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## Survey on life satisfaction of physical education teacher

**Riken Lingo, Rajat Sukladas, Neelkamal Boro, Niaimun Mara, Tana Son, Likha Oum and Todak Riso**

### Abstract

The study aimed to assess the life satisfaction level of Physical Education Teacher of Arunachal Pradesh. For this study total 100 physical education teacher both men and women, aged between 25 and 40 were selected for the study. The researchers utilized the Life Satisfaction Scale developed by Hardeo Ojha. The scale is a standardized measurement tool commonly used in studies assessing individuals' life satisfaction levels.

**Keywords:** Life Satisfaction, Physical Education teacher

### Introduction

The most elementary use of life-satisfaction data is to estimate apparent quality of life within a country or a specific social group. This is typically done to assess the extent of a social problem or issue and to recommend possible policy interventions. High satisfaction suggests that the quality of life, in the population concerned, is good. Though conditions may not be ideal, it is apparently acceptable for most of the population. Low satisfaction marks serious shortcomings of some kind. An example is the assessment of life-satisfaction among single people. In all modern nations, single persons express less pleasure with life than married persons, and the divorced and widowed frequently express the lowest levels of satisfaction with life. This difference in life-satisfaction between those who are single and those with a partner is in fact greater than that expressed between rich and poor (Veenhoven, 1984:6/4). This is commonly explained in terms of 'deprivation'. Apparently, singles lack something essential in life. A problem is that dissatisfaction with life means that something is wrong, but it does not indicate what. The discontent of the unmarried could be due to negative labelling, but it can also be attributed to loneliness and lack of social support.

Life satisfaction refers to how individuals express their emotions, feelings, and overall mood. It reflects their outlook on future prospects and possibilities. It encompasses various aspects of well-being, including mood, satisfaction with relationships, and attainment of goals, self-concept, and perceived ability to cope with daily life.

### Physical Education Teacher

The person in charge of teaching pupils about sports, physical education, and other physical activities is the physical education (PE) teacher. Strength, endurance, coordination, and flexibility are just a few of the physical skills that students can acquire with the assistance of PE teachers as they create and carry out lesson plans. They might instruct in a variety of sports, including dance or yoga, individual sports like tennis or gymnastics, and team sports like basketball or soccer.

Teachers of physical education have a significant impact on students' growth and wellbeing. Students can enhance their physical health, develop their motor skills, and learn the value of teamwork and sportsmanship by participating in organized and safe physical education. In addition to providing a respite from the academic programme, physical education programmes help students de-stress and enhance their mental well-being.

### Methodology

This was a survey study which was done to check the life satisfaction of physical education teacher of Arunachal Pradesh.

## Method of Measurement of Variable

Life Satisfaction was the variable of this study. Life Satisfaction Scale was used to measure the selected variable.

## Level of Satisfaction

**Table 1:** Frequency

Level of Satisfaction	Number of Respondents	Percentage
Extremely Satisfied	5	5%
Highly Satisfied	19	19%
Above Average Satisfied	40	40%
Average Satisfied	26	26%
Below Average	10	10%



**Graph 1:** Life satisfaction

According to the table, the results indicate that among the participants from Bharati Vidyapeeth College of Physical Education, 5% expressed extreme satisfaction, 19% reported high satisfaction, 40% indicated above-average satisfaction, 26% reported average satisfaction, 10% expressed below-average satisfaction, and there were no respondents who expressed high or extreme dissatisfaction.

## Results

Out of the total respondents, 5% (5) expressed extreme satisfaction, while 19% (19) reported high satisfaction. The majority, comprising 40% (40) of the respondents, indicated above-average satisfaction. Additionally, 26% (26) reported average satisfaction, while 10% (10) expressed below-average satisfaction. There were no respondents who indicated high or extreme dissatisfaction. Based on these findings, it can be concluded that the majority of the physical education students displayed above-average levels of satisfaction.

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