Chapter I

Introduction
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Stress

Stress has increasingly become a part of human life today. Different people have different views about stress. It has for long been considered due to external noxious stimuli or circumstances. But of late this relationship has been more subtle and more complex as interactive views of stress hold that it is the combination of individual’s age, personality and general ability that results in a stress producing imbalance. But the same situation is not stressful for all people and all people do not experience the same negative thoughts and feelings when stressed. Stress resulting from increased complexity of today’s life and its divergent demands has become prominent. It exerts impairing effect on physical as well as psychological well being. Though a moderate degree of stress has noted creating as well as promoting inclination towards achieving goals. Stress in fact can wear and tear the body within the individual and do the irreparable psychological and behavioral damage to him.

Stress in human life is often equated with tension; anxiety, worry and pressure. It is really a fact that stress is indispensable in human life and it causes either beneficial or detriment effects. Physical, emotional or social illness often observed in human being. When people face demands from other or from the physical and social environment to which they feel unable to response a reaction is activated to cope with the situation. Stress can also be explained as condition an emotions and physical condition. It happens, sometime, a person does not success to get a job as per his ability. In such condition; It is an accepted fact that physically he or she is stressed. It a part of life and is generated by constantly changing situations that a person must face.
**History of stress**

The word stress has a long history and this word, “stress” is derived from late in word “stringer” that refers to hardship adversity. In 18th and 19th century the word “stringier” was used to denote force, pressure or strong effect to an object and person. Stress generally occurs when people are faced with demands from environment that requires them to change in some way. Stress is that stimulus which imposes detectable strain. Stress is a condition of tension produced by pressure demands which the person cannot adequately cope. Stress is a combination of unpleasant and disturbing emotional experience.

People throughout the world keep different views about stress. Stress is not a result of some particular situation. It is quite acceptable that all human being leads a stressful life but the conditions of stress differ from person to person. This is an era of competition and selfishness. Whenever one’s fails to get its objectives it place itself into a stressful condition. Stress when it exceeds beyond the tolerable limits it badly affects the physical and mental health, of the person. Stress is somewhat natural. It is not in the capability of man to keep away stress. But we can also say that stress is not the bane of our existence. Some time human being himself becomes the cause of stress. Physical demands and environmental or social situations which are evaluated as harmful and uncontrollable. Psychological responses such as anxiety, hopelessness, depression and a general feeling of not being able to cope with can result from a stress state. Psychological, physical, social or environmental situation can be cope with life would be simple if our needs were gratified; many obstacles, personal and environment prevent this.

A number of psychological consequences of stress involve the nervous system and cause the blood pressure, heart pulse rate and respiration rate to increase. People
having overloaded task are more stressed than people with fewer task. In the case of adult and adolescent stress effect are noticed from beginning e.g. as they are unable to get admission or later unable to follow the vast syllabus. Their parents also feel stress in such situations. Adults while shifting to a life of self responsibility from a life of dependency feel pressure of the conditions. Such condition are also a source of stress. This certainly affects them adversely. As already indicated that in modern life stress is a common problem. Today life is becoming busier. Everybody is in hurry to reach the goal. They have to perform a number of responsibilities and have to solve a lot of problems. Every time they feel stress from the pressure of work that they themselves created. Researchers found that such environment situation cause stress sometime due to pressure of work and sometime due to unhappy with their job.

Situations differ but the result is stress. Negative thoughts and feelings or a beneficial thinking equally become the cause of stress. Every human being has a goal and want to go with accordingly. Stress is a emotional factor that causes mental and physical tension. Any problem that makes difficult or promoted failure can be described as psychologically stressful. Stress is a stimulus that strains Stress is a stimulus that strains the physiological and psychological capacities of an organism. It is a personal response to a certain variation in the environment. we feel stress when we create a situation that is threatening to and compel the person to be more and more disturbed.

Stress process can be initiated by psychological event. Perception and cognitive measurement plays a vital role in stress response. We will not experience stress unless we perceive a situation as threatening. Stress can also defined is poor fit between an individual’s resources and the demands of one’s environment. Such poor fit occurs when the capacities of the individual are unable to meet the resources.
bodily and/or mental tension resulting from factors tends to alter an existent equilibrium. In this condition we have two elements. First a tension caused by some force pulling on the system and the second is a threat to the normal equilibrium of the system. These two elements tell us that stress is an active process. It involves an action on the system that threatens its equilibrium. It is assumed that the tension may cause harm unless the cause is removed.

Stress has physical and psychological origin. Physical stresses affect directly our physical well being whereas psychological stresses are events that challenge our safety not because they are physically dangerous but because of our thoughts and interpretations. It may result in fear along with a racing heart and rapid breathing.

The word ‘stress’ was introduced into the fields of biology and medicine in 1926 by an Austrian endocrinologist ‘Hens selye’ working in Canada. His concept of stress was a psychological one and the psychological component of phenomenon of stress was not so much ignored by him as placed in a second degree. In fact ‘Selye’ used the term ‘stress’ to designate the event or trauma affecting the organism and the word strain to denote what happens to the organism or individual. Later on the term replaced to denote the word anxiety emotional stress, conflict, frustration, tension etc. These words denote some physical or psychological conditions. Stress is caused by any threat to organism.

Stress is a complier phenomenon. It is experienced, what may be a challenge for one person will be a stressor for another. It is widely acceptable that stress is a part of life and is generated by constantly changing conditions and situations. Such situation occurs and must have to be faced by every person. It refers to an internal state which results from demanding or unsatisfying conditions. M.c. Garth defines stress as occurring when there is an imbalance between the perceived response
capabilities of the organism. Stress has not any particular situation as said by most of the psychologist and writers. It has been noticed that a condition when every person of a particular group entertaining their happiness feel suddenly that some members of that group are unsatisfied. Such condition create situation where within no time the happiness changed in some old and stressed situation.

Stress is a dynamic condition in which an individual is confronted with an opportunity. It happens somehow that opportunity constraint in which a demand related to what he or she desires and the outcome is perceived to be both uncertain and important. It is the mismatch between the personal recourse and environmental demands that leads to the condition called 'stress. Stress is a perceptual phenomenon that may arise from a comparison between the demands and the capacity of a person.

The generalized unconscious mobilization of the body's natural energy resources in the face of a stressor is defined as the stress response. It is a biological activation of the hormonal sympathetic nervous system. Sequence of activity was triggered in the nerves and glands to prepare the body for combat and struggle or for running away to safely. The automatic nervous system regulates the activities of the body organs. In a stressful condition, breathing becomes faster and deeper heart rate increase, blood pressure rises and blood vessels constrict. When such internal changes happen messages go to smooth muscles to smooth to stop certain bodily function.

Stress may be defined as a combination of physiological, psychological and behavioral reaction. When such reaction threaten and challenge them, people experience stress. Stress may be good or bad sometimes. Good kind of stress is called estress. It is helpful providing people with the extra energy. Sometime stress is not helpful and can even more harmful when not managed effectively. It has also been noticed that stress can increase the risk of developing health problem such as
cardiovascular disease and anxiety disorders. The bad kind of stress is called distress. According to T.H. Homes 1984 the adverse outcome of the stress response is termed as distress.

The terms stressors and stress responses are convenient way to understand stress. Stressors are events that threaten or challenge people. They are the sources of stress such as making a decision, getting married or natural disasters. Stress responses such as anxiety, depression, concentration difficulties and muscle tension are also the sources of stress. The connection between stressors and stress responses are not straight forward. It depends on meditating process. It has widely been accepted that at various points of life the individual experiences stressful events which cause distress and serious concern. A person who copes well with stress sees a positive light where as if he fails to cope with stress repeatedly his general sense of worthiness suffers. Young people who exhibit mal-adjustment will naturally describe home setting. However not all stress is bad. It has been noticed that stress can be an important motivation. Too much stress is not good. It may lead to physical uncertainty and weakness.

Stressors are a situation which put demands on individual coping skills. According to Lazarus (1993) stressors are considered as antecedent conditions in the person and in the environment. Stressors act as stimuli that evoke a behavioral, psychological or physiological response. For example, thirst, hunger ‘accident, sleeplessness and discomfort are said physical stressors. Frustration, anxiety, depression, sex problem, disappointment are some example of psychological stressors. In this list we may add emotional, social biological, family stressors. Such condition occurs in human life and place them in a stressful situation but it depends according how he cope with the situation. Chaturvedi (1983) says that jobs
relationship, unreasonable demands and intrusive thoughts are most common stressors but it may be short term or long term related to age, sex, job or education status. Almost any change in environment warn us to cope with the conditions. Pleasant changes such as vacation, demands and a little stress is useful in helping us to adopt. But some time stress becomes distress. Distress also varies greatly from person to person. Major changes in life which force us to cope in new ways are anticipated or actual threats to our self esteem.

The adverse outcome of the stress responses are termed as ‘Distress’. It refers to the individual’s degree of physiological, psychological and behavioral devotion from normal healthy functioning. ‘Distress’ means ‘high level of stress’. When an individual experiences high level of stress it is said he is distressed. Distress is a reaction which an individual experiences due to excessive pressure or other type of demands placed on him. It is more important to note that all stress responses are not always unhealthy. Stress in its evolutionary context of ‘fight or flight’ is one of human’s best assets for managing legitimate emergencies and achieving pack performances.

The above discussion indicates that the term stress has many interpretations. Since Dr. selye’s first encounter with the syndrome of being sick the term stress has acquired a wider range of connotation. Healthy or unhealthy stress leads to the consequences for individual or organization. Some psychologists are of the opinion that stress is inevitable where as distress is not.

A set of brain- controlled physiological stress response occurs when an organism perceives an external threat. To survive; an instant action and extra strength is needed. A whole constellation of automatic mechanisms has evolved that meet this need. It is very dangerous in internal stability and integrity of the organism. Cannon
(1932) has described the physiology of stress response to connected with autonomic nervous system. Accordingly there may be two systems. Under stressful conditions the physiological response begins with an individual’s perception of stress. When the autonomic nervous system active in the body, it enables the body to mobilize resources to face the emotional situation. Resources in our body mobilize under two conditions. One through the activation of the nervous system and second through the interior pituitary gland.

Selye discussed another factor of universality related to stress response. He saw stress quite unequivocally as a person’s physiological response. Selye discussed the three basic ideas to define stress. The three stages he called “General Adaptaion Syndrome” (GAS). These three stages seem to have a universal character. The coordinated functioning of sympathetic and parasympathetic nervous system resulting in changes in heart beats, breathing sweat gland secretion and gastrointestinal system gears up the body for an emergency. This stage he called stage of alarm or ‘Alarm reaction’. In this stage the response syndrome represented a universal pattern of defense reactions serving to protect the person. Sale’s second idea is that after repeated operation of the stressor the activated defense reaction progresses. In the second stage the individual adapts to the stressor though he gives an outward appearance of normally. This he called the stage of “resistance”. If the stressor continues and the defense does not work the person exhaust the necessary energy this he called “exhaustion”.

