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The Influence of Life Satisfaction, Self-Esteem and Purposeful Life on the Grit of Kudumbashree Working Women

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Abstract: Grit is the ability to persist in something you feel passionate about and persevere when you face obstacles. The purpose of the study was to examine the effect of life satisfaction, self-esteem, and Purposeful life on kudumbashree worker's grit and to understand the predictive ability of life satisfaction, self-esteem, and Purposeful life on their grit. A sample of 78 kudumbashree workers was used for the study. Short grit scale, self-esteem scale and purposeful life scale were the tools used for data collection. Pearson correlation test, simple linear regression and multiple linear regression were used to analyse the data. The findings revealed that there exists a relationship between grit with self-esteem and purposeful life in kudumbashree workers. It has also revealed that even though self-esteem is a stronger predictor of grit than purposeful, the combined effect of both variables has the highest predictivity on kudumbashree women.

Keywords: Grit, Self-esteem, Purposeful life, Life satisfaction, kudumbashree working women.

I. INTRODUCTION

Grit can be described as a strong desire of an individual to achieve their goals by using their passion and persistence. "The determination to accomplish an ambitious, long-term goal despite the inevitable obstacles" [4]. Passion is something which we love to do without feeling exhausted. It is a strong factor which could enhance or suppress an individual's emotion. Coding dictionary defines perseverance as "the quality of continuing with something even though it is difficult". The strongest trait of a gritty individual is their stamina to plough ahead of the influence of through their failure. Grittier individuals do not easily back off from their goals and commitments, even if there is only limited positive feedback available. Grit enables an individual to maintain interest and effort in projects that could take a significant period of time. Interest, purpose, practice and hope are the four psychological attributes for a gritty individual [5]. Interest can be described as the preference in some particular activity. It is the act of finding someone's inborn potential. Interest is an important factor in sustaining our motivation to a particular subject or an action. Hope refers to a Positive expectation about something which is going to happen in future. Wars are fought and societies are built in the power of Hope. Hope is so strong that many of life's cornerstones are shaped by it. The purpose is one of the fundamental pillars of life. It gives us a meaning for the pain and hardship we endure throughout an individual's existence. The practice is an important factor in maintaining grit. It is a powerful tool to increase our strengths and to diminish our shortcomings. There are researches associating grit with well-being. Grit is a strong factor predicting the wellbeing of an individual [11],[15].

A person with strong self-esteem knows their strength and abilities very well and finds various ways to improve them in order to achieve their goal. Experience has an important role in developing positive self-esteem. For a person with realistic goals and positive self-esteem, working hard to achieve a goal is not a threat. They find excitement in all the activities which they are engaged in. A person with positive self-esteem has a peaceful outlook about the world around them. It acts as a Foundation stone for dealing with many challenges and hardships in life. People with lower self-esteem have a negative outlook on life, which causes unhappiness, insecurity and lack of confidence. They struggle to establish and maintain good relationships which can lead to depression. Self-esteem is a vital part of the personality that has been shaped by previous experience. Performance of an individual is not a predictor in someone's self-esteem. It is assessed by an individual's interest, perception and concept of life. There are many factors which influence self-esteem some of them is believing in oneself, accept and learn from past failures, forgiving others, unconditional love and acceptance of self, planning and setting attainable goals in life, visualisation of self-achieving and succeeding in life, creating and internalizing positive affirmations. Self-esteem can be developed regardless of their age, socioeconomic status and educational background. It would take a lot of patience and perseverance to construct a stable self-esteem. By appreciating others through positive cues individuals have an affirmative result on their own self-esteem.

“When the struggle for survival ended the question has arisen, survival for what? Evermore people have the means to live, but no meaning to live for” [7]. Even in this advanced world most of us are clueless about the purpose of life. Viktor Frankl constructed a theoretical base for the purpose in life. In this field of psychology, he is considered as the pioneer scholar. According to Frankl, there are several ways to discover the meaning of life. The purpose could be generated from an individual's vocation or work or “by experiencing another human being in his very uniqueness-by loving him” or “when confronted with a hopeless situation” [7]. Frankl stated that every person has an inborn need to grow a purpose in life, which they will consider as the meaning for their life. Those individuals who grapple to find a sense of purpose in life are struggling to live because of the existential vacuum that consumes them from inside out. People with high purpose in life will be having greater self-confidence and self-acceptance [18],[2] they tend to have more life satisfaction [10]. There are research associating purpose in life with wellbeing and achievement [16],[8].

