference standard or to one’s aspirations”. A person’s attitude is also important to remain happy in life. A positive attitude towards life also leads to life satisfaction. Thus a person is said to have high Subjective well being if she or he experiences life satisfaction and frequent joy, and only infrequently experiences unpleasant emotions such as sadness or anger. Contrary, a person is said to have low Subjective well being if she or he is dissatisfied with life, experiences little joy and affection and frequently feels negative emotions such as anger or anxiety (Diener et al, 1997: 25).

The human resources are the most important sources of revenue and investment. Unless and until life satisfaction is not there in the profession the investment will be futile for the managements. Although 21st century is booming in regard to technology human beings cannot be replaced by robots. Therefore it is necessary to motivate the human resources and to understand their outlook towards their life through their profession. One’s wealth, health, intellect, rank and order does not define one’s life satisfaction.

## OBJECTIVES

- To study the life satisfaction of selected professionals of Sonitpur District, Assam.
- To find out the differences in life satisfaction between male and female professionals of Sonitpur District, Assam.
- To find out the difference in life satisfaction between government and private management among selected professionals of Sonitpur District, Assam.

To study the level of life satisfaction among and against selected professionals such as:

- Bankers,
- School Teachers,
- Lawyers,
- District Office Employees, and
- Non-Medical Hospital Employees.

## HYPOTHESES

**H<sub>01</sub>:** There is no significant difference in life satisfaction between male and female bankers of Sonitpur District, Assam.

**H<sub>02</sub>:** There is no significant difference in life satisfaction between male and female teachers of Sonitpur District, Assam.

**H<sub>03</sub>:** There is no significant difference in life satisfaction between male and female lawyers of law firms of Sonitpur District, Assam.

**Ho<sub>4</sub>:** There is no significant difference in life satisfaction between male and female district offices employees of Sonitpur District, Assam.

**Ho<sub>5</sub>:** There is no significant difference in life satisfaction between male and female non-medical hospital employees of Sonitpur District, Assam.

**Ho<sub>6</sub>:** There is no significant difference in life satisfaction between bankers of private and government banks of Sonitpur District, Assam.

**Ho<sub>7</sub>:** There is no significant difference in life satisfaction between teachers of private and government schools of Sonitpur District, Assam.

**Ho<sub>8</sub>:** There is no significant difference in life satisfaction between lawyers of private and government law firms of Sonitpur District, Assam.

**Ho<sub>9</sub>:** There is no significant difference in life satisfaction between employees of private and government district offices of Sonitpur District, Assam.

**Ho<sub>10</sub>:** There is no significant difference in life satisfaction between non-medical hospital employees of private and government hospitals of Sonitpur District, Assam.

**Ho<sub>11</sub>:** There is no significant difference in life satisfaction among selected professionals (bankers, teachers, lawyers, district office employees and non-medical hospital employees) of Sonitpur District, Assam.

## **REVIEW OF LITERATURE**

Bettencourt & Molix (2003) conducted a study on Satisfaction with Health Care and Community Esteem among Rural Women. The results showed that rural women's satisfaction with their health care was associated with the extent to which they hold their community esteem and their degree of life satisfaction.

Saundra & Hughey (2003) conducted a study on African American Women at Mid-life between Spirituality and Life Satisfaction. The women reported higher levels of religiosity than spirituality, which correlates significantly with life satisfaction.

Shichman & Cooper (2004) investigated the relationship between life satisfaction and sex role concept in their study on Life Satisfaction and Sex-role Concept. General satisfaction with life was found to be a function of the level of satisfaction derived from various aspects of life, particularly aspects chosen as the most important. It was also found that psychologically feminine people choose an important and enjoy more socio-emotional aspects of life.

Chow (2005) on a study on Life satisfaction among university students in a Canadian prairie: multivariate analysis investigated a questionnaire survey of university student's life satisfaction in Regina. The results showed that to the degree of satisfaction with different aspects of life, respondents expressed that they were most satisfied with the relationship with mother, living environment, relationships with close friends, relationship with siblings, and living arrangement.

Ercan & Mehmet (2009) examined the life satisfaction of teachers working at primary education in terms of such variables as their gender, whether they do social activities together out of school, status of education, the type of school they work, whether they were a member of a union, the type of location they work, the region they work. It was found that

life satisfaction of teachers differed significantly in terms of such variables as their gender, whether they were a member of a union, the type of location they live, the region and whether they do social activities together out of school.