Khan (1964), was one of the earliest psychologists to indicate that the amount of stress is a function of personality. It is experienced by an individual while he or she is in a stressful situation. Different factors collectively contribute physiological
stress reaction. Physiological stress reactions depend on our perception and interpretation or capacity for dealing unite it.

The behavior of a person under stress depends on the level of stress he is experiencing. It has been observed that a mild stress intensifies biologically significant behavior. For example, eating, aggression and sexual behavior often which is turn actives the stress. Moderate stress typically disrupts behavior overeating is a typical behavioral response to moderate level of stress. It has also been noted that aggressive behavior occur in response to frustration. These response have a mixed effect over stress.

Life is full of challenges. A life without some turmoil is not only impossible but is also undesirable. Stress is a normal physical response to events that make us feel threatened or upset our balance in some way. There come a number of physical changes in our body. Physical changes in our body increase our strength and stamina, speed our reaction time and prepare us either to fight or flee from the danger. The stress response is the body’s way of protecting us. The stress response also includes an emotional reaction. In a number of cases it is seen that where stress is an exciting challenge, the more common negative emotions and effects lessen the discomfort in a direct and indirect way. Stressful life changes are a loss that form a frequent forerunners of depression experiencing a cluster of stress events is another predictor of emotion stress. Emotion stress include an increase of various symptoms such as problem of sleeping, difficulty in concentrating etc.

It is important to understand that our body does not distinguish between physical and psychological threats. If someone has a lot of responsibilities and worries, chances are that their stress response would be there most of the time. If the body’s stress system is activated on a high level, it is easier to trip and harder it is to
shut off. The ability to tolerate stress depends on many factors, including the quality of a person’s relationships, general outlook on life, emotional intelligence and genetics. The situations and pressures that cause stress are known as stressors. Anything that puts high demands on us or forces us to adjust can be stressful. Stress is self generated too.

Many stressors are effective to adolescent and school going students normally between the age group 15 to 21. “Sona and tejpreet (2005)” have given their ideas that adolescent between 15 to 21 face many psychological and physiological problems. Stress in adolescent come from biological causes as well as from the various social causes around them. It may occur due to academic achievement, unrealistic expectations, family situation, physical condition and school problems. The most dangerous thing about stress is that it can easily creep upon us. Achievement related stress is seen the most psychological risk factor. It includes the study tension, homework and parent’s pressure for the study and competition. Academic pressure is much more cause of stress for adolescent. Major part of adolescents realize greatest pressure as they find themselves competing for life.

Pressure of studies and to perform well in a cut throat competitive environment can stress out an adolescent. It may decrease the appetite. He may feel difficult to sleep and even turn aggressive at the criticism for his poor performances in the exams. Pressure may come from parents or teachers or from the peer – group. When we receive the stress in a negative sense it can affect both health and academic performances.

Adolescence is the period of devastating changes. Physical changes in this stage occur most rapidly. It is due to rapid changes in their body development. Adolescence is a connecting stage between childhood fantasies and practical adult
world. A well adjusted adolescent face a major source of stress in their relationship with their parents. This is because every adolescent feel a need to work through his own will without any pressure from the parents and in this way he wants freedom do me for his way to work.

Family changes are often considered an important event that can be stressful. Since long it has been assumed that family condition plays a major role in the development of adolescent and leaves a major influence on adolescent. However, during the recent decade, the family changed significantly. Previously, joint family concept was persisting but now-a-day’s everybody needs a free and boundless family. According to Denton (1989), effective experiences within the family relationship made important contribution to adolescent moral understanding.

Stress is a stimulus for growth and is very important and necessary for life. As already indicate that stress is not always bad and does not create a negative effect. It is useful in performing well under pressure and makes life more meaningful. Overstress and under stress are deterrent to growth and healthy living of an individual. Overstress is undesirable and can lead to many problems like boredom apathy; lack of energy and enthusiasm.

Distress or bad stress which exhibits itself in the form of various psychological and behavioral disorder among individual such as anxiety attack mood swing sleep problems and few diseases like headache cancer, heart attack, problems etc. The impact on stress can also be recognized from the fact that drugs are the prescribed to treat stress. An individual realize a number discrepancies in their behavior and physiological action.

Stress has been pursued by researches in different disciplines, according to their individual conceptual views. A physician Hans selye called stress the rate of wear and
torn in the body. It is the nonspecific response of the body to any demand and hence it has definite effects on physical well being, psychological adjustment interpersonal relations and professional effectiveness. Change of life style has been recognized as a part played by ones disposition to respond to stress. In that context it is not only necessary to identify the hurdles ;incapacities’ or demands in the roles but also to exam in the key role played by various determinants’ increasing the complexity and multi dimensionality of the phenomenon. Stress is a ubiquitous and it exists in every part of life. It is therefore important to confront and examine the stressors so that they can be controlled. According to Keith Davies (1985) stress is a condition of strain on one’s emotions, thought process and physical condition. When it is excessive, it can threaten one’s ability to cope with the environment.

The stress originates from and with life. For a clear understanding of the phenomenon Pestonjee (1987) classifies stress into primary and secondary system. Where the primary system consists of family, religions regional and linguistic groups and the secondary system in include neighborhood school, colleges, technical institute and work organizations. Both the systems have different functional requirements. Both are a complete network of stressors. In the present time the family structure as well as relations is changing to smaller or nuclear with little social networking leading to isolation and disintegration of the family and social structure. Adults are facing many problems relating to economy and social resources. Some time it is seen that adults are not getting adequate care and support from family. Changing of social roles and values leading to attenuate the adults, such gaps create Physical, psychological and socio- economic problems.

The connections between stressors and stress responses depends on mediating processes like how one appraises potential stressor and how he is able to cope with
the negative impact of stressors. Positive effects increases behavioral personal resources which can be used to overcome stress job related stress found in adults in a large scale especially adults in the age group of 25 to 35. This thinking generally generates a negative feeling about life which caused distress. In everyday; life we come across many problems/situations. Some of them act as source of inspiration for us and some causes challenges. When challenges exceed the coping abilities of the individual becomes stress.

Stress as we observed is a natural condition of human mind scientifically stress affects our body and mind . Some time the cause of stress grows of being too well known and to little under stood .It has also been experienced that we are exposed to stress at every moment in our life and responses to it after determine the quality of life and health .Hippocrates; so called father of modern medicine and other Greek and physicians recognized the phenomenon of stress and its role in certain disorder.

Stress is also a psycho-physiological process which results from the interaction of the individual with the environment (Heethans; 1998) .and results in disturbances caused to the psychological process .Factors causing stress may differ from individual to individual .Some time it concerns a sex problem, health and status condition heredity and so on . psychological process refers to such factor as attitudes values and various personality dimensions .In such references stress may be understood as a dynamic condition in which an individual is confronted with an opportunity or attempts to maintain its original stale .In this context when used in similar manner some physician and engineers adopted it to suit their ends. Thus we may says stress engineering is known as the ratio of the internal forecasts. The popularity of the concept has dwindled in the psychological field where it was first introduced.
In the psychology the term stress is used to refer both the condition of our mind and body where it refers to contain heightened mental and body status, it refers to the causes of such states. A person who is physically or mentally in a demanding or dangerous situation is said to be under stress. Stress in this concept is a truly a condition that reacts over the sensible organs of human body. Internal disorder such as acidosis cirrhosis and other condition can also produce stress responses chronic reputation of certain emotions such as anger or despair are also cause of stress. Changes of work and work plan and home situation some time a reaction on a surgery and a condition beyond the control turned a person into stress. We can say that stress does not occur due to some particular factor but stress comes through more that on factor at one time.

As already has been expressed that stress is a normal and natural part of life therefore people must be aware and work to minimize the situation of stress. physical exercise, various emotional states and creative activity are usually considered healthy. Regular practicing of such activities may help someone to control the stress situation. Prolonged and unwanted stress however, can have undesirable effects on mental and physical health. It has also been experienced that the reactions of such pressure vary greatly among individuals.

Stress is not simply anxiety. Anxiety operates safely in the emotional and psychological sphere. Whereas stress in addition to these two, operates in the psychological sphere as well. Thus stress may be accompanied by anxiety but the two cannot be equated (Luthans, 1998). Anxiety some time created a situation that place someone in stress but it is wrong to say that anxiety is the supreme cause of stress but it is still a cause of stress.
Stress is not simply nervous tension. Like anxiety nervous tension may result from stress but the two, stress and nervous tension, are not the same. Unconscious people have exhibited stress and some people even when awake may not reveal it through nervous tension (Luthans, 1998). This research tells that something in particular especially with reference to anxiety and nervous tension are not stress but some time the result of the stress.

As already discussed stress grows due to some unbearable conditions. Financial problem is also a strong cause of stress. This type of stress is known as financial stress that is associated with lowered self-esteem, an increasing pessimistic outlook on life and reduced mental health, particularly an increase in depression and hostility. It is found that stress through financial causes some time change the habitual form of a person. There is also a link between financial stress and suicide and alcohol consumption. The result of this habit is an increase in level of depression. Even though the interaction of body and mind in the development of such disorders are not yet fully understood. Much more efforts are needed to understand and control such happening of disorders. They obstruct the development of stress less health. Though it is absolutely impossible to hope a stress less health yet steps should be taken to minimize the same.

Various methods have been developed to cope with the problem of stress. Science, especially medical science is working hard to produce medical productions. Medication such as tranquilizers are used to help people. Psychiatrists and psychologists can also help people to cope with stress by various form of psychotherapies. It has been noted that a lot of changes occur in the psychological functioning, when a person is under stress reaction is quicker, perception is more discriminating, learning and memories are effective. Psychologically effective person
tries his best to control the situation but when coping mechanisms weaken, psychological functioning deteriorates, skills are impaired, discrimination and judgment are inaccurate, learning is slower, memory is less efficient, intellectual problems solving process is less effective. This conduction of psychological functioning really make a person hopeless. At such situation the psychologist has to be careful to read this causes suggest some parameter to bring the stress down.

Today it is the main problem in the poor societies. It has been noticed that when educated people do not get work according to their education, youth do not pay due respect to their parents and leading to anger, frustration, and it may result in suicide. Stress today is all around us and we experience it in our routine daily life. In the traffic on the way to home from work with our adolescent, and adult at night when they try to go to sleep, they worry about their health. It does not happened with someone in particular but now has become a worse situation for the world. Most of the people think of stress as something undesirable but this is not necessarily the case. We need a minimum amount of stress to lives to motivate us to action. Stress does not leads towards a bad or worse end but some time it to good end. We feel good when he overcome the obstacles and succeed.

Stressful experiences can lead people to develop new skills, new insights and new ways of living their lives (Tedeschis and Calhoun 2004). This thought shows that stress is not always harmful. A key stressor for many people is economic hardship often worries about being unable to make ends meet and shame of being unable to support the family.

