Research Article,

Satisfaction with Life in a Sample of Ecuadorian University

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Abstract: this article corresponds to a modest field research contribution regarding satisfaction with life, which is emphasized within a university population of the republic of Ecuador; the development present in the research is the product of data collection through the questionnaire swls, to the reality that Ecuadorian society perceives regarding life satisfaction. The subject has witnessed a great increase in recent years, when talking about the topic within the research it is mentioned that these should focus on the subjective judgments that the person makes about their own life. By analyzing the psychometric scales of the Spanish version of the swls, it is possible to determine an objective view of Ecuadorian society, for the scientific development of Ecuador.

Keywords: psychometric scales, satisfaction with life, university student.

Introduction:

An exploration based on the constructs present in subjective well-being has managed to determine the abundant increase that has proceeded in recent years (diener, 1984; diener & Larsen, 1993). However, it has been possible to identify different components, among them: the emotional one, which is composed of two subcomponents, both positive and negative effects (Lucas, diener & suh, 1996; sandin et al. 1999), finally the cognitive component, which is called with satisfaction with life (andrews & withy, 1976). Now, in order to understand well-being and their respective components, they must be evaluated, and with that, to determine that many of their existing measures on well-being are subject to dualities (chamberlain, 1988). Certain speakers have managed to establish different impulses that encourage them to have a separate evaluation, since the behavior after a long time varies. The relationships they maintain with other psychological variables detail various patterns (Andrews & whithey, 1976; campbell, converse & rogers, 1976; dehaes, pennik & welvaar, 1987; judge, 1990; liang, 1985; stock, okun & benin, 1986). Pavot & diener (1993), detail three reasons for this differentiation. First, even if individuals recognize several undesirable aspects in their lives, they will be able to ignore or reject many negative emotional reactions. Secondly, an affective relationship is a short-term response produced by immediate stimuli, however, it represents satisfaction with life, which contains a long-term perspective, finally, thirdly, a conscious assessment is generated, produced by the individual regarding his life circumstances, where he manages to determine the values and objectives. In any case, of satisfaction with life, there must be a convergence, and in terms of emotional well-being, it can be obtained that depends on an evaluative assessment. Focusing mainly on the cognitive, in this way a satisfaction with life is defined as the general assessment that the individual exerts in his life (pavot, diener, colvin, & sandvik, 1991). According to diener (1984), research on life satisfaction should focus on the subjective judgments that the person makes about his or her own life. Therefore, instead of adding satisfaction through specific domains to obtain a measure of overall satisfaction, it is necessary to ask the person for a global assessment of his life (diener, emmons, Larsen, & gri ffin, 1985).

in Ecuador, an investigation to determine the well-being is extremely limited at present, although these begin to have an interest especially for the correlation...
has developed notably with the sumak kausay or the “good living” where he seeks the complete understanding of a patrimonial illustration of the native nations of Ecuador, which gives as meaning a “life in fullness” (secretary of good living, 2017) and its purpose is to reach the fullness of life and the direction conducive to development (cortez, 2010). According to what diner et al. (1985) considered it necessary to set up a multi-item scale that assessed satisfaction with life as a process of cognitive judgment. The swls has been directed to very varied models and several versions have been determined in different languages, thus allowing obtaining a very significant variation in their normative data. in this way it is known that through the original english version it is possible to include sample data such as: students (diner et al, 1985; frisch, 1991; lewis, shevlin, bunting, & joseph, 1995; pavot et al, 1991; pavot & diener, 1993; shevlin, brunson & miles, 1998, smead, 1991; shevlin, brunson, & miles, 1998); elderly people (pavot, et al, 1991), inmates (joy, 1990), alcoholics (frisch, 1991, cited in pavot & diener, 1993), battered women (fisher, 1991, cited in pavot & diener, 1993) , psychotherapy clients (friedman, 1991, cited in pavot & diener, 1993), religious (mcgarrahan, 1991), military and nurses (smead, 1991), working adult men (george, 1991), etc. similarly, it is possible to find normative data of the versions derived from cross-cultural studies carried out with the swls, such as; the french versions (blais, vallerand, pelletier, & briere, 1989), dutch (arrindel, meeuwesen & huyse, 1991), russian (baltsky & diener, 1993), mandarin chinese (shao & diener, 1992). Dienen et al. (1985) carried out a factorial analysis of main shafts of the swls that provided a monofactorial measure that exposed 66% of the scale variation. This monofactorial solution manages to be replicated in multiple subsequent investigations, both with the original english version (dienen et al, 1985; pavot et al, 1991), and with the french language versions (blais et al, 1989), and dutch (arrindell et al, 1991). Factor weights range between .84 and .57 (pavot & diener, 1993). The swls has exposed a high internal firmness obtaining cronbach's alphas that range between 89 and 79. The total item correlations range between 80 and 51. (pavot & diener, 1993). Regarding transient persistence, indices ranging from 83, for periods of two months, and 50, for longer cycles have been found (pivot & diener, 1993). On the other hand, it has been proven that swls is sensitive to therapy (friedman, 1991, cited in pavot & diener, 1993), and that it is influenced by the most outstanding events in recent subject history (pavot & diener, 1993).

