CHAPTER - III
PROBLEM AND HYPOTHESES

Population has increased dramatically with the growth of urbanization. Crowding of persons in limited space has become a major problem, and is a universal phenomenon.

The feeling of being crowded is a psychological state, contingent upon high population density. Density refers to the objective physical state which is the actual number of people in a given space and experience of crowding is the psychological effect that density has on an individual.

Crowding leads to aversive consequences on a wide variety of dimensions. Concerning its effect on feeling state, high density leads to negative affect, especially in males and higher psychological arousal i.e. several measures of sympathetic arousal including heart rate, blood pressure and skin conductance (Evan, 1979). There is also some evidence that it is associated with illness and death rate (Paulus, MacCain & Cox, 1978). In terms of its effects on social behaviour, high density has been found to result in less liking for other, especially in males. (Baum & Valin, 1977) Crowding is associated with withdrawal symptoms from interactions, Sandstorm, 1975), it also leads to aggression (Aiello et al., 1979; Gingberg et al., 1977) and to lower incidence of personal behaviour (Beckman et al., 1973). It leads to decrements for complex tasks performance but
not for simple tasks (Paulus et al., 1976), and it is associated with negative after affects (Glass and Singer, 1972). Several studies have found that prolonged crowding (eg. In one’s honw) is linked with learned helplessness (Rodin, 1976). Personality characteristics also affect the reactions to high density. In Japan, neuroticism, introversion, and self-esteem have been related to crowding (Iwata, 1979). The personal space requirement of introverts is more than that for extroverts (Leipold, 1963; Patterson and Homes, 1966; Pattern and Sechrest, 1970; Evans and Howard 1973; Iwata, 1979). Thus it seems likely that the experience of crowding will be more severe for introverts than for extroverts.

Another factor determining the effect of crowding is sex. Although the results are not consistent, but generally the effect of crowding have been found to be stronger in males than in females (freeman et al. 1972).

Stimulus over load restriction imposed on behaviour, loss of control on events, stress and arousal caused by crowding have been considered to be important factors leading towards the negative effects of crowding on a variety of physiological and psychological behaviours. All these factors are the predictors of subjective well being also. However, there is gap existing and no much work exists on the relationship between crowding and SWB, which is an important variable in the field of psychology.
SWB is a new field of research that focuses on understanding the complete range of well-being from utter despair, to elation and total life satisfaction (Diener et al, 1997).

Subjective well being (SWB) is a field of psychology that attempts to understand people's evaluations of their lives. These evaluations may be primarily cognitive (like life satisfaction or marital satisfaction) or may consist of the frequency with which people experience pleasant emotions, like joy and unpleasant emotion like depression (Diener, Suh & Oishi, 1997).

Wilson (1967) concluded that the happy person is a young, healthy, well educated, well paid, extroverted, optimistic, worry free, religious, married person with high self esteem, job morale, modest aspirations of either sex and of wide range of intelligence. In the three decades since Wilson's review, investigations into area of SWB have evolved and considerable progress has been made.

The variables studied in relation to SWB include age, religion, marriage, personality and sex. Age does not decrease SWB (Horloy and Lavery, 1995; Diener and Suh, 1998). It has been shown to be positively correlated with religious certainty, (Elison, 1991), the strength of one's relationship with the divine (Polliner, 1989), and prayer experiences (Poloma and Pendleton, 1991). Marriage has also been shown to have positive relation with SWB (White, 1992, Diener at al., 1998) Wood et al. (1989) found that women report higher levels of positive
effect on average and more often report extremely high levels of SWB. In a similar way (Lee et al., 1991) found that women were more likely than men to report being very happy. Extroverts have been shown to be happier than introverts (Diener et al. 1992). Similarly health and income are other major important variables that may be related with SWB.

In such case it seems plausible to assume that the stressful work environment caused by crowding also may lead to a poor SWB. Otherwise also SWB is an important variable which has not got enough attention (Diener et al. 1999). In fact subjective well being is a seminal concept in counseling whereas it is seldom discussed. Besides, as already mentioned, these is hardly such study investigating the effect/relationship between crowding & SWB.

Keeping in mind the importance and applied utility of SWB and the prediction of its possibility to be influenced by stressful environment following problem was formulated.

Problems:

To study the effect of perceived household crowding on subjective well being amongst male and female extroverts and introverts.

Objectives:

1. To assess the effect of perceived household crowding on SWB.
2. To assess the levels of SWB amongst the extroverts and introverts having different levels of perceived household crowding.

3. To find out if sex has any significant effect on the SWB of SS having different levels of perceived household crowding.

Hypotheses:

1. High level of perceived household crowding would lead to poor SWB.

2. Higher perceived household crowding would lead the introverts to exhibit poor SWB level than the extroverts.

3. Males in high perceived crowding household group would show a lower level of SWB than the females.

4. There may be an interaction amongst the main effects.