Hassanzade & Etesami (2010) conducted research on the effect of management on job satisfaction of the staff and employees in hospitals. The results of this study showed that there was a significant relationship between the effective communication of managers and the job satisfaction of the staff and employees. There was also a significant relationship between employee awareness of all job aspects and their job satisfactions.

Ofuani (2010) in the study entitled *An Analysis of Factors Affecting Job Satisfaction of Women in Paid Employment in Benin City* examined the job satisfaction of women in paid employment in Benin City. The result of the study revealed that marital status, experience, academic qualification and relationship with superior officers had no significant effect on the job satisfaction of women in paid employment in Benin City.

## **METHODOLOGY**

Descriptive survey method was used in the present study.

### **Population**

The population for the study were all the selected professionals of Sonitpur district, Assam was the target population.

### **Sample**

The sample consisted of selected professions who are working as teachers, bankers, lawyers, office workers, and hospital employees. The sample size of the study was 100 employees of Sonitpur district, Assam.

### **Tool Used**

The tool used for the study was the life satisfaction scale developed by Mrs. Dr. Promila Singh (1996).

## **RESULTS**

### **Objective 1: To Study the Life Satisfaction of Selected Professionals of Sonitpur District, Assam**

The table shows the life satisfaction level of the bankers of Sonitpur district, Assam. The level 136–175 are levelled as high and 90 percent bankers had high life satisfaction level. Also, those 10 percent bankers with the scores within 81–135 had an average level of life satisfaction and none of the bankers of Sonitpur district, Assam had a low level of life satisfaction.

It also shows the life satisfaction level of the teachers of Sonitpur district, Assam. The level 136–175 were levelled as high and 55 percent teachers had a high level of life satisfaction. Also, those 45 percent teachers with the scores within 81–135 had an average level of life satisfaction and none of the teachers of Sonitpur district, Assam had low level of life satisfaction.

The life satisfaction level of lawyers was 75 percent which indicated that they had high satisfaction level. Also those 25 percent lawyers with the scores within 81–135 had average level of life satisfaction and none of the lawyers of Sonitpur district, Assam had a low level of life satisfaction. The life satisfaction levels of the district office employees of

Sonitpur District, Assam were high with 45 percent level. Also, those 55 percent with the scores within 81–135 had an average level of life satisfaction and none of the District office employees of Sonitpur district, Assam had a low level of life satisfaction. 35 percent level of life satisfaction of district office employees indicated having high life satisfaction. Also, those 65 percent with the scores within 81–135 had an average level of life satisfaction and none of the non-medical hospital employees of Sonitpur district, Assam had a low level of life satisfaction.

**Table 1: Life Satisfaction Level of Selected Professionals of Sonitpur District, Assam**

Life Satisfaction Level	Life Satisfaction Level of Bankers (F = Frequency)	Life Satisfaction Level of Teachers	Life Satisfaction Level of Lawyers	Life Satisfaction Level of District Office Employees	Life Satisfaction Level of Non-Medical Hospital Employees
High (136–175)	18(90)	11(55)	15(75)	9(45)	7(35)
Average (81–135)	2(10)	9(45)	5(25)	11(55)	13(65)
Low (35–80)	0	0	0	0	0

**Objective 2: To Find out the differences in Life Satisfaction between Male and Female Professionals of Sonitpur District, Assam**

**Ho<sub>1</sub>:** There is no significant difference in life satisfaction between male and female bankers.

From table 2 it is observed that the ‘t’-value was 0.49 and the critical value of ‘t’ was 2.10 so, the ‘t’-value is less than the critical value which is not significant at 0.05 level. The degrees of freedom (df) is 18. In light of this result, it can be interpreted that there is no significant difference in life satisfaction between male and female bankers. Thus, the null hypothesis, Ho<sub>1</sub> where it states, “There is no significant difference in life satisfaction between male and female employees of banking profession” was accepted. Hence, this indicates that gender does not affect life satisfaction among bankers.

