Conclusion & Recommendations
CHAPTER – VII
CONCLUSION AND RECOMMENDATIONS

7.1 Introduction
The last two chapters have reported elaborately on the characteristics of the people of Mysore district and their revealed perceptions on (a) the quality of life scale (general indicators) in rural Mysore – rural-urban environment, community cohesion, health, education, housing and basic infrastructures, employment, rural economy, recreation, politics and safety of individuals, women and children and the communities (or neighbourhoods) and (b) the nature, value and knowledge of – in fact, feelings about - related aspects of quality of life, namely, performances of village or community infrastructures, satisfaction with life scale, hope scale, ‘my life quality’, subjective happiness scale, overall quality of life and impressions of quality of life. A total of 7 factor dimensions, five for (a) and 2 for a part of (b) – overall quality of life and impressions of quality of life - have been retained from the analysis of questionnaire survey data to interpret the collective consciousness and perceptions of the people of their life and work in Mysore district, in the current context. The findings and conclusions of the study are encapsulated in this chapter, immediately following the summary of the thesis, which is the following section. The purpose of this chapter however is to first summarize, then give in nutshell the findings and conclusions of the study and further discuss the implications, particularly for the theory, policy and materials concerning quality of life and work in the rural areas of Mysore district and the State of Karnataka in general. The study of course gives rise to some recommendations and suggestions for further studies.

7.2 Summary of the Thesis
The thesis has been organized in seven commissioned chapters, to report on the theoretical aspects of the study (Chapters I to IV), the empirical results of the study (Chapters V and VI) and the conclusion, implications and recommendations of the study (the present chapter). All chapters, except the current one, are summarized here for the sake of brevity.
The introductory chapter has provided for a brief background of the study towards setting the problem of the study, its aim and objectives, the research questions and the hypotheses set down for answering and testing, an introduction also to the study area, which is Mysore district, the research methodology although only brief, the scope and limitations and finally the organization of the thesis. The area of focus in the study is Quality of Life in rural Mysore district, the evaluation of feelings of quality of life of people, particularly the villagers, and the conditions in the context of ten separate but inter-related aspects, namely, rural-urban environment, community cohesion, health, education, housing and basic infrastructures, employment, rural economy, recreation, politics, and safety of living and working in rural areas and also a set of quality of life scale aspects – in all 124 items or variables. While the scope of the study has been on the above and the way the rural people perceive them so as to make recommendations for enhancing their happiness, the limitations are three-fold: a single scholar study and hence limited by time and money, it is part time research and is therefore constrained by the researcher’s own exposure to the themes of research because of his pre-occupation with academic teaching in a college environment.

The second chapter is a review and appraisal of existing literature, which could be accessed in order to (a) assemble ideas for the thesis, and (b) find studies which could help with what may be called corroborations in terms of results and discussions. The discussion has been on the quality of life research towards an understanding of the nature of villagers’ lives and work. The review and appraisal has been at the international, national, regional and local levels, using researches that could be accessed from the university and other libraries and on the world-wide-web, particularly through google scholar network. An appreciation of a range of themes in quality of life research has been accomplished even as an attempt at comprehensive review has been met with only partial success because of lack of access to some very important literature on the themes of the study.

The third chapter has been a detailed profile of the study area, constructed using secondary sources of data and documentary records and reports on Mysore district. One particular source of materials is that of the Human Development Report of Mysore District 2008. In a sense, it is a profile of Mysore district of Karnataka with emphasis on both the natural and the human environments, more however of the latter.
than the former. The Census of India, textbooks on geography of Mysore/Karnataka, and several researches on the district, importantly on demographical, environmental and urban planning and development related literature, reports and documents. Just as the district is a growing and vibrant economy, primarily because of agricultural, industrial and services development. There has been an appreciable positive development in the economy accompanied by a deteriorating environment; making sustainability and liveability of the rural areas suffer in some modest levels: there have been growth and improved quality of life and work while at the same time deterioration and decadence in everything that the district stands for, with the march of social and economic development.

The fourth chapter has been on the research methodology adopted for the study. The methodology consists of five essential components, namely, primary sources of data, secondary sources of data, methods of statistical analysis (frequency and percentage analysis, Pearson Chi-square test, Likelihood ratio, and principal component factor analysis), graphical and other representations of data and patterns (using GIS, MSEXCEL, SPSS), and library research. Each of these has been elaborated with a view to inform the reader of the thesis about the comprehensiveness of the methodology adopted. The primary sources of data have been collected using a custom-designed questionnaire from 300 people chosen from across the district (15 villages, that is, 5 villages each from K.R. Nagara, Nanjangud and T. Narasipura taluks, and in effect 20 respondents from each of the villages chosen, giving representations to all possible strata of people: the young, the middle-aged and the old; the rich, the poor and the marginalized; salaried and wage-earning; regular and temporarily employed, and farmers with different holding sizes. A good proportion of the respondents have been both young and educated, with handsome earnings. Randomly chosen, through a snowballing sampling procedure – from one known contact to several contacts – the sample is truly representative of the space and time (here and now of Mysore district). A customized-questionnaire has been developed for the purpose of the study, which has been administered to the respondents orally and in free-associational fashion such that the researcher could also get to acquire good and different perspectives from the people interviewed. It has been for the purpose of review and appraisal and also for building profile for the study area that literature accessible to the scholar at various institutions and organizations have been
taken recourse to. Secondary sources of data and information have been research papers, reports and documents which involved concerted efforts at library research. The three methods of statistical analyses employed in the study have been the simple frequency and percentage analysis, for descriptive purposes, Pearson Chi-square and Likelihood ratio, for testing hypotheses, and the multivariate common factor analysis to extract factorial dimensions in order to interpret the collective understanding and perspectives of the people as to their quality of life and work in Mysore district, irrespective of the length of time they have lived and worked in the villages. Library research has given rise to ideas that could be assembled in the slow and sure construction of the thesis on the strenuous and arduous study. All libraries accessible to the researcher, and in the city of Mysore, including University of Mysore Library, have been used for learning, collecting and savouring ideas that are relevant to the study.

