



Life satisfaction and mental well being among migrated and non-migrated students

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Abstract

Life satisfaction is "a global assessment of a person's quality of life according to his chosen criteria" whereas Mental well-being describes the mental state as to how an individual feels and how well he/she can cope with daily life stressors. The present study is discussing the life satisfaction and mental well-being among migrated and non-migrated students (N=120). There were $n_1=60$ migrated and $n_2=60$ non-migrated students which were randomly selected from Aligarh Muslim University, (U.P). The migrated students were from Jordan, Iran, Syria, Indonesia, Yaman, and other countries whereas the non-migrated students were from U.P itself. Satisfaction with Life Scale (Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. 1985) and Warwick-Edinburgh Mental Well-being Scale (WEMWBS, edited by Dr. Jane Parkinson) were the two scales used for this research. A significant relationship between life satisfaction and mental wellbeing in migrants and non-migrants' students were found at the 0.01 level of significance but no significant difference between life satisfaction and mental wellbeing in migrants and nonmigrants was found. ($p < 0.01, 0.05$).

Keywords: migrated students, non-migrated students, life satisfaction, mental well being

Introduction

Life Satisfaction

"Life satisfaction is an overall assessment of feelings and attitudes about one's life at a particular point in time ranging from negative to positive. It is one of three major indicators of well-being: life satisfaction, positive affect, and negative affect" (Diener, 1984) [2].

Life satisfaction is a self-belief that the person is on the right path and he/she perceive being happy himself. From the samples of adolescence, a recent pilot study found that "it is negatively related to outcomes such as substance use, depression, getting in the fight, and delinquency and positively related good grades". (Lippman, Guzman & Moore, 2012) [13].

According to Diener, Suh, Lucas & Smith (1999) [4, 5], level of satisfaction for any person in his/her life is generally assessed by the desire for changes in present life; satisfaction by past experiences; satisfaction from near future and others' viewpoint for his/her life.

Life satisfaction is characterized, in agreement with the cognitive theory, as "individual's cognitive judgment about comparisons based on the compatibility of their own living conditions with the standards" (Diener, Emmons, Larsen & Griffen, 1985) [3].

Life satisfaction comes from the judgment and comparison based on the individuals living condition and standers; it is a positive evaluation of overall quality of individual's life. Ruut Veenhoven (1993) [15] states that; "Life satisfaction is the degree to which a person positively evaluates the overall quality of his/her life-as-a-whole." meaning to say that how much he/she appreciates his/her life or how happy and contented a person feels for his life determines his/her overall satisfaction of life. Life satisfaction is an evaluation of life as

a whole, not the momentary emotional record. Happiness contributes to life satisfaction, but solely it can't be used as a synonym for life satisfaction.

Life is not same for all and so is the satisfaction drawn from it. There is no stable or actual life satisfaction measuring device. Life-satisfaction acts as an indicator of 'apparent' quality of life. Combining it together with the mental and physical health as indicators it indicates how well people flourish (Veehoven, 1993) [15]. It is clear that for life satisfaction, an individual should remain physically as well as mentally healthy.

Satisfaction of life is a sense of well-being whose assessment could be done by mood, satisfaction from interpersonal relations and through achievements, self-concepts, and by the ability to cope up with the daily life stressors (Harkins, 2003) [8].

Life satisfaction is regarded as a central facet of well-being, and strongly with it. It is somewhat hedonic and people are just concerned about life satisfaction as an evaluation: "an ostensibly authoritative verdict on the overall quality of one's life." It clearly states that for people it is more important whether they are living their lives as per their standards as it states about the person's life according to their priorities (Haybron, 2005, p. 4) [9].

Haybron (2007) [10] said, "Life satisfaction's significance differs considerably from what we ordinarily ascribe to happiness" (p. 100). Moreover, he has stated that "it is seen as somehow embodying a global judgment about one's life taken as a whole that all things considered, one's life is satisfactory" (p. 101).

Life is going fine and my life is running quite well and smooth are two sentences which are quite different from each other. Just to like our life is not important rather it is important to

appreciate our lives wholeheartedly bring satisfaction in life in our assessment. "Life satisfaction requires being satisfied, not just thinking things satisfactory...being satisfied has motivational implications, at 6 least tempering inclinations to seek major changes in where your life is headed" (Haybron, 2007, p. 102)^[10].

