

Life Satisfaction and Affective Aspects in University Students

Abstract

The objective was to study the constitutive components that integrate the International Survey for University Students (Diener, 2001); as well as to describe y contrast the distribution of the Subjective Wellbeing and it's correlates in a group of university students of Brazil. The studied population belongs to the Universidad Católica Don Bosco, Brazil, with 362 participants, with ages ranging from 17 to 65 years old. The analysis of the main components and varimax rotation showed the dimensions of Global Satisfaction with Life (SWLS), Individualist Position (PI), Positive and Negative Affects (AFPOS), Social Perception of Happiness (PSF), Socialization of Emotions (SE), Attention to Feelings (AS), Happiness Perception (PF) and Search of Happiness and Values (BFV). For the association analysis, the dimensions of SWLS and AFPOS were worked on. They were divided in quartiles to make a correlation analysis with the other factors that affect the Subjective Wellbeing. This way, in quartile I were located the results of the group which perceived itself "less happy"; meanwhile in quartile IV, those who perceived themselves "more happy". Of the total, 93 participants were situated in quartile I and 73 in quartile IV. The SWLS dimension for quartile I, showed a higher correlation with Attention to Feelings (.152) and the lowest with Search of Happiness and Values (.044). And for quartile IV, the highest correlation was showed with Happiness Perception (.396) with a significance of 0.01; and the lowest with Search of Happiness and Values (.102). For both quartiles, students referred having thought mainly in their personal goals while judging their own satisfaction. For this sample, 3 out of 10 showed dissatisfaction with their teachers and their classes, as wells as their physical appeal. Meanwhile 4 out of 10 mention dissatisfaction with their studying abilities and 5 out of 10 with their studying habits.

Key words: Subjective Wellbeing, Global Satisfaction with Life, Positive Affects, University Students and Correlations