**Table 2: Gender-Wise Mean, SD and ‘T’-Value of Bankers**

Bankers	Gender	N	Mean	Std. Deviation	‘T’-Value	Remark
	Male	10	152.6	11.6	0.49	Not Significant at level 0.05
	Female	10	156.5	22.3		

**Ho<sub>2</sub>:** There is no significant difference in life satisfaction between male and female teachers.

From table 3 it is observed that the t value was 1.29 and the critical value of t was 2.10 so the t value was less than the critical value and which was not significant at 0.05 level with degrees of freedom (df) = 18. In light of this result, it can be interpreted that there is no significant difference in life satisfaction between male and female teachers. Thus, the null hypothesis, “There is no significant difference in life satisfaction between male and female employees of teaching profession” was accepted. This indicates that gender does not affect life satisfaction among teachers.

**Table 3: Gender-Wise Mean, SD and ‘T’-Value of Teachers**

Teachers	Gender	N	Mean	Std. Deviation	‘T’-Value	Remark
	Male	10	131.5	11.8	1.29	Not Significant at level of 0.05
	Female	10	139.5	15.7		

**Ho<sub>3</sub>:** There is no significant difference in life satisfaction between male and female lawyers of the law profession

From table 4 it was observed that the t-value was 0.39 and the critical value of t was 2.10 so the t-value was less than the critical value and which was not significant at 0.05 level with degrees of freedom (df) = 18. In light of this result, it can be interpreted that there is no significant difference in life satisfaction between male and female of lawyers. Thus, the null hypothesis, "There is no significant difference in life satisfaction between male and female of lawyers" was accepted. This indicates that gender does not affect life satisfaction among lawyers.

**Table 4: Gender-Wise Mean SD and 'T'-Value of Lawyers**

Lawyers	Gender	N	Mean	Std. Deviation	'T'-Value	Remark
	Male	10	142.5	14.7	0.39	Not Significant at level of 0.05
	Female	10	144.5	6.2		

**Ho<sub>4</sub>:** There is no significant difference in life satisfaction different between male and female employees of the district office.

From table 5 it is observed that the t-value was 2.85 and the critical value of t was 2.10 so, the t-value was high than the critical value and which was significant at 0.05 level with degrees of freedom (df) = 18. In light of this result, it can be interpreted that there is a significant difference in life satisfaction between male and female of a district office employee. Thus, the null hypothesis, "There is a significant difference in life satisfaction between male and female of district office employees" was rejected. This indicates that gender affects life satisfaction among district office employees.

**Table 5: Gender-Wise Mean, SD and 'T'-Value of District Office Employees**

Employees of District Office	Gender	N	Mean	Std. Deviation	'T'-Value	Remark
	Male	10	143.95	19.5	2.85	Significant at level of 0.05
	Female	10	166.4	15.4		

**Ho<sub>5</sub>:** There is no significant difference in life satisfaction between male and female non-medical hospital employee.

From table 6 it is observed that the t-value was 0.11 and the critical value of t was 2.10 so the t-value was less than the critical value and which was not significant at 0.05 level with degrees of freedom (df) = 18. In light of this result, it can be interpreted that there is no significant difference in life satisfaction between male and female of non-medical Hospital employees. Thus, the null hypothesis, "There is no significant difference in life satisfaction between male and female of non-medical hospital employees" was accepted. This indicates that gender does not affect life satisfaction among non-medical hospital employees.

**Table 6: Gender-Wise Mean, SD and 'T'-Value of Non-Medical Hospital Employees**

Non Medical Hospital Employees	Gender	N	Mean	Std. Deviation	'T'-Value	Remark
	Male	10	131.6	15.5	0.11	Not significant at level of 0.05
	Female	10	130.3	6.3		

### Objective 3: To Find out the Difference in Life Satisfaction between Government and Private Management among Selected Professionals

**Ho<sub>6</sub>:** There is no significant difference in life satisfaction between bankers of private and government banks.

From table 7 it is observed that the t-value was 1.65 and the critical value of 't' was 2.10 so the t-value was less than the critical value and which was not significant at 0.05 level with degrees of freedom (df) = 18. In light of this result, it can be interpreted that there is no significant difference in life satisfaction between private and government of bankers. Thus, the null hypothesis, "There is no significant difference in life satisfaction between private and government of banking profession" was accepted. This indicates that management does not affect life satisfaction among bankers.

