

A Comparative Study On Level Of Problem Solving And Life Satisfaction Among Youth And Old Age Population

Sona Mishra^{1*}, Khushboo sharma²

^{1*} Assistant Professor, Department of psychology St.wilfred's PG College Jaipur

² Student Department of psychology St wilfred's PG College Jaipur

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ABSTRACT

Life satisfaction and Problem solving skills plays a very important role to flourish one's life. Life satisfaction is an important aspect of subjective wellbeing. Lack of problem-solving, and satisfaction leads a person to stress, lack of motivation, and anxiety. These two aspects changes over the time so, the aim of the study is to compare the level of problem solving skills and life satisfaction among youth and old age population. Sample included 80 participants, 40 youth (13 to 20 years) population and 40 old (60 to 70 years) age population. Problem solving ability test (PSAT) by L.N Dubey and Satisfaction with life scale (SWLS) by Diener, Emmons & Larsen (1985) was used for data collection. T-test was employed for statistical analysis, result shows that in problem-solving, there is no significant difference between youth and old age groups with a t-value of 4.49 and a p-value of .345. Similarly for life satisfaction, the t-value is 0.62 with a p-value of 0.30, indicating no significant difference between the two group. Despite varying challenges with age, both youth and old age populations experience comparable levels of satisfaction influenced by their Problem solving abilities.

Keywords: Problem solving, Life satisfaction

1.INTRODUCTION

Aging is a normal phase of life that affects various aspects and abilities of human's life, like various cognitive skills, intellectual abilities, level of satisfaction in life. Likewise, problem solving and life satisfaction is also affected by the age. From infancy to the old ages, individuals come across a lots of problems in many levels so, learning problem solving abilities is very crucial part of life. Problem solving skills contains many cognitive abilities like logical, analytical, mathematical. According to Blanchard-Fields (2007) and Sinnott (1989), problem-solving is the process of attempting to resolve an issue in order to reach the desired state and minimize any suffering that may have been caused. Child starts Ability to solve easy and everyday task and problem solving at the age of three years. When it came to everyday problem solving, performance increased from childhood until early middle age and then started to decline at the age of fifty (Denney & Pearce, 1989; Thornton, Paterson & Yeung, 2013). As old person increasingly rely on knowledge to support everyday problem solving, whereas young adults solve everyday problems using fluid intelligence (Chen, X., Hertzog, C., & Park, D. C., 2017). During young adulthood, problem solving skills reaches to its peak because they have the perfect combination of both fluid and crystallized intelligence. Vocabulary and general knowledge are commonly used to gauge crystallized ability, which is collected experience and global knowledge (Chen, X., Hertzog, C., & Park, D. C., 2017).

Diener (1984) states that Subjective well-being consists of high levels of Life satisfaction, high levels of positive emotions (such as pleasure, happiness, and satisfaction), and low level of negative emotions (such as anger, depression). Where, life satisfaction constitutes the cognitive dimension of Subjective Well Being and it is defined as individuals' global evaluation of their own lives. There are numerous researches on affect of age on life satisfaction like A cross-national study conducted by Gaymu and Springer (2010) indicates that older age have more life satisfaction than European elderly population. Whereas, another study by Stone and colleagues (2010), on U.S population revealed that life satisfaction had a U shaped, that is it is higher in teenagers and then decreases in middle adults and again reaches its peak in older ages after 50 years. When functional health is under control, life satisfaction appears to be stable with age (Baur & Okun 1983; Diener & Suh, 1998; Fujita & Diener, 2005) because as the age increases there is higher positive affect and lower negative affect (Charles, Reynolds, & Gatz, 2001; Kunzmann et al., 2000). Second, compared to old age, this pattern appears to occur

more frequently in middle and young old age (Schilling, 2006). For example, Berg et al. (2009) discovered that during a six-year period, those 80 years of age and older had a decline in their total life satisfaction level. Mroczek and Spiro (2005) conducted a significant study on life satisfaction and discovered that participants between the ages of 60 and 70 had an estimated rise in life satisfaction for 22 years, followed by a decrease over that time. More recently, among individuals aged 78–98, Enkvist, Ekstrom, and Elmstahl (2012) found that increasing age was inversely linked with Life Satisfaction. So, the objective of this study is to compare the level of problem solving and life satisfaction among youth and old age population.

