

Gratification on the Variables of Health, Religion, Media, Romantic, Social and Academic life of University Students during Covid-19 in Pakistan

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Abstract

Covid-19 significantly reflected an impact on social, cognitive and psychological realities of youth during the complete lock down phase around the globe. The new normal brought many cultural and social barriers that influenced basic believes of health, media, religion, romantic, social and academic life of university students. This study explores the level of gratification among youth through the sources of satisfaction through quantitative research using random sampling technique. A survey is conducted from the 598 University students with the scale of (SWLS). The findings of the study reveals that there is significant association between life satisfaction and romantic relationship, health, academic performance, media and achievement while there is no relationship between life satisfaction, social contact and religion. The researcher has used Uses and Gratification Theory as a framework for the analysis of the current relevance life satisfaction. The findings also conclude that there is difference in gender and life satisfaction whereas no difference has been found

between living arrangement and life satisfaction. Moreover, the results also revealed that there is association between family income and life satisfaction. This study highlights the importance of health, romantic relationship, media, religion, social contact, academic performance and achievement in our lives.

Key Words: Gratification, health, religion, satisfaction, media, romantic, social life, Pakistan

Introduction

Prosperity, integrity and progress of any country depend on ethical performance of the youth. Pakistan has one of the most talented, competent, energetic youth having the potential and courage to fight against all difficulties which creates hurdles in the country's success and growth. Youth have the capability to create images for the future and brings a positive change in the whole country. According to 2008 statistics, 36 million people are in the age group of 20-24 years and 58 million are below the age of 15. Out of 50 million youth 55 percent is youth living in urban areas¹. Most of the youth is socially and economically engaged in multiple productive and valuable activities to provide a country a better citizen which in result enhances their self-esteem. Youth are like assets for the country. They have the ability to offer a leadership, active involvement in political activities and have the ability to generate and maintain challenging social relationship. Youth satisfaction is very essential as it increases the mental satisfaction and they can work more productively when their mind is satisfied. According to Goldenson², the satisfaction may happen on a preconscious, conscious and unconscious levels and brings a system and organism to a balanced state. Human is considered as social animal which continually assessing his life circumstance. The main purpose of every human being is to attain his desires and goals and the successful achievement of the aims lead to life satisfaction. In this way, the life satisfaction is the main part of human welfare. It is the ultimate purpose and all the human beings try to fulfill this goal throughout the life. Rubin³ argues that there is defined relationship between

interpersonal communications and for satisfying wants and needs and this is one of the assumptions of Uses and Gratification Theory. Human beings use some source for the fulfillment of his desires, needs and objectives. There are different factors like religion, health, media and social grounds etc which play significant role in satisfaction. Similarly, the life satisfaction is essential and need of the hour. It plays an important role in stressful life. When there is low level life satisfaction than human beings could not live a peaceful and successful life. Therefore, tensions can break a man so everyone should have the knowledge that how to deal with his tensions, anxieties and doubts in daily life.

Life satisfaction means a lot for an individual's quality of life, well being and cheerfulness. Life satisfaction is a term which has different meanings and is most of the times it is used interchangeably with the emotions of happiness but of course these are definitely two different concepts. It is the happiness that has quick effects which can gives you pleasure for the moment but life satisfaction views a big picture of the whole life. The life satisfaction can be explained as s judgment done by an individual on the overall conditions of their life⁴.

Erdogan et al⁵. state LS as “it is an individual's cognitive assessment of satisfaction with their life circumstances”. It is the life satisfaction which is one's calculation and estimation of whole life, rather than emotions, and feelings which are experienced in the moment. In general, the happiness is seen as feelings state and emotions, whereas the life satisfaction refers to a more judgmental and cognitive process and it is the life satisfaction that also tends to be dependent on your emotional state of mind.

According to a Gilani Research Foundation Survey which is done by the Gallup Pakistan in 2015, only (36%) citizens of Pakistan are claimed to be happy with their lives and on the other hand, (13%) claimed to be unhappy whereas (44%) are neither⁶. However, China is counted as the least satisfied country while Colombia is known as greatest levels of satisfaction. Moreover, other Asian countries and China has moderately low satisfaction⁷.

Review of Literature

There are many definitions and explanations of life satisfaction but this concept is not easy to understand. Different theorists define the concept of life satisfaction. For Summer⁸, life satisfaction is "A positive evaluation of the conditions of your life, a judgment that at least on balance, it measures up favorably against your standards or expectations."