Life satisfaction is a universally used variable used in many research studies. Level of life-satisfaction estimates the apparent quality of life for any specific social group for the assessment of the extent of any social issue along with to recommend possible policy interventions. High satisfaction suggests that the quality of life, in the population concerned, is good. Though conditions may not be ideal, it is apparently acceptable for most of the population. Low satisfaction marks serious shortcomings of some kind. Reliable and valid measures of life satisfaction are available. The Satisfaction with Life Scale (Diener, Emmons, Larsen, & Griffin, 1985)^[3] is used in the present study which is a reliable and valid measure to assess the level of life satisfaction.

Mental Well-being

The term mental wellbeing is not us about a feeling of happiness rather it is the feeling of contentment, confidence, and enjoyment along with self-esteem and self-confidence states mental wellness or mental wellbeing. WHO introduced the concept of mental wellbeing in 1948, since then many definitions came into existence. As per the World Health Organization positive mental health is said to be the "foundation for well-being and effective functioning for both the individual and the community" as well as declared mental well being, a state when an individual realizes his abilities, is able to cope up with daily life stressors and works productively and fruitfully to make a contribution for his community. (WHO 2001, p. 1.)

The concept of mental wellbeing is significant to a broad range of disciplines. It may differ depending upon their values and practices. The term mental wellbeing is not used so often instead mental health is the term used to focus on the area which covers the wide spectrum of mental illness, mental wellbeing and other positive to negative mental health states. (FPH, 2010)^[6].

"Feeling good and functioning well" this phrase works as a definition for mental wellbeing which fulfills the criteria as positive psychologists perceive. It may not be as appropriate as what the WHO has defined but it includes hedonic or affective wellbeing and also includes psychological well-being (functioning well). It is also covering the personal attributes as well as capacities, which are being observed ever since Aristotle's period or even before, that is the augment of happiness in self as well in other. Moreover, it covers the personal potential growth as stated in the abovementioned definition by WHO, in addition to the confidence and capability, self-awareness and self-acceptance, to have control over someone's life including environment, to have a sense of purpose, to have the ability of independent action and to have the good interpersonal skills. (Aked, Marks, Cordon & Thompson, 2008)^[11].

Wellbeing is the term generally used as a synonym for health which states mental, physical and social wellbeing. (WHO, 2004). Wellbeing and mental wellbeing are often used as

interchangeable terms perhaps to balance the current trend which focuses on physical wellbeing. Mental wellbeing definition includes the capability for healthy relationships. (FPH, 2016, p.11)^[7].

"The term mental wellbeing is used in this report to cover the positive end of mental health covering both the hedonic (feeling good) and eudemonic components (functioning well). Feeling good is subjective and embraces happiness, life satisfaction, and other positive affective states." (Deiner, Suh, Lucas & Smith, 1999)^[4,5].

Emotional wellbeing sometimes is used as a synonym for mental wellbeing in case of children and adolescents. Various aspects of mental well-being are evident in people which are closely related to positive mental health as stated by (Jahoda, 1958)^[11].

As per the FPH report, mental wellbeing has not been defined from a clinical viewpoint, rather it has been portrayed as the positive end of a spectrum. Personal wellbeing and mental wellbeing together raised questions related to anxiety, happiness, satisfaction, and purpose in life. Available sources and figures depict how an individual rate the activities they do which cover negative to positive ends i.e., from anxiety to satisfaction in life (Joloza, 2013)^[12].

The Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) and the short version (SWEMWBS) are the two most popular scales to measure mental well-being in U.K. The scales cover the feeling as well as functioning which sums to a single score. Both the Health Survey for England as well as national surveys in Scotland has incorporated The Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS). The psychometric properties of WEMWBS state that it is valid to measure mental wellbeing among people in diminution from serious mental illness, however, the mental wellbeing measure for active psychotic disorder population is under development

Need and Significance of the Study

A student is said to be the future leader of any healthy society. Student life is not so easy. It brings a lot of constraints either in form of parental or peer pressure or issues like the pressure of surroundings. Problems faced by any migrated student are not hidden. Along with their study pressure, there are daily stressors which life showers on them. This piece of research is an attempt to understand the sufferings of migrated student's life, to assess the level of life satisfaction and mental wellbeing and also to compare the both with a non-migrated student. This research will turn out to be useful for further studies especially in educational psychology and other migration-related subjects.