No doubt such stress is debilitating but hardship and stress also open the doors, that is positive. Economic hardship may result in positive changes such as finding a new job or improving once ability to manage personal finances. Stress is
particularly unpleasant feeling that one experiences, when one perceives that something one values has been lost or is threatened. This loss or threat could be some thing material. We believe that we do not coping skills or resources to face the perceived threat or loss. Sources of stress may be classified as individual, organizational and outside of organization.

The researches and the present situation of our living style indicate that stress is inevitable part of our life. Today it needs a global discussion about the cause and remedies of stress. It is the really true that stress is essential part of our life but to bring it under control more studies are needed.

**Deprivation**

Poverty is a condition causing deprivation of any kind. In one of their studies Dandikan and Rath found that in rural areas of India 40% of the people and in urban areas 50% of people spend their lives below poverty line. Poverty gives rise to psychological problems, such as clashes in families, lower level of education, developing low self concepts and feelings of inferiority, lower level of aspiration level not recognizing their inner strength. Poverty forces men and women toward immoral behavior e.g. theft, robbery, prostitution etc. Because of hard work and low level of nutrition poor people victim of many health problems. Better off people neglect poor people and want to keep a distance.

Deprivation caused by poverty is a major hindrance in the way of development of inner strength. Achievement level of affected person lowers down, they develop parasitic dependence and their level of suggestibility increases. They show fatalism, pessimism, self pity and lack of emotions. Such affected children are also maladjusted in schools.
Research indicate that there is a high risk of educational underachievement for children who are from low-income housing circumstances. This is often a process that begins in primary schools for some less fortunate children. These children are at a higher risk than other children for retention in their grade, special placement during the schools hours and even not completing their high school education. There are indeed many explanations for why students tend to drop out of school. For children with low resources, the risk factors are juvenile delinquency rates, higher levels of teenage pregnancy, and the economic dependency upon their low-income parents.

Deprivation is that condition which obstructs the development of inner potentials of a man due to shortage or absence of any deserved objects. According to Indian psychologists, Sinha (1982) and Tripathi (1982), the environmental deficit of a man which stops of his natural development is deprivation. Tripathi [1982], has pointed out that psychological obstructs lists over to dozen types of deprivation such as stimulus, cultural, egoistical, economic social, educational, material and environmental. To this, one can add various types of need deprivation like food, water, air and sexual interest. Deprivation as an economic concept. Deprivation is related to poverty. Another criterion for the classification of deprivation is organismic verses environmental. If the organism needs are not fulfilled the deprivation is said to be organismic. Food, water, sex and sleep deprivation come under this category. The second type of deprivation may be environmental which generally mean environmental deficit in terms of economic conditions or living conditions. Tripathi has pointed out that the two type of deprivation are treated as belonging to mutually exclusive categories and there has been no attempt to see how they influence psychological processes in interaction with each other.
Different views regarding Deprivation.

The term deprivation is derived from the verb to deprive which means to dispose or strip a person or an object and its implies a ‘felt loss’. Certainly, it stands for certain deficiencies in the environmental atmosphere experienced by an individual according to his/her needs. Deprivation may be defined as a state of observable and demonstrable disadvantage relative to the local community or the wider society or nation to which an individual family or group belongs. It is also noticed that people are said to be deprived if they lack their needs or deserved objects. For example if people feel lack of diet, clothing, housing, household facilities, environmental, educational, working and social conditions activities and facilities they are deprived.

In this condition it can be said that deprived people are those who fall below the standards of living which are either socially accepted or can be demonstrated to be attaining by a majority of the national population. Townsend (1979) discussed the relativistic approach of deprivation which is determined, by its position relative to others in society. In using the terms deprivation, we are essentially referring to wide range of states or categories of deprivation. Deprivation takes a variety of forms. A recent review of the entire program of work on the cycle of deprivation in united kingdom conclude- “In using the term deprivation we are essentially referring to the wide range of states of categories of deprivation. The word deprivation as it is commonly used appears to imply a situation that is unacceptably below some minimum standard”

Social deprivation, according to Whiteman and Deustch [1968], is a relative term referring exclusively to specific types of environmental factors. According to them, environmental factor, when associated with certain social grouping such as socio-economic status or race, may be considered deprivation, here the environmental
variables are associated with impaired performances. Hence, deprivation is deficiency in amount of the basic necessities for survival of individual. The degree of deprivation may differ but deprivation is a common phenomenon and it is experienced by all human beings. Having no sources of income, assets and ownership of property are some forms of economic deprivation. Deprivation is primarily an economic concept. Social deprivation is included in a broad network of correlated factors. These factors include mental illness, poverty, and education.

Social deprivation, arising out of the ascribed status of caste, tribe or religion is another form of deprivation. The lack of facilities creates a feeling of insecurity among socially and economically deprived students. Youth are a major human resource for development of social change, economic development, and technological innovations. It depends how the society is going to utilize the potential and vigor of youth;

Every young person has talents and can make a real contribution to the economy through work and enterprise with the right support. But youth living in poverty are more likely to grow up with feelings of stress and depression. The worldwide economic recession has focused attention on the problem of poverty. The current survey and researches have revealed the fact that one-sixth of the world’s population continues to live in extreme poverty and many millions suffer and die needlessly for want of proper healthcare or clean water. According to Peter Singer (2009), the prevalence of poverty must be considered a failure of the world order. Approximately a quarter of the world’s poor people live in India, a huge number of them belonging to the categories of “dalit” and “divasi”. India has made continuously progressive effort to reduce poverty since independence but still, a huge number of people live below “poverty line since independence.”
The lack of facilities create feeling of insecurity and inferiority especially in socially and economically deprived students. There is an urgent need of raising aspirations among disadvantage young people. By enabling such people to break the cycle of poverty and unemployment, we can not only help them their families and their communities but also boost our economy both now and in future.

In the Dictionary of Behavior Science [Wolman 1973] defines cultural deprivation as substantial living conditions and discrimination which prevent certain individuals from participations in the cultural achievement of their society. Deprivation may cause limited access to the social world due to factors such as low socio-economic status of poor’s. The socially deprived person may experiences a deprivation of basic capabilities due to lack of freedom, rather than merely low income. An earlier study has taken the view that deprivation covers all the misfortunes people can suffer in society. It also causes feelings of helplessness where the only fore scale resolution may be suicide. One predictor of suicide is a lack of social integration. Durkheim illustrated that highly integrated society with strong social bonds and a high degree of social cohesion show slowing down of suicide rate.

Deprivation also comes due to lack of equal distribution. A person deprived of access to freedom, loss of power associated with a lack of opportunities has reduced inclusion in social relation, activities and abilities. The ultimate goal is improving the quality of life through educational system and to break down unemployment for the students/youth.

Concept about deprivation cannot however be understood only according to some scale of scientific representation. They are socially ‘structured’ through a process of familiarity and indifference advocacy and repetition in social experience and
discourse. What may be discerned in mapping out the scientific future of the subject is the desirability of distinguishing between material and social deprivation. People may not have the material goods of modern life or the surrounding material facilities or amenities. On the other hand, they may not have access to ordinary social customs, activities, and relationships. The later are more difficult to establish and measures and the two sets of conditions may be difficult in practice to separate. The distinction is represented in everyday speech and observation there may be a material facility at the home but there is a need of social health or liveliness. In a society, it has been noted that people commonly sympathize with bereaved and those unable to maintain contact with their families or with someone they love. It has also been experienced that people also show their sympathy for someone who cannot maintain their former standards of work or production or cannot continue to maintain a home or someone mentally handicapped who is not able to contribute fully or enjoy a wide range of community activities. Then there are those prevented from entering into community or social relationships. There are people who have ill or disabled son or daughter or husband to look after or who cannot meet their share of the cost of reciprocal group, relationship or simply miss out the events opportunities which are available. A child may be restricted from having access to ordinary social activities by an over protective or jealous parents or guardian or some other relatives. Individual kept in school rarely meet other people living solitary lives or simply fail to experience any of the right or responsibilities open to them as citizen. People in their speeches recognize the problems of those who lead restricted social lives and feel sorry for those who feel social deprivation. However it has to be admitted that operational measures of that concept are much less developed than of the corresponding concept of material deprivation.
If a primary distinctions can be made between material and social deprivation, subcategories can also be distinguished. This may be useful and helpful explaining social conditions and particularly while discussing about the deprivation. Some people experience multiple deprivation and other feel a single form of deprivation. This classification has a number of logical and predictable consequences. It will be difficult to disentangle the relative importance of different form of deprivation on health. Personality and social pathology measures deprivation in a way that depends on the use of particular indicators whose scope and representativeness is very great. The pattern of deprivation will include many paradoxes. People having prosperous home condition will be deprived at work and versa. Some people, who are materially deprived will be less socially deprived than their condition would lead observers to expect. It follows from this that the scientist must consider deprivation as the darker side of entire lifestyle of people. He or she has to be aware of all forms of productions, consumption behavior and status and to consider exclusion or withdraw from that pattern as a major explanation of single form of deprivation.

Objective deprivation in this sense therefore amounts not just to the scientific observation and measurement of events and conditions which are registered on the public consciousness but those which are not the part of the social scientist affiliation to objectivity, it depends on his or her conscious attachment from the social or political development by state and other institutions. Subjectively acknowledgement deprivation is also important in itself. The wide range and multiple characteristics of objectives, deprivation make it hard to pin down to everyone’s satisfaction. There is considerable scientific controversy because of the emphasis on individual etiology within prevailing social scientific and medical theories. In this situation enlightenment may partly depend on prevailing social perceptions and not only on scientific
evaluation of deprivation. Thus deprivation is loosely regarded as unsatisfactory and undesirable circumstances whether material, emotional physical or behavioral. Deprivation include a lack of something generally held to be desirable as an adequate income good health or so one. According to Brown and Madge [1982], a lack of something which is associated to a greater or lesser extent with some degree of suffering is deprivation.

Townsend (1987) defined deprivation as a state of observable and demonstrable disadvantage relative to the local community or the wider society or nation to which an individual, family or group belongs. In applied sense people are said to be deprived when they feel lack of most essential commodities. Two points are important to consider such as commodities and quantities of commodities available to person under deprivation.

Socialization and the mediating effects of parental attitudes with their resulting effect on child motivation, personality and intelligence is a relevant process. It modulate the need for the utilization, simulation and exploration. They guide attention determine the extent of imitative learning affect and ability and willingness to participate in verbal interaction and communication. It is influence of simple and complex conceptual development. Conceptualization is the important and lasting effects of the child’s early environment. It initially and inevitably concern gross interaction in mother child relation [Bowlby1951]. In their study substantial correlation was found between a happiness rating of children and intelligence test score. The data is complemented by more analytic data of the maternal characteristics involved in the relationship with intelligence. The most important finding for girls seem to contain culturally loaded differential attitudes involving maternal identification, showing itself as re-enforcement of dependence, behavioral
restriction and instructiveness. Hurley (1965) found a similar relationship between the quality of the early environment and IQ.