2.METHODS

2.1- AIM - To study the difference if any, in problem solving skills and level of life satisfaction among youth and old age populations.

2.2- HYPOTHESES

H₀ - There will be no significant difference in problem-solving and level of life satisfaction of youth and old age population.

H₁ -There will be significant difference in problem solving and level of life satisfaction of youth and old age population.

2.3- SAMPLE

Total of 80 sample was chosen, 40 youth of age between 13 to 20 years and 40 old age between 55 to 65 years who have working knowledge of English language were included in the sample.

2.4- RESEARCH DESIGN

Two group research design was employed in the study with t-test used as statistical analysis.

2.5-TOOLS

2.5.1- Problem solving ability test (PSAT): Problem solving ability test (PSAT) by L.N.

Dubey is a self-report questionnaire to measure the problem solving ability of a person .It contains 20 items with 4 options for every items. The test has a good reliability, 0.782 using split half method and 0.768 using Kudar -Richardson formula(Dubey,2015).

2.5.2- Satisfaction with life scale (SWLS): Satisfaction with life scale is a self report questionnaire created by Diener, Emmons, Larsen (1985). The scale was developed to assess an individual's cognitive judgment of their satisfaction with their life. The SWLS is a short questionnaire with a seven-point rating scale, where 1 being "strongly disagree" and 7 being "strongly agree."

2.6- ETHICAL CONSIDERATIONS

- 1.The participants were assured of the confidentiality of their responses and result.
- 2.Confidentiality of their identities was maintained.
- 3.The purpose of the study was explained to all participants.

3- RESULT

RESULT TABLE 1

| | Group | Mean | SD | t-value | Significant |
|------------------------|----------------|-------------|-------------|-------------|-------------|
| Problem solving | Youth | 8.00 | 2.33 | 4.49 | .345 |
| | Old age | 5.87 | 1.86 | | |

RESULT TABLE 2

| | Group | Mean | S. D | t-value | Significant |
|-------------------|---------|-------|------|---------|-------------|
| Life satisfaction | Youth | 20.87 | 7.24 | .62 | .030 |
| | Old age | 20.00 | 5.16 | | |

With the help of T test for independent group the result indicates that there is no significant difference in problem solving of youth with M= 8.00 ,SD 2.33 and old age population M=5.87 ,SD= 1.86 with a t value 4.49 . Similarly, in case of life satisfaction also , there is no significant difference in youth with M=20.87 ,SD =7.24 and old age population with M=20.00 ,SD=5.16 with a t value 0.62.

4-DISCUSSION

The present research aims to study the difference on life satisfaction and problem solving among youth and old age population. Result indicates that there is no significant difference on problem solving among youth and old age. The possible explanation for the above result stated is as the problem solving ability starts developing at age of three years and then then level of problem solving increases day by day , from young adulthood to middle age it reaches at its peak, and later in old age it declines day by day(Chen, Hertzog & Park.,2017; Tucker ,2011). Likewise, there is also no significant difference the level of satisfaction in life among youth and old age, the reason being there are many factors on which satisfaction in life depends, those factors includes happiness, subjective wellbeing and many more. It is seen during the teenage years the child is filled with lot of positive energy and joy , he/she enjoys going to school, meeting with their friends enjoying without any stress , whereas it declines towards middle age and then rise in older age(Blanchflower and Oswald, 2004,2008). According to Graham and Ruiz Pozuelo(2017), satisfaction in life is perceived to be a 'U-shape' that is higher in teenage and early adolescence and then decline in middle ages and again in old age it increases as Older people focus more on preserving emotional well-being and using effective emotion management techniques than younger persons do because they are conscious that time is of the essence(Carstensen, Fung, & Charles, 2003; Carstensen, Isaacowitz, & Charles, 1999).

5- CONCLUSION

The study aimed to compare problem-solving and life satisfaction between youth and old age populations. As, the result indicates that there is no significant difference in problem solving and life satisfaction of youth and old age population. It concludes that despite varying challenges with age, both youth and old age populations experience comparable levels of satisfaction influenced by their problem solving abilities.

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