The swls has shown negative correlations with clinical measures of distress. For example, blais et al. (1989) found strong negative correlations (r = -.72) between the swls and the beck depression inventory (beck et al, 1961). On the other hand, larsen, diener, and emmons (1985) found negative correlations (r = -.31) between the swls and a negative affect measure (negative affect score: nas, bradburn and caokivitz, 1985). Using the Dutch version of the swls and a symptom scale (scl90; derogatis, 1977), arrindel et al., (1991) found that the swls was significantly negatively correlated with the 8 symptoms evaluated among which were included; anxiety (r = -.54), depression (r = -.55) and general psychological distress (r = -.55). On the other hand, positive and significant correlations have been found with other welfare measures. the correlations between the swls and the fordyc global scale (1978) range from .35, found by frisch et al., (1992) with alcoholic patients, to .82, found by pavot et al., (1991) with students. Positive correlations have been found with measures that assess positive affectivity, which found a correlation of 44 between swls and positive affects (watson, clark & tellengen, 1988). in addition, larsen et al. (1985), in their review of subjective measures of well-being, they found that swls was positively and significantly correlated (r = .68) with the andrews and whithey dt scale (1976), with the campbell, converse and rodger scale (1976), with which a value of .75 was obtained and with the dpq of tellengen (1979) whose correlation was .66 respectively. lucas et al (1996) examined the convergent and discriminant validity of various global welfare evaluations, among which was the swls, through a multirestrip matrix method (campbell and fiske, 1959), using repeated self-report measures, close-up information and other alternative scales. The results support the convergent validity of the swls, as well as its discriminant validity regarding positive and negative effects, self-esteem and optimism. The objective of this research is to analyze the psychometric scales of the spanish version of the
Methods:

In the present investigation, it consists of a non-experimental transversal design of the type of descriptive study. We worked with a probabilistic sample of a universe of \( n = 1200 \), by formula of master size an \( n = 514 \) was determined with an absolute error of 3%, confidence level of 95% and an expected proportion of 30% by means of a pilot test prior to the analysis, however, we worked with a sample of 554 participants of average age of 21.21 (\( sd = 2.866 \)), of which 59.3% of the gender was female and 40.7% of the male gender. 22.6% of the participants were currently working. The SPSS vers software was used for the descriptive statistical analysis of the distribution, dispersion and position of the data. 24 to respond to the objectives of: 1. determine the percentage of weighted responses on the scale. 2. Associate by cross-table the percentage of weighted response with age. 3. Associate by cross-table the percentage of weighted response with the type of gender. 4. Associate by cross-table the percentage of weighted response to employment status.