Moreover, according to Diener et al.⁹, "life satisfaction is desire to change one's life; satisfaction with past, satisfaction with future, and significant other's views of one's life."

Crisp¹⁰ said that life satisfaction is one of the indicators of quality of life apparently along with other indicators of physical and mental health. It is known as judgment of the complete conditions of reality as derived from the comparison of one's aspiration to one's actual achievement. The satisfaction with life can be referred as a fundamental subjective concept, as it highlights the individual estimation of one's resources and boundaries, as being human this can reflect as positive approach to one's own life circumstances¹¹. Life satisfaction is totally depend on a person's choices and preferences, further it only support stable life satisfaction¹². There are many factors which has effects on individual's life. As studies shown that there are many features which influence the well being of someone including educational attainment, sex, marital status, age, employment status, number of children, personality, self-reported health status, and major events of life^{13,14}. Furthermore, further researches suggest that cultural and social values may be facilitated by the level of life satisfaction^{15,16}, it is also stated that it may depend upon the past experience and future expectation¹⁷.

Cynthia Vinney¹⁸, stated that masses around the world use different mediums like radio, tv, print and social media to gratify specific wants and needs. Uses and Gratification Theory views the users as active users and audiences who always have the control over their media usage and consumption but other media theorist see the media users as passive. U&G

theory was first introduced in 1940s when scholar began to study why people select and consume various forms of media in their daily life. But later, this theory underwent revival in 1970s and 1980s. It deals with that how and why people choose any media to satisfy their needs and wants. Zillmann¹⁹ said that the mediums compete with the other sources of gratification. It showed the effects of moods on media choices like boredom encourage the choices of exciting content and stress boots choices of relaxing content. Same programme may have different gratification effects on the needs of various individuals. Different needs like stage of maturation, backgrounds, knowledge, relaxation, the escape, passing the time and social roles etc are associated with the individual's personalities. He said that media users are aware of their reasons for selecting different media options to gratify their needs.

As for any individual, the most important thing is happiness, and happiness lead to life satisfaction. According to the studies, the economic conditions determinant, it indicates that with the increase of income, happiness of any individual increases²⁰. Clark et., al, in 1994 and 1997, stated that inflation, unemployment and other social problems reduce happiness of people. They said that personal relationships are also the reason for happiness as compare to economic matters. On the other hand, many other scholars like Helliwell and Putham etc consider the social capital more important for person's satisfaction^{21, 22}. As there is disparity in all level, this result in aggression which causes low satisfaction. Moreover, there is some evidence that inequality is negatively related with happiness²³.

Health plays a major role in life as without health person cannot do well anything. If a person is healthy, he is satisfied. As studies shown that life conditions such as social contacts, health, good income, a stable relationship and education helps to increase life satisfaction^{24, 25}. Strine et al²⁶. argue that with the decrease in life satisfaction, mental health, physical inability and disability, sleep insufficiency, anxiety symptoms and support ratio also decrease. A research concluded that less satisfaction in life also increases

smoking obesity, drinking and physical inactivity²⁷. It indicates that life satisfaction is also linked with the other health indicators like support by family, favorable health and optimistic health behaviours²⁸.

Pakistan is an Islamic country and majority of the people belong to the religion "Islam" and minority of people are belong to other faith and beliefs. Religion plays very essential role in one's life. Many studies concluded that there is strong relationship between life satisfaction and religious behaviors. When someone is in connection with Allah, he or she will be more satisfied in their lives. Such people have also positive relationships with others in the society²⁹. It is also proved by the studies that "the sense of a direct connection with divine is associated with the life satisfaction³⁰. Education is essential because it gives people the baseline skills to survive in the world. Education is link with life satisfaction as studies reveal that it improves subjective well being along with the health³¹.

In earlier researches, there is no reliable correlation between academic performance and achievement which leads to the satisfaction in life but in recent studies have reported there is positive relationship between life satisfaction and youth academic achievement³². Student achievement is mostly based on their background; their socialization has an effect on it.

A study conducted on students' life satisfaction and academic achievements was criticized for not taking into consideration any contextual and demographic information³³. An academic achievement is important because academic activities as well as failures in today's society determine individual's job opportunities and future academic career.^{34,35} When any student performs well and act energetically than this will increase their life satisfaction.