The chapters I to IV represent the theoretical aspects of the study and thus span a sizeable number, almost a half of the pages of text of the thesis.

First of the core chapters of the thesis, the fifth chapter is a part-descriptive and part-interpretive study of the characteristics of the people of Mysore district, as gleaned from the questionnaire survey, both quantitative and scaled data – and from the discussions with the respondents of the study. The analysis and interpretation in this chapter has been based primarily on the frequency and percentage analysis and the results graphically represented to show various aspects of the characteristics. Pearson Chi-square test and Likelihood ratio have also been computed for the different sets of scaled data to understand the associations. There have been nine different and good but related segments of data, namely, (a) socio-demographic-economic segment (1-13 questions), (b) quality of life scale in rural Mysore – general indicators with 10 important sections/aspects of quality of life measures, (c) performances of village or community infrastructures, (d) satisfaction with life scale, (e) hope scale, (f) ‘my life quality’, (g) subjective happiness scale, (h) overall quality of life, and (i) impressions of well-being and life and work. This chapter discusses the socio-demographics and economics of rural Mysore, perceived overall quality of life, perceived overall impressions of quality of life, perceived nature, value and knowledge of quality of life scale (indicators or parameters), village or community
infrastructure performances, satisfaction with life scale, hope scale, ‘my life quality’, and subjective happiness scale – all of them through the perspectives gained from simple frequency and percentage analysis and Pearson Chi-square and Likelihood ratio measures. It appears from the study that only a small percentage of people have the willpower to change lives or achieve what they want to: pursue goals, be prepared well for a future, successful in life, and meet the goals set by herself / himself. Results have also shown that, despite the socio-economic situations under which the people of Mysore district have been living and existing, with little hope for a bright future, unsure of their ‘life quality’, they are most happy and very happy (K.R. Nagara 66 per cent; Nanjangud 94 per cent; T. Narasipura 66 per cent; and District 81.7 per cent). And those who are also happier or more happier account for a large majority: K. R. Nagara 82 per cent; Nanjangud 94 per cent; T. Narasipura 82 per cent; and District 86 per cent. Nanjangud taluk has more people happy or very happy and happier or more happier.

The sixth chapter has discussed the value and knowledge of quality of life dimensions in Mysore district, Karnataka. It has taken only three segments of data (quality of life scale in rural Mysore – general indicators – ten different aspects and 57 variables; overall quality of life measures – 14 variables; and overall impressions of quality of life and work – 5 variables), in 2 datasets. Thus the first dataset is of the evaluation of feelings of the people as to the conditions in respect of rural-urban environment, community cohesion, health, education, housing and basic infrastructures, employment, rural economy, recreation, politics, and safety. The first of the datasets, which may be characterized as representing revealed perceptions of people on life and work in rural Mysore but in the context of ten important components, has had a data matrix of 300 cases x 57 variables. Five factors have been extracted from the factor analysis of this dataset and they have been appropriately labelled using the variables loading on the factors: Infrastructure quality, Violence, aggression and safety, Environmental quality and infrastructural experiences, Community cohesion, social relations and promising economy, and Accessible education, challenging employment and community support. The second of the datasets used has two segments, namely, overall quality of life and overall impressions of well-being and life and work and a matrix of 300 cases x 19 variables. Two factors have been retained from the common factor analysis of this dataset and
they have been labelled using the high loading variables on the two as: Quality of life dimension and Well-Being in life and work dimension. The two dimensions retained have presented a nice, knockdown argument for the revealed perceptions of rural Mysore respondents on 14 items of overall quality of life and 5 items of well-being in life and work. For rural people, their life as a whole and the actual work they do are most satisfying and on the other hand they come strongly and reiterate that their overall quality of life is better, which is what one would expect of people who have toiled and struggled for a life of comfort and ease, not only for themselves but also for their families.

The chapters V and VI have been the essential cores and as such represent the empirical part of the research reported. In a sense, the present chapter may also be considered as part of the empirical part of the study for the reason the findings and conclusions given in brief and implications of the study for theory, policy, and subject matter are discussed here. This group of three chapters thus represent the other half of the thesis.

7.3 Major Findings and Conclusions

The study has yielded results from the analysis of survey data, leading to several findings and conclusions. The important ones are capsuled here for appreciation.

Socio-Demographic and Economic Characteristics

- Most rural people of Mysore (nearly 69.0 per cent) are 31-50 years of age, both men and women. More than a third of them have had no schooling while 5.0 per cent of them are university educated and, occupationally, 93.0 per cent of them are in agriculture.
- The top 10.0 per cent earn an income of 200 thousand rupees or more. There are people who have incomes less than Rs. 25,000 a year (19.4 per cent), even as some of them receive no salaries or wages.
Overall Quality of Life and Other Related Aspects

- On 14 counts of overall quality of life, a considerable majority is mostly satisfied (an average of 47.0 per cent) to pleased (an average of 25.0 per cent), although more than most (ability to adjust to change in life 90 per cent) to nearly two-thirds of them (handling problems in life 63.0 per cent) are with most satisfied and pleased feelings about their overall quality of life.

