



Altruism and Life Satisfaction among Adolescence

Ashwini UR

Chevalier T Thomas Elizabeth College for Women

ABSTRACT

In today's world there are a lot of human beings but very little humanity. The current investigation follows the exploratory research designed to explore the people's mind set and the actions that lead them to what are who they are now. A person is said to be altruistic when he or she is selflessly concern for others. Life satisfaction plays an important role in today's world, a good or a satisfactory condition of existence; a state characterized by health, happiness, and prosperity; welfare of the people. The present study explores how far an individual is altruistic and how it reflects on their life satisfaction. It is hypothesised that there will be a significant relationship between the variables. The study includes 191 adolescence consisting of both boys and girls. The sample is collected using simple random sampling technique. The tools that are used are Adapted Self -Report Altruism Scale (Rushton, 1981) and Quality of Life Enjoyment and Satisfaction Questionnaire-Short Form (Q-LES-Q-SF). The statistical analysis is done using SPSS 22, Pearson Product moment correlation and independent sample t test will be used for analyses. From the analyses it is found that altruism and life satisfaction had a significant positive correlation and there were no significant gender differences in altruism and life satisfaction among adolescence.

Keywords: Altruism, Life satisfaction, Adolescence

1 INTRODUCTION:

"WHEN WE DO THE BEST THAT WE CAN, WE NEVER KNOW WHAT MIRACLE IS WROUGHT OUR LIFE OR IN THE LIFE OF OTHERS"

- HELEN KELLER

As an adult we have many responsibilities to fulfil our life to attain life satisfaction. One of the main reasons for life satisfaction is directly proportional to the altruistic nature of a person. Altruism is said to be the moral practice of concern of happiness of other human beings resulting in the quality of life. The word altruism is derived from an Italian word which is "altri" meaning "other people" or "somebody else". Psychologically it is a proved fact that in today's world many people lack in the altruistic nature, because of which the life satisfaction is affected. How altruism can change one's life can be seen through the moments wonderful in harmony with other, with world and with ourselves. With the action of generosity, the person could not feel the benefit but filled with the way of life. Life satisfaction is the state of mind achieved when we are in a good or a satisfactory condition of existence. In fact pro-cultivating it is a altruistic love and compassion we will be in a fulfilled happy person. While compassion and altruism is based on the recognition of the interdependent, we all are on the same boat. So, the present of selfishness, happiness simply down to fade. Then altruism is something which real changes the quality of life and long term goals of the life. It is to benefit of others and ourselves of life. This is what we better wish for. The sad state of many humans around us is with less humanity unknowing that one day or the other it bites us back.

2 ALTRUISM:

The international Encyclopaedia of the social sciences defines psychological altruism an "a motivational state with the goal of increasing another welfare" altruism is a disinterested action and selfless concern for the well-being of others. It can be distinguished from the feeling of loyalty, it does not consider relationships. It may also refer to an ethical doctrine that claims that individuals are morally obliged to benefit others. Such behaviour might seem to be strange form the point of view of personal gains, the people who engage in such action often don't receive anything back often don't expect any

compensation for their assistance for instance our parents tireless efforts to provide and support us, it centres around altruism. It is a thing of selflessness. In every life is filled with small acts of altruism, from the guy at the grocery store who kindly holds the door open as we rush in from the parking. Lot to the women who gives twenty dollars to a homeless man.

There are many numbers of explanation and theories given by psychologists why does altruism exist.

Biological reasons: The reason suggests that the altruism towards the close, relatives occur in order to ensure the shared genes continuation.

Neurological reasons: The altruism activates the reward centres of the brain. Neurobiologists have found that when a person engage in an altruistic act the pleasure centres of the person's brain gets activated.

Environmental reasons: A study at stand ford suggest that our interaction and relationships with others have a major influence on the altruistic behaviour

Social norms: The society's expectations, rules, normal can also influence whether or not people engage in altruistic behaviour. The norm of reciprocity, if someone did something for us. We will feel obligated to do something in return.

Cognitive reasons: The definition of altruism involves doing for others without rewards, but still there will be a cognitive incentive that isn't obvious for e.g. we help others to relieve our own distress which up holds our view of ourselves as kind, empathetic people. Researchers suggest that we are more likely to engage in altruistic behaviour our when we feel empathy. As the sense of empathy develops, a child tends to become more altruistic. Altruistic acts help us to relieve the negative feelings created by others. This state is known as negative state relief model. Helping people or the person in trouble reduce the negative feelings. Altruism is of four types, they are nepotistic altruism, reciprocal altruism or mutualism, and group based altruism and moral.

Nepotistic altruism: It is a reproductive altruism in which people act altruistically towards people closely related to oneself.

Reciprocal altruism: It is a behaviour in which an organism will act with the expectation that the other organism will act in a similar manner at a later time.