"Fake love" culture is rising among Pakistani youth and is becoming a serious issue in the society. The media inspired trends are creating problem for many household. Majority of these relationships have ulterior motives involved. During emerging adulthood, there has been very deficient work for interrelationships understanding and the links between individual's

attachment to a specific social partners like father, mother, friends and life partners and life satisfaction³⁶. Different studies discuss that these changes represent the transformation not a replacing of a family and peer relationships^{37, 38}, which have remarkable and continue effects on it³⁹. Many studies show that attachment patterns with friends, family and partners have higher level of life satisfaction, universal self-esteem and higher self development^{40, 41, 42} and life satisfaction^{43, 44}. Few more studies stated that people are in romantic relationships with romantic partners than friends etc⁴⁵. Some studies proved that global life satisfaction is increased in children and youngsters when they have attachment and strong bonding with their friends^{46, 47}.

It is proved through different studies that by nature, humans are social animals and life satisfaction and happiness increase when they have relations with a large number of people⁴⁸. Intellectual people may maintain a lot of positive activities and relationships over a longer period of time which increases their levels of life satisfaction. Social contact is also associated to cooperate with family and friends. In studies it is discussed that unfortunately the quality of friendship is not considered as valuable, however it is a distinct and important source of subjective well-being^{49, 50}.

Hence, following hypotheses are framed:

H₁: Health will have a positive association with life satisfaction.

H₂: Religion will have a positive relation with life satisfaction.

H₃: Romantic relationship will have influence on life satisfaction.

H₄: Academic performance and achievement will have a positive association with life satisfaction.

H₅: Social contact will have a positive association with life satisfaction.

H₆: Media usage will have a positive association with life satisfaction.

Research Methodology

Quantitative technique is used to analyze the students approach towards life satisfaction and analyze on the variables of health, religion, romantic relationship, academic performance and social contact in students' life

satisfaction. In this research, simple random sampling is used as a sampling design. For investigating the levels of life satisfaction in youth, Universities of the Punjab is used as population. Sample size for this study is calculated by the Taru Yumni⁵¹ (2012) formula which is 598. The questionnaire is used an instrument of data collection. The data from respondents is collected during the second phase of lockdown during 2020 in Pakistan through Google forms. The Cronbach's alpha is of the instrument (0.852). It consists of six sections and has a total of 39 questions which were verified among student and results are analyzed in SPSS.

Findings and discussion

Table I: Association regarding life satisfaction and Social Contact, Religion, Media, Health, Romantic Relationship, Academic Performance and achievement

| Model | R | RSquare | Adjusted R Square | Std.Error of Estimate |
|-------|------|---------|-------------------|-----------------------|
| I | .442 | .195 | .181 | 2.942 |

- a. Predictors: (Constant), Social Contact, Religion, Media, Health, Academic Performance and Romantic Relationship.

The relationship between various life domains and life satisfaction that used in the study their results are shown in the table below and the multi linear regression is used for this purpose. From above table I the correlation coefficient, R, is (0.422). Therefore, health, religion, romantic relationship, academic performance & achievement and social contact, have positively association with life satisfaction and the relationship is moderate (R is positive and is in middle).R Square which is 0.195 this show that health,

religion, romantic relationship, social contact, academic performance and achievement has (19.5%) impact in total life satisfaction.

hip, academic performance and Social life using Multi liner regression

Coefficients

| Model | | Unstandarized | | Standardized | | |
|-------|-----------------------|---------------|-------------------|--------------|----------|-------------|
| | | Coefficients | | Coefficients | | |
| | | B | Std. Error | Beta | T | Sig. |
| 1 | (Constant) | 4.935 | 1.205 | | 4.095 | .000 |
| | Health | .105 | .055 | .110 | 1.926 | .054 |
| | Religion | .009 | .045 | .012 | .213 | .832 |
| | Media | .008 | .055 | .016 | .310 | .059 |
| | Romantic Relationship | .218 | .074 | .168 | 2.953 | .003 |
| | Academic Performance | .330 | .071 | .307 | 4.673 | .000 |
| | Social Contact | .032 | .082 | .024 | .385 | .701 |

a. Dependent Variable: Life Satisfaction

The B value indicates that with the increase in 1 unit in health, life satisfaction will be increased by 0.105 units. If there will be increase of 1 unit in religion, then 0.009 will increase in the total levels of life satisfaction. With the increase of 1 unit in media usage, then increase of 0.008 units will occur in the total life satisfaction. If there will be increase of 1 unit in romantic relationships, then increase of 0.218 units in the total life