- About two-thirds of them (65.0 per cent) are most satisfied and pleased in their ‘extent to which life and work as wanted’. A good majority of them have indicated to better physical wellbeing (76.3 per cent), mental and emotional wellbeing (79.3 per cent), ability to handle stress (73.3 per cent), enjoyment of life and work (66.3 per cent) and quality of life (67.7 per cent).

- Of the rural-urban environmental elements, population density is considered better-off by 50.0 per cent of the rural people whereas access to outside world (60.0 per cent), quality of landscape environment (62.7 per cent), social spaces (63.3 per cent) and overall feel and look (62.7 per cent) are considered better off by a good number of them.

- Health in rural Mysore district is better off in access to services (48.7 per cent), affordability of services (43.6 per cent), quality of doctors, nurses, paramedics and others (33.3 per cent), quality of services rendered (29.3 per cent) and distance, time and cost of getting there (36.0 per cent).

- Education is better off in terms of access (47.0 per cent), affordability (35.7 per cent), quality of teachers, schools and colleges (33.3 per cent), positive experiences with services (39.7 per cent) and time and cost of getting there (32.4 per cent).

- The rural people rate highly their economy, housing and basic infrastructures and employment prospects in the district. There are not however much opportunities, for recreation in the villages, even as the district is well known for outdoor recreation. It is however a safer place: better off in individual safety (58.9 per cent), women and children’s safety (71.4 per cent) and even community safety (65.0 per cent) albeit reservations about safety and security in terms of recent events in the state (violence against youth, particularly women by the culture keepers and perpetual harassment).
• Considering therefore the people who perceive safety as being worse off (individual safety 2.1 per cent; women’s and children’s safety 1.3 per cent; and community safety 17.0 per cent), it is still a question to be addressed fully and better by the people of rural Mysore district.

Other findings of the study in regard to four other aspects of quality of life, namely, perceptions of performances of village or community infrastructures, satisfaction with life, the hope or future scale, life quality aspects and subjective happiness scale are capsuled below:

• K.R. Nagar and T.Narasipura taluks are more or less the same, with similar patterns of revealed perceptions while Nanjangud taluk is different from the other two taluks.

• Most services, with the exception of power distribution (better off 64 per cent) and cost of it (better off 66 per cent) in both K.R. Nagar and T. Narasipura taluks, are worse off (bad to worst).

• In Nanjangud taluk, a majority of the people consider them better off (average to best) in 11 infrastructural aspects, namely, piped water (61 per cent), power availability (57 per cent), quality of power distribution (57 per cent), cost of power (60 per cent), garbage disposal (61 per cent), pollution of land, water, air and noise (54 per cent), police services or law and order (76 per cent), agricultural services in the nearby town (60 per cent), marketing (71 per cent), repair and garage (61 per cent) and shopping and other services (59 per cent).

• The district (that is, the total) accounts for a majority of the people, from 50 per cent to 90 per cent, perceiving the performances of the infrastructural services as worse off in most aspects.

• The exceptions are the quality of power distribution (better off: 61.7 per cent), cost of power or tariff (better off: 64 per cent), and repair and garage services in the nearest town (better off: 51.7 per cent).

Satisfaction with Life

• On all counts of Satisfaction with Life Scale, there are higher levels of disagreements or strong disagreements (scale 1 and 2). That is, fewer people are really satisfied with life. People of K.R. Nagar and T. Narasipura taluks show very similar patterns of satisfaction with life scale but dissatisfaction with life in Nanjangud taluk is not very different for a large proportion of them disagrees or strongly disagrees with the items of scaling.
• ‘So far I have got most of the important things I want in life’ has accounted for a very high proportion of disagreement and strong disagreement: K.R. Nagara 93 per cent, Nanjangud 96 per cent, and T. Narasipura 93 per cent.

• ‘I am satisfied with life’ has accounted for a high proportion of disagreement and strong disagreement: 62 per cent each in K.R. Nagara and T. Narasipura taluks. Nanjangud taluk accounts for a very high level of disagreement and strong disagreement even on this item, at 92 per cent.

• Of those who are satisfied with life in rural Mysore, the percentage of people saying so varies from a mere 6 per cent to 38 per cent in K.R. Nagara taluk, only 2 per cent to 17 per cent in Nanjangud taluk, and also a mere 6 per cent to 38 per cent in T. Narasipura taluk.

The Hope Scale Measures

• The total hope scale aggregate for the district is 702, for K. R. Nagara and T. Narasipura taluks 266 each and for Nanjangud taluk 170. This shows the people of rural Mysore in poor light as for their ‘hope for a future’ is concerned. It is perhaps because of the constant worry the people of the villages express through distracter variables / items.

• The aggregate for the distracter items is 368 for the district, 118 each for K.R. Nagara and T. Narasipura taluks, and 32 for Nanjangud taluk. Distracters are more effective and damaging in the district and in two taluks, namely, K.R. Nagara and T. Narasipura. It is less effective or damaging to the psyche in Nanjangud taluk.

• As for ‘my life quality’ scale, the results indicate that a large majority of people in Mysore district – between 68.5 per cent and 81.2 per cent in both K.R. Nagara and T. Narasipura taluks and between 66.5 per cent and 85.5 per cent in Nanjangud taluk – have chosen to be neutral in their answers and a third to just about a fifth or less have answered them, revealing their perceptions of life and existence as they experience in their daily lives.

