



SURVEY ON LIFE SATISFACTION OF PHYSICAL EDUCATION STUDENTS

Marbom Darin, M.P.Ed, Bharati Vidyapeeth (Deemed To Be University), College Of Physical Education, Dhankawadi, Pune (Maharashtra), India.

E-Mail: Marbomdarin11@Gmail.Com

Amitahamad N.Tamboli, Assistant Professor, Bharati Vidyapeeth (Deemed To Be University), College Of Physical Education, Dhankawadi, Pune (Maharashtra), India

E-Mail: Amit.Tamboli@Bharatividyaapeeth.Edu

Abstract

The study aimed to assess the life satisfaction levels of physical education students at Bharati Vidyapeeth (deemed to be university), college of physical education in Pune, Maharashtra, India. A total of 200 participants, both male and female, aged between 18 and 25, were selected for the study from the aforementioned institution in Dhankawadi, Pune. To gather the necessary data, the researchers utilized the life satisfaction scale developed by Hardeo Ojha. The scale is a standardized measurement tool commonly used in studies assessing individuals' life satisfaction levels. The distribution of life satisfaction levels among the participants was as follows: 0.5 % of the students reported being extremely satisfied, 15.5 % expressed high satisfaction, 51.5% reported above-average satisfaction, 31% indicated average satisfaction, and 1.5 % reported below-average satisfaction.

Keywords: life satisfaction, physical education students.

1. Introduction

Life satisfaction refers to how individuals express their emotions, feelings, and overall mood. It reflects their outlook on future prospects and possibilities. It encompasses various aspects of well-being, including mood, satisfaction with relationships, and attainment of goals, self-concept, and perceived ability to cope with daily life. Rather than solely evaluating present emotions, life satisfaction reflects a positive attitude toward one's overall life. To assess life satisfaction, researchers consider a range of factors such as economic status, educational level, life experiences, place of residence, and other relevant elements. It is a crucial component of subjective well-being, which involves both internal and external factors contributing to an individual's overall happiness and life satisfaction. Socio-demographic characteristics such as gender, age, marital status, income, and education play a role, as do psychosocial factors like health, disease, functional capacity, activity level, and social interactions. Although the terms are often used interchangeably, life satisfaction and happiness are distinct concepts. While happiness typically pertains to one's present state of well-being, life satisfaction assesses an individual's overall life circumstances. Living conditions and external circumstances have a significant impact on one's overall life satisfaction.

Life satisfaction components

The emotional component of life satisfaction pertains to an individual's transient emotional state, seeking immediate pleasure once their sensory needs are fulfilled. On the other hand, the cognitive component involves the assessment of one's life based on the information and the extent to which it meets their expectations and envisioned "ideal life." This appraisal relates to the eudemonic perspective, which considers the fulfillment of one's potential to the maximum extent. It aligns with the concept of a "fully



functioning individual" coined by rogers and corresponds to the self-actualization aspect of maslow's theory.

Methodology:

A survey was conducted to investigate the life satisfaction of physical education students at bharati vidyapeeth (deemed to be university), college of physical education in dhankawadi, pune, maharashtra, india. The study included a sample of 200 students from the institution. The percentage was employed as a statistical tool for analyzing the gathered data.

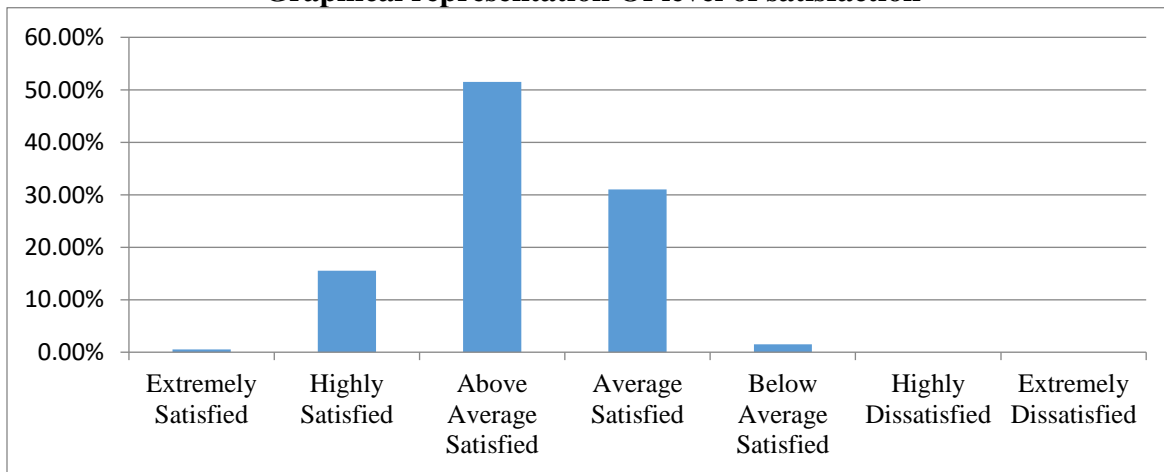
Method of measurement of variable:

