



Navigating Student Satisfaction and Mental Health in the Digital Age.

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ABSTRACT

This study aimed to evaluate the satisfaction levels of male and female students in the digital era through a quantitative survey involving 100 samples using online research methods. Contrary to expectations, the results shows that no valuable difference in satisfaction levels between genders. These analyse the challenge conventional assumptions and emphasize the need for implication approaches in understanding student satisfaction in today's digital landscape. Future research is warranted to take a look at the factors contributing to satisfaction levels among diverse student populations.

Key words: Satisfaction Level, Digital Age, Students, Gender.

Introduction:

The satisfaction of life scale was created in 1985 by dinner. This scale measures the status of satisfaction of life. This scale consists of five straight forward and thought statements. Life scale is commonly used in psychological tool that measure individuals' overall satisfaction with their life. SWLS aims to quantify the basic components of human experience. It contrasts to objective measures of wellbeing of health or wealth. The importance of this subjective viewpoint in comprehending emotional health and human happiness is becoming more widely acknowledged.

The objective of the scale is to detect the level of life satisfaction in males and females in this digital age. The quantity study was conducted on male and female students. Who belongs to the age group of 18-25. With the help of an online research method. The SWLC is a flexible instrument that is easy to administer and interpret in a variety of context and demographics.

This scale consists of a simple nature where it helps to carry the experiment easily and quickly. It helps to decrease the miscommunication and confusion that comes with a lengthy scale. SWLS has Proven to have strong psychometric quantities in a different of research and culture context.

The life scale consists of five straight forward questions and responses were given how much they agree or disagree with the statements, from strongly disagree to strongly agree. The items are thoughtfully designed to address various aspects of life. The SWLS's capacity to offer a valid and reliable standardised measure of life satisfaction is one of its main advantages. Strong internal consistency and high dependability have been seen in the scale across a variety of samples and research environments. Furthermore, a great deal of research has demonstrated the convergent.

The scale is susceptible to various biases and limits arising from respondents' self-perceptions and reporting habits, just like any other self-report measure. Individuals' replies may be influenced by variables like response set preferences, which may result in inaccurate self-reported life satisfaction levels. Furthermore, rather of recording changes or variations over time, the SWLS primarily evaluates overall life satisfaction at a single point in time, offering a snapshot of people's subjective well-being. The scale's simplicity and brevity are helpful in difference situations, they also limit the breadth of understanding it can offer into the different aspects that affect life happiness. Therefore, scholars and professionals may decide to supplement the

Literature Review:

1.The satisfaction with life scale (SWLS) psychometric properties and observed score in university The researcher conducted a study on students at Colombia University. The sample consisted of 150 university students. The scale results indicated the quality of life among Colombia University students, with no gender differences found. A satisfactory factorial solution was achieved, along with favourable internal consistency measures. Life satisfaction is integral to assessing people's well-being and quality of life. (useche, 2016)

2 Self-esteem and life satisfaction as mediator between parental bonding and psychology wellbeing in Japanese young adulthood. The researcher administered the assessment to 358 female and 324 male participants in Japan, focusing on college students. This investigation delved into the mediating roles of self-esteem and life satisfaction in the connection between parents and young adults. The findings revealed that self-esteem served as a complete mediator in the correlation among parental bonding and overall mental well-being (yamawaki, 2011)

3. Psychometric properties and factorial analysis of invariance of the (SWLS) in cancer patients. The research was to assess the psychometric characteristics of the SWLS, utilized with a sample of 713 cancer patients. Findings revealed that measurement consistent across age groups, gender and tumour locations. Furthermore, the study confirmed that individuals experiencing low levels of satisfaction also displayed correlated psychological symptoms. (lorenzo, 2019)

4. The validity of this SWLS in adolescent and a comparison with single item life satisfaction measure: a preliminary study. The research sought to gauge the satisfaction levels of adults and validate the SWLS among Serbian adolescents. Three separate samples were gathered for the study. Study 1 upheld the integrity of the original one-factor model of the SWLS, whereas Studies 2 and 3 revealed that individual-item measures were comparably reliable. The study's conclusion recommended the adoption of the SWLS for adolescents and highlighted the efficacy of single-item life satisfaction measures in adolescent contexts, mirroring the SWLS's performance. (Emerson, 2017)