• Those who have considered the 7 items of queries as true (4) or absolutely true are just about a fraction, 0.3 per cent to 2.3 per cent in K. R. Nagara and T. Narasipura taluks and the people Nanjangud however have answered only one query – ‘I have found something that makes my life feel significant’ – and that too by just 2 per cent of them.
- Despite the difficult socio-economic situations under which the people of Mysore district have been living, with little hope for a bright future, unsure of their ‘life quality’, most happy and very happy (K.R. Nagara 66 per cent; Nanjangud 94 per cent; T. Narasipura 66 per cent; and District 81.7 per cent). Those who are also happy or more happy account for a large majority: K. R. Nagara 82 per cent; Nanjangud 94 per cent; T. Narasipura 82 per cent; and District 86 per cent.

- A large majority of them (91 per cent each in the three taluks and 91.7 per cent in the district) does ‘enjoy life regardless of what is going on, getting the most out of everything’.

- A large majority of them is ‘not depressed nor they seem as happy as they might be’ with 85 per cent each in K.R. Nagara and T. Narasipura taluks, but only 64 per cent in Nanjangud taluk, with an overall majority of 78.3 per cent in the district.

**Factor Analysis Results of Quality of Life Data**

This study has aimed at examining the nature, value and knowledge of rural quality of life and work as revealed perceptions of people of Mysore district through a questionnaire survey of 2012, with 300 respondents from 15 different villages. The study has used a common factor analysis to retain five dimensions of rural quality of life and work with data pertaining to ten groups of variables / items scaled by the rural people using a scale of a continuum 1-7, where 1 is the ‘worst’ and 7 is the ‘best’. The variable groups analysed are those of the rural/urban environment, community cohesion, health, education, housing and basic infrastructures, employment, urban economy, recreation, politics, and safety. In the survey reported, the respondents have evaluated what ‘collective perceptions’ they hold for quality of life and work in rural Mysore, which is their perceived understanding of the nature, value and knowledge of quality of living and working conditions.

The five dimensions retained in the analysis, in their order of importance, are shown below as labelled using the variables loading highly significantly on the extracted factors.

1. Infrastructural quality dimension;
2. Violence, aggression, and safety dimension;
3. Environmental quality and infrastructural experiences dimension;
4. Community cohesion, social relations, and promising economy dimension; and
5. Accessible education, challenging employment, and community support dimension.

The main dimension emphasizes the importance of infrastructures and their quality (of services rendered by them) as a means of achieving quality of life and work in rural Mysore district. This is reiterated again by the third dimension labelled ‘environmental quality and infrastructural experiences’ dimension. Violence and aggression are shown to be part of the rural quality of life and work but safety is of primary concern and is available and given to individuals, groups and communities through community cohesion, social relations and promising economic situations. People are happy and enjoy the fruits of their life and work because of accessible education, challenging and likeable employment and community support.

- The 5-factor matrix extracted has explained a cumulative variance of 68.857 per cent. Among the 57 variables entered in the analysis, only three of them have had insignificant individual variances and as such the other 54 variables are eligible candidates for loading on the factors extracted. The 54 variables are found loading significantly with loadings from -0.500 to 0.928.
- Regarding the social security domain, concerns surrounding the lack of medical and health care for a substantial population, retirement pension and child education have frequently been mentioned by the people while in the field as significantly influencing the life of people.
- Family life has definitely been crucial to their ability to adapt and has served as a stress reliever, a source of strength and also a sense of safety. This has particularly been true in rural Mysore considering the absence of other social support, which is a major cause of stress for the people.
- The rural people have perhaps found that support and harmonious relations among family members are vital to their ability to adapt to challenging and different environments. Family support has been, and is, far more important than other established support systems.
- The rural people have shown clearly the importance of having an income in order to have a good life. They have emphasized the importance of having opportunities for personal development and employment in order to reduce discrimination in the villages and in society settings.
The two factors retained in the second analysis have provided two neat factors, labelled as *Quality of Life Dimension* and *Well-Being in Life and Work Dimension* using the variables highly loading on the factors. The analysis is appreciated because 10 of the 14 variables of overall quality of life load on the main Quality of Life Dimension and only 4 of the 5 variables of the overall impressions of quality of life load on the bipolar Well-Being in Life and Work Dimension. The two dimensions do allow the readers an appreciation of the following facts: The people feel that:

- **Factor Six:**
  - Their ‘*life and work as a whole*’ and the ‘*actual work they do*’ are most satisfying.
  - The other satisfying facts about the quality of life they have achieved as rural people are ‘*they handle problems in their lives*’ better, they are ‘*contented with their life and work*’, and they are able to ‘*adjust to changes in their lives*’ better.
  - What is however distressing is that they do not see their co-workers in the same situation and light.

- **Factor Seven:**
  - The people of rural Mysore district come strongly and reiterate that their ‘*overall quality of life*’ is better.
  - Their ‘*physical well-being*’ and their ‘*mental and emotional state*’ are better in taking on the life and even work challenges in the villages. They also reflect an ability to ‘*enjoy their life and work*’ because of the ‘*overall ability of theirs* to *handle stress*’ and their ‘*personal life*’.
  - They could accomplish their present quality of life and well-being in life and work only through years of struggle against odds in the villages as farmers and labourers, and to a certain extent as landless people as well.