Group based altruism: It is a concept of altruism, section among group rather than individual's action individual regardless of the consequences on the individual itself.

One explanation for the altruism behaviour involves empathy the capacity to be able to experience other's emotional states, feelings sympathetic towards others, and their perspective. Empathy altruism hypothesis, they suggest that at least some altruistic acts are motivated by desire to help someone in need. Such motivation can be sufficiently strong that the helper is willing to engage to unpleasant, dangerous and even life threatening activity. The compassion for the other people outweighs all other consideration.

To stop feeling bad individual do good things. The knowledge that others are suffering as more generally, witnessed those in need can be distressing. To reduce the distress in ourselves, we might help others. The positive effect on the lives of the other people generally seems to feel good. Another important reason why people help others is that doing so boosts their own status and reputation. It brings them large benefits, ones that more pro social actions.

Though many factors have been identified as affecting altruistic behaviour, People do not respond in to an identical way helpful than others, these differences are widely visible in a wide range of contexts. Empathy consists of affective and cognitive responses to another person's emotional state and also includes sympathy, a desire to solve to solve the problem and taking the perspective of the other person. (Bat son et al. 2003).Empathy is where you feel for others, both their joy and pain. Individual differences in this respect tend to be relatively consistent over time.

The cognitive component of empathy appears to be uniquely human quality that develops only after we progress beyond infancy. The potential reason for the helping behaviour is the role of genetic factor that is heredity the researchers have found.

Altruism is sometimes seen as a form of prosocially behaviour. An altruistic that are is high on the dimensions that are characteristic of people who engage in prosocially behaviour in an emergency situation.

3 LIFE SATISFACTION:

Human is an objective creature one who evaluates his life situation. A person feel satisfied when he attains his goals. Human beings final aspiration is to attain a goal and this attainment leads to life satisfaction. It is the central aspect of human welfare every human being ultimate goal is life satisfaction and they strives to achieve this goal throughout life.

To psychology and environment life condition life satisfaction is a multidimensional concept. The terms life satisfaction can be split into word life and satisfaction. Life is the state of functional activity peculiar to organized matter and especially to the portion of it such as, constitution on animal or plant before death(oxford).Life is what one's thinking makes it, one makes it human hell through one's thinking (Bartlett, 1986).Satisfaction is a Latin word that that means to make or do enough.

Webster's encyclopaedic dictionary of English language (1977) defines it as an "act of satisfying or state of being satisfied, contentment in possession satisfy is to gratify fully the wants, wishes or desires of any to supply to full extend, with what is wished for". In general the word satisfaction is defined as fulfilment or gratification of desires, feelings or expressing pleasures, happiness, contentment and optimism. It is of finding a positive for every negative.

Satisfaction wholly depends upon the individual's environment, Calibres, behaviour and nature. It is more concerned with mind than the material world. Life satisfaction is attainment of a desired end and fulfilment of essential conditions (Wolman 1973). Satisfaction in life does not lie in the length of days, but in the use new maker of them. A man may live long yet may get little from life.

Thus satisfaction in life does not depend on no. of years, but on the way we live. It is contentment with one's own life style. Life satisfaction is the conscious and cognitive judgment of one's life in which the criteria of judgement are upon the person. It depends upon the person's sharing the view of life's meaning goal and direction, are the one's having optimal life satisfaction.

4 NEED FOR STUDY:

The study gives us a detail and a definite report on where we stand with regards to the selfless nature of ours which is going to play a major role in our lives tomorrow. Each and every step of this journey is going to take us one step closer to finding ourselves and the long lost humanity on which these great nations were building and on which all of us led a proper and mentally stable lives. Helping others promotes positive psychological changes in the brain which is associated with happiness, reduces isolation, brings a sense of belonging, reduces stress, reduces stress and negative feelings and finally helps us to live longer. The study also gives us a brief report on what would be potentially used on further complications in the above topic . It would also help us to achieve greater understanding of how to mould an individual to make their living better.

5 REVIEW OF LITERATURE:

Espen, rangnhild , nikolai , czykowski and olav . (2018) they investigated the genetics, personality and wellbeing. 1516 twines response rate 71% responded to a personality instrument (NEO PI R) and the satisfaction with life scale (SWLS) . The association between personality and life satisfaction is driven mainly by four, predominantly Emotional, personality facets. Genetic factors play an important role in these associations, but influence life satisfaction also beyond the effects of personality

Buijs , maes , salonna , damme , hublet , kebza , costongs , currie , and clercq . (2016) were presented a summary and assessment of the existing research on the role of community social capital in the relationship socioeconomic status and adolescent life satisfaction: mediating or moderating? Evidence from Czech data. They took 4425 samples for this research. They found that pupils' life satisfaction was positively related to both family affluence and perceived wealth. Moreover, we found the cognitive component of social capital to be positively associated with life satisfaction.

