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Impact of Interpersonal Support on Happiness and Life Satisfaction among Married Women

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ABSTRACT

The present study was carried out to explore the impact of interpersonal support on happiness and life satisfaction and also intended to find out the role of marriage years in interpersonal support, happiness and life satisfaction among married women. Convenient sampling technique was utilized in this study. The sample size comprises of 300 married women approached from different cities of Punjab, Pakistan. Scales of interpersonal support, happiness and life satisfaction were used to collect information through survey method. The results showed that interpersonal support had s strong impact on happiness and life satisfaction among married women. Significant differences were found on the level of interpersonal support, happiness and life satisfaction has significant in term of marriage years. Women with 16-30 years of marriage were high level of interpersonal support and life satisfaction as compare to women with 1-15 years of marriage. But the level of happiness was greater in women with 1-15 years of marriage than Women with 16-30 years of marriage.

Keywords: Interpersonal Support, Happiness, Life Satisfaction, Married Women

1. INTRODUCTION

In the past decade or so, interpersonal support and happiness studies have made significant advances, including many new and significant findings, much more interdisciplinary interest. We make money in order to buy goods; we consume goods to stay alive and to enjoy life; we enjoy life to get happiness; we want happiness for its own sake. It is the ultimate end; it is valuable in itself. It is true that being happy may also make us healthier or may even make us earn more money. Good interpersonal relationships and support makes an individual happier and more satisfied in their life. We ask that authors follow some simple guidelines. In essence, we ask you to make your paper look exactly like this document. The easiest way to do this is simply to download the template, and replace the content with your own material.

Interpersonal supports are activities or strategies provided by peers, teachers, parents, and community members which increase students' overall interpersonal skills for increased social interaction with one or more individuals. The tasks or skills to be targeted include joint attention, perspective taking, social and pretend play, social engagement, and social problem-solving. (Luiselli et al., 2008) Interpersonal supports reflect the understanding that fostering social communication is an integral part of an individuals' day and must occur across a variety of social partners. It is an extension of individual or small group support provided by professionals for generalization.

Happiness also has an important place in the moral philosophical literature. Despite (or is it because of) centuries of controversy, new concepts of and arguments on happiness are forthcoming. Sumner (1996) advance an authentic (informed and autonomous) happiness theory of well-being that is still hotly debated recently (Bognar 2010; Tupa 2010; Petersen &Ryberg 2014). However, the concept of happiness used is attitudinal, and is less misleadingly termed life satisfaction. Feldman (2004) advances an intrinsic

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attitudinal hedonism theory of the good life. The intrinsic vs. extrinsic distinction becomes irrelevant if we dispense with the attitudinal requirement and go for happiness in the sense of feeling rather than life satisfaction (Blackson, 2010). Happiness is the most direct word and most commonly used. The meaning of happiness is clear and precise and misunderstanding is minimal. Well-being could be taken to be a variety of meanings, including physical well-being or economic well-being. Even if an additional adjective is added to become subjective well-being, it is still less precise than happiness (Diener&Scollon, 2003).

Life is what one's thinking makes it, one makes it human or hell through one's thinking (Bartlett, 1986). Life is on object to which the effect or ambition is directed. In fact, no life can be without a goal. Goldenson (1984) psychologically speaking satisfaction may occur on a conscious, preconscious and unconscious level and brings an organism to a balanced state. Satisfaction with one's life implies a contentment with 'or' acceptance of one's life circumstances, or the fulfillment of one's wants and needs for one's life as a whole. In general, the word satisfaction is defined as fulfillment or gratification of desires, feelings or expressing pleasures, happiness, contentment and optimism. It is the knack of finding a positive for every negative. Satisfaction wholly depends upon the individuals' environment, caliber, behavior and nature. It is more concerned with mind than the material world. Life satisfaction is attainment of a desired end and fulfillment of essential conditions (Wolman, 1973). Satisfaction in life does not lie in the length of days, but in the use we make of them. A man may live long yet may get little from life. Thus satisfaction in life does not depend on number of years, but on will. It is a degree of contentment with one's own life style. Life satisfaction is the conscious and cognitive judgment of one's life in which the criteria of judgment are up to the person (Pavot&Diener, 1993).It is frequently uttered that the persons sharing the view that life has a meaning, goal and direction, are the ones having optimal life satisfaction.

Rational of the Study

Psychological well-being of an individual is very important aspect of every one life. Individual can acquire good social skills when he/she has good interpersonal relationships and interpersonal support and interpersonal support have positive effects on the psychological well-being of individuals. The main purpose of this study is to examine the impact of interpersonal support on the level of happiness and life satisfaction among married women. Most of previous researches were studied the effects of interpersonal support on the social skills of an individual but no study done to check the impact of interpersonal support on happiness and life satisfaction among married women. Present research aimed to investigate how the level of happiness and life satisfaction of married women increase when they have high level of interpersonal support. It also determines how marriage years make differs the level of interpersonal support, happiness and life satisfaction among married women.