Life satisfaction is an individual evaluation of life as a whole [12] and it is one of the most well-established indicators of well-being and positive functioning among people [13]. Life satisfaction refers to an attitude towards one's life based on their experiences ranging from positive to negative feelings. Health and wellbeing of individuals are positively impacted by their satisfaction to life. Persons having positive psychological well-being will be satisfied by their life as compared to those who are not psychologically stable. Happiness is a current feeling resulting from pleasant experiences. it is transitory whereas, life satisfaction is a long-lived feeling in which happiness is built upon. It is largely determined by several factors which include personality, self-esteem, outlook on life, age, values, seasonal effects, culture, family, career etc. Life satisfaction grows by age, wisdom is the factor which plays a major role.

In this study, we are determining the relation between grit, self-esteem, the purpose of life and life satisfaction among 'Kudumbashree' working women. There are researches associating the relationship between grit and self-esteem, self-esteem and life satisfaction, the purpose of life and life satisfaction. By this study, we are trying to find which factor influences life satisfaction greater among these variables.

II. SCOPE AND SIGNIFICANCE OF THE STUDY

As the age of rapid growth and change, Grit and motivation can be the key to attain success and growth in an individual life. The research will be beneficial to the government to understand the factors which could influence the success and growth in women and be able to give sufficient training in the areas to attain excellence. Instruct kudumbashree organizations about the unique aspects that to be aware of their welfare programs. This research can enlighten women with factors that influence their success.

III. AIM

The aim of the study was to determine the effect of life satisfaction, self-esteem, and Purposeful life on kudumbasree worker's grit and to understand the predictive ability of life satisfaction, self-esteem, and Purposeful life on their grit.

IV. HYPOTHESES

- A. There exists no statistically significant relation between grit and life satisfaction.
- B. There exists no statistically significant relation between grit and self-esteem.
- C. There exists no statistically significant relation between grit and purposeful life.
- D. There exists no predictability between grit and life satisfaction.
- E. There exists no predictability between grit and self-esteem.
- F. There exists no predictability between grit and purposeful life.

V. PROCEDURE

Kudumbasree workers were considered as the sample population for the study. All of them are middle-aged women, who are between their 30's and 50's. Kudumbasree units around irinjalakuda municipality were randomly selected to collect samples. Women were asked to respond to the short grit scale, self-esteem scale, purposeful life scale. The data was analysed using SPSS 25 and used Pearson correlation, simple linear regression, multiple linear regression to test the stated hypothesis.

VI. METHOD

Random sampling was used to collect a sample size of 78 kudumbasree workers. Angelina Duckworth developed Short grit scale (2009) to calculate students' grit. It has a perseverance of effort alphas ranged from .60 to .78, consistency of interest alphas ranged from .73 to .79, internal consistency of .73 to .83.

The purposeful life index was developed by J.C Crumbaugh and L.Maholick (1964) is a 30 item scale based on Frankl's concept of noogenic neurosis. Spearman - brown and Guttman coefficient for odd-even split was. 935.Cronbach alpha was 0.32. Split half reliability coefficient by splitting the test into the first half and second half was 0.915.

Self-esteem inventory was developed by Thomas and Sanandaraj(1985) to measure self-esteem of the general population in Kerala. The test contains 20 items, with equal number of positively worded and negatively worded items arranged in a random order. The split half reliability coefficient of the test after correction using the Spearman-Brown Prophecy formula is 0.95. The retest reliability after an interval of two weeks is 0.90. The inventory is assumed to possess content validity as it is modelled after a few well-known inventories.

