CHAPTER – 3

PROBLEMS AND
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Although there is good amount of research in the field of subjective well-being (SWB) the real concept and the determinants of SWB so far has not been clearly understood, therefore the present research has been undertaken and an attempt has been made to examine the personality determinants of SWB. Kluchahn and Murray (1950) discussed that factors influencing subjective well-being are extremely complex and cannot be explained by one specific cause. According to Diener et al. (2009), SWB is really an umbrella term that includes several different components, and these components are somewhat independent. That is, one can be high in one and low in another. Thus, one must to some degree understand the components separately. There are some behaviors that produce higher satisfaction (completing a boring but necessary task, for example) but produce lower positive affect. After a critical observation of the previous studies done in the field of subjective well-being it has been found that subjective well-being is important aspect for positive development of satellite generation. Still a lot of research is a requirement in the hedonic field of positive psychology, to reveal the relation of SWB with different personality traits in different culture, economic status, gender, age and many other demographic variables. Subjective well-being reflects the extent to which people think and feel that their life is going well (Lucas, Dyrenforth & Diener, 2008). Psychologists and economists have increasingly worked to discover the underlying factors which determine subjective well-being of the individuals (Diener, 2000a; Diener & Seligman, 2004; Kahneman, Krueger, Schkade, Schwartz, & Stone, 2003; Lyubomirsky, Sheldon, & Schkade, 2005; Seligman, Steen, Park, & Peterson, 2005). The cognitive and conative components were found to be highly significant in effecting people’s happiness. In affective and cognitive process individuals differed significantly while evaluating their lives. On the basis of such individual differences it can be expected that SWB may exhibit the characteristics of a personality trait. Thus, personality traits may play a determining role in the field of subjective well-being research.

The field of subjective well-being is a combination of social, philosophical, and psychological aspects. When subjective well-being is defined as how a personal evaluation of one’s life, evaluations can be more focal that is it may be based on marital satisfaction, or satisfaction with one's materialistic objects, it may be more specified or with broader classification like life satisfaction or satisfaction with the self. Moreover such evaluations can be more cognitive as based on judgmentive process and it can be affective based on temporary emotions like moods. A natural reaction or strength of an individual to react or respond in a particular situation or episode of life makes an individual differ from each other.
Thus, there appear to be at least three major components to subjective well-being - pleasant emotions and moods, lack of negative emotions and moods, and satisfaction judgments. As it has been found with previous researches, that the optimism and feelings of fulfillment are also a part of SWB, in future these components can be considered as fourth element for SWB. Still many components are in their teething stage, yet to be dealt with a scientific approach.

Thus, the main objective was to find the way of students in Raipur evaluate their life and experience subjective well-being with different personality traits. In general most of the previous researches revealed that SWB is fairly stable over time, and it revolves and return to the similar point after major life events, and that it is the property of SWB found to be strongly correlated with stable personality traits. Thus, it was interesting to tune with the global researchers who have turned their attention towards understanding the relations between personality and SWB.

With different studies, many personality traits have been linked with SWB (DeNeve & Cooper 1998) much theoretical and empirical work has focused on the moderate to strong correlations between SWB and the traits of extraversion (Watson & Clark 1992) and neuroticism (Costa & McCrae 1980, Headey & Wearing, 1992, Tellegen 1985). Still, DeNeve & Cooper (1998) focused solely on extraversion and neuroticism to find the simplified pattern over the complicated pattern of associations among personality and SWB. There are a number of broad dimensions and narrower traits that have exhibited consistent correlations with SWB constructs still lot of work is yet left for exploration.

Generally, happy females can project a better condition of society in today’s social condition. To observe the well-being of females in comparison to males the study also investigated the SWB among males and females in Raipur city.