Weber, huebner (2015) they presented a summary and assessment of the existing research on early adolescents personality and life satisfaction: a closer look at global vs. domain specific satisfaction .were 344 samples for this research. Students' life satisfaction scale and multidimensional students' life satisfaction scale. The result demonstrated the importance of neuroticism in understanding early adolescents' global LS, while the personality variables revealed varying patterns satisfaction reports.

Sulod, minch, hearon(2015) were investigated the characteristics of adolescent life satisfaction and personality characteristics investigating relationship using a five factor model. 624 student were completed the questionnaire for this research. Findings support the importance of including all big five personality factors in exploratory models of life satisfaction, and contribute to an understanding of gender specific models of predictors of life satisfaction.

Fergusson, mcleod, horwood, swain. (2015) they examine associations between the life satisfaction and mental health problems. They used 1265 samples for this research. This study showed evidence that life satisfaction influences mental disorder, and that mental disorder influences life satisfaction.

Navarro, oliva, larranaga. (2015) were then examined on the impact of cyber bullying and social bullying on optimism, global and school related happiness and life satisfaction among 10 12 year old schoolchildren. 1058 examined for this research. These findings except that cyber bullying perpetration had no predictive value on school related happiness and specific domains of satisfaction with life.

Marco, scott. (2015) we examined relation between us early adolescents' personality and life satisfaction: a closer look at global us domain = specific satisfaction. They took 344 samples for this satisfaction scale. They used Multidimensional students' life satisfaction scale. The result demonstrated by the importance of neuroticism in understanding early adolescents global LS, while the personality variables revealed varying Pattern of relationships with domain specific satisfaction reports.

Meyzariali ,dashtbonorgi . (2015) they aim to study the relationship of altruistic behaviour, empathetic sense, and social responsibility with happiness. They used like a type scale. They took 300 students for this study happiness as one of the most fundamental positive feelings has a crucial role in creating altruism and empathy in both the individual and the society.

Linley and maltby. (2009) investigated the characteristics of adolescents reporting very high levels of life satisfaction. 410 adolescence were able to attend the questionnaire. They assessed this by using student (SLSS) positive and negative affect schedule (PANAS), adolescent health promotion scale (AHP) and adolescent rating scale (ARS). finding suggest that very unhappy youths would benefit most from focused intervention aimed at boosting those variables having the most influence on their level of life satisfaction

6 METHODOLOGY:

Objectives

- To measure altruism and life satisfaction.
- To find the association between altruism and life satisfaction.
- To identify the gender differences among altruism and life satisfaction.

Hypotheses

- There will be a significant association between altruism and life satisfaction.
- There will be no significant gender difference in life satisfaction.
- There will be no significant gender differences in altruism.

Research design

Exploratory research design was used to gain insight about the association between the variables.

Sample

The sample constituted the adult population in the age of 11 to 24 years and was collected using simple random sampling method. The 191 samples include both male and female.

Tools

- ✓ **Adapted Self-Report Altruism Scale** was adopted by Adopted from the Self-Report Altruism Scale (Rushton, 1981) and developed by P.C.Rushton (original), Peter Witt and Chris Boleman (adopted version, 29). The scale consist of 14 items which consist of pointing scale from “never to very often” A correlation of at least .8 is suggested for at least one type of reliability as evidence; however, standards range from .5 to .9 depending on the intended use and context for the instrument.
- ✓ **Quality of Life Enjoyment and Satisfaction Questionnaire – Short Form (Q-LES-Q-SF)** was adopted by Endicott J, et al. Psychopharmacology Bull. 1993. It is a self report measure designed to enable investigators to easily obtain sensitive measures of the degree of enjoyment and satisfaction experienced by the subjects in various areas of daily functioning. The reliable and valid scores were found to be in group of depressed outpatients. The reliability of the scale has good intrinsic agreement and Cranach’s coefficient alpha of 0.730. The validation was calculated, whereby the coefficient of Spearman linear correlation was 0.5, $p < 0.000$.

Statistical analysis

The data were analysed using SPSS 22.

- ✓ The coefficient of correlation – Pearson product-moment correlation between Altruism and Life satisfaction.
- ✓ Independent sample test – Males and females on Altruism and Life satisfaction.

7 RESULTS AND DISCUSSION

Table 1 Correlation between Altruism and Life satisfaction

Variables	Altruism	Life- satisfaction
Altruism	1	0.250**
Life- satisfaction		1

**Significant at 0.01 level

Product moment correlation was computed to study the relationship between altruism and life- satisfaction. Results indicate that there exists a positive correlation between altruism and life- satisfaction. The coefficient of correlation is significant at the level of 0.01.