The studies on deprivation and its consequences have received relatively greater attention from psychologists. In these studies the term disadvantage and deprivation have been employed interchangeably with other terms like cultural deprivation, environmental deprivation social deprivation etc to refer to deficient environmental condition. In some other situations a certain personal characteristic of the member of disadvantaged section of society, deprivation stands for dispossession or loss of opportunities, privileges etc. The empirical studies on deprivation include both lack and loss of someone assumed to facilities growth and adjustment of the individuals..

Mishra and Tripathi (1977) have noted that many studies have often confused the consequents with antecedents and have taken a narrow range of variables in isolation. In order to specify the dimension of deprivation they concerned themselves with the experiential background of the individuals. They considered it as a prolonged process related to a defined social setting. It was argued that the socio-cultural life in any community can be conceived as a continuity at one end of which it has almost all their physical, social and economic needs gratified leading to varied experiences in life while at the other end live those who are materially, socially and psychologically deprived and thus are unable to gain experiences.

Deprivation has many faces such as environmental deprivation, emotional deprivation, family deprivation etc. It is seen that a child who grows in a home which is culturally and educationally not stimulating is handicapped by environmental deprivation. Education is usually thought of in terms of what schools are aiming to provide. But the success of child in this concern depends entirely on how successful his informal learning has been in the preceding year. Learning in the widest sense
begins at birth. Maturation plays an essential part but it is of little avail without environmental opportunity. All normal children have a strong urge to explore, to welcome the challenge of new situation and to gain a sense of achievement from eventual mastery. The earliest years are most basic for laying the foundation for intellectual development. Intellectual development within a child continues to grow until the age of about 50 years but it becomes slower after 17 years. Hence deprived children must be taken into care as early as possible. Indeed an optimistic attitude, a real belief in the possibility of change and improvement plays an essential part in all rehabilitation. It is accepted that child, under nourished, requires a balanced diet to build up or restore him physically. So balanced care is needed to build up or restore a deprived child’s emotional health and to develop his intellectual potential. The effects of an under stimulating home background, of unhappy relation between child and parents or both are likely to lead to emotional difficulties, stunted intellectual development and poor educational achievement. Change can be brought about because prevention is better than cure.

The basic principles are to establish a loving, secure mutually satisfying relationship with a caring adult and to provide an environment which stimulates language development and intellectual growth. It has been obtained through various studies that the child whose earlier years have been deprived emotionally or intellectually adolescence for them brings greater danger and greater opportunities. His early experiences show that he was immature insecure and educationally adrift. This situation is now in adolescence is more dangerous. Similarly he has great opportunities to make satisfying, mutually rewarding relationship with significant adults outside his home and immoderate family. During the years from 12 to 17 a child wants to give up dependence on parents and on authority in general
Adolescents should be handed very carefully. They must be offered a relationship which enable them to understand the situation more adequately. The unloved, rejected adolescent fails to learn to make satisfying relationship.

The term maternal deprivation is a catch phrase, summarizing the early work of psycho-analysts, telling the effect on infant and young children of their mother or a mother substitute. In 1951 WHO publication was highly influential in causing widespread changes in the practices and prevalence of institutional care for infant and children and changing practices relating to the stays of small children in hospital. Parents were allowed to make frequent and longer visit to their children. Although the monograph was primarily concerned with the children and their homes but later it was used for political purposes to discourage women from working leaving their children in daycare. Although the maternal deprivation theory that children experience in their interpersonal relationship are crucial for their psychological development.

Cultural deprivation is another theory in sociology that claims that members of the working class cannot easily acquire cultural capital hampering their access to education and inward social mobility. Proponents of this theory argue that working class culture inherently defers from that of middle class people. This difference shows that the children of middle class people can easily acquire cultural capital by observing their parents whereas the children of working class people cannot gain it and therefore this deprivation is itself perpetuating.

The theory of culture deprivation claims that the middle class gain this culture capital as a result of primary socialization and it helped them to succeed in the society because their norms and values facilitate to get educational achievement and subsequent employability. On the other hand the working class, due to lack of cultural
capital, do not pass it on to their children and feel social inequality. This uneven
distributions of cultural capital in society create acute situation and a major part of the
society borne this type of deprivation. Although some state schools are setup to make
everybody middle class but only some high achieving working class have the benefit
and the resources for other working class the chances are limited their children are
unable to prepare themselves.

The term ‘social deprivation’ is slightly ambiguous and lacks concrete
definition. There are some more important aspects those are consistently studied and
are also essential subject of research. The matter of research in this concern must be
centralized how it occurs. Lack of freedom is a vital factor of social deprivation but
not the single one. This lack of freedom must be included while defining social
depression. Part of confusion in defining social deprivation seems to stem from its
apparent similarity to social exclusion. Social deprivation may be correlated with or
contribute to social exclusion which is when a member of the society ostracized by
some other member of the society. The excluded member is denied access to the
resources that allow for healthy social economic and political interaction. Piersion has
identified five key factors that set social exclusion. Poverty, lack of access to job,
denial of supports or peer networks, exclusion from service and negative attitude of
the local neighborhood. It is also associated with abusive caretaking, development
delay, mental illness and subsequent suicide. It is not always a cause of
developmental illness that a person is socially deprived or excluded. In such cases it is
experienced that such group and individuals may have completely normal
development and retain a strong sense of community. Studies on social deprivation
are based primarily on observational and self measure. This has provided
understanding of how social deprivation is linked to lifespan development and mental illness.

In severe cases of social deprivation, children may not be exposed to normal social experiences. Languages provides a good example of the importance of stimulation in development. It is seen that a child who has limited exposure to languages found it difficult or impossible to obtain social behavior and certain physical development. He also has critical periods often resisting rehabilitation. Several children provide an example of the effect of severe social deprivation during critical periods. There have been recorded cases in the history of children emerging from the wilderness in late childhood and early adolescent having presumably been abandoned at an early age. These children had no language skills. They had limited social understanding and very little thinking of rehabilitation.

Lack of social networking predisposes people to mental illness. Mental illness can be attributed to instability within the individuals. Though the society provides a sense of stability but socially deprived people fail to fit themselves within this social structure. It becomes more difficult for a person to fit in once labeled mentally ill because they now carry a social stigma and receive a negative social attitude from the community. Social deprivation is very difficult to dissect because certain issues that may be considered as outcomes of social exclusion may also become the cause of social stigma. Social deprivation may include young parent, homeless adults, lack of qualification or a problem of residence in social housing. All these factors may cause the society to treat an individual with disdain or intolerance. These reciprocal influences can become an unfortunate cycle for an individual who requires social or financial assistance to survive in the society. The studies in this context tell that this apparent cycle of alienation can cause feeling of helplessness and the only possible
resolution may be suicide. Durkheim illustrated that highly integrated society with strong social bonds and high degree of social cohesion have low suicide rates. Social integration consist of many sources such as religion, social and political membership, relationship within the community. So other individuals can also create a better way of life and should make affects to decrease the change of becoming mentally ill and committing suicide.

Lack of equal distribution of resources is also a cause of increasing economic gap. Loss of power is associated with a lack of opportunity and political voice. Economic gap or income gap create a situation of social deprivation. Low status restricts them from access in community. This situation reduces social relation. Social relation consists of events such as social activities, need of support in time and ability to come out from subsequent happening.

The school system’s intervention can allow some children to improve their status. The positive education system plays an important part allowing children, those are in a deprive status, to advance in the society. Children of a population at-risk were identified and randomly assigned to two groups Programmed or non-programmed. The ultimate goal was improving the selected children’s quality of life through the educational system and later on as adults compared to students not enrolled in the program. The result of this study showed that the students enrolled completed high school education and showed higher achievement and intellectual performances. They had lower arrest rate and reported significantly higher monthly income. Quick results could not be expected. If there is a slow growth in the child’s capacity to use and enjoy the school system, then graduated development in intelligence, adjustment and educational progress is likely to follow slowly. So there must be a careful environment.
Deprivation and exclusion are one of the common phenomenon in almost all the societies of the world. It has also been observed that a number of people suffer from chronic deprivation. Whatever may be the causes of such long term deprivation but poverty as a socio-economic relation changes the living status of the people. Studies on the livelihood pattern of the aged in Africa shows that poverty among the elderly mass in one of the challenge in new millennium [Williams 2003]. In Africa, poverty among aged and elderly people is more acute in the areas where the younger population is affected by the spreading of AIDS. Any particular factor or condition cannot be responsible for being deprived. Scholar from different parts of the world found different types of deprivation those occur due to some special situation of individual, sometime of society.

Deprivation is a multi-dimensional concept. Literally it shows a loss in the individual but the loss could not be classified. Often a distinction is made between material and social deprivation. According to Townsend [1987] people may have the material goods of modern life or they are immediately surrounded by material facilities or amenities. On the other hand, they may have access to ordinary social customs, activities and relationship. The later situation is more difficult to establish and measure and two sets of conditions may be difficult in practice to separate. Operational measures of social deprivation are much less developed than measures of the material deprivation. Even within the two general strands of material and social deprivation there are a number of sub categories. This means the people do not feel a single form of deprivation. Different situations create deprivation therefore an individual can experience one or more form of deprivation at the same time. For some particular purpose we are ideally interested in a broader concept of well being which comes from good job, health security, education, enjoying family and friends.
and participating in a fair, tolerant and well functioning community. However, these sorts of things are difficult to measure directly. So in order to assess the well-being, measures of deprivation are used, which collect some indicators. For example, well-being is correlated with the extent that it affords people choices and allows them to pursue lives. Employment is a source of income that enables participation in society. Other indicators such as health status and education etc are important to measure deprivation.

Poverty is not a static phenomenon. Poverty measures a cross-sectional proportion of people below a set poverty line at a particular point in time. In a society there may be some people who have been only recently dropped below poverty threshold. On the other hand, there will be some who have been poor for a longer time and their resources have been depleted and whose standard of living is in a serious risk of being damaged. It is precisely this distinction between the transitional poor and the persistently poor that has motivated recent attempts to develop social indicators that go beyond cross-sectional measures of poverty and take into account the experience of poverty over a period of time [Alkinson 2002]. In developing such indicators, it is hoped to overcome the well-known limitations of cross-sectional income measures and poverty line.

Whelan [2003] using the ECHP data found that poverty defined as number of years of exposure to income-poverty. If it is over three years period, it constituted a significant improvement over its cross-sectional counterpart in explaining current life style deprivation. He also found that the measures of persistent poverty conformed to expectations of how a measure of poverty should behave unlike relative deprivation.
Deprivation is an index of social integration. One of the indices of deprivation is the limited capacities of the communities for social participation and collective engagement. These deprived communities have little to offer to their own members and reputation of these communities can create particular hostility to outsiders.

