CONCLUSIONS, IMPLICATIONS AND SUGGESTIONS FOR FUTURE RESEARCH

Well being as a construct essentially encompasses five elements viz elements of positive emotions, engagement, meaning, positive relations with others and accomplishment (Seligman, 2011). Happiness and Life Satisfaction are integral components of Well Being that can be operationalized and measured. Researches have understand the relevance of doing research on Life Satisfaction, keeping in view its real life implications. A plethora of studies exist among adults on correlates of Life Satisfaction, but scant research has been done on construct of Life Satisfaction in children and adolescents. Social scientists are aware that Life Satisfaction is positively related with happiness, health, growth, positive emotions and high achievement. Dissatisfaction with life is related to negative outcomes like drug use, anxiety, depression, aggression and youth violence among adolescents.

The aim of the present investigation was to study correlates of Life Satisfaction in terms of stress, coping, parental bonding, health, happiness, family conflict and academic achievement. This was done for both the genders. The idea was that by extending our understanding of factors influencing Life Satisfaction, some interventions may be suggested to enhance Life Satisfaction.

Another unique feature of the present study was that instead of taking just one unidimensional global measure of Life Satisfaction, a Multidimensional scale was used to measure Life Satisfaction in different domains viz friends, family, school, self and living environment etc. This was done so that differential information about different domains could be gathered.

A glance at descriptive analysis revealed that adolescents in the present study scored highest on family satisfaction followed by satisfaction with self, satisfaction with school and satisfaction with friends. They scored the least on satisfaction with living environment. This trend was reflected for both the genders.
Conclusions

The present results are different from a study done by Gilman et al. (2008) in the USA. They assessed Life Satisfaction in different domains in USA, Ireland, China and Korea. They found US and Irish adolescents to score the highest on satisfaction with friends and self-satisfaction. Unlike Chinese and Korean adolescents, Chinese and Korean youth rated family satisfaction as the highest. Same trend has been reflected in the present study. Clearly Cultural factors influence the level and degree to which individual's rate their satisfaction in different domains. Youth from individualistic cultures are satisfied with self (their culture emphasis self autonomy and independence); youth from collectivistic cultures report family satisfaction as the highest. The present study revealed respondents to be least satisfied with their living environment. Subjective appraisal of life quality are related to objective living conditions.

The intercorrelational and regression analysis showed that Life Satisfaction was clearly related with happiness, task focused coping, parental bonding and care. Life Satisfaction was negatively related with stress measures, parental overprotection and family conflict.

The results have clear implications for mental health professionals. Enhancement of Life Satisfaction can be done by framing the stress management strategies and effective coping for youth. As family plays a very important role in Life Satisfaction, Parents can be made stakeholders in programs to educate them to be loving and caring and told not to stifle growth of adolescents by being overprotective, over-indulgent and indifferent. Social support, Communication, acceptance and warmth from families is an important factor to enhance Life Satisfaction.

Gender differences did not emerge on overall Life Satisfaction. Males scored higher on happiness and avoidant coping. Females scored higher on Task focused coping, friends and school domains of Life Satisfaction. As regards correlates of Life Satisfaction, females were found to be more sensitive to family conflict specially conflict with mothers. Male adolescents were unhappy about parental overprotection. Gender differences have additional implications for mental health professionals designing strategies to enhance health, happiness, well being and Life Satisfaction.
Conclusions

There are certain limitations of the present study. The study was confined to urban middle class only. Additional research with students in rural and tribal environment is needed to extend generalizability of findings. Also no Temperament/Personality dimension was included in the present study. Future research can include factors like anxiety, self efficacy, optimism etc to make investigation in the area of Life Satisfaction more broad based.

Though Life Satisfaction is a self-administered and self-rated measure but it is extremely revealing in terms of awareness and evaluation. This study, in its own way, has established the positive relationship of social support, stress-coping and family. It eminently points towards increasing Life Satisfaction of the adolescents with direct learning of stress management, establishing reliable social support systems and practices and by deepening the parental bonding through acceptance, regard and understanding. In the period of identity crisis as well as enabling development life skills, family support and sustainable engagement become the key players in adolescent Life Satisfaction.