**Table 7: Management-Wise Mean, SD and 'T'-Value of Bankers**

Banking Professionals	Management	N	Mean	Std. Deviation	'T'-Value	Remark
	Private	10	153.5	18.5		
	Government	10	164.5	10		

**Ho<sub>7</sub>:** There is no significant difference in life satisfaction between teachers of private and government schools.

From table 8 it is observed that the t-value was 0.43 and the critical value of t was 2.10 so the t-value was less than the critical value and which was not significant at 0.05 level with degrees of freedom (df) = 18. In light of this result, it can be interpreted that there is not a significant difference in life satisfaction between private and government of teachers. Thus, the null hypothesis, "There is no significant difference in life satisfaction between private and government teachers" was accepted. This indicates that management does not affect life satisfaction among teaching professionals.

**Table 8: Management-Wise Mean, SD and 'T'-Value of Teachers**

Teachers Professionals	Management	N	Mean	Std. Deviation	'T' Value	Remark
	Private	10	139.5	18.1		
	Government	10	136.5	12.7		

**Ho<sub>8</sub>:** There is no significant difference in life satisfaction between lawyers of private and government law firms.

From table 9 it was observed that the t-value was 2.51 and the critical value of t was 2.10 so the t-value was high than the critical value and which was significant at 0.05 level with degrees of freedom (df) = 18. In light of this result, it can be interpreted that there is a significant difference in life satisfaction between private and government of lawyers. Thus, the null hypothesis, "There is a significant difference in life satisfaction between private and government lawyers" was rejected. This indicates that management affects life satisfaction among lawyers.

**Table 9: Management-Wise Mean, SD and 'T'-Value of Lawyers**

Law Professionals	Management	N	Mean	Std. Deviation	'T'-Value	Remark
	Private	10	137.5	11.9		
	Government	10	148.5	7.05		

**Ho<sub>9</sub>:** There is no significant difference in life satisfaction between employees of private and government district offices.

From table 10 it is observed that the t-value was 1.56 and the critical value of t was 2.10 so the t-value was less than the critical value and which was not significant at 0.05 level with degrees of freedom (df) = 18. In light of this result, it can be interpreted that there is no significant difference in life satisfaction between private and government of district office employees. Thus, the null hypothesis, "There is no significant difference in life satisfaction between private and government district office employees" was accepted. This indicates that management does not affect life satisfaction among office workers.

**Table 10: Management-Wise Mean, SD and 'T'-Value of District Office Employees**

District Office Employees	Management	N	Mean	Std. Deviation	'T'-Value	Remark
	Private	10	135.5	17	1.56	Not Significant at level of 0.05
	Government	10	147.95	18.5		

**Ho<sub>10</sub>:** There are no significant difference in life satisfaction between non-medical hospital employees of private and government

From table 11 it is observed that the t-value was 3.13 and the critical value of t was 2.10 so the t-value was high than the critical value and which was significant at 0.05 level with degrees of freedom (df) = 18. In light of this result, it can be interpreted that there is a significant difference in life satisfaction between private and government of non-medical hospital employees. Thus, the null hypothesis, "There is no significant difference in life satisfaction between male and female of hospital employee professionals" was rejected. This indicates that management affected life satisfaction among non-medical hospital employees.

**Table 11: Management-Wise Mean, SD and 'T'-Value of Non-Medical Hospital Employees**

Non-Medical Hospital Employees	Management	N	Mean	Std. Deviation	'T'-Value	Remark
	Private	10	124	7.45	3.13	Significant at level of 0.05 level
	Government	10	141.5	15.5		

**Objective 4: To Study the Level of Life Satisfaction among and against Selected Professionals such as;**

- Teachers
- Bankers,
- Lawyers,
- District Offices Employees,
- Non-Medical Hospital Employees.

**Ho<sub>11</sub>:** There is no significant difference in life satisfaction among selected professionals (bankers, teachers, lawyers, office workers and non-medical hospital employees) of Sonitpur district of Assam.

**Table 12: F-Test (ANOVA) between Five Professions**

Source of Variation	Sum of Squares	Df	Mean Square Variance	F-Value	Remarks
Between Groups	10555.47	4	2638.87	13.13	Significant at level of 0.05
Within Groups	19092.89	95	200.98		

The F-ratio table 12 above was referred to find out whether there exists any difference at 4 degrees of freedom (df) for a smaller mean square variance on the left-hand side and at 95 degrees of freedom for greater mean square variance across the top. The critical values of F obtained by interpolation are as follows:

Critical values of  $F = 5.63$  at 0.05 level of significance.