Satisfaction with life scale is a 5-item scale designed to measure global cognitive judgments of one's life satisfaction. The scale was developed by Diener, Emmons, Larsen, Griffin (1985). The scale has shown to be a valid and reliable measure of life satisfaction, showing high internal consistency with a value of 0.87 and test retest reliability coefficient of 0.82 and suited for use with different age groups and populations.

VII.RESULT & DISCUSSION

The aim of the study was to determine the effect of life satisfaction, self-esteem, and Purpose of life on kudumbasree worker's grit and to understand the predictive ability of life satisfaction, self-esteem, and Purposeful life on their grit.

Table I
Pearson's correlation between student's grit level with life satisfaction, self-esteem, and Purposeful Life.

	Mean	SD	1	2	3	4
1, Grit	4.6	0.881				
2, Life satisfaction	24.19	6.568	0.063			
3, Self Esteem	75.56	12.978	.366**	0.092		
4, Purposeful life	114.86	13.738	.321**	.239*	.538**	

N=78. *p<.05; **p<.01

Correlation analysis where conducted between grit (Mean= 4.60, SD= .881) with Life satisfaction (Mean=24.19, SD= 6.568), Self Esteem (Mean=75.56, SD= 12.978), and Purposeful life (Mean=114.86, SD= 13.738) to determine the relation between variables. From the table it can be concluded that there exists no statistically significant relation between grit and life satisfaction ($r(78) = .063$, $p = .582$) but there is a moderately strong relation between grit with self-esteem ($r(78) = .366^{**}$, $p = .001$) and Purposeful life ($r(78) = .321^{**}$, $p = .004$). From the result it can be concluded that there exists no significant relation between grit and life satisfaction, thus the null hypothesis is satisfied. It is also shown that self-esteem and purposeful life have a major influence on the grit of middle-aged kudumbasree workers, previous researches have supported this result [1], [9], [17].

TABLE II
Simple linear regression between student's grit level with Self-esteem, and Purposeful Life.

Variables	R	R ²	Change R ²	β	F value	Sig.
X = Grit Y = Self-esteem	0.366	0.134	0.122	0.366	11.73	0.01
X = Grit Y =Purposeful life	0.321	0.103	0.092	0.321	8.76	0.01

Simple linear regression was calculated to predict grit based on Self-esteem, and Purposeful life individually. A significant regression equation was found between grit and self-esteem ($F(1,77) = 11.730$, $p < .01$), with an R^2 of .134. Predicted grit is equal to $2.725 + .025$ when self-esteem is measured. Average grit increased .025 for each unit of self-esteem. A significant regression equation was found between grit and Purposeful life ($F(1,77) = 8.760$, $p < .01$), with an R^2 of .103. Predicted grit is equal to $2.232 + .021$ when Purposeful life is measured. Average grit increased .021 for each unit of Purposeful life. From the result, it's clear that self-esteem is a much better predictor of grit with a predictability percentage of 13.4% than Purposeful life with a predictability percentage of 10.3%.

TABLE III

Multiple linear regression between student's grit level with Self-esteem, and Purposeful Life.

Predictors Variables	β	R	R ²	Change R ²	F value	Sig.
Self-esteem	0.271	0.394	0.156	0.133	6.909	0.01
Purposeful life	0.176					

Multiple linear regression was calculated to predict grit based on Self-esteem, and Purposeful life combined. A significant regression equation was found ($F(2,76) = 6.909, p < .01$), with an R^2 of .156. predicted grit is equal to $1.916 + .018(\text{self-esteem}) + .011(\text{Purposeful life})$. The analysis concluded that self-esteem and purposeful life combined to have higher predictive ability than individually. The combination of self-esteem and purposeful life has much stronger predictability ability on grit with a predictability percentage of 15.6% than the individual effect of self-esteem and purposeful life.

VIII. CONCLUSION

The research concluded that there exists a relationship between grit with self-esteem and purposeful life in kudumbasree workers. It has also revealed that even though self-esteem is a stronger predictor of grit than purposeful, the combined effect of both variables has the highest predictivity on kudumbasree women.

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