Poverty is also known as a deprivation condition. Poverty has wide connotation. The monetary estimates of poverty explain the conceptualization of poverty focusing on merely quantitative side of life. Poverty debate shall term more to aspect like social exclusion, material deprivation and lack of capabilities and so on. Inability the to fulfill the basic need of human being such as sufficient food, shelter, clothing and further achievement. In the broad sense, poverty is not expressed in economic sense but it concerns the disability to acquire a decent life. Ravaillon (1996) and Brady (2003) stated that full understanding of poverty deprivation requires both economic and non-economic factors to explain. Everyone has a goal of achieving more money for better life of his family but it is possible only when a person gets financial security.

**Life satisfaction**
Life satisfaction is the way a person tries to understand how his life has been and how he feels about where it is going in future. Life satisfaction is a measure of well being and may be assessed in term of mood, satisfaction, relation with others, achieved goals, self-concepts and self-perceived ability to cope with daily life. It is having a favorable attitude to one’s life as a whole rather than their current feelings. It also represents how satisfied people feel their life generally as contrasted with temporary positive affect. Life-satisfaction, includes some factors such as achieving goals and doing well as other people around them and feel happiness generally rather than right now.
Life satisfaction is considered to be the cognitive judgment component of subjective well being. There are emotions consisting of positive and negative affects about how people perceive their lives. Life satisfaction can be assessed globally or by a specific domain such as satisfaction after marriage and health. It is an overall assessment of feeling and attitude about one’s life at a particular point in time ranging from negative to positive. Life satisfaction, positive affects and negative affects are three major indicators of well being. Research studies on satisfaction with current life circumstances include the following: desire to change one’s life satisfaction with past, satisfaction with future and significant other’s views of one’s life. Related term for satisfaction in literature include happiness, quality of life and well being. So while making a study on satisfaction one should also understand the happiness.

The literature on satisfaction can be summarized by insisting on one’s efforts to follow the utilitarian lead of creating greater happiness for a greater number of people. Defining life satisfaction it must be deeply and thoroughly examined how there are change in life style. The question arise that what life satisfaction is precisely. One cannot create great happiness without a clear definition of happiness. Next a preliminary methodological question is whether or not life satisfaction can be measured if no attempts are made to make life more enjoyable. This will remain a matter of subjective belief without a which we remain uncertain about both the necessity to intervene and effect of such intervention. The question is how satisfied people are and whether the degree of satisfaction differs among people. If everyone is satisfied with life then there is little need to search for ways in which level of satisfaction can be improved. Further if people do not differ there is no need or there would be no clues as to how life satisfaction could be improved. If people are not equally satisfied with their lives there is a great need of efforts to bring satisfaction.
The other question is why determinates of life satisfaction can be search for at two levels external condition and inner psychological processes. It is most important to identify the external circumstances in which people tend to be satisfied. As and when we succeed to identify this it would be possible potentially try to create such conditions for everybody. Secondly if we are able to understand the mental processes involved in obtaining high level of satisfaction we could empty the process to give satisfaction to a large number part of people. Life satisfaction is the degree to which a person positively evaluates the overall quality of his/her life as a whole. In other words how much the person likes the life he leads.

Current synonyms for life satisfaction generally used are happiness and subjective well being. One of the advantages in using the term life satisfaction rather than the word happiness is that it emphasizes the subjective character of the concept. The word happiness is also used to refer goodness especially by philosophers while explaining the satisfaction of human life. Further comparing the use of life satisfaction in lieu of well being the advantage using life satisfaction shows the overall subjective well being. Life satisfaction refers to evaluation of life rather than to current feeling. The concepts of life satisfaction denotes an overall evaluation of life. So the approach that life is exciting does not necessarily mean that it is satisfying. Some time it has been observed that there is too much excitement in life and a little quantity of other qualities. An evaluation of life involves all relevant criteria in the mind of the individual. For example some time he feels how good one is, how well expectations are likely to be met and how desirable various factors are deemed to be etc. The object of evaluation is life as a whole not a specific area of life.
Life satisfaction is considered to be a central aspect of human welfare. It is the ultimate goal of human beings who strive to achieve this goal throughout their life. Satisfaction with one’s life implies acceptance of the life circumstance and the fulfillment of wants and need for life as a whole. It generally indicates an assessment of the condition of existence as derived from a comparison of one’s aspirations to one’s achievement and thereafter to one’s actual achievement. Such assessments and comparison can also be defined as having a favorable attitude towards life.

There are two main approaches to study the life satisfaction. The first approach is focused on the overt behavior using social criteria of success or competencies and second approach is an own interpretation of an individual and evaluation of his present life.

Satisfaction could also be divided into two parts or there are two type of satisfaction. Global or whole life satisfaction and life domain satisfaction (Argyle 2001). Life domain satisfaction refers to the satisfaction within specific areas of individuals’ life such as marriage, education, job, income etc. Whereas global life satisfaction is a broad concept which includes one’s judgment of life as a whole. People share the domain satisfaction information’s when they evaluate their whole life events. A feeling of being satisfied with his life is an important factor for a general sense of well being (Neilgarlen 1982). Life satisfaction often refer to the attitudes that an individual realize about his past present as well as future in relation to their psychological well being. Furthermore life satisfaction is a situation or a consequence obtained through comparing some one’s expectations with possession. Life satisfaction when related to whole life experience is better to understand than the satisfaction pertaining to certain conditions. Any person can explain his whole life
experience more clearly and effectively than an experience of a limited period or condition.

Studies on life satisfaction give a separate view on the subject. This indicates that the concept of life satisfaction is elusive and can be highly susceptible to one’s own social values or judgment about important aspects of life. However, this subjective well being has another component that includes a cognitive judgment about one’s life as a whole as satisfying. Some of the studies refer to this state as life satisfaction whereas other accept it as an essential feature in overall structure of subjective well being. Life satisfaction and well being are generally used interchangeably. Happiness is also admitted as a quality of life satisfaction.

Happiness at the most general level describe a broad characteristic of the human condition referring his life conditional at one end and at the other end of the spectrum it involves an individual's feeling of the satisfaction. In this sense happiness clearly explain the domain such as his family life and leisure actives which are important areas to study and understand. At the same time it is also true that satisfaction with each domain is substantially correlated with the others as well as an overall satisfaction. There is another aspect in this area which has also been recognized and that is the distinction between happiness and life satisfaction (Strack Argyle & Schwar 1991). Explaining the distinction, it can be said that happiness is as an emotion or feeling state whereas life satisfaction refers to a move towards cognitive judgment process. Life satisfaction theories identify an overall process to be satisfied.

Satisfaction with life is one of the most important social predictors which have been recently introduced in social sciences. This perception of life quality in response to economic assessments have been transformed to an important and independent
field. Life satisfaction is a universal and sustainable concept that reflects the general sense and thought of public in a society in relation to the world in which they live. The importance of this concept is due to the reasons based on sustainable characteristics of social system. Social system brings social satisfaction but this satisfactions is temporal and transient and assess the view of people in relation to the current conditions. Some time we plan life of quality. This concept of satisfaction should also be taken into account while working on the satisfaction. Life satisfaction is totally a combination of individual and social conditions and really a sign of positive views of person in relation to world and his surroundings. Life satisfaction has a deep correlation with the sense of prosperity, mutual trust and sense of commitment in society. It is also a sign of individual view about himself and his surroundings. Low level of life satisfaction has also been experienced in the society. Today we are confronted with many issues as we have different means of traffic which brought pollution all around but hundred years ago we had only soil routes and less vehicles. In this present time we encounter high rates of diseases where as in the post there was less health care and therefore. These situations lead towards dissatisfaction but today we have better medical care which leads to satisfaction and happiness.

Today there is less dissatisfaction due to present situation of development and we experience a better sense of satisfaction everywhere. But in developing societies including India there is no possibility of economics development because there is great economic inequalities. Economy is generally being few influential. This sense of management of the society also caused the appearance of dissatisfaction. Additionally, placing in the direction of modernity in underdeveloped countries result in decreasing of beliefs that caused dissatisfaction [Rafiepour 1998]. As far as
the cultural system of the society is concerned it introduces a pattern that is not satisfied with economics system to achieve optional purpose in this context. The consequence is the lack of satisfaction.

In underdeveloped countries there is a traditional accepted form of poverty of which humans are accustomed to, but situation could be changed through expansion of mass media, television programs, satellite, internet penetration into underdeveloped societies. Following the discrepancy of these two factors extra ordinary needs will grow. After that imminent movement of economics development and in most cases a kind of leap towards cultural non-identity occur which leads to deep dissatisfaction as well as extensive political anarchy [Rofiepour1999]. The global communication evolution is not being opposed by the society or by any individual personality but it seems that as formation of new needs of communication era increases social dissatisfaction increases. Socially and individually there are separate needs of communication and the absence of any requirement some time becomes the cause of dissatisfaction.

Individual satisfaction from a special context of life e.g. occupation or family is not only affected by existing conditions but also by total satisfaction of a person from his life. In other word we can say that when we have the aim of improvement of individual satisfaction we should not be satisfied only by the need-fulfillment of individual but it is necessary to consider the total populations satisfaction. We show sometime a person’s life in a proper and satisfied environment and suddenly some bad events occurs. Let a person lose his job. At such situation he faces mental disturbance. Therefore identification of life satisfaction and related factors are of high importance. Another important point here to mention is the effect of life satisfaction
on social cooperation and its preventive role to prevent it’s influence like addiction, suicide and the others [Ghaffos 2002].

Life satisfaction is an important construct in positive psychology. It is observed that the level of satisfaction in a person plays a very critical role in adapting with the environment. An adolescent that has a low level of satisfaction frequently shows happiness or unhappiness alternately. Negative evaluation is related to the unhappiness and depression. Happiness and life satisfaction could be recognized as the healthy psychological state and is commonly assumed as a result of satisfied social and economic state. Life satisfaction is also defined as a cognitive evaluation of people of their life entirely or dominantly on certain aspect of life.

Different people defined life satisfaction according to their own views. Frisch (1998) defined life satisfaction as person’s subjective evaluation of the degree to which his most important needs, goals and wishes have been fulfilled. Life satisfaction comes to be an evaluative response towards life entirely to certain aspect of life such as family, friends and school [Diener 1985]. He discussed that in the life satisfaction there are some components such as desire to change life, current life satisfaction, past satisfaction and future and some other significant views on life. Self concept in a positive sense is related to life satisfaction and refers to perception of individual believes about his relationship with others.

Life satisfaction really shows the good condition of life or in other words it refers to good life. Good life means to provide all necessities for a life to the citizen. Today, our school and college education has certainly expanded our mental capacity to learn more and more about the word, to acquire some knowledges to get a job and make living more happy and satisfied. It is a question to be asked how many people have grown emotionally mature and developed mental capacities to lead a fulfilled
and satisfied life. The social report has a number of indicators including work life balance with leisure time. Perceived decimation, fear of crime, contact with family and friends, trust in others and loneliness. These measures are complementary and objective indicators e.g. life expectancy, obesity, adult illiteracy, skill in English market income per capita and so forth.