The computed value of F, i.e. 13.13, was much higher than the critical values of F, so it was significant at the value of significance hence, so null hypothesis was rejected and therefore a significant difference exists between the group means. And there was a need for further testing with the help of 't' test to find out where these differences exist.

**Table 13: Difference between Bankers and Teachers**

Professionals	N	Mean	Std. Deviation	'T'-Value	Remark
Bankers	20	159	18.3	4.35	Significant at level of 0.05
Teachers	20	135.5	15.8		

From table 13 it is observed that the t value was 4.35 and the critical value of 't' was 2.02 so, the t value was more than the critical value which was significant at 0.05 level with degrees of freedom (df) as 38. In light of this result, it can be interpreted that there is a significant difference in life satisfaction between bankers and teachers.

From table 14 it is observed that the t value was 1.94 and the critical value of 't' was 2.02 so, the t-value was less than the critical value which was not significant at 0.05 level with degrees of freedom (df) as 38. In light of this result, it can be interpreted that there was no significant difference in life satisfaction between teachers and lawyers.

**Table 14: Difference between Teachers and Lawyers**

Professionals	N	Mean	Std. Deviation	'T'-Value	Remark
Teachers	20	135.5	15.8	1.94	Not Significant at level of 0.05
Lawyers	20	144	11.6		

**Table 15: Difference between Lawyers and District Office Employees**

Professionals	N	Mean	Std. Deviation	'T'-Value	Remark
Lawyers	20	144	11.6	2.20	Significant at level of 0.05
District office employees	20	133.5	17.9		

From table 15 it is observed that the t-value was 2.20 and the critical value of 't' was 2.02 so, the t-value was high than the critical value which was significant at 0.05 level with degrees of freedom (df) as 38. Hence, it can be interpreted that there was no significant difference in life satisfaction between lawyers and district office employees.

**Table 16: Difference between District Office Employees and Non-Medical Hospital Employee**

Professionals	N	Mean	Std. Deviation	'T'-Value	Remark
District office employees	20	133.5	17.9	0.49	Not Significant at level of 0.05
Non-medical Hospital employee	20	131	13.5		

From table 16 it was observed that the t-value was 0.49 and the critical value of 't' was 2.02 so, the t-value was less than the critical value. Therefore it was not significant at 0.05 level with degrees of freedom (df) as 38. In light of this result, it can be interpreted that there is no significant difference in life satisfaction between district office employees and non-medical hospital employees.

**Table 17: Difference between Non-Medical Hospital Employees and Bankers**

Professionals	N	Mean	Std. Deviation	'T'-Value	Remark
Non-medical Hospital employee	20	131	13.5	5.51	Significant at level of 0.05
Bankers	20	159	18.3		

The above table 17 shows that the t-value as 5.51 and the critical value of 't' as 2.02 so the t value was more than the critical value which was significant at 0.05 level with degrees of freedom (df) = 38. In light of this result, it can be interpreted that there was a significant difference in life satisfaction between non-medical hospital employee and bankers.

**Table 18: Difference between Bankers and Lawyers**

Professionals	N	Mean	Std. Deviation	'T'-Value	Remark
Bankers	20	159	18.3	3.09	Significant at level of 0.05
Lawyers	20	144	11.6		

From table 18 it was observed that the t-value was 3.09 and the critical value of 't' was 2.02 so, the t-value was high than the critical value. Therefore, it was significant at 0.05 level with degrees of freedom (df) as 38. In light of this result, it can be interpreted that there is a significant difference in life satisfaction between bankers and lawyers.

**Table 19: Difference between Bankers and District Office Employees**

Professionals	N	Mean	Std. Deviation	'T'-Value	Remark
Bankers	20	159	18.3	4.55	Significant at level of 0.05
District. office employees	20	133.5	17.9		

The above table 19 shows that the t-value as 4.55 and the critical value of 't' as 2.02 so, the t-value was more than the critical value which was significant at 0.05 level with degrees of freedom (df) as 38. In light of this result, it can be interpreted that there was a significant difference in life satisfaction between bankers and district office employees.

