

# Analysis of Lifestyle Management of Working Women: Self Management and Personal Life Satisfaction

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## INTRODUCTION

From the beginning of 1960's it has become evident that life satisfaction must be measured subjectively rather than objectively. The techniques which were commonly used in the past included surveys, questionnaires, and interviews. In fact, measuring life satisfaction is not just a way to see how happy people are with their lives. It is also a way of determining how unhappy they are. Today researchers can also analyse what makes people happy and what makes them unhappy. It helps to understand how satisfied people are and to understand the reasons for the same. The present paper tries to analyse the same with respect to working women.

## REVIEW OF LITERATURE

There is not much literature available on this topic. A literature gap persists. Most of the literature is on work life balance and the concepts like self-management and personal life satisfaction. However, in the beginning of 1960's when life satisfaction became a big topic of discussion in research, life satisfaction was originally thought to be measured objectively and externally; the same way heart-rate or blood pressure were measured. Later it became evident that life satisfaction must be measured subjectively rather than objectively. As mentioned above, the Satisfaction with Life Scale (SWLS), created by Ed Diener, has been one of the more applicable measurement tests of life satisfaction. It consists of five statements (e.g. the conditions of my life are excellent) to which the participant indicates their agreement. This assessment doesn't specify explicit domains such as financial or health satisfaction; it allows subjective evaluation of life as a whole (Chompoo, 2015).