Life satisfaction is one of the most popular psychological well-being measures of quality of life including morale, happiness and subjective well-being. According to Shin & Johnson [1978], life satisfaction refers to judgmental process in which individuals assess the quality of their lives on the basis of their own set of criteria. Studies also reveal that happiness and life satisfaction are similarly noticed among young or old, men and women, the rich and the poor’s, blacks and white and the working class. To know better clues about well-being it is better to know one’s traits, close relationship, work experiences, culture and religiosity. According to Diener [2002], there are two events in the life of a person those have greatest impact, first to lose of a spouse (taking 5-8 year for recovery), and a loss of their job. Such incident spring a great deprivation and dissatisfaction.

Life satisfaction can also be defined as a precious achievement of emotional intelligence. Emotional intelligence increases life satisfaction and decreases interpersonal problems. Like satisfaction is also considered as related with physical and mental health. It is also a parameter of measuring mental health. Here it indeed to mention that life satisfaction is different from well-being, life quality and gladness. According to Lyubomirsky [2001], life satisfaction is the mental assessment of an individual’s life quality which has cognitive components and counted as powerful indicator of mental health. Life satisfaction is really the satisfaction of all spheres of life. Negative consequences of dissatisfaction are - poor health, lower economic
condition and some more situation of depression such as personality problem, unfavorable behavior, poor social conditions. Life dissatisfaction brings a bitter experience of life. Life satisfaction in human context is not merely a concept to fulfill the need and requirement of life but it is more complex, evolving a member of explicit parameters physical and psychological. Life satisfaction can also be defined as a multiple function of numerous factors the upper most being to felt psychological experience which is unique with each human.

Life satisfaction is a measure of well being and is generally assessed in terms of mood, satisfaction, relations with others and achievement in life and ability to cope with conditions daily life. In a broad sense life satisfaction has a favorable attitude of one’s life rather than their current feelings. Life satisfaction can reflect experiences that have affected a person in a positive way. These experiences could motivate people to peruse and reach their goal. Sometime emotions affect our life. Hope and optimums are two emotions consisting of cognitive processes those are usually oriented towards the reaching of goals and perception of those goals. Optimism is a process that is linked to higher life satisfaction whereas pessimism is related to symptoms of depression. Positive views and life satisfaction were completely mediated by the concept of self-esteem and the different way ideas and event are perceived by people. Several studies found that self-esteem plays a definite role in influencing life satisfaction. One’s mood and outlook on life can also influence one’s own perception of their life satisfaction.

There are some factors that contribute towards our happiness. Positive and negative experiences, some acute events (e.g. loss of some very near and dear) and chronic or daily experience influence. Happiness should be peoples ultimate goal, and the primary factor in evaluating alternative choices. An individual should pursue
immediate joyful experience in every that contribute to move long term meaningful satisfaction. Pursuing genuine self motivated goals, rather than just instant pleasure in service of long delayed enjoyment, result in an apical combination of short and long term happiness.

Life satisfaction is a revelation of individual’s personal value. Personal values of individuals differ, for some it is family, for others it is love whereas for others it is money or other material items. It is found that materialistic people report a lower life satisfaction level than their non-materialistic counterparts. Materialistic people are generally less satisfied with life because they constantly want more and more belongings. Materialistic people need enough money to satisfy their craving for more and more items but as they failed, they become more dissatisfied. On the contrary if an individual does not hold the acquisition of wealth as a high priority, his personal financial state will not make a difference on how happy he is with life overall. Individuals having high value for tradition and religion reported higher level of satisfaction.

Religious people who place high value on tradition, mentality have a better life satisfaction. It is seen that routine churchgoers and people who pray frequently find life better because the idea of religion and church are selfless and non-materialistic. Some other people who have high level of life satisfaction are people who valued creatively and also valued respect for others. It is also true that a higher level of satisfaction was reported by people who had social support whether it be friends, family, church or religious circle. The people who personally valued material items were found to be less satisfied. Studies have shown that older persons tend to increase religiousness over the course of their lives. Those who were low in religiosity tended to report a dissatisfaction. There is moderate positive relationship
between religiosity and life satisfaction. Gender also plays an important role in religiousness. It is absolutely true that women tend to have greater religiosity. Mothers are reported to have the strongest pro-religious influence in religious development of their child.

Studies have proven that religious people are more satisfied than non-believers. Personal religious identity is positively associated with life satisfaction throughout the world. According to the American Sociological Review religious people gain more life satisfaction. It is because of the social networking they build by attending religious service. The more happy people are, the less they are focused on the negative thought. They also tend to like others more which creates an overall happiness. This in turn correlates to a higher level of satisfaction with their life.

It seems that all human activities are geared towards making life more meaningful and the desire for happiness has been viewed as a basic and universal human drive. Culture directs the attention to different sources of information for making the life satisfaction-related judgments. Cultural influence may be studied under two main conditions—individualistic and collectivistic. Individualistic culture directs attention to inner state and feelings while in the collectivistic culture the attention is directed to other sources e.g. adhering to social norms or fulfilling one’s duties. Suh et al. (1998), found that the correlation between life satisfaction and the prevalence of positive effect, is higher in individualistic culture whereas in collectivistic culture adhering to norms are equally important for life satisfactions. Life satisfaction can also be looked upon from the angle of family influence. Family-life satisfaction is a pertinent topic as the family influences every member in some different ways and mostly strives to have high level of satisfaction. Family life satisfaction is enhanced
by the ability of family members to jointly realize their family related values in
behavior. It is important to examine family satisfaction through all the members.

Life satisfaction within a family increases through better understanding,
continuous communication and positive attitude and perceptions. A family can make
all the differences for life satisfaction. Adolescents living in a single parent family
had significantly lower life satisfaction coming from their family. Life satisfaction can
shift and change as the events, situation of family and friends bring some change in
the environment. It is a common thinking that life satisfaction includes good health,
good education, well economic condition, optimistic carefree and, religious attitude,
high self-esteem, modest aspiration and wide range of intelligence.
Life satisfaction has a social context and it is the most powerful factor to bring
satisfaction among individuals. In the 18th century there was the era of enlightenment.
From this perspective, the purpose of existence is life itself rather than the service of
king or god. Self-actualization and happiness became the central value. Society was
considered as a means of providing it citizens with the necessities for a good life. In
the 19th century this conviction manifested itself in the utilitarian creed that the best
society is one which provides “the greatest happiness for the greatest number.”
Thereafter in the 20th century there were large scale attempts at social reform that
influence the development of the welfare state. Efforts were made to create a better
society. Consequently, progress of a society was measured by literacy, control of
epidemic disease and elimination of hunger. Social statistics were developed to record
the progress achieved in these areas and every possible effort was made to establish a
welfare state for everybody, particularly improving their material standard of living.

Life satisfaction is the degree to which a person positively evaluates the
overall quality of his/her life. In other words, it can be said how much the person likes
the life he leads. Satisfaction is a state of mind. It refers to both contentment and enjoyment. As such it covers cognitive as well as affective appraisal. Satisfaction is a term that emphasizes the subjective character of the concept, though happiness also refers to an objective goal. The appraisal that life is exciting does not mean that it is satisfying. It is possible in certain conditions that there may be too much excitement and few other qualities. An overall evaluation of life involves all relevant criteria in the mind of individual.

**Modernization**

Modernization was previously studied under some old names such as social change, cultural change, industrialization and so only most of the sociologists. Modernization began with European society. But modernization is not a synonym of westernization, which loosely means uncritical imitation of the social ways and values prevailing in the western countries. Modernization is discriminate selection of what is suitable in a particular situation. Modernization can be described as the process of development in almost every aspect of human life such as scientific field, technological, economical environmental social and educational fields. But the psychological conditions it created have made modernization a world process which seems to be operating practically in every country. Its intensity varies with countries and are categorized as backward or under develop and developed depending on the degree of modernization achieved.

Modernization has two majors aspects. Firstly there is a system of thought and values with reference to which an individual directs or orients his activities and secondly a system of institutions through which he carries out his activities. Both the aspects influence the behavior of an individual with respect to his self-esteem and social system. This is an era of modernization. Though the process of modernization
began since long but the impact on individual and society could be noticed more effectively now. Modernization has made a great change almost on every aspect of human life as well as of society. Modernization include reason and rationalism, secularism, high aspiration and achievement, overall transformation of attitudes, norms and values of an open society. Modernization is a process of building an open society. In such a society individuals talents, enterprises and training can find appropriate places according to their achievement. Appropriate change in the social system to meet the rising expectation of people is really a process of modernization. Modernization entails social change which leads many fields. Old social and psychological elements are transformed and new values of human conduct are setup. Gradually, changes can be observed among families in the society.

The process of modernization describes the profound qualitative and quantitative changes that are taking place in the contemporary human society. Modernization is intimately associated with human personality. It is not external alone but internal too. Modernization involves not only a number of institution building in the social, economic, political and other sphere of human life but also a basic change in the personality structure of the individual. Inkeles [1974], has rightly remarked that ‘Nation building and institution building are only empty exercises unless the attitudes and capacities of people keep pace with other forms of development’. Thus modernization entails internalization of positive attitudes and value orientations. It covers specificity of roles and relationships, secular and rational outlook participation in political process as a responsible citizen, development of personal opinion on public issues and readiness to play a new role according to a new relationship.
Modernization signifies a movement from traditional values. Lerner [1958] believes that modernization has its roots in rationalistic and positivistic spirit. According to Weiner [1966] modernization is the growth of rationality and secularism and a process by which men broke away from the constraints of tyrannical regimes as well as the constraints of superstitions. Modernization means to be modern not only in a particular section of life or society but also in every field relating to human development. It is a continuous process to bring about fundamental, deep rooted and widespread changes in attitudes, values, motivation and behavior of people. In other word it is a necessity of life leading to a better condition. Modernization is a desirable process, pervasive and transformative, it may fail to reach every section of the society due to some structural obstacles. These obstacles may be counted as caste, stratification or some negative elements of tradition or fatalistic attitudes of individuals or society. But for a better effect of the process it must reach to a major section or group of population in the society. ‘modern modernity and modernization’ are three distinct forms but intimately the terms as described here are related to each other. They have a number of denotation. Modernity could be explained as an end state but not a process. End and process are distinct concept. The end quality to be modern is denoted by modernity where as the process of being modern is denoted by modernization. Modernity is used to show any things which is current or contemporary. But this envisages a very narrow meaning of the concept and does not convey the proper meaning of modernity. Researches on modernization used the concept of modernity as involving qualitative change in both to society and the individual. There are two different approach to analyze modernity - the socialistic and the individualistic. The socialistic approach places society at the center of attention and focuses on the changes acquiring at the level of social system.
whereas the individualistic approach places of human at the center of attention and focuses on the attitudes, values, motivation and behavior.

Modernization is defined in their own ways by many scholar. Modernization is the transition from traditional folk society to urban-industrial society. This transition affects every institution, touches every community, is felt in every branch of human life. It changes the way of living and thinking of the people. It does not change only their thinking about themselves but it also changes the way of thinking about the world. It is a comprehensive term, accepting changes that tend to occur together. The control feature of this transition is industrialization. Thus changes occur in government, the family, education and social organizations. This is really a change or shifting from rural to urban living.