The data will be an initiative to show the life satisfaction and mental well being of the students who all are living anywhere apart from their native place, especially in central universities. Aligarh Muslim University is one of the central universities which attract the students from different places for their higher education. Migrated students ratio is increasing every academic year. The study can be a useful measure for the administration and also for the students and the staff to deal and a better understanding of the students' mental condition and satisfaction can be acknowledged.

This study may also turn out to be useful data for the administration who deals with the foreign affairs in different

countries to know and investigate about the students who left from their country to shape their better future in different universities, specifically in India and specifically in Aligarh Muslim University.

Hypothesis

- There will be a significant difference between migrated and now migrated students in terms of life satisfaction.
- There will be a significant difference between migrated and now migrated students in terms of Mental Wellbeing.
- There will be a significant relationship between life satisfaction and Mental Wellbeing.

Methodology

Sample

The sample was constituted from Aligarh Muslim University, Aligarh (U.P.) with N= 120 samples which include N=60 migrated and N=60 non-migrated pursuing higher educations. The age range for both sample groups was between 20-25years. Migrated students were from, Jordan, Iran, Syria, Indonesia, yaman, other different states and countries whereas non-migrated students were the people from U.P itself.

Tools used.

1. The scale used for measure the life satisfaction is ‘*Satisfaction with Life*’ Scale by Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985) ^[3].
 - 7 point rating scale
 - Internal consistency of Life satisfaction: Test-retest

correlation coefficient of .82 and an alpha coefficient of .87

2. The scale used to measure the mental well- being is *Warwick-Edinburgh Mental Well-being Scale (WEMWBS)*, Edited by Dr. Jane Parkinson (2007).
 - 5 point rating scale
 - Internal consistency of Mental Wellbeing: Cronbach’s alpha coefficient = 0.89 (n = 348).

Both the tools used for the study have a good internal constituency

Statistical Technique

The statistical technique used to find the difference was t-test and to find the relationship product moment correlation calculate

Results

Table 1: Showing the difference between Migrated & Non-migrated students in terms of Life Satisfaction

	N	Mean	Std. Deviation	t.
Migrated	60	24.20	6.18	.17
Non-migrated	60	24.52	5.16	

Table 2: Showing the difference between Migrated & Non-migrated students in terms of Mental Wellbeing

	N	Mean	Std. Deviation	t.
Migrated	60	48.53	9.89	.39
Non-migrated	60	50.08	9.20	

Table 3: Showing the relationship between Life Satisfaction and Mental Wellbeing among Migrated and Non-migrated students.

		N	Mean	Std. Deviation	(X ¹)	(X ²)
Migrated	Mental wellbeing	60	48.583	9.894	1	.360**
	Life satisfaction	60			.360**	1
Non-migrated	Mental wellbeing	60	24.000	6.180	1	.464**
	Life satisfaction	60			.464**	1

**Correlation is significant at 0.01 level of significance (2 tailed).

Discussions

The result given in table above shows that there was no significant difference in life satisfaction between migrated (M = 24.20, SD= 6.18) and non migrated students (M = 24.52, SD = 5.16) and t(120) = 0.17, (p < .005 & .001) (one-tailed). Also, there was no significant difference in mental wellbeing between migrated (M=48.53, SD= 9.89) and non migrated students (M=50.08, SD=9.20) and t(120) = .392, (p<.005 & .001) (one-tailed). The study conducted also showed that the life satisfaction and mental wellbeing among migrated and also in the non-migrated student was positive and significant as the probability to support the hypothesis was less than 0.05 level as well as .001 level of significance.

Conclusions

The study concluded that there was no significant difference in life satisfaction and mental well being between migrated and non-migrated students. Hence the hypothesis’1’ and hypothesis’2’ was not supported whereas there was a positive relationship found between mental good being and life satisfaction at .001 level of significance which clearly stated that the hypothesis’3’ was supported.

Limitations

Few of the limitations needed to be addressed were that the study consisted of only the students of Aligarh Muslim University with a small sample size and gender difference was not put under consideration. The future researches may consider other migrants residing in different universities in India. And the gender differences may also be considered. Moreover, by increasing the sample size, more clear results may be drawn.

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