Hence the above result also proves that being altruistic is going to improve an individual's life satisfaction. To break the myth of today's world, lacks life satisfaction has broken. Taking into consideration to prove the point that sample NGO's have a great number of youngsters who do their part to their society, they in turn gain a sense of self-satisfaction which helps in their life satisfaction. The altruistic nature has been a great personality in their trait in our current generation of youngsters. They have come to terms with the fact that in helping each other there can be a great increase of satisfaction in their day to day life. This in turn reflects in the Life satisfaction of an individual. We have learnt to thrive not only for ourselves but also for our companions for a better life.

Therefore hypothesis stating that "There will be a significant relationship between Altruism and Life satisfaction" is accepted.

Table 2 Mean scores and the level of the variables

Variables	Gender	N	Mean	SD	t value
Altruism	Female	97	26.94	9.954	0.502 ^{NS}
	Male	94	26.24	9.489	
Life satisfaction	Female	97	57	7.714	-0.945 ^{NS}
	Male	94	58.18	9.434	

^{NS} Not Significant

Independent sample 't' test was used to compare the differences between females and males in all the variables. There is no significant gender difference among adults in altruism and life satisfaction.

On the note there has been a clear and a definite answer that, being altruistic solely depends on an individual with no regards to gender. Given the situation and the surroundings of a person, the level of being altruistic can vary, but has nothing to do with being a particular gender. It is unique traits that will definitely differ from every individual.

Thus the hypothesis stating "There will be no significant gender difference in Altruism" is accepted. "There will be no significant gender differences in Life Satisfaction" is accepted.

Significance of the study

From the present study it is evident that altruism contributes to the life satisfaction. Therefore being altruistic will improve the life satisfaction of an individual. When there is a great increase in the life satisfaction of a community on the whole, it naturally helps each one for better and a prosperous life. And on a personal level, altruism will increase the credibility of a person and give them a better perspective for any situation they are in.

Limitation and suggestion

- A larger sample size can be used for a better reliability and generalization.
- The sample is limited only in Chennai. Better representation from various districts and states can be done.
- A comparative study between social science, health science and arts, engineering students can be done, to know if the subject or study area makes a difference in altruistic behaviour.

REFERENCE

- Carmel Proctor, P. Alex Linley, John Maltby (2009).** Very Happy Youths: Benefits of Very High Life Satisfaction among Adolescents. <https://link.springer.com/article/10.1007/s11205-009-9562-2>
- D. M. Fergusson, G. F. H. McLeod, L. J. Horwood, N. R. Swain (2015).** Life satisfaction and mental health problems (18 to 35 years) <https://www.cambridge.org/core/journals/psychological-medicine/article/life-satisfaction-and-mental-health-problems-18-to-35-years/869D39510126B05F4E350D445C0B6D07>
- EspenRøysamb, Ragnhild B. Nes, Nikolai O. Czajkowski & Olav Vassend (2018).** Genetics, personality and wellbeing. A twin study of traits, facets and life satisfaction. <https://www.nature.com/articles/s41598-018-29881-x>
- Marco Weber & E. Scott Huebner (2015).** Early adolescents' personality and life satisfaction: A closer look at global vs. domain-specific satisfaction <https://www.sciencedirect.com/science/article/pii/S0191886915002202>
- Marco Weber, Claudia Harzer, E. Scott Huebner, Kimberly J. Hills (2015).** Measures of Life Satisfaction across the Lifespan.

<https://www.sciencedirect.com/science/article/pii/B978012386915900005X>

Raúl Navarro Email author Roberto Ruiz-Oliva Elisa Larrañaga Santiago Yubero (2015). The Impact of Cyber bullying and Social Bullying on Optimism, Global and School-Related Happiness and Life Satisfaction Among 10-12-year-old School children. <https://link.springer.com/article/10.1007/s11482-013-9292-0>

Raziyeh Meyzari Ali , Zahra Dasht Bozorgi (2015). The Relationship of Altruistic Behavior, Empathetic Sense, and Social Responsibility with Happiness among University Students. http://jpcp.uswr.ac.ir/browse.php?a_code=A-10-253-2&slc_lang=en&sid=en

Shannon M. Suldo Email author Devon R. Minch Brittany V. Hearon (2015). Adolescent Life Satisfaction and Personality Characteristics: Investigating Relationships Using a Five Factor Model. <https://link.springer.com/article/10.1007/s10902-014-9544-1>

Thomas Buijs, Lea Maes, Ferdinand Salonna, Joris Van Damme, Anne Hublet, Vladimir Kebza, Caroline Costongs, Candace Currie and Bart De Clercq (2016). The role of community social capital in the relationship between socioeconomic status and adolescent life satisfaction: mediating or moderating? Evidence from Czech data. <https://equityhealthj.biomedcentral.com/articles/10.1186/s12939-016-0490-x>