

LIFE SATISFACTION AMONG SELECTED PROFESSIONALS OF SONITPUR DISTRICT, ASSAM

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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*