5. Measurements invariance of the satisfaction with life scale SWLS by country, Endy, and age This study focused to assess the consistency of the Satisfaction level across a sample of 701 adolescents from two different countries. The two-group tested employed to examine the uniformity of the SWLS's single-factor structure concerning country, gender, and age. The findings confirmed the integrity of the SWLS's unifactorial design and internal factor measurement. (Igor.esnola, 2017)

6. Measurements invariance of the satisfaction with life scale by gender, age, marital status, and education level. The researcher administered the scale to 726 Spanish adults and assessed a one-factor model using confirmatory factor analysis. Metric, configural, and scalar invariance of the SWLS were tested gender, age, marital status, and educational level. The discussion focused on comparing gender, age groups, and educational levels, omitting marital status. Mean differences and significance values were analysed accordingly. (checa, 2019)

7. Psychometric properties of the satisfaction with life scale (SWLS), derived from a large German community sample. The primary goal of the research was to assess the psychometric properties of the Satisfaction with Life Scale and to analyse the association between life satisfaction and sociodemographic and behavioural data. A German community sample of approximately 9711 individuals aged 18 to 80 years was collected. The study confirmed that the SWLS is a one-dimensional scale and demonstrated measurement different variance across gender. Additionally, sociodemographic factors such as marital status, income, and occupational status were examined. Non-smokers reported higher life satisfaction compared to smokers. (Woodhead, 1985)

8. The satisfaction with the life scale and the emerging construct of life satisfaction . The scale was experimented the life satisfaction component of the subjects' well-being. Scores on the SWLS have been demonstrated to correlate with measures of cognitive wellness and are predictive of future behaviours, such as depression and suicide attempts, in the field of health psychology. (pavot, 2008)

9. Validation of a paediatric oral health - related quality of life scale in Navajo children

The study says the validate a paediatric Oral Health-Related Quality of Life (OHRQoL) scale in a preschool-aged, rural, reservation-based American Indian population in 2011 and 2012. The study aimed to measure the oral health quality of life, with the primary goal of understanding the oral health status and behaviour of the participants. The outcomes were measured in 928 caregiver-child dyads. (braun, 2014)

10. Psychometric properties of secondary analysis was conducted on Mexican health aging study to assesses to fulfilment with life. A sample of 13,220 Mexican adults aged 50 years and older was drawn from the 2012 Mexican Health and Aging Study. The scale's alpha and inter-item were analysed. The analysis confirmed the existence of a unique factor structure that explained 54% of the sample variances and was related to depression, perceived health, financial situation, and social support. (ortega, 2016)

Methodology:

Aim: To assess satisfaction level of students using SWLS (Satisfaction With Life Scale)

Objective: The intention of using the SWLS in assessing students' satisfaction is to measure their subjective well-being and overall satisfaction with their lives. By administering the SWLS questionnaire, researchers or educators aim to understand how students are fulfil with different domains of their lives, such as academic, social, and personal aspects. This information can help in recognize that where students may need support or intervention to develop their overall well-being and academic success.

Participants: The life satisfaction scale was 100 college students from the same academic by using availability sampling. it's a self-oriented assessment, the survey was conducted to find out the in digital era, life satisfaction manging the cognitive wellness may differ between female and male by various factor like societal pressure, online addiction, family etc

Variables

- Dependent Variable: Satisfaction level measured using the SWLS.
- Independent Variable: Gender (male, female).
- Control Variable: Age (between 17 and 25 years old)

Inclusion criteria:

- Age: Participants must be between 17 and 25 years old.

- Gender: Both male and female participants are eligible for inclusion.
- Student Status: Participants must be currently enrolled as college students.

Exclusion criteria:

- 1. Age: Participants above 25 years old will be excluded from the study.
- 2. Employment Status: The person currently employed or engaged in regular work will be excluded from participation.