More calls modernization the revolutionary change leading to transformation of a traditional or pre-modern society into the type of technology and associated social organization. It characterize the advanced economically prosperous and politically stable nation of the western world.

The changes caused by modernization are closely intertwined. One appears to make another possible or necessary. It has been observed that a change is desirable or inevitable for the other. As the various changes proceeds they tend to reinforce one another and accelerated together. This interrelated changes should be picked a part for a purpose of analysis. Few systems are -changes in cultural system, changes in social system, changes in personality and changes in physical and biological environment are intertwined with each other interim of modernization. When cultural values are discussed, changes in personality cannot be avoided. Similarly the growth of science and knowledge cannot be truly discussed without touching the changes in technology that make the communication swift and efficient. So modernization is not
merely a transition from one end to the other, but is a major effect touching all other situation. The process of modernization changes the ways of thinking, doing, believing and evaluating. This keeps uniformity of culture. Wilensky, through his researches, found that beliefs, values and tastes come to be widely shared by people of different groups and categories because of popular education, mass literacy, centralized government, mass communication and entertainment. Some more aspects of culture are related to technology and societies are often classified by the level of technology.

The technology of a society is the body of knowledge and skills, tools and machines involved in producing goods and services. Technology means scientific knowledge and its application for production of goods and services and technological advances in agricultural and industrial production and in transportation are the most conspicuous feature of modernization. The application of science, knowledge and as means of communication and transportation are the major parts of industrial revolution. Industrial revolution changed the whole cultural values and beliefs. Modernization includes other cultural changes such as secularization and individualization. Secularization is a shift from traditions to secular values and individualization is to judge a person through his achievement. Each person is identified as a member of society rather than as a unit of a family or a tribe. His individual achievements are accountable for the purpose of his assessment in the society. He must make his own efforts and receive his own rewards to prove himself and realize his potential. Modernization is a regular process that brings changes to the social culture as it needs from time to time.

As societies modernize, political and economic units generally become larger. According to Moore in a modernize society men and institutions are more specialized,
social contacts more numerous, the proportion of formal and impersonal relationship
greater, the class system more fluid, open and ambiguous. Control and administration
become more centralized, formal and rational in short. Bureaucratic and the system as
a whole grows more complex and its parts more interdependent. Means of
communication and transportation make people more and more aware of all other
human beings in the world. As modernization proceeds, roles become more specialized
and complexity and interdependence increases. In a traditional society and community,
a family member may be almost entirely self-sufficient. But each member of modern
society depends on a multitude of others to meet his needs and wants through
exchange system.

As regarding social stratification in a modern society, it has an open and
mobile class structure in which status depends largely on achievement, on individual’s
efforts to gain education and skills which an industrial society demands and rewards.
The labour force necessary is hierarchically organized, for industry needs both the
manager and the managed. Various skills are differentially valued and unequally
rewarded. Social system gradually changes. As the social organization grows large,
the importance of family and community declines, and social relationship become
increasingly impersonal and functional. Many functions once performed by family
and local community are turned over to large formal organizations.

Living in socio-cultural orders as different as the traditional in modern
societies, thought - development requires transformation of man specially in his
nature. A transitional man lives the modernization process in his own life and feels
the peculiar mixture of freedom and loss that occur with this social changes. So it is
also necessary to understand the transitional man in connection with the ways
modernization comes about.
Modern simply means that which is new, the most current or latest in style of dress, thinking etc. Inkless and Smith are of the opinion that those qualities which have often been manifested in the past and which they believe would be of continuing importance in the future. According to them, a complex of institutional patterns is being widely diffused throughout the contemporary world. Societies having some characteristics such as developing large scale industries, mass communication, mass education and mass culture are termed modern. It was the conviction of the writers that societies having these characteristics encourage the development of particular type of man. Modern man is just a term to explain modernization. One who could more rapidly acknowledge the process of social transformation taking place around him in developing countries and who could freely accept the changed opportunities is a modern man.

A man can change the society. But to get this goal he must change his personality. To understand this we have to draw a portrait in words between a traditional man and modern man. A traditional man always follows the path marked by his elders. He feels that it is his almost duty to perform the customs and tradition marked by his ancestor. A traditional man cannot separate him from the member of his community because they are so much liked by him.

In contrast, the modern man as a member of modern society is likely to be urban, literate, educated for a specialized occupation. Modern man does not follow the footsteps of his elders blindly. He is flexible, adaptable and ready to accept new ideas and new methods. He believes in planning and organizing his life. He is oriented to the present and Future rather than the past. His conceptions are based on experiences and achievements. A modern man always keeps progressive ideas and in such he is awarded according to his contribution. He has empathy and imagination.
A modern man always keeps progressive ideas and imagine in different situations. He has faith in science and technology. Modern man believes that a man can learn to dominate his environment, to control floods and prevent storms. He admires professional competencies, craftsmanship, and technical skill. Finally it can be said that a modern man is a participant in the market, the political forum and other aspects of social life.

Modernization transforms the elements of old social and psychological concept and setup the new values of human conduct accelerating the speed of social change. The status of individuals and families undergo change. The modernization process brings about distinctive psychological change in attitude, values and behavior pattern on the part of individuals exposed to it. According to Bellah (1968) modernity when used to denote a modern man means not a form of political or economic system but a spiritual phenomenon or a kind of mentality. Modernity also as a temper, a spirit or an ethos of the modern age.

Researches also emphasize technical skills, capabilities and a spirit of creativity as core elements of modernity which enable the individual to take up several roles. Modernity is an accompaniment of science that leads to unprecedented increase in man’s knowledge. As has already been said that innovation and keen desire for achievement are very essential to be a modern man. Need of achievement is a kind of basic element that leads to constructive activities and technological innovation. Modernity is also accepted as a multidimensional concept. Dube (1967) documental modernity as the emergence of a new behavioral system with certain. Distinctive characters lies like empathy, mobility, high participation, achievement orientation, competition and rational thinking.
Modernization can be defined as a multi-vitiate phenomenon and factors like urbanization, industrialization, education, mass media and income have significant influence on the individual modernity. Influence of these factors cause a higher degree of modernity and there is positive correlation between modernity and these factors. Modernity is futuristic and as it leads to spontaneous development of personality qualities making for quick adaptation to the changing environment. Thus modernity is an important psychological explanation of development specially because it links individual growth with social development. It is multidimensional in nature and consists of a set of psychological qualities which are empirically conductive to individual growth, development, adjustment, progress and well being. It is thus a pre-requisite for all social and individual development (Singh 1984).

Different scholars have expressed modernity in different ways. Anything new is modern and everything old is traditional. Anything opposed to tradition becomes modern. But any definition of modernity given by various researchers is not complete and adequate. Modernity is described as a particular outlook, a perspective of mind and a system of ideas and values involved in the course of social development. It consists of acceptance of scientific rationalism against traditional faith and adaption of new innovation and method of doing things that displace the old ones.

Modernization is a continuous process according to time and situation but generally it focuses on two major emphases. It focuses on the changes taking place in the social system interim of development of new technology and the other concentrate on the changes occurring in the personality of an individual i.e attitude, values motivation and behavior while the first approach concerns mainly the patterns of social organization and social institution. The individualistic approach emphasizes thinking and feeling. Researches on modernization attempted to formulate an
empirical and universal concept using different approach. Each approach emphasized a particular characteristic that is central to modernization.

The characteristics of modernity are developed in the individual in response to his involvement in the environment conditions. The main characteristic like attitudes and value-orientations is to be developed. The environmental condition would make him to be innovative and creative in the transformation of social orders. Modernity is not merely a form of political and economic system nor it concerns a particular period but it refers to a mode of individual functioning that is fit for life in a modern society. Modernity refers the changes of the personality of the individual in response to socio-cultural changes of society. Shits and Andersen (1966) have advocated technical skills, capabilities and creativity as the central element of modernity which capacitate the individual to take up a variety roles in the society.

Need for achievement and innovation are the base for economic growth. A Modern man is instilled with ambition to achieve goals which sustain his constant effort in that direction. Modern man is empathetic rational and mobile and has a desire to participate in the activities of the community. Modernity is also define is term of values. Modernity is a multidimensional in nature involving a number of psychological qualities and attitudes. Modernity has been said on aggregate of certain personality and attitude related traits which facilitate individual growth and social responsibility. It is a style of life that represents more advanced and rapidly changing societies of the west.

A notable cross cultural study was carried out by Inkeles (1977) and his associates in six developing countries including India to determine the empirical evidence of multidimensionality of individual modernity. The study covered themes like efficiency, religion openness to new, experience, competence, time punctuality,
family planning, kinship, obligations, social equality and justice, political identification and participation. He expressed modernity as a way of life adapted to the modern condition that facilitates quick adaption to the requirements of the modern world.

Modernity makes individual an effective agent of socio-economic and political development of people and society. Modernity cannot be transformed by a particular environmental force. The factor like education, urbanization, income and Industrialization promote individual modernity. Really these are the attributes of modern man. But these factors do not constitute modernity. There is a significant association among these factors. These factors bring about in the environment of a man and also produce change in attitudes and values of man.

Modernity is related to forms of social life or organization. Modernity always involves the reflection of social changes. Modernization is the process of change towards those type of social, economic and political system that have developed in western and north America from the seventeenth century onward. It is also a description and explanation of the process of transformation from traditional societies to modern societies. Primary attention has been focused on the ways of past and present pre modern societies. How they became modern through the process of economic growth and change in social, political and cultural structure.

Modernization, in other term is the act of development, a change for the contingent environment. It is the necessity for organization survival. Changes in structures processes are almost its synonymous. Such changes are some time radical and sometime incremental, but under both conditions progressive. The people having the responsibility of managers must develop the process to encourage and guide the changes taking place and must create a source of innovation for managing and
accomplishing the variation in the task for survival. An organization that has adopted the methods and tasks of modernization has implemented new or unique ways of accomplishing task involving hyper competition and speed. Technological developments are to be implemented to bring innovative changes effectively. Challenges of innovative work -behavior along with the focus on team based functioning, versatility, communication system strategic alliances, all designed to maximize the added value are fast becoming weapons of the future and to survive in the fast involving organization. The managers who are creative must adopt strategies to realistically reflect their ability to cope with the innovative and multiple future. These innovative trends and potentials for beneficial effects in terms of great variation and flexibility have helped to bridge global gap and increase efficiency.

In recent decades there is a rapid growth in economic status of the people due to their skill and team work. Specially in developing countries the economic growth has brought about drastic changes in people’s lifestyle. Such changes have been observed at both the individual level e.g. change in diet disease profiles and the social level such as changes in infrastructure, land use, transportation, planning and urban design (Popkin 2001). Thus there is a combined change in the status of man of lifestyle and social terms. These combined effects of the process of change have been termed as modernization. It has also been suggested by some researchers that modernization is a psychological stressor.

