Quality of life is an umbrella concept that refers to all aspects of a person’s life, including physical health, psychological well-being, social well-being, financial well-being, family relationships, friendships, work, leisure and the like. Well-being is the predictor of happiness. Well-being means not only being physically healthy but it connotes individual’s feeling of contentment, happiness, satisfaction with life experiences and one’s role in the world of work in terms of physical, mental, social, emotional and spiritual aspects. To be precise, subjective well-being (SWB) consists of two distinctive components: an affective part, which refers to both the presence of positive affect (PA) and absence of negative affect (NA), and a cognitive part. The affective part is self-evaluation guided by emotions and feelings whereas the cognitive part is an appraisal of one’s life for which people judge the extent to which their life so far measures up to their expectations and resembles their envisioned ideal life (Diener et al., 1984). Demographic factors such as income, marital status influence SWB (Bradburn, 1969; Andrews & Withey, 1976; Cambell et al., 1976). A number of other factors such as mental health (Jahoda, 1958), adaptation to conditions (Lucas et al., 2002), temperament (Lykken & Tellegen, 1996) and goal strivings (Emmon, 1986) substantially influence the SWB. Psychological factors like personality and self-esteem did show a significant relationship with SWB (Diener et al., 1994). The interaction of one’s personality, self-esteem, personal goals and available resources affects SWB and highlights the importance of these variables across life span of all human beings including convicts, for whom these parameters gain even more importance. A convict is “a person found guilty of a crime and sentenced by a court” or ” a person serving sentence in prison” (en.wikipedia.org/wiki/convicts). Crimes are the acts that are forbidden and punished by law. These acts may threaten the well-being of the society, or injure any of its
members. Crime has been a baffling problem ever since the dawn of human civilization and man’s efforts to grapple with this problem have partially succeeded. Before we can start concocting a crime solution that actually works, we need to dig for the root causes of crime. Only then we can find the right solutions that deal directly with the root source of the problem, as opposed to limiting ourselves to dealing with the symptoms through punishment measures.

The present investigation has been conducted to investigate into the subjective well-being of convicts in relation to their psychological and social variable, so as to have an insight as to how we can bring about possible changes in current scenario in a positive direction.

Descriptive method of research was used to study the psycho-social correlates of subjective well-being among convicts. Results showed that majority of convicts possessed a low level of subjective well-being, agreeableness, conscientiousness and self-esteem. A high level of neuroticism has been found in majority of convicts. No relationship of SWB with different social factors has been seen. Neuroticism has been found to be negatively related to Subjective well-being among convicts. Self-esteem has emerged as the strongest predictor of Subjective well-being among convicts.