

# Effect of Employment on Life Satisfaction

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## Article Info

**Page Number: 670-672**

**Publication Issue:**

**Vol. 71 No. 2 (2022)**

## Article History

**Article Received:**

25 December 2021

**Revised:** 20 January 2022

**Accepted:** 24 February 2022

## Abstract

Employment is an important aspect of a person's life. Employment affects the individual, the society and the economy. A person is sensitive to face challenges. Because of employment, a person has to face less challenges. Individual chooses various employment opportunities to meet his financial obligations and to enhance the self-esteem in his family which further increases the satisfaction of the individual. There is an increase in the positive thinking and personality qualities of the employed person and the personality of the person is developed. Due to employment, mental health is good and the person remains free from stress. Due to all these reasons, the employed person becomes satisfied with his life.

**Keywords:** life Satisfaction, unemployment

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Every society, government makes tireless efforts to eradicate the unemployment prevalent in the country. More and more employment is necessary for the progress and development of every country and for maintaining peace and prosperity in the society. Every human being has basic needs, money is needed to fulfill these needs. To get money it is necessary to have employment. In the absence of employment, a person will not be able to fulfill his basic needs and will not be able to be satisfied with his life. Life is the biggest force of satisfaction in human life. Life satisfaction is the goal of a happy life so it is important to increase your life satisfaction level and take steps to be more satisfied with your life. Therefore, employment has a big hand in the life satisfaction of a person.

Some of the factors affecting life satisfaction on the basis of employment are as follows-

1. Income - If good salary comes from the job, then his respect is read in the society and family and the self-esteem of the person becomes good and he feels satisfaction with his life.
2. Challenges - Employment leads to the gain of many qualities of the individual such as self-knowledge, self-esteem, soul confidence, sense of security, ability to maintain satisfactory relationships, satisfaction of bodily desires, good physical health. Due to employment, a person has to face less challenges. Employment is a person's clear principle of life, real conception, and clear life goal.
3. Health related development - Employment affects the physical health of a person as well as mental health. Due to employment, he does not remain under stress. Most people's health insurance depends on their income.

4. Personality Development – Along with physical and mental health development, employment also enhances the personality development of a person. Intellectual, physical, emotional development of a person is possible only when he is mentally healthy. If there is employment then the personality development of the person will be good.

5. Social development - Along with health, personality development, employment also has an impact on social development. Employment increases prestige in the society and the morale of the employed person is good.

6. Attitude towards life - A person's attitude towards life greatly influences his perception of his own life satisfaction. Employment is a person's clear principle of life, reality perception and clear life goal. A person's feelings involve cognitive processes that orient the person toward reaching goals. Employed individuals have an optimistic outlook on life associated with higher life satisfaction.

### Suggestion

There are some tips to increase one's satisfaction which will help a person to be happy-

1. Always maintain a positive attitude.
2. Always try to reduce stress.
3. Take time out for yourself.
4. Spend time with family and friends.
5. Face the challenges with a positive attitude.

The above suggestions are very important for a person's social, personal, health related development and life satisfaction.

Conclusions- Along with money, employment gives us respect, employment also gives us knowledge and also teaches us how to be successful in our field. Employment provides financial independence and decision making power. If there is employment, it has a positive impact on a person's life. The person is mentally and physically healthy and is satisfied with his life. Therefore, it can be said that employment is an important factor in life satisfaction.

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