**Table 20: Difference between Teachers and District Office Employees**

Professionals	N	Mean	Std. Deviation	'T'-Value	Remark
Teachers	20	135.5	15.8	0.37	Not Significant at level of 0.05
District Office Employees	20	133.5	17.9		

From table 20 it is observed that the t-value was 0.37 and the critical value of 't' was 2.02 so, the t-value was less than the critical value. Therefore it was not significant at 0.05 level with degrees of freedom (df) as 38. In light of this result, it can be interpreted that there was no significant difference in life satisfaction between teachers and district office employees.

**Table 21: Difference between Teachers and Non-Medical Hospital Employees**

Professionals	N	Mean	Std. Deviation	'T'-Value	Remark
Teachers	20	135.5	15.8	0.97	Not Significant at level of 0.05
Non-Medical Hospital Employees	20	131	13.5		

From table 21 it is observed that the t-value was 0.97 and the critical value of 't' was 2.02 so, the t-value was less than the critical value. Therefore it was not significant at 0.05 level with degrees of freedom (df) as 38. In light of this result, it can be interpreted that there was no significant difference in life satisfaction between teachers and non-medical hospital employees.

**Table 22: Difference between Lawyers and Non-medical Hospital Employees**

Professionals	N	Mean	Std. Deviation	'T'-Value	Remark
Lawyers	20	144	11.6	3.26	Significant at level of 0.05
Non-Medical Hospital Employees	20	131	13.5		

From table 22 it is observed that the t-value was 3.26 and the critical value of 't' was 2.02 so, the t-value was high than the critical value. Therefore it was significant at 0.05 level with degrees of freedom (df) as 38. In light of this result, it can be interpreted that there was a significant difference in life satisfaction between lawyers and non-medical hospital employees.

## FINDINGS OF THE STUDY

- It was observed that the mean score obtained from the sample population of the bankers was 159 and the standard deviation was 18.3. The mean score of the teachers was 135.5 and standard deviation was 15.8 lawyers mean score was 144 and std. deviation was 11.6 district office employees mean score was 133.5 and std. deviation was 17.9 also, the non-medical hospital employees mean score was 131 and their standard deviation was 13.5.
- No significant difference in life satisfaction between gender in regard to bankers, lawyers, teachers, non medical hospital employees were found. Hence, this difference indicates that gender does not affect life satisfaction among selected above mentioned professionals.
- There is no significant difference in life satisfaction between private and government banking professions, teachers and district office employees. This indicates that management does not affect the life satisfaction among professionals.
- A significant difference was found in life satisfaction between male and female district office employees and also private and government non-medical hospital employees.
- A significant difference was found in life satisfaction among selected professionals of Sonitpur District, Assam wherein;
  - There was a significant difference in life satisfaction between Bankers and Teachers.
  - There was no significant difference in life satisfaction between Teachers and Lawyers.
  - There was a significant difference in life satisfaction between Lawyers and District office employees.
  - There was no significant difference in life satisfaction between District office employees and Non-medical hospital employees.
  - There was a significant difference in life satisfaction between Non-medical hospital employees and Bankers.
  - There was a significant difference in life satisfaction between Bankers and Lawyers.
  - There was a significant difference in life satisfaction between Bankers and District office employees.
  - There was no significant difference in life satisfaction between Teachers and District office employees.
  - There was no significant difference in life satisfaction between Teachers and Non-medical hospital employees.

## RECOMMENDATIONS

- The present study was conducted on 100 samples. It was delimited to Sonitpur district of Assam. Further studies can be replicated in a large sample by including some more other variables.
- The present study has been conducted on five selected professions of their life satisfaction. Therefore further study may be conducted on different other professions.
- Life satisfaction of students from different streams (Science, Humanities, Commerce), etc, can also be studied.
- Comparative studies can also be done on the same topic.
- Comparative studies of Life satisfaction between different age groups can also be studied.
- Qualitative studies can also give more detailed findings.

## CONCLUSIONS

Life satisfaction is being satisfied with one's present life. If an individual is happy with the way life is going on in his / her life then we can say that the person is satisfied with life. There are many factors that we believe influence life satisfaction like health, wealth, education, etc. Being born as an intellectual being, sometimes we as humans get caught into materialistic things forgetting the essence and beauty of life. We run after success and riches sometimes trampling others. One's success in life in terms of riches, job, education, income, designation, etc., does not define life satisfaction.

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