life satisfaction was the variable of this study. Life satisfaction scale was used to measure the selected variable.

Level of satisfaction Frequency table

Level of satisfaction	Number of respondents	Percentage
Extremely satisfied	1	0.5%
Highly satisfied	31	15.5%
Above average satisfied	103	51.5%
Average satisfied	62	31%
Below average satisfied	3	1.5%
Highly dissatisfied	0	0
Extremely dissatisfied	0	0
Total	200	100%

Graphical representation Of level of satisfaction



According to the table, the results indicate that among the participants from bharati vidyapeeth college of physical education, 0.5% expressed extreme satisfaction, 15.5% reported high satisfaction, 51.5% indicated above-average satisfaction, 31% reported average satisfaction, 1.5 % expressed below-average satisfaction, and there were no respondents who expressed high or extreme dissatisfaction.

Result:

Out of the total respondents, 0.5% (1) expressed extreme satisfaction, while 15.5% (31) reported high satisfaction. The majority, comprising 51.5% (103) of the respondents, indicated above-average



satisfaction. Additionally, 31% (62) reported average satisfaction, while 1.5% (3) expressed below-average satisfaction. There were no respondents who indicated high or extreme dissatisfaction. Based on these findings, it can be concluded that the majority of the physical education students displayed above-average levels of satisfaction.

References:

- Chow, h. P. H. (2005). Life satisfaction among university students in a canadian prairie city: a multivariate analysis. *Social indicators research*, 70(2), 139–150.
- Pettay, robert francis (2008). Health behaviors and life satisfaction in college students. Kansas state university.
- Chen, sisi, walter king yan ho, and md. Dilsad ahmed. 2020. "physical activity and its relationship with life satisfaction among middle school students: a cross-culture study" *sustainability* 12, no. 17: 6932.
- Doğan, u., &çelik, e. (2014). Examining the factors contributing to students' life satisfaction. *Educational sciences: theory & practice*, 14(6).
- Duffy, r.d., allan, b.a. and bott, e.m., (2012). Calling and life satisfaction among undergraduate students: investigating mediators and moderators. *Journal of happiness studies*, 13, pp.469-479.
- Paschali, a., &tsitsas, g. (2010). Stress and life satisfaction among university students-a pilot study. *Annals of general psychiatry*, 9(suppl 1), s96.
- Murphy, j. G., mcdevitt-murphy, m. E., & barnett, n. P. (2005). Drink and be merry? Gender, life satisfaction, and alcohol consumption among college students. *Psychology of addictive behaviors*, 19(2), 184.
- Holinka, c. (2015). Stress, emotional intelligence, and life satisfaction in college students. *College student journal*, 49(2), 300-311.
- Gündoğar, d., sallangül, s., uşkun, e., demirci, s., &keçeci, d. (2007). Investigation of the predictors of life satisfaction in university students. *Journal of clinical psychiatry*, 10(1), 14-27.
- Hawi, n. S., & samaha, m. (2017). The relations among social media addiction, self-esteem, and life satisfaction in university students. *Social science computer review*, 35(5), 576-586.
- Zhang, j., zhao, s., lester, d., & zhou, c. (2014). Life satisfaction and its correlates among college students in china: a test of social reference theory. *Asian journal of psychiatry*, 10, 17-20.