Factor analysis has been used as an exploratory analysis to categorically conclude how best are the quality of life and well-being in life and work of the people of rural Mysore district. The conclusion is that:

- The people have done commendably well and achieved a greater and better semblance of an overall quality of life (54.7 per cent of the people) and a well-being in their life and work (31.2 per cent of them).
They have also sacrificed a lot in their personal lives to achieve and to reach a greater feeling of achievement in them.

The implication of the study is that the people of the villages are greatly focused on achieving a state of quality of life and well-being (physical, mental and emotional state) and they are struggling on their way to achieving them. Most of them are yet to make their mark in regard to the dimensions, quality of life as well as well-being, as there are yet challenges of rural life to overcome and succeed.

7.4 Hypotheses Tested

_H1. There have been significant differences in peoples’ perceptions in the villages and such differences are statistically significant but vary from individual to individual._

People are rather satisfied with their overall quality of life and that they show individual differences in their perceptions, for example, on a variety of aspects. Only some of the aspects are shown below to support the contention of the hypothesis that the differences are significantly different and vary from individual to individual, even if some individuals are more alike than others.

- People pleased with their personal life constitute 31.0 per cent. Those who are mostly satisfied account for 39.3 per cent. Those delighted with their personal lives are a miniscule, 1.3 per cent only. Those mostly dissatisfied with their lives are 7 per cent of the rural folks, even as 1.3 per cent of them report being unhappy and 0.7 per cent of them feeling terrible about their personal lives. Less than 20 per cent of the rural Mysore people (18.7 per cent) reported of a mixed feeling about their personal lives.

- As much as 78 per cent of them were: mostly satisfied (40 per cent), pleased (36.7 per cent) and delighted (0.7 per cent), although 11.7 per cent of them were with mixed feelings about wife/husband or the ‘significant other’ in their lives. Some 4 per cent of the rural people feel terrible and 2 per cent are unhappy about wife/husband or the ‘significant other’ in their lives.

- In all measures, those with mixed feelings constituted between 4.0 per cent (life as a whole) and 40.3 per cent (co-workers). Less than 5.0 per cent to 40 per cent of the rural Mysore people reported of mixed feelings as to the overall quality of life...
measures. Those with terrible, unhappy and mostly dissatisfied feelings constituted a little more than 10 per cent (wife/husband or ‘significant other’ 10.3 per cent) to less than 1.0 per cent (co-workers and actual work done 0.7 per cent each).

- The overall quality of life of the rural people of Mysore district was mostly satisfactory to most even as some of them were pleased and a small proportion of them (2.0 per cent each for romantic life and physical appearance, look to others; 1.3 per cent each for personal life and accomplishment in life, and 0.7 per cent for husband/wife or the significant other) were delighted. Among the people with ‘delighted’ feelings were 1.3 per cent of the rural people in regard to wife/husband or the significant other (0.7 per cent), personal life and accomplishment in life (1.3 per cent each) and romantic life and physical appearance (2.0 per cent each).

- On average, 2.7 per cent of the rural people were those feeling terrible about four major aspects of overall quality of life (personal life, significant other, overall contentment with life and extent of life as wanted). Rural people reporting unhappiness constituted about 3.0 per cent, and mostly dissatisfaction accounted for 1.3 per cent overall. It was important to note that they were not feeling terrible (4 of the 14 items of evaluation), or unhappy (10 out of 14) and mostly dissatisfied (again 10 items) with all aspects / indicators of their overall quality of life.

- As for overall impressions of quality of life, their perceptions were that they were better off on the following counts, but none of them was a majority: overall physical well-being (16.3 per cent), mental and emotional well-being (19.0 per cent), ability to handle stress (26.0 per cent), quality of life (27.7 per cent), and enjoyment of life (28.7 per cent), in that ascending order.

- With the exception of a few infrastructural performances, the probability values computed placed our computed Chi-square values close to or less than 0.000 and the relationship was thus significant at far greater than 0.01 level or 99 per cent. This meant that in 99 per cent of the time the observed data were very close to expected data and the deviation if any was due to a random chance. In infrastructural aspects such as civic facilities in panchayats (significant at 99.981 per cent), repair and garage services in the nearest town (99.093 per cent) and shopping and other services in the nearest town (99.093 per cent), the significance in relation was rather at less than 0.01 or more. The likelihood ratio, that is, when the relation was tested in the full model, in all cases was significant at less than 0.000 and 0.01 levels.
H2. There have been significant differences in the perceived nature of rural life in its aspects, quality of life, hope and subjective happiness and that of the impressions on the overall well-being in life.

- **Satisfaction with Life Scale**
  - The results of analysis indicated that a large majority of people in Mysore district – between 68.5 per cent and 81.2 per cent in both K.R. Nagara and T. Narasipura taluks and between 66.5 per cent and 85.5 per cent in Nanjangud taluk – was neutral in their answers and only a third to just about a fifth or less answered them, revealing their perceptions of life and existence as they experienced in their daily lives.
  - Those who considered the 7 items of queries as true (4) or absolutely true were just about a fraction, 0.3 per cent to 2.3 per cent in K. R. Nagara and T. Narasipura taluks and the people of Nanjangud however answered only one query – ‘I have found something that makes my life feel significant’ – and that too by 2 per cent of them.
  - The results thus amounted to saying that most (between 85 to 96 per cent) did not understand ‘my life’s meaning’ (96 per cent), nor were they looking for something that made ‘my life feel meaningful’ (46 per cent), nor looking to find ‘my life’s purpose’ (94 per cent), nor ‘my life has a clear sense of purpose’ (94 per cent), nor they had a good sense of what makes ‘my life meaningful’ (91.9 per cent), nor they discovered a satisfying ‘life purpose’ (89.5 per cent), and nor they found something that made ‘my life feel significant’ (84.9 per cent). Thus, the people of Mysore district did show spatial variations in their perceptions about their life and existence but most were groping in the dark, nevertheless.
  - Results also confirmed that there were no greater spatial variations in the people’s perceptions of life and existence as they felt them to be important and significant to them. The confidence levels in all of the answers but with the exception of ‘I understand my life’s meaning’ (insignificant at 0.401) and ‘I am always looking to find my life’s purpose’ (insignificant at 0.288) were less than 0.000.
• **Quality of Life Scale**
  
  - ‘So far I have got most of the important things I want in life’ accounted for a very high proportion of disagreement and strong disagreement: K.R. Nagara 93 per cent, Nanjangud 96 per cent, and T. Narasipura 93 per cent.
  
