

A STUDY ON LIFE SATISFACTION OF PARTNERS WHO LOST THEIR SPOUSE DUE TO COVID-19

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ABSTRACT

The main aim of the research is to find out the Personal profile of the respondents and life satisfaction of partners who lost their spouse due to Covid-19. The death of life partner during such a pandemic situation can cause serious psycho-social problems to the other life partner. The Covid-19 death of the spouse leads the other life partner having the feelings of grief, bereavement, PTSD (post-traumatic stress disorder), mood swings, loneliness and depression for a prolonged period of time, for this reason the study is relevant. A sample Of 60 respondents are taken for the study; most of the respondents (58.3%) are male. Majority (36.7%) of respondents are between the age group of 51-60. Majority (55%) of the Covid-19 deaths happened in the year 2021. The research find out that majority (35%) of the respondents are satisfied with their life.

Key words: Life satisfaction, Life partner, Covid-19.

INTRODUCTION

Life satisfaction is an important aspect of human life. Covid-19 deaths cause serious threat to people all around the world. Covid-19 was first identified in the city of Wuhan in December 2019, with no time gap it spread all over the world. India's First death of covid-19 was reported in Karnataka a 76 year old man who was an assumed covid-19 patient. When life partner is demised the other has the feelings of, grief, bereavement, PTSD (post-traumatic stress disorder, mood swings, and loneliness, for a prolonged period of time. This study aims to find out the life satisfaction of people who have lost their spouse due to Covid-19.

MEANING OF LIFE SATISFACTION

Life satisfaction is something in terms of measuring a person's wellbeing in terms of relationship satisfaction, self-concepts, achieved goals, mood and perceived ability to cope with life. Subjective wellbeing or happiness can be measured in terms of life satisfaction, the absence of negative feelings and experiences and the presence of positive feelings and experiences, determines the happiness of an individual.

FACTORS AFFECTING LIFE SATISFACTION

- Life events and experiences
- Values
- Culture
- Family
- Marriage
- Education
- Age
- Personality

TIPS TO INCREASE LIFE SATISFACTION

- Exercise, keeps the mind and body relaxed and refreshing
- Acknowledge the sad or unhappy moments
- Get adequate sleep
- Practice daily gratitude
- Yoga

LITERATURE REVIEWS

Marco Cascella, Michael Rajnik, Abdul Aleem, Scott C, Dulebohn, Raffaella Di Napoli (2023) Written a book titled “**Features, Evaluation, and Treatment of Coronavirus (COVID-19)**”. Covid-19 is a pandemic viral infection caused by (SARS-CoV-2). The first case of covid-19 was reported in Wuhan, Hubei Province, China, in late December 2019. Within a short span of time it spreads all over the world and WHO declared it as a global pandemic. Delays in developing vaccines have led to the emergence of new SARS-CoV-2 viruses, and there have been fears that the progress the world has made in controlling the coronavirus so far will be limited. The book aims to comprehensively describe the epidemiology, etiology pathophysiology, diagnostic methods, clinical features, and the latest novel therapeutics in the management of COVID-19.

COVID-19 and Death: The Never Ending Grief: Neha Gurbani, Swapnil Paunekar, Devyani Mohurle, Abhilasha Dhyani (2022) Covid-19 pandemic had a deep impact on the social, emotional and spiritual life of the public. Due to lockdown, self-quarantine and isolation protocols, hospital and health care facilities limited family members and relatives to see their loved ones in their last moment. The study aims to examine if severity of sorrow and grief was higher before or during the COVID-19 pandemic. The survey method was followed in a total of 1700 persons, who have lost their closed ones during the pandemic.

Diener et al., (2002) found that life satisfaction is “a person’s cognitive and affective evaluations of his or her life.”

MATERIALS AND METHODS

Descriptive research design was adopted for the study. 60 respondents were selected from the Pathanamthitta district, Kerala using purposive sampling method. The percentage analysis was used to depict the Socio-demographic profile of the respondents and level of life satisfaction of partners who lost their spouse due to covid-19.

Primary Data

The primary data for the study was collected directly from the partners who lost their spouse due to Covid-19 from Pathanamthitta District, Kerala.

Secondary Data

The secondary data was collected from Journals, Web sources and relevant literature on Covid-19, Covid-19 deaths and life satisfaction.