With the change of time and conditions, theories on modernization are widely reviewed. The last decade of twentieth century has given many kinds of modernization theories which are powerful tools for peering in to the future of industrial society. Karl Marx claimed that economically developed societies show the future to less developed societies. His prophecies have had enormous impact, but
as the twenty first century begins few people anticipated a revolution. Modernization is not merely a process of change from traditional to modern but a necessity of people living in this technological and scientific era. They have to develop in accordance with the global living ways and not to stand behind the western system.

Modernization was widely viewed as a uniquely western process that non western societies could follow only in so far as they abandoned their traditional culture and assimilated technologically and morally superior western ways. But a tremendous change in the attitude of people was noted during the second half of the twenty century. During this period non western societies unexpectedly surpassed their western role models in key aspects of modernization. It was observed that eastern Asia attained the highest rate of economic growth. Japan had the highest per-capita income in the world. Japan obtained this target by following the western culture but they led the world in automobile manufacturing and consumer electronics and the world highest life expectancy. Today few observers would attribute moral superiority to the west and western economies but no longer assumed it to be the model for the global development.

Nevertheless a core concept of modernization theory seems valid today. Industrialization produces pervasive social and cultural consequences from rising educational level to changing gender role. Industrialization is most valuable means of modernization. It is seen that industrialization is the control element of modernization Process that affects other elements of society. Karl Marx correctly foresaw that industrialization would transform the world. But at that time when Marx’s was writing this only a handful of societies of the world were at some stage of industrialization process.
Researches and theories on economic and socio-economic developments have given rise to contending schools of thought. Among these schools of thought, one emphasizes the convergence of values as a result of modernization whereas the other emphasizes the persistence of traditional values despite economic and political changes. The first school of thought predicts the decline of traditional values and their replacement with modern values. The second school assumes that values are relatively independent of economic conditions. Consequently it predicts that value-change convergence is unlikely and that traditional values will continue to exert an independent influence on the cultural changes caused by economic development.

Lerner (1958) documented that in postwar United States of Version modernization theory emerged that viewed underdevelopment as a direct consequence of a country’s internal characteristics like traditional economy, traditional psychology and cultural traits and traditional institutions. This perspective means traditional values were not only redundant but could and should be replaced by modern values, enabling these societies to follow the path of capitalistic societies. Developmental process in the rich developed nations that stimulate modernization through economic cultural and military assistance. Modernization theories assumed that underdeveloped societies needed to adopt modern values and institutions to become developed societies.

The postwar version of modernization tended to neglect external factors such as colonialism, imperialism and some newer forms of economics and political domination. Economic growth is the central power of modernization. Economic development is linked with coherent and to some extent predictable changes in cultural, social and political life. Evidences from all around the world indicate that economic development tends to propel societies in a roughly predictable direction. Industrialization leads to occupation, specialization, rising educational levels, rising
income level and eventually bring unforeseen changes. Modernization in west got speed only after the industrialization took place. It made phenomenon improvement in the economic conditions and inspired them to work more and more. This enthusiasm brought a great happiness in the life of western people. It was assumed that the working class would continue to grow. In 1956 the united states became the world’s first society to have a majority of its labor force employed in the service sector. Thereafter all other countries generally known as OECD (Organization for economic corporation and development) countries followed it as post industrial societies. According to Bell (1973) these changes in the nature of work had a major political and cultural consequences. It marked the growing materialism linked with industrial revolution.

Some new theories came into existence to express modernization under various context. According to the ecological modernization theory (EMT) classical modernization is the transformation from the agriculture to industrial society and ecological modernization is the transformation from the industrial to ecological society. According to reflexive modernization theory (RMT) it is a transformation from the industrial society to the simple modernity. The multiple modernization theory stressed the great diversity of the modern societies and modernity.

The ecological risk and multiple civilization become the hot issues around the world. General modernization from 18th century to the end of twentieth century is to be understood through two phases. The first phase of modernization was the process of the great transformation from industrial to knowledge society and civilization and the second phase of modernization is the economic growth. Economic growth is the top issue of modernization. Modernization and industrialization are ingredients in the process of economic growth. Modernization highly concerns of economic growth so
the researchers study the social political and cultural consequences of economic growth.

The Indian Society is engaged in modernization within the constitutional frame work of values. Modernization in India is to be accounted as a complex combination of the indigenous sources and the contact with forces outside the system which are generally identified as westernization. These changes were accepted and promoted by state emphasizing urbanization, industrialization and democratization including spread of education and empowerment of women. Social structure and tradition are two key concepts to analyses the impact. The changing orientation status of women in India is most critical indicator of the impact of modernization and other social changes.

It is an acceptable fact that forms and functions of family undergo adaptive changes with changes in the technological and economic structures of the society. Traditional peasant societies throughout the world had a predominance of extended families. But a number of sociologists have warned about the tendency to associate nuclear of family with modern of society as it can also be there due to negative factors of traditional society like absence of landed property, shifting mode of occupation, lack of sufficient facilities and stable means of livelihood. The increasing impact of education and other modern forces on Indian women is bringing a new transformation and Indian society is changing its face. There are two main objectives which have changed and modified the lives of people. These are modernization and westernization. modernization symbolizes the advancement it means to move forward to get better in term of a good lifestyle. There are many aspects of life where modernization could raise living standard. It also bring changes in moral values, technology, education, cultural pattern and so on and the people of the society get
better and advanced. Aspect related to their thinking, attitudes and relationship in the society also change. Modernization is able to make a society more confident. It tries to innovate and utilize its present and old knowledge pattern, techniques and resources. Modernization inspire the society to be independent and self sufficient. It also teaches the society to come out of the shell of backwardness and construct healthy relationship with different societies and countries that may help them to achieve better condition. Indian societies, after modernization, played a vital role in bringing up its status in the globally recognized societies.

Modernization gave a better result more than expected. Utilization of man power, resources and techniques brought betterment for Indian societies. Indian societies are now developing in every aspect of life and people are also utilizing technology, education and other ways for an advanced lifestyle. They have adopted a global approach to create a new definition of values, cultural dimensions and new working principles that all together make the life and standard much more advanced. Thus modernization changed the way of thinking, means of techniques and use of resources for a better today.

Westernization is also an important factor that brought changes in the society. Westernization follows the adoption of different life styles, cultural ways, working and organizing style and the behavior pattern of western countries. Westernization means to adopt the pattern and ways of western countries and approaching them in various situations. There is no innovation and newness in westernization because in this pattern an individual only follow the ways that are already prescribed by western culture. It has been observed that majority of families, individuals and youth show keen interest in western life style such as dressing, housing etc and even in attitudes. It was believed that modernization and westernization are synonymous of each other.
but really they are not so. The process in which these bring changes are totally different and play a different role in people’s life.

In the process of modernization, society tries to get betterment and advancement by the utilization of its own resources, opportunities and man power. This makes a society more confident, healthy and more advanced in this process the society looks towards the present and treasures its own culture, civilization and social pattern. Westernization is that process in which someone blindly adopt the western pattern, techniques and life style without looking for betterment. So these two processes for advancement of society are not only different in meaning but also different in implementation.

Today in a society most of its member are using western outfits which is not wrong but it would not bring any development in the society. People moving away from Indian cultural values, life style and pattern which shows that there is a deep effect of westernization and they are masking themselves western but this is not modern. The intentions of making society better and bring development in the society through efforts would make the society modern and that is really a need of Indian society in present scenario.

So far as western countries are concerned in this context they are already modernized and advanced so there is no harm in their practice but it cannot be adopted blindly in India. It would really be harmful as we are condemning our own great culture, and resources without trying any betterment of our own opportunities. If we analyze the western pattern and opportunities in Indian context we shall find that there is a loss on our part. The adoption of this pattern demoralize our cultural and civilization. Today it is seen in Indian society there is a gradual increase. In westernization in comparison to the modernization. Now it is the choice of an
individual what really he wants to chose whether a betterment of his opportunity or simple wants to become a follower. Every person is free to take his choice but he must be aware of a long time effect. Any society must give full respect to his own culture and civilization.

Modernization theory is a description and explanation of the process of transformation from underdeveloped to the modern societies. It has been one of the major perspectives in the sociology of national development. In the process of modernization main attention is focused on ways in which pre modern societies become modern. Modernization concern with economic growth of the member of societies and industrialization. Indeed a degree of circularity often characterizes discussion of social and economic change involved in modernization process.

Modernization, industrialization and development are often used interchangeably but in fact these refer to distinguishable phenomena.

Industrialization is a narrow term than modernization while development is more general. Industrialization is a description of manufacturing, labor wages, income level and occupation diversification. It may not be able to represent political, social or cultural development. Industrialization implies economic growth but necessarily through transformation from the predominance of primary production on manufacturing. Modernization theories may define development mainly in terms of economic output per capital but some other theories concerned about development of autonomous productive capacity, equitable distribution of wealth or meeting basic needs of human. Modernization theories generally consider democratic and capitalist institution as component of modern society [Frank 1996].

Although there are many versions of modernization theory major implicit or explicit tenets are that societies developed through a series of evolutionary stages
These stages are based on differentiation and re-integration of structural and cultural components for the maintenance of society. Contemporary developing societies are at their pre-modern stage of evolution.

At its core modernization theory suggests that advanced industrial technology produces not only economic growth but also structural and cultural changes in the society. The common characteristics that societies tend to develop to become modern may differ in adoption but in general all assume that institutional structure and individual activities become more specialized, differentiated and integrated into political and economic advanced societies. The empirical studies of sociological modernization tend to deal with the internal effects of industrialization or other economic development on traditional social institutions. Modernization theories have viewed the total transformation, in other words westernization of developing countries to be an inescapable outcome of successful diffusion of the western economic technological complex, for a reorganization of existing social and cultural as well as political pattern in anticipation of their compatibility.

**Importance of the study**

Most human problems arise from within the person and they are reflected in life situations. The rapid change that is brought about during this transition period makes adolescents and adults uncomfortable with themselves and society at large. During this period social change continue to exert influence on their lives especially in the challenge of adjusting to complex psychological demands, setting targets and achieving them. Family problems, political economic and social inequalities breed contempt in adolescents and adults for the existing system. Under such stresses person do not have any respect for the parents and defective educational system. Incidence of suicide in the world as well as in India is on as increase. The most important reason
cited for it is the complexity of the modern life. It was considered by the researchers an inability to cope with the stressful situation in life. Particular population requires special attention such as children, socially disadvantaged class, adolescents and abuse victims. Social support networks have been associated with stress reduction, with good health, positive well-being, improvement of individual competence, positive self image and self-effectiveness (Dumont & Provost 1999). Such networks together with individual’s role may help the young person accumulate important social relationship and other assets (Gilligam 2008). Thus, caregivers, social workers and other professionals education may have important role to play. Studies on these areas may shed light on the cause and remedies. Present study might be useful in understanding and solving some of the problems of adolescent and adult.