  - ‘I am satisfied with life’ accounted for a high proportion of disagreement and strong disagreement: 62 per cent each in K.R. Nagara and T. Narasipura taluks. Nanjangud taluk accounted for a very high level of disagreement and strong disagreement even on this item, at 92 per cent.
  
  - Of those who were satisfied with life in rural Mysore district, the percentage of people saying so varied from a mere 6 per cent to 38 per cent in K.R. Nagara taluk, only 2 per cent to 17 per cent in Nanjangud taluk, and also a mere 6 per cent to 38 per cent in T. Narasipura taluk.
  
  - The collective cognitive judgement for the district was therefore reflective of the pattern of large scale dissatisfaction with life (anywhere between 77.7 per cent and 94 per cent). Those satisfied with life in the district accounted therefore for a small proportion on the scaled items: 6 per cent to 22.3 percent.
  
  - This meant that people of the rural Mysore district had yet to make the scale in satisfaction with life for various reasons, the most important being the sense of well-being on account of the conditions that existed in the district or the performance of the village or community infrastructures.

• **Hope Scale**
  
  - Willpower (or agency) of the people received an overall aggregate score of 335 (Mysore district), with K.R. Nagara and T. Narasipura taluks as much as 116 each and Nanjangud taluk with 103.
  
  - In comparison however the aggregate for the district and the taluks was less than 5 per cent at 335, for K.R. Nagara and T. Narasipura taluks at 116 and Nanjangud taluk at 103. It certainly meant that only a small proportion of people had the willpower to change their lives or achieve what they wanted to: pursue goals, be prepared well for a future, successful in life, and meet the goals set by herself / himself.
  
  - This meant that their future – as hope scale represented a future scale – was rather bleak by their assessments. In comparison to the highest ratings possible in the hope scale, with way-power (or pathways), the district and the taluks
fell short of ‘high-hope individuals’ with an aggregate of 367 for the district, 150 each for K.R. Nagara and T. Narasipura taluks, and just 67 for Nanjangud taluk. The total hope scale aggregate for the district was 702, for K. R. Nagara and T. Narasipura taluks 266 each and for Nanjangud taluk 170.

**Subjective Happiness**

- Results of analysis showed that despite the socio-economic situations under which the people of Mysore district had been living and existing, with little hope for a bright future, unsure of their ‘life quality’, most were happy and very happy (K.R. Nagara 66 per cent; Nanjangud 94 per cent; T. Narasipura 66 per cent; and District 81.7 per cent). Those who were also happy or more happy accounted for a large majority: K. R. Nagara 82 per cent; Nanjangud 94 per cent; T. Narasipura 82 per cent; and District 86 per cent. Nanjangud taluk had more people happy or very happy (item 1) and happy or more happy (item 2).
- A large majority of them (91 per cent each in the three taluks and 91.7 per cent in the district) did ‘enjoy life regardless of what was going on, getting the most out of everything’. Also, a large majority of them was ‘not depressed nor they seem as happy as they might be’ with 85 per cent each in K.R. Nagara and T. Narasipura taluks, but only 64 per cent in Nanjangud taluk, with an overall majority of 78.3 per cent in the district.
- There were no significant differences in the revealed perceptions of people in their happiness across the three taluks as supported by the chi-square values computed and the levels of significance at less than 0.000, even as people ‘being happy regardless of what is going on and getting most out of everything’ showed that there was substantial statistical deviation between the observed and the expected data of revealed perceptions (as for item 3) at 0.10. The likelihood ratio also confirmed such a difference in the case of a full model.

**Impressions on overall Well-Being in Life**

- It appears that the people of the villages, individually, worried about their lives. It was perhaps because the people of the villages expressed constant worry through their rating of the distracter variables / items, namely: ‘I feel tired most of the time’, ‘I am easily drowned in an argument’, ‘I worry about my health’, and ‘I usually find myself worrying about something’. The
aggregate for the distracter items was 368 for the district, 118 each for K.R. Nagara and T. Narasipura taluks, and 32 for Nanjangud taluk. Distracters were more effective in the district and two taluks, namely, K.R. Nagara and T. Narasipura but less effective in Nanjangud taluk.

- A Chi-square test for verifying the hypothesis that there was no significant difference between the taluks of Mysore district in the hope scale or the future showed that the null hypothesis had to be accepted as there were indeed no differences between the taluks and the levels of significance of the Chi-square values were: less than 0.000 in most but was at 0.003 for ‘I am easily drowned in an argument’, at 0.001 for ‘I worry about my health’, at 0.002 for ‘my past experiences have prepared me well for my future’, and at 0.014 for ‘I meet the goals I set for myself’. The likelihood ratios were all significant at less than 0.000 except for the item that ‘I meet the goals I set for myself’, at 0.008.