Hence, the main aim of the study was to understand:

- The role of different personality traits of people in determining their subjective well-being.
- To find out the relationship of different personality factors with subjective well-being.
- To find whether the 16 personality factors could predict subjective well-being.
- The role of sex in determining the subjective well-being of people.
- Thus to fulfill the above objective of the study the present study undertaken the following the problems and their relevant hypotheses as under

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i) The first problem of the present study is to examine whether Reserved, and Outgoing (Factor-A) subjects show different SWB. It is hypothesized that Outgoing subjects would show higher SWB as compared to Reserved subjects.
ii) The second problem of the present study is to examine whether the Less intelligent, and More intelligent (Factor - B) subjects would show different SWB. It is hypothesized that More Intelligent subjects would show higher SWB than the Less Intelligent subjects.

iii) The third problem of the present study is to examine whether the Emotionally less stable, and Emotionally stable (Factor-C) subjects would show different SWB. It is hypothesized that Emotionally stable subjects would show higher SWB as compared to Less emotionally stabled subjects.

iv) The fourth problem of the present study is to examine whether Humble and Assertive (Factor-E) subjects would show different SWB. It is hypothesized that Assertive subjects would show higher SWB as compared to humble subjects.

v) The fifth problem of the present study is to examine whether Sober and Happy-go-lucky (Factor-F) subjects would show different SWB. It is hypothesized that Happy-go-lucky subjects would show higher SWB as compared to Sober subjects.

vi) The sixth problem of the present study is to examine whether Expedient and Conscientious (Factor-G) subjects would show different SWB. It is hypothesized that Expedient subjects would show higher SWB as compared to Conscientious subjects.

vii) The seventh problem of the present study is to examine whether Shy and Venturesome (Factor-H) subjects would show different SWB. It is hypothesized that Venturesome subjects would show higher SWB as compared to Shy subjects.

viii) The eighth problem of the present study is to examine whether the Tough minded and Tender minded (Factor-I) subjects would show different SWB. It is hypothesized that Tough minded subjects would show higher SWB as compared to Tender minded subjects.

ix) The ninth problem of the present study is to examine whether the Suspicious and Trusting (Factor-L) subjects would show different SWB. It is hypothesized that Trusting subjects would show higher SWB as compared to Suspicious subjects.

x) The tenth problem of the present study is to examine whether the Practical and Imaginative (Factor-M) subjects would show different SWB. It is hypothesized that Practical subjects would show higher level of SWB as compared to Imaginative subjects.

xi) The eleventh problem of the present study is to examine whether the Forthright and Shrewd (Factor- N) subjects would show different SWB. It is hypothesized that Forthright subjects would show higher SWB as compared to Shrewd subjects.

xii) The twelfth problem of the present study is to examine whether the Placid and Apprehensive (Factor-O) subjects would show different SWB. It is
hypothesized that Placid subjects would show higher SWB as compared to Apprehensive subjects.

xiii) The thirteenth problem of the present study is to examine whether the Conservative and Experimenting (Factor-Q1) subjects would show different SWB. It is hypothesized that Conservative subjects would show SWB as compared to Experimenting subjects.

xiv) The fourteenth problem of the present study is to examine whether the Group-dependent, and Self sufficient (Factor-Q2) subjects would show different SWB. It is hypothesized that Group-dependent subjects would show higher SWB as compared to Self sufficient subjects.

xv) The fifteenth problem of the present study is to examine whether the Self conflict, and Self controlled (Factor-Q3) subjects would show different SWB. It is hypothesized that Self controlled subjects would show higher level of SWB as compared to Self conflict subjects.

xvi) The sixteenth problem of the present study is to examine whether the Relaxed, and Tense (Factor-Q4) subjects would show different SWB. It is hypothesized that Relaxed subjects would show higher SWB as compared to Tense subjects.

xvii) The seventeenth problem of the present study is to examine the role of Sex in SWB. It is hypothesized that male subjects would show higher SWB than the female subjects.

xviii) The eighteenth problem of the present study is to examine the relationship of different personality factor with SWB of the subjects.

xix) The last and nineteenth problem of the study is to examine the contributing predictor role of different personality factors for SWB of the subjects.