Sample:

1. Sample size: 100 (51 male and 49 female)
2. Sampling technique: convenient sampling techniques
3. Sample collection tool: googles forms

Operational definition: SWLS (Satisfaction With Life Scale) is a tool designed to gauge an individual's perceived level of satisfaction overall, rather than focusing on specific domains like health or finances, allowing participants to integrate and prioritize these areas as they see fit. This scale contains of five questions. Research has establishing that SWLS scores correlate with mental health indicators and can predict future behaviours such as suicide attempts (diener, 1985)

Procedures: the data was collected in online survey method with the help of google form, this scale consist of five questions and seven responses were there, the responses are close ended answer, the responses are start from strongly disagree to strongly agree, it's a quantitative study

Data analysis: The study included 100 participants from the same academic institution, recruited through an online survey. The data disclose that the mean satisfaction level for males was 22.33, while for females it was 21.38. The analysis aimed to compare satisfaction levels between genders and find out their association with mental wellness in the digital era

Results

Table shows the score of the subjects in SWLS scale

Mean	22.33333	21.38776
Variance	42.10667	42.28401
Observations	51	49
Hypothesized Mean Difference	0	
df	98	
t Stat	0.727678	
P(T<=t) one-tail	0.234273	
t Critical one-tail	1.660551	
P(T<=t) two-tail	0.468546	
t Critical two-tail	1.984467	

The data analysis revealed that among 100 students sampled where collected from online survey method, the mean for males was 22.33, while for females, it was 21.38. The analysis aimed to understand the level of satisfaction between genders and found that the calculated t value for one-tail tests (0.234273) and two-tail tests (0.468546) did not exceed the critical t values (1.660551 and 1.984467, respectively), indicating no significant difference in satisfaction levels between male and female students in this digital era.

Discussions:

The study comparing satisfaction levels between genders indicates no significant differences in the digital era, possibly influenced by various factors like family, educational, and social pressures. This finding underscores the need for mental maturity approaches to cognitive wellness in contemporary society. Future research endeavours should prioritize the promotion of healthy cognitive wellness practices tailored to the challenges posed by the digital age. Understanding the intricacies of these stress is crucial for developing effective interventions that finding out the diverse needs in female and male students.

Such efforts should encompass a holistic approach that considers the multifaceted nature of mental wellbeing in today's technologically driven world. By acknowledging these factors, researchers can better inform policies and initiatives aimed at fostering positive cognitive wellness outcomes among college students. It's imperative to create environments that support mental well-being and resilience, irrespective of gender. This study provides foundation for future investigations into the nuanced dynamics of satisfaction and cognitive wellness in the digital era. Ultimately, prioritizing cognitive wellness in educational settings is essential for nurturing thriving and resilient individuals capable of navigating the complexities of the modern world.

Conclusion:

The conclusion of the numeric analysis suggests that there is no noteworthy variance in college students' satisfaction levels, suggesting a potentially diminished importance of cognitive wellness, particularly in the digital era. The further coming research focus on addressing the need for balanced cognitive wellness and effective care strategies in this digital age. The data presents a neutral finding, neither negative nor positive, as it reveals no significant disparity in fulfilments levels between male and female students in the digital era. This underscores holistic approaches to mental well-being in educational settings, considering the unique challenges posed by modern technologies. It emphasizes the necessity for mental clarity strategies to promote and maintain cognitive wellness among the adults in an increasingly digitalized world. Such research efforts are important for fostering a supportive environment that prioritizes the mental well-being of all students, regardless of gender, in the digital age.

Scope of future study:

The future inquiries could investigate additional factors that may influence satisfaction with life, such as social support, cultural influences, and personality traits. Additionally, investigating the effectiveness of interventions aimed at improving life satisfaction could offer valuable perspective into enhancing overall wellbeing. Furthermore, examining the longitudinal effects of life satisfaction on various outcomes, such as health behaviours and academic or occupational success, could deepen our understanding of its long-term implications.

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