Objective of the Study

- To explore the impact of interpersonal support on happiness and life satisfaction among married women.
- To investigate the role of marriage years in interpersonal support, happiness and life satisfaction among married women.

Hypothesis of the Study

- Interpersonal support has positive association with happiness and life satisfaction among married women.
- Interpersonal support, happiness and life satisfaction will vary in term of marriage years.

2. METHOD

Participant

A sample of 300 participants was taken conveniently from different cities of Punjab, Pakistan. The participants were the married women and all were house wives. All the respondents belonged from different socio-economic status.

Instrument

All materialInstruments that are used in this study were Interpersonal Support EvaluationList, Subjective Happiness Scale and Satisfaction with Life Scale.

Interpersonal Support Evaluation List. Interpersonal support evaluation list was developed by (Cohen and Hoberman, 1983) to evaluate the level of interpersonal support. It has a 40-item four-dimensional (Tangible Support, Appraisal Support, Self-esteem Support and Belonging Support) instrument used to measure the perceived availability of four relatively independent social support resources. Each item is scored using four-point scale ranging from 0-definitely false to 3-definitely true.

Subjective Happiness Scale. The subjective Happiness scale was developed by (Lyubomirsky&Lepper, 1999) to measure the level of happiness. It has 4 items to determine the level of happiness by choosing one of 7 options that finish a given sentence fragment. Each item has different option.

Satisfaction with Life Scale. The Satisfaction with Life Scale (SWLS) is a measure of life satisfaction developed by (Diener, Emmons, Larsen & Griffin, 1985). The SWLS is a global measure of life satisfaction. The SWLS consists of 5-items that are completed by the individual whose life satisfaction is being measured. Administration is brief--rarely more than a few minutes--

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and can be completed by interview (including phone) or paper and pencil response. It is a 7-point scale ranging from 1-strongly disagree to 7-strongly agree

Procedure

300 participants were taken conveniently from different cities of Punjab, Pakistan. The participants were the married women and all were house wives. All the respondents belonged from different socio-economic status. In order to conduct this research the questionnaires were distributed personally to the participants and the data was collected by survey method. Interpersonal Support Evaluation List, Subjective Happiness Scale and Satisfaction with Life Scale were distributed to 300 respondents along with demographic sheet to collect the data. A consent form was attached to the questionnaires and the nature of the study was explained to the participants. It was requested to the respondents that fill questionnaires in their spare time in order not to disturb their routine.

3. RESULTS

Information regarding demographic (e.g.) Frequency and percentage of age showed in table 1, Table 2 showing Frequency and percentage of marriage years. Analysis of simple regression of interpersonal support and happiness illustrated in table no 3. Table 4 demonstrated regression analysis related to interpersonal support and life satisfaction. Differences on the level of interpersonal support in term of marriage years presented (Table 5). In table 6 level of happiness in form of marriage years is depicted. Table 7 indicated life satisfaction differences in term of marriage years.

Table 1: Frequency Distribution of Marriage Years

Marriage years	Frequency	Percent
1-15	165	55.0
16-30	135	45.0
Total	300	100.0

N=300

Table 2: Frequency Distribution of Age

Age	Frequency	Percent
20-30	171	57.0
31-50	129	43.0
Total	300	100.0

N=300

Table 3: Regression Analysis showing impact of Interpersonal Support on Happiness

Predictor	B	Std. Error	B	t	P
(Constant)	16.451	1.698		9.691	.000***
Interpersonal Support	.094	.023	.227	4.031	.000***

Note. $R^2 = 0.052$, Adjusted $R^2 = 0.049$, $F (1, 298) = 16.248$, *$p < 0.001$ Independent Variable is Interpersonal Support, Dependent Variable is Happiness

Table 4: Regression Analysis showing impact of Interpersonal Support on Life Satisfaction

Predictor	B	Std. Error	B	t	P
(Constant)	66.908	4.165		16.066	.000***
Interpersonal Support	.719	.057	.590	12.619	.000***

Note. R^2 = 0.348, Adjusted R^2 = 0.346, F (1, 298) = 159.229, *p < 0.001 Independent Variable is Interpersonal Support, Dependent Variable is Life Satisfaction

Table 5: Differences in Marriage Years on the scale of Interpersonal Support Evaluation List

Marriage Years	N	M	SD	T	P
1-15	165	70.82	13.723		
				-1.332	.04*
16-30	135	72.96	15.972		

Note. N =298, *p < 0.05

Table 6: Differences in Marriage Years on the scale of Subjective Happiness Scale

Marriage Years	N	M	SD	t	P
1-15	165	23.88	6.532		
				2.420	.016*
16-30	135	22.30	5.805		

Note. N =298, *p < 0.05

Table 7: Differences in Marriage Years on the scale of Satisfaction with Life Scale