Results:

As for objective one, it is shown that the first item of the survey, which belongs to the statement: "in most ways, my life is close to my ideal" shows a percentage of 3.8%, corresponding to the frequency "totally disagree", and 34.0% corresponding to "agree", in the second item of the survey, belonging to the statement: "i consider my life to be excellent" shows a percentage of 2.7% corresponding to the frequency "slightly agree" and 27.5% corresponding to "agree", in the third item of the survey, "i am satisfied with my life" shows a percentage of 3.1% corresponding to the frequencies "strongly disagree" and "disagree", as well that 32.2% corresponding to "agree", in the fourth item of the survey, belonging to: "i am satisfied with my life" shows a corresponding percentage of 2.0% of the "totally disagree" and 32.9% in agree ", in the fifth item of the survey, belonging to: "i am satisfied with my life" as for objective two, it is shown that the first item of the survey, the highest number of responses is obtained in the "agree" frequency where the most outstanding ages are shown with a percentage cup belonging to the ages of: 19 years (35.4%), 20 years (31.66%), 21 years (32.85%), in the second item of the survey, a number of responses are obtained on the frequencies "slightly agree" with a percentage of: 19 years (27.08%), and in the frequency “neither agree nor disagree”, with a percentage of: 20 years (27.5%), 21 years (27.14%), in the third item of the survey, the highest number of responses was obtained in the frequency "agree", with a percentage rate of: 19 years (33.33%), 20 years (30%), 21 years (28.57%), in the fourth item of the survey, you get the most responses in the frequency “agree” with a percentage of: 19 years (32.29%), 20 years (37.5%), 21 years (35.71%), in the fifth item of the in the survey, the greatest number of responses is obtained in the frequencies of: “slightly agree”, with: 19 years (20.83%), 21 years (21.42), and in the “agree” frequency, it is 20 years (20.83%), however the other ages were not taken as having a low value. As for the third objective, it is shown that the first item of the survey, the male and female genders, obtained the highest number of responses in the “agree” frequency, with a percentage of 33.53%, the female, and 34.66%, the masculine one, likewise in the second item, a remarkable result was obtained in the response frequency “agree”, with a percentage of: 28% male and 27.13% female, in the same way in the third item, a variability is shown, with 29.77%, male, in the frequency "totally agree", and 34.45% female in the frequency "slightly agree", the fourth item shows 30.22%, of the male gender in the frequency "agree", and 35.97% of the female gender in the “agree” frequency, in the fifth item a remarkable score is obtained in the “agree” frequency, with 19.55% male and 20.42% female. As for the fourth objective, it is shown that the first item of the survey, is a percentage of 35.2%, that if they work, and 33.64%, that do not work, in the frequency “agree”, likewise in the second item obtained a percentage of: 27.6% that if they work and 26.86% that do not work, in the frequency “agree”, in the same way in the third item, a percentage of: 31.2%, that they work and 32.47%, is shown. That do not work on the “agree” frequency,
the fourth item shows 31.2%, that work and 33.41% that do not work on the “agree” frequency, on the fifth item a remarkable frequency score is obtained “agree”, with 21.6% who work and 19.62% who do not work.

Discussion:
Based on the research presented with the results of a sample of students from the catholic university of Cuenca, the level of life satisfaction is high. It is possible that it is associated with the characteristics of the study population: young people. in addition, the data is consistent with that indicated by páez, morales & fernandez (2007), on the world survey of values (world survey values) carried out with selected samples from 81 countries which yields a percentage of 56% of the participants reports a high satisfaction with life. Of mere exploration, the results obtained here did not obtain much significance between sex and age type; the same as can be seen in the results table. There is a considerable variant among the studies referred to in the cities of Valencia - Spain, which, unlike this research, show us a result where Valencia presented 53.7% of the variance, preserving the predicted meaning with the satisfaction variable. As for the limitations of the study, it is considered that since it is a cross-sectional study, it is not possible to know the development of the variable in research and its evolution over time, of the university student. On the other hand, being a non-probabilistic sample, it is impossible to extrapolate the results to the Ecuadorian population. it is considered that, for future studies, longitudinal investigations are carried out where the knowledge of life satisfaction is highlighted from an analysis in the development of time, as well as other variables inherent to the study population are involved to know if there is a possible association of these with satisfaction with the lives of university students. Finally, it is necessary to develop experimental studies where there is a control of the dependent variable and the possible influencing factor of others inherent in its development. Future longitudinal and experimental studies for better control of the variables outside the study

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