

Political participation leading to life satisfaction among rural women

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Life satisfaction is a measure of well being and may be assessed in terms of mood, satisfaction with relations with others, with achieved goals, self concepts and self perceived ability to cope with daily life. It can reflect experiences that have affected a person in a positive way. The Aim of the study is to find out the effects of political participation and non participation on life satisfaction of rural women. The sample consisted of 50 rural women who have are active in politics and 50 rural women who are non-active in politics. The age of the participants ranged from 40 to 50 years. Two scales used to assess the objective are: The Satisfaction with life scale (SWLS) and Panas Scale. On life satisfaction scale it was found rural women who are active in politics are more satisfied in their life as compared to the rural women who are non-active in politics. It was also found that politically active women reported high on positive affect and low on negative affect as compared to women who are politically non-active.

Keywords: rural women; political participation; life satisfaction

Life Satisfaction is a way a person perceives how his or her life has been and how they feel about where it is going in the future. It is having a favorable attitude of one's life as a whole rather than their feelings. It means satisfaction in different aspects of life relating to family, health, leisure activities, social relationships, participating in politics, cultural and economical activities. Using survey data, it was found that individuals who are more satisfied with their lives are more likely to turn out to vote and participate in the political process through other avenues. Studies on one hand shows that people who engage more in politics are more satisfied with their lives (Zhong & Cheng, 2002) whereas on the other hand, many studies like Barnes and Kaare (1979) shows that higher levels of life satisfaction are associated with a dampened inclination to participate in protests. It was also seen that people who vote more are more satisfied in the life. The way people recognize themselves as happy or satisfied with their lives might mediate their way of participating in the society, socially but also politically. Happiness and life satisfaction might increase citizen's autonomy, competence and sense of relatedness, but political participation might also affect individual's life satisfaction, when a positive relationship between political participation and life satisfaction exists, the causal pathways run in the direction rather than political participation leading to happiness, there seems to be more evidence that happiness results in political participation. Participation in families, workplaces and political system will increase levels of happiness. Indeed, people who are not intrinsically motivated can easily find participation demanding and withdrawal of the process is not adequately managed. In such a perspective it is essential to realize what resources must be provided to the citizens in order to grant them access to participation. In fact, even though flow is intrinsic in nature, it does not mean that it cannot be triggered by extrinsic motivations that become intrinsic during participation. If a citizen engages in participation, experiencing a true positive interaction results in a sense of growth can transform.

Aim of the study

The aim of the study is to find out the effects of political participation and non-participation on the life satisfaction of rural women.

Objectives of the study

- To find out the life satisfaction of politically active and non-active rural women.
- To find out the positive and negative affects of politically active and non- active rural women.

Method

Participants

The purposive sampling technique was used to select the participants. Sample consisted of 100 rural women, out of which 50 women were politically active and 50 women were non- active. The age of the participants ranged from 40-50 years.

Instruments

Two scales were used to assess the objectives which are as follows. The Satisfaction with Life Scale (SWLS) was used to assess the satisfaction of politically active and non-active rural women's life. It is a short 5-item instrument designed to measure cognitive judgment of satisfaction with one's life.

PANAS Scale was used to assess the positive and negative effect of politically active and non-active rural women. It is a questionnaire designed to assess the Positive and Negative effects. This questionnaire has 20 items, 10 to positive effect and 1- to negative effect.

Statistical analysis

t-test was used to analyze and interpret the results

Procedure

Keeping in mind the purpose of the study, purposive sampling technique was carried out. The age of the participants ranged from 40-50 years. The sample belonged to the rural area where 50 participants were politically active and 50 were non-active. Life

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