Marriage Years	N	M	SD	T	P
1-15	165	118.29	16.640		
				-.248	.000***
16-30	135	119.78	17.217		

Note. N =298, *** p < 0.001

It is depicting in table 3 interpersonal support has significant impact on Happiness. Interpersonal support established a significant amount of variance. In table 4 it is indicated that simple interpersonal Support has impact on life satisfaction a significant amount of variance established by interpersonal support. Table 5 reveals that significant differences on the level of interpersonal support in women whose marriage years is 1-15 years and women whose marriage years is 16-30 (t =-1.332, df = 298,*p < 0.05). The results showed that interpersonal support is high in women whose marriage years is 16-30 as compare to women whose marriage years is 1-15 years. It accept hypothesis.Table 6 reveals that significant differences on the level of happiness in women whose marriage years is 1-15 years and women whose marriage years is 16-30 (t =2.420, df = 298,*p < 0.05). The results showed that life satisfaction is high in women whose marriage years is 1-15 years as compare to women whose marriage years is 16-30. It accept hypothesis. Table 7 reveals that significant differences on the level of life satisfaction in women whose marriage years is 1-15 years and women whose marriage years is 16-30 (t =-.248, df = 298,***p < 0.001). The results showed that life satisfaction is high in women whose marriage years is 16-30 as compare to women whose marriage years is 1-15 years. It accept hypothesis.

4. DISCUSSION

The research was conducted to explore the impact of interpersonal support on happiness and life satisfaction among married women and it was also intended to find out the role of marriage years in interpersonal support, happiness and life satisfaction among married women. Convenient sampling method is used for conducting a research and sample is consisted of 300 married women were taken conveniently from different cities of Punjab, Pakistan. All married women were house wives and belonged from different socio-

economic status. Three questionnaires interpersonal support evaluation list, subjective happiness scale and satisfaction with life scale were distributed personally to the participants along with demographic sheet to collect the data. After the data collection completed the next procedure to analyze the datasheet. Researcher used Statistical Packages for Social Sciences (SPSS) 22 version used to analyze the research data. Simple liner regression analysis was used to check out the impact of interpersonal support on happiness and life satisfaction among married women and independent t-test was performed to investigate the differences on the level of interpersonal support, happiness and life satisfaction in term of marriage years.

It was hypothesized that Interpersonal support has positive association with happiness and life satisfaction among married women. Research findings explored that interpersonal support has significant impact on happiness and life satisfaction and has positive association with happiness and life satisfaction among married women. It's depicted that if married women with high interpersonal support they will be happier and more satisfied with their lives. First hypothesis of this research accepted. This research was first attempt to explore the impact of interpersonal support on happiness and life satisfaction that's why no precious literature here to support this study, this research finding will be the literature in future.

The next assumption about marriage years of women is that Interpersonal support, happiness and life satisfaction will vary in term of marriage years and marriage year of women was significant determinant of interpersonal support, happiness and life satisfaction. Finding of the research revealed that marriage year of women has significant determinant of interpersonal support, happiness and life satisfaction. Women with 16-30 years of marriage were high level of interpersonal support and life satisfaction as compare to women with 1-15 years of marriage. But the level of happiness was greater in women with 1-15 years of marriage than Women with 16-30 years of marriage.

4.1 CONCLUSION

On basis of discussion the finding concluded that interpersonal support significantly affects the happiness and life satisfaction of married women. Another aspect it's also concluded that marriage years also a significant determinant of interpersonal support, happiness and life satisfaction among married women. Interpersonal support and life satisfaction was high in women whose marriage years was 16-30 as compare to women whose marriage years was 1-15 years. But the level of happiness was greater in women whose marriage years were 1-15 years than women whose marriage years were 16-30.

4.2 LIMITATIONS

It is the intense effort of every researcher that his research completely controls all the limitations but usually it is not possible. Sometimes there are some limitations in there. Limitations of present study are here:

- Sample size was small.
- Time limitation was major issues in survey research.
- Only, one demographic variable (marriage years) was in the present research.
- Data for this study was collected only one province (Punjab) of Pakistan.
- Sample was only restricted to married women so, findings by this sample was not appropriate to representative others.

4.3 SUGGESTIONS

Following are some suggestions to increase the quality of work for the future research:

- The represented sample should be increased for getting more reliable and valid results.
- Experimental research required with these variables to find out more explanations.
- Data should be collect from different provinces of Pakistan.
- The concept of interpersonal support, happiness and life satisfaction is very broad, more work should be done on it to explore more deeply. New researchers can explore their concepts in more depth with new variations.
- The variables should be tested with some other demographic variables like age, gender personality traits, attachment styles and interpersonal relationships.

5. AUTHOR CONTRIBUTION

In current study all authors contributed equally to fulfill the requirement of this research.

6. ACKNOWLEDGMENTS

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