Overall, and on 14 counts of overall quality of life, a considerable majority was mostly satisfied (an average of 47.0 per cent) to pleased (an average of 25.0 per cent), although more than most (ability to adjust to change in life 90 per cent) to nearly two-thirds of them (handling problems in life 63.0 per cent) were reportedly with most satisfied and pleased feelings about their overall quality of life. It was just about two-thirds of them (65.0 per cent) who were most satisfied and pleased in their ‘extent to which life and work as wanted’. A good majority of them indicated to better physical wellbeing (76.3 per cent), mental and emotional wellbeing (79.3 per cent), ability to handle stress (73.3 per cent), enjoyment of life and work (66.3 per cent) and quality of life (67.7 per cent). Of the rural-urban environmental elements, population density was considered better-off by 50.0 per cent of the rural people whereas access to outside world (60.0 per cent), quality of landscape environment (62.7 per cent), social spaces (63.3 per cent) and overall feel and look (62.7 per cent) were considered better off by a good number of them.

### 7.5 Implications of the Study

The findings and conclusions capsuled in the foregoing pages have vociferously answered the research questions set forth for answering in the study. A brief rephrasing of the answers to the research questions are given below.
Have there been discernibly higher levels of change in the living and working conditions of the people in Mysore district? If so, what were the opportunities for, and constraints to, their living and working in the villages?

- In most aspects of the rural components considered for analysis (57 items under 10 components), namely, rural-urban environment, community cohesion, health, education, housing and basic infrastructures, employment, rural economy, recreation, politics, and safety, there indeed have been greater levels of change in regard to the living and working conditions of the people. Most changes have been perceived as happening in their living and working conditions in the district and they have happened in the last 20-30 years.

- The peoples’ evaluation of their feelings about changes in their living and working conditions give us some insights into how they perceive those changes. To cite a few examples:

  - People pleased with their personal life constitute 31.0 per cent whereas mostly satisfied account for 39.3 per cent of them. Those delighted with their personal lives are a miniscule 1.3 per cent only.

  - As much as 78 per cent of them are mostly satisfied (40 per cent), pleased (36.7 per cent) and delighted (0.7 per cent), although 11.7 per cent of them are with mixed feeling about wife/husband or the ‘significant other’ in their lives.

  - In these days of incessant television shows such as the serials and movies and what not, rural people are definitely aware of ‘romantics’ and among them more than a third of them (34.3 per cent) are mostly satisfied, 40.3 per cent of them are pleased whereas only 0.7 per cent of them are delighted, if any. Those with mixed feelings about their romantic lives constitute 16.3 per cent, and general dissatisfaction about 6 per cent (mostly dissatisfied 4.7 per cent and unhappy 1.7 per cent).

  - As for jobs, nearly 45 per cent are mostly satisfied while 29.3 per cent are pleased with it, although there is no one delighted about it. Among those dissatisfied with their jobs are 2.7 per cent mostly dissatisfied and 5 per cent unhappy.

  - In all other measures of overall quality of life, a large majority is mostly satisfied, pleased and delighted: as for co-workers it is 58.4 per cent, actual work done 68.3 per cent, handling problems in life 63.0 per cent, actual accomplishment in life 86.0 per cent, physical appearance – look to others 67.0 per cent, one’s self 87.3
The discussion above is in some good sense justifies the hypothesis that ‘there have been significant differences in peoples’ perceptions of the villages and such differences are statistically significant but vary from individual to individual.

**What characterize the evaluation of the nature, value and knowledge of the villages in their varied aspects relative to peoples’ life and work?**

The peoples’ revealed perceptions, evaluating the nature, value and knowledge of the city’s varied aspects relative to their life and work, have indicated the following:

- The first factor extracted is labelled ‘Infrastructure Quality Dimension’ and as such the 55.8 per cent of the people with positive scores indicate to infrastructures as being ones that determine the quality of life and work in rural Mysore.

- As much as 44.2 per cent of the people with negative scores are on the side of infrastructures determining the quality of life and work of rural people. In sum, in 55.8 per cent of the cases, quality of life and work is determined by the infrastructural quality.

- It may be safely said that 63.9 per cent of the people perceive that violence, aggression and safety of individuals, groups and communities are a concern in rural Mysore whereas in 36.1 per cent of the cases, it is not.

- Likewise, 56.8 per cent of the people perceive that environmental quality and infrastructural experiences determine quality of life and work whereas 43.2 per cent of them do not think so.

- Community cohesion, social relations, and promising economy exist in rural Mysore for 60.9 per cent of the people of the district while they are not for 39.1 per cent of them.

- Accessible education, challenging employment and community support exist for a minority of 42.2 per cent of the people as against a majority of 57.8 per cent who not perceive it so.
What characterize the changes in the overall quality of life and impressions on the overall well-being in life and work of the people of Mysore District?

**Quality of life and Impressions of Quality of Life:** The two factor dimensions extracted – and labelled as *Quality of Life Dimension* and *Well-being in Life and Work Dimension* – help us infer the following conclusions:

- **Factor One:**
  - Their ‘life and work as a whole’ and the ‘actual work they do’ have been most satisfying.
  - The other satisfying facts about the quality of life they have achieved as people of the villages in Mysore district are: ‘they handle problems in their lives’ better, they are ‘contented with their life and work’, and they are able to ‘adjust to changes in their lives’ better.
  - What is more important is that they also see their co-workers in the same situation and light.