satisfaction will occur. If there will be increase of 1 unit in academic performance then there will be occur of 0.330 units increase in the total life satisfaction. If there will be increase of 1 unit in social contact then there will be occur of 0.032 units increase in the total life satisfaction. However, Confidence interval value for this test is 0.05 and our significant value is 0.054 which is less than the confidence interval value so we accept alternative hypothesis and null hypothesis is rejected. It is stated that Health has a positive association with life satisfaction. Confidence interval value for this test is 0.05 and our significant value is 0.832 which is greater than the confidence interval value so we accept null hypothesis and alternative hypothesis is rejected. It is stated that Religion will not have a positive relation with life satisfaction.

The confidence interval value for this test is 0.05 and our significant value is 0.000 which is lower than the confidence interval value so we accept alternative hypothesis and null hypothesis is rejected. It is stated that Academic performance and achievement will have a positive association with the life satisfaction.

Confidence interval value for this test is 0.008 and our significant value is 0.059 which is greater than the confidence interval value so we accept null hypothesis and alternative hypothesis is rejected. It is also stated that the media usage will not have a positive association with the total life satisfaction. Confidence interval value for this test is 0.05 and our significant value is 0.003 which is lower than the confidence interval value so we accept alternative hypothesis and null hypothesis is rejected. It is stated that Romantic relationship will have influence on life satisfaction.

Confidence interval value for this test is 0.05 and our significant value is 0.701 which is greater than the confidence interval value so we accept null hypothesis and alternative hypothesis is rejected. It is stated that Social contact will not have a positive association with life satisfaction.

Table 3: Comparison between Life Satisfaction and Gender

| | | Levene's Test for Equality of Variance | T-Test for Equality of Means |
|-------------------|----------------------------|--|------------------------------------|
| | | Sig. | Sig.(2tailed) |
| life satisfaction | Equal variance assumed | .362 | .000 |
| | Equal variance not assumed | | .000 |

The given above table is about the comparison between the life satisfaction and gender. This table shows the male and female responses regarding the overall life satisfaction.

From the above table it shows that significance value of the Levene's test for equality of variance is equal to .362 which is greater than alpha value ($p > 0.05$) so, there is homogeneity exist in our data set. From T-test of equality of means the sig. value is .000 which is less than alpha value ($p > 0.05$). So, there is variation between life satisfaction and gender.

Table 4: Comparison between Life Satisfaction and Living Arrangement

| | Sig |
|----------------|------|
| Between Groups | .573 |
| Within Groups | |
| Total | |

In given below table shows the result that living arrangement play a vital role in life satisfaction or not. From the above table, it is concluded that sig. value

is equal to .573 which is greater than alpha value ($p=.05$). So, there is no association between the life satisfaction and family income.

Table 5: Comparison between Life Satisfaction and Family Income

| | Sig |
|----------------|------|
| Between Groups | .000 |
| Within Groups | |
| Total | |

The given above table is about the comparison between life satisfaction and family income, as money play important role in every individual life if you have money than you can buy each and every thing in life. From the above table it shows that sig. value is equal to .000 which is less than alpha value ($p>.05$). So, there is association between the life satisfaction and family income.

Conclusion

From our research it is concluded that there is positive association between overall life satisfaction and a number of life domains like media usage, health, academic performance, academic achievement and romantic relationship form this sample of students of Universities of Punjab. This positive relationship causes better possibility to achieve life goals. High level of life satisfaction brings a positive change in youth life for the country progress; on the other hand low level of life satisfaction creates frustration in youth which in result causes hurdle for the future development of the country. In current research, there is no association between religion and social contact. It may be due to socialization effect that in today's society youth is not giving attention to religion but they are indulged in different activities which give them pleasure and comfort. Success in many domains of life increase the individual's life satisfaction but it is also possible that life the satisfaction increase success in all life domains. Form our research it is also found that

there is relationship between family income and life satisfaction whereas the living arrangement does not matter.

The respondents who have a good amount of family income are more satisfied with their lives while others with financial problems, faces allot of problems in their lives. People who are satisfied with their lives will experience less inequality as compare to those who are not satisfied. The people, satisfied in their lives are able to choose lifestyles like media choices and others etc that best fit their abilities and desires. People with satisfied life can enjoy life peacefully and also help in the country progress

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