Chapter-III

PROBLEM AND HYPOTHESIS
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It is a hard core fact that each one of us, this way or that, is inevitably involved in some conflict. Life has become, despite technological and other advancements, so complicated that a strain-free life cannot be thought of. To put it simply, tensions and stresses are the boon of the present era. We have come to this day and year with many difficulties besetting our civilization like the threat of war, unemployment, poverty, crime, corruption, overpopulation, changing social norms, values etc. etc. All this has direct negative impact on one's life in general and well-being in particular.

A review of literature reveals that, although various demographic variables (like age, sex, education, income, religion, etc.) are very important but don't contribute much to the well-being and fail to account for substantial amounts of variance in one's perceptions of his/her well-being. However, situations and major life events and changes influence the well-being, these have virtually no long-term impact. Thus, due to the relative lack of predictive power of the external factors in the determination of well-being, researchers have now been turning to internal influences on well-being such as personality traits. Research findings reveal that the level of well-being is determined by stable individual characteristics, i.e., personality traits. There are only a few studies that propose some linkage between personality factors/traits and well-being, and that too - most of them have included only very few traits. Secondly, researchers recommend cross-cultural studies on the relationship between personality traits and well-being to determine whether the so-far revealed relationship is universal or culture specific.
Since, such a study was not conducted in India before, therefore, a great need was felt to explore the relationship between various personality traits and well-being in Indian settings. Thus to fill in the gap in knowledge, the present study was designed to fulfill the following objectives:

To investigate the personality correlates of well-being.

From the main objective, some other objectives were also identified: -

Sub-objectives:

(1) To work out the coefficient of correlations between various personality factors and well-being measures.

(2) To work out the stepwise multiple regressions of well-being measures on other variables by taking only significant predictors from 16 primary factors of the 16 PF test and self-esteem.

(3) To work the stepwise multiple regressions of well-being measures on other variables by taking only significant predictors from 04 secondary factors of the 16 PF test.

(4) To prepare a trait profile of a person with high well-being.

It was hypothesized that:

Different personality traits would correlate to various dimensions of well-being separately.

With this background, we may now pass on to the next chapter dealing with the design and methodology of the present investigation.