

**LIFE SATISFACTION, LIFE EXPERIENCES AND PERSONALITY AMONG  
PERSONS SUFFERING FROM PHYSICAL AND PSYCHOLOGICAL DISEASES**

THESIS SUBMITTED TO THE  
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**ABSTRACT**

This study explored the relationship between life satisfaction, life experiences and personality among persons suffering from physical and psychological diseases. Life Satisfaction, life experiences and personality are often regarded as not to have significant effect on patients suffering with diabetes, hypertension, depression and anxiety. The results here have lead to new understanding of life, health and personality that would result in eventual control and elimination of various diseases and illness that currently afflict humankind. The purpose for including life satisfaction, life experiences and personality in this present study was for analyzing an individual. This can further help in understanding and making them cope with situations.

For this study, an equal number of samples were taken from the population (N=200) of physical diseases (diabetes=50 and hypertension=50) and psychological diseases (depression=50 and anxiety=50). The tools used in the study are Life Satisfaction Scale by Alam & Ramji Srivastava (2001), Life Experiences developed by Sarason, Johnson, and Siegel (1978) and

NEO - Five Factor Inventory by McCrae & Costa (1985). The samples were equally distributed over the population and 4X2 ANOVA, t test and correlation was applied to find out the results of the study.

Diabetic females have scored the highest mean score of 9.52 on the job dimension of life satisfaction scale. Depressive male have scored the highest mean score of 11.4 on negative life experiences. On NEO FFI diabetic females have scored the highest mean score of 31.92 on openness dimension of personality. Total life satisfaction showed a significant difference on diabetes, hypertension, depression and anxiety. Economic and social dimension of life satisfaction scale showed significant difference. Negative life experiences also showed significant difference. Neuroticism and openness dimension of personality showed significant difference on diabetes, hypertension, depression and anxiety. t test revealed that life satisfaction, negative life experiences, neuroticism and openness for physical and psychological diseases showed significant difference. Neuroticism and openness dimension of personality showed significant difference between depression and anxiety subjects.

There is a positive correlation of neuroticism dimension of personality with life satisfaction for diabetes and hypertension. Extraversion and conscientiousness shows negative correlation. Personality and positive life stressors show that most of the correlations are very low; the exceptions are extroversion and openness domain of personality. Positive correlation is also seen for positive experiences and life satisfaction for hypertensive patients. Depressive male and anxiety male are less satisfied in their life. Male and female when compared on all other dimension show an average satisfaction.

Therefore we can conclude that diabetic patients have more social support than other diseases and are at the same time more high on openness dimension of personality. Life satisfaction is low for depressive patients and they are high on negative life experiences. Hypertension sample, which shows strong emotional reactions to situations, are high on neuroticism dimension of personality. It can also be reported that life satisfaction shows a significant difference between different diseases but no difference existed between male and females.