Tools used for study

The researcher designed a self-made questionnaire for collecting the socio demographic details of the respondents and Satisfaction with life scale (SWLS) by Diener, E., Emmons, R. A, Larsen, R. J, & Griffin S (1985) was adopted for the study.

Limitations of study

1. The sample size of 60 which is smaller comparatively to overall population.
2. The study is only applicable to Pathanamthitta District Kerala.

Difficulties Faced

Some of the respondents are reluctant and not responded well to the questionnaire.

Analysis and Interpretation

Table 1: Socio-demographic Profile of the Respondents

SI.No	Socio Demographic Information	Respondents(N=60)	(%)
1	Age		
	Below 30		
	31-40	5	8.3
	41-50	16	26.7
	51-60	22	36.7
	60 Above	17	28.33
2	Gender		
	Male	35	58.3
	Female	25	41.7
	Transgender		
3	Education		
	Primary	8	13.3
	High school	7	11.7
	Higher Secondary	21	35
	Graduate	11	18.3
	Post Graduate	6	10
	Technical	7	11.7
4	Living Area		
	Urban	23	38.3
	Rural	37	61.7
5	Religion		
	Hindu	33	55
	Christian	25	41.7
	Muslim	2	3.3
	Others		
6	Type of Family		
	Nuclear	43	71.7
	Extended	16	26.7
	Joint	1	1.6
7	Occupation		
	Governmental work	11	18.3
	Private Work	20	33.3
	Daily Wages	18	30
	Agriculture	7	11.7
	Unemployed	4	6.7
8	Monthly Income		
	< 5000		
	5000-10000	6	10
	.>10000	54	90
9	Demised person got affected by covid-19 in the year		
	2020	13	21.7
	2021	33	55
	2022	14	23.3
	2023		
	Entire family got covid-19 or not?		
	Yes	44	73.3

10	No	16	26.7
11	Mode of quarantine of the demised		
	Home Quarantine	7	11.7
	Institutional quarantine		
12	Hospital quarantine	53	88.3
	Type of burial of the demised		
	Religious Burial	60	100
	Un religious burial		

Table 2: Distribution of Respondents By their level of Life satisfactions

S. No	Level of Life Satisfaction	No. of respondents	%
1	Extremely satisfied	2	3.3
2	Satisfied	21	35
3	Slightly Satisfied	19	31.7
4	Slightly dissatisfied	18	30
5	Dissatisfied		
6	Extremely dissatisfied		

Table-2 shows the level of life satisfaction of respondents, the results indicated that most of the respondents are satisfied with their life and only 3.3% of respondents are extremely satisfied with their life.

MAJOR FINDINGS

Following are the findings of the study

- Majority (36.7%) of the respondents are between the age group of 51-60.
- Majority (58.3%) of the respondents are male.
- Majority (35%) of the respondents have studied Higher Secondary.
- Majority (61.7%) of the respondents Belong to rural area.
- Majority (55%) of the respondents are Hindus.
- Majority (71.7%) of the respondents are living in nuclear family.
- Majority (33.3%) of the respondents occupation is private work.
- Majority (90%) of the respondents monthly income is >10000.
- Majority (55%) of the Covid-19 death happened in the year 2021.
- Majority (73.3%) of the respondent's entire family got Covid-19.
- Majority (88.3%) of the demised life partner's mode of quarantine was hospital quarantine.
- Majority (100%) burial of the demised was religious burial.
- Majority (35%) of the respondents are satisfied with their life.

DISCUSSION

According to this research majority of the respondents are between the age group of 51-60. If you look at globally people aged 51-60 and over 60 have the highest number of deaths due to Covid-19. We researchers have found that men die more (58.3%) than female because of their stressful lives and other chronic diseases (Cardiovascular diseases, stroke, type-2 diabetics, cancer etc...). The main reason for the life satisfaction of demised peoples partners is that they have a good source of income, not only that (90%) peoples have a monthly income of >10000, which motivates them to stand on their own feet.

CONCLUSION

Life satisfaction is one of the most important factors influencing an individual's social relations and mental health. Death of a life partner cause serious mental trauma for a long period of time. The time can only heal such a loneliness, mood swings and depression caused due to the Covid-19 Deaths. The psychological and emotional support provided by the family members, relatives and friends helps the spouse to improve the level of life satisfaction. The support they get from their family members and relatives which helps them to live a contented life.

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