LIFE SATISFACTION OF UNDERGRADUATE STUDENTS IN RELATION TO THEIR MENTAL HEALTH, EMOTIONAL INTELLIGENCE AND SPIRITUAL INTELLIGENCE

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SUMMARY

In today's competitive world, students have to deal with cultural and social issues, family dysfunctions, academic pressures and other psychological problems. They are expected to choose or to make progress towards choosing a course of study/occupation (by choice or compulsion or default) that will provide economic self-support in their future life. Any right decision taken by them may lead to satisfaction and wrong decision may lead to dissatisfaction. Attaining satisfaction in life is very important for the youth, who are facing a tough competition in today's fiercely competitive environment. The focus of the present study is to study life satisfaction of youth of today who have been educated for seventeen years. It is also to explore the relationship of life satisfaction with mental health, emotional intelligence and spiritual intelligence. The knowledge of these variables vis-a-vis life satisfaction may enable the educationists, administrators' teachers and parents to take measures which could contribute towards increasing their level of life satisfaction. The present study will go a long way in developing a new vision to the policy makers for formulating a sound program of education, which would help the youth to lead a meaningful, peaceful and satisfied life. The findings of the study would substantially contribute to the existing accumulation of knowledge.