- **Factor Two:**
  - The people of Mysore district have come strongly and reiterated that their ‘overall quality of life’ has been better.
  - Their ‘physical well-being’ and their ‘mental and emotional state’ to take on life’s, and even work’s, challenges in the villages have been better as well. They have also reflected an ability to ‘enjoy their life and work’ because of the ‘overall ability of theirs’ to handle stress’ and their ‘personal life’.

- The hypothesis that ‘there have been significant differences in peoples’ perceptions in the villages and such differences are statistically significant but vary from individual to individual’ has also been justified by the loadings and variances of the factor analysis as well. In reality, ‘they could accomplish their present quality of life and well-being in life and work only through years of struggle against odds in the villages of Mysore district’.

- The conclusion has been that the people have done commendably well and achieved a greater and better semblance of an overall quality of life (54.7 per cent) and a well-being in their life and work (31.2 per cent).
• This simply means that a majority of nearly 55 per cent of the people of rural Mysore district could boast of a better quality of life by their own admission, while nearly 45 per cent of them show rather low quality of life measures.

• The bottom quartile of the respondents falls below the rotated score of -0.283 while the top quartile of the rotated scores has scores above 0.470.

• Nearly a third of the rural people are better placed in regard to factor two. While the minimum of the rotated factor scores is -1.345, the maximum is 2.273. The bottom quarter of the respondents fall below -0.709, and the top quartile is above 0.753.

• The people of rural Mysore have also sacrificed a lot in their personal lives to achieve and to reach a greater feeling of achievement in them. The implication of the study is that the people have greatly focused on achieving a state of quality of life and well-being (physical, mental and emotional state) and they have been on their way to achieving them.

• Nearly 45 of them are yet to make their mark in regard to first dimension and about 69 per cent are in the same position in regard to well-being in life and work, as there are yet challenges of rural life to overcome and succeed.

• In the second factor analysis, the people have shown that they have comfortably achieved and gained a foothold. It is necessarily their social relationships that have assisted them with successful adaptation, which in the future may enhance further their quality of life.

• Regarding the social security domain, concerns surrounding the lack of medical care, retirement pension and child education have frequently been mentioned as significantly influencing the rural population's life.

• Family life has definitely been crucial to the peoples' ability to adapt and has served as a stress reliever, a source of strength and also a sense of safety. This has particularly been true in rural Mysore considering the absence of other social support, which is a major cause of stress for the people.

• The rural people have perhaps found that support and harmonious relations among family members are vital to their ability to adapt to a new and different environment. Family support has been, and is, far more important than other established support systems.
7.6 Suggestions and Recommendations

The study does make good contribution to the existing understanding of the subject of quality of life in rural areas, taking the case of Mysore district of Karnataka. A two-pronged approach may be suggested as to clearly think through the processes such as systems thinking and scenario thinking and planning so that new and innovative solutions could be arrived at and a participatory action research approach may also be thought through as the means of problem-solving, generating alternatives which are practical and working.

Innovative approaches to rural planning must be devised as well so that Mysore district, and rural living in particular, could be remodelled and renewed in a way there are more opportunities for the people of the villages even as all efforts to reduce stress related to life and work and improve hope and happiness.

7.7 Suggestions for Further Study

It has been a surprising fact that there is a paucity of studies on quality of life, as most quality of life studies have shown a health orientation or a disease orientation. It has therefore become imperative that the scholar plead for quality of life research initiatives that focus on rural life and work, for, after all, the village people are also looking for ‘greener pastures’ and brave hardships and sufferings in their life and work, but especially in the rural areas. As such:

- The scholar recommends that a study of quality of life in rural areas which have ‘pushed’ people off their lands and ‘roots’ in order to assess what has been wrong in the quality of life characteristics of certain villages that have forced people to migrate vis-à-vis other villages. That is, the quality of life indicators of the rural areas may be considered as the push factors and the study be set up and accomplished to provide for insights on the quality.

In a sense, a study that focuses on rural and urban quality of life, with quality of life measured for both the contexts on a large scale could be a relevant corollary for the study reported here. Quality of life of either rural or urban areas, from small-polises to metropolises could provide for additional insights into the quality of life as shaping development processes as well.
7.8 Conclusion

This chapter has both summarized the thesis and capsuled the findings and suggestions rather elaborately, doing justice to the study in the sense of providing a gestalt that could be useful. The chapter has traced how the people of rural Mysore, over space, have generated resources of their own and gained a foothold in life through hard work and perseverance. In the process, they have also evaluated their feelings as the quality of life and impressions of quality of life, including physical well-being, mental and emotional well-being, enjoyment and life and work in the villages of Mysore district and their overall quality of life. Further, they have also assessed conditions of life and work in order to speak about their perceived understanding of the nature, value and knowledge of life and work conditions embedded in their rural environment, community cohesion, health, education, housing and basic infrastructures, employment, rural economy, recreation, politics, and safety. Overall, the peoples’ evaluations inform us that they have indeed achieved higher levels of change in life and work conditions and quality of life and well-being. On as many as 76 counts (overall quality of life 14; overall impressions of well-being and life and work 5; rural-urban environment to safety aspects of Mysore district, 57), the 300 respondents the scholar has met in person and interviewed for the study have shown the quality of life and conditions of life and work in the villages of Mysore district have become most satisfactory and better-off and that the people have achieved their dream of finding a ‘better quality of life and work’. Of all accounts, the one that they feel and perceive the village as a safe heaven for individuals, women and children and neighbourhood communities is the most significant. However, ‘there are yet miles to go’ and make their life and work and happiness even better.