

A study in Autonomous Higher Educational Institute " as optimism level not a function of age "

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Abstract-*Optimism is a positive attitude for successful life .There is no obstacles in life if person have optimistic approach and are able to perceive positively every aspect of life. As per the research we identify that age is not criteria for optimistic personality . A positive attitude in the surrounding always leads to optimistic approach for any individual, positive personality and optimism plays an important role to achieve goal in life .To find out more about this aspect in the present quantitative study was carried out on 100-100 different age group of person from the autonomous higher education institute , to find out as optimism level not a function of age .The purpose of study optimism level in the two different age group in the autonomous technical education Institution in India. The result indicate that age is not a criteria for optimism , anyone can be optimistic its depend upon positive attitudes , experience of environmental and social changes , family environment, different challenges(social,economic) in different age group etc. Result conclude according to our hypothesis "there is no significant difference between the different age group and optimism (OI)"*

key words-optimism(personality ,attitude ,autonomous institute

1.Introduction -

Optimism (Personality): "Presumably the greatest knowledge is that satisfaction is a place as well as a procedure. Happiness is a continuous procedure of new difficulties, and it takes the correct demeanors and exercises to keep on being cheerful." – Ed Diener

A typical saying used to delineate idealism versus cynicism is a glass with water at the midpoint, where the hopeful person sees the glass as half full and the doubter sees the glass as half vacant.

Optimism is an attitude we measure it through as personality . Optimism level is not different in different age group according to age optimism may be not increases and decreases because of learning capability ,memory, different social and economical background and family support in life and attitude towards all the mentioned function, which is also reason for success and satisfaction level in life. If the optimism is high in personality then success level increases and if the optimism is low then success criteria also low, optimism is a very important factor in personality. These five parameters play an important role in optimism positive Emotions, Engagement ,Relations arrange ,Meaningfulness and Accomplishment.

Optimism is a positive approach towards life, It increases hope and success levels in life. An optimistic thought and approach reduces daily life stress and which helps to achieve the way of easeful mental and social growth. Lots of research and study support that optimisms is a solution of problems in life.Yoga and meditation in daily life help to increases optimistic and positive thoughts and person capable to deal with daily life problems. literature also reviewed, that optimism is a mental attitude that heavily influences physical and mental health, as well as coping with everyday social and working life. Optimistic personality are significantly more successful than pessimists and able to achieves there goal. Optimisms improve positive thinking which helps to decreases depression ,stress and anxiety. optimism also encourages greater persistence to face the obstacles which in turn is likely to result in greater success.

During teen age ,adolescent and old age phase there are rapid physiological, emotional, social changes as well as demands for new roles introduce to life . Thus the period of these challenges, during which an individual is in the process of establishing attitudes for effective participation in a society. As same adult age person face lot's of challenges

to establish their professional, personal and social life, they have to also keep balance in professional and family life responsibility, which is a big challenge to manage both equally without any mental stress. We all want success in our life, increase in the success level leads to increase in these challenges(stress) in life, we can have optimistic attitude for that so that as success level improve, stress reduces from our daily life

The model will show how "Good faith" can upgrade alternate factors of PEROMA. "Hopefulness" means the main the human resource manager trust to move towards the accomplishment of alternate components. It will go about as an instrument, as a developer and the hypothesis to appreciate and propel the variables influencing prosperity of the person. The idea will be utilized as a part of a few meanings in the zones of Management and Psychology. It will have its suggestions on the business everywhere and towards the improvement of prosperity, expectation, and flexibility at an individual level.

Each individual wants for an all encompassing and satisfying life and the significant angles prompting a fulfilled life rotate around the dynamism of feelings, engagement, connections, seriousness, and accomplishment. To these PEROMA demonstrate brings "Good faith" as an impetus by which these variables get invigorated and stimulated. Everyone comprehends the significance of the elements; however keeping in mind the end goal to work proficiently towards them additionally requires a push, which is given by hopefulness. It influences a man to look forward, have trust and be flexible in Independent of the conditions around him in his prompt condition. Such an individual is completely energized to take control of his life and is responsible for the circumstance whenever and without fail.

In spite of the fact that good faith is regularly accepted to be a defensive factor with respect to prosperity and physical and psychical well-being. Some exploration has recommended this is not generally the situation. Schofield found that good faith did not bring down death rates among lung disease patients.

It additionally secures a person on five measurements viz. Positive Emotions, Engagement, Relationship Network, Meaningfulness, and Accomplishment.

The part of hopefulness in the personal satisfaction has likewise been examined in depressive issue developing in patients experiencing physical pathologies, (for example, intense coronary disorder, for example in which a critical backwards relationship was found between dispositional idealism and level of fulfillment in life on one hand and depressive indications rising after the cardiovascular occasion, then again, Positive and antagonistic assumptions with respect to what's to come are vital for understanding the powerlessness to mental scatters, specifically, inclination issue. Late examinations have discovered a converse connection amongst confidence and depressive indications, and furthermore amongst hopefulness and self-destructive ideation. Accordingly, idealism appears to have an imperative directing part in the relationship between sentiments of loss of expectation and self-destructive ideation. In connection to this, Van der Velden has as of late concentrated the relationship between 'dispositional positive thinking' and sadness in casualties of a cataclysmic event. The after effects of this exploration demonstrated that contrasted with confident people, worriers are more anxious about the future and were more in danger for depressive and nervousness issue, with the consequent impedance of social working and personal satisfaction.

The connection between physical well-being and hopefulness is as essential as that amongst good faith and psychological well-being portrayed previously. Many investigations have discovered that positive thinking corresponds with better physical prosperity contrasted with cynicism. In addition, conversely with idealism, negativity is associated with intemperate physical dissensions.

Optimism directly relates with mental health, physical health, coping, good quality of life, healthy lifestyle and risk taking perception. Optimistic persons are positive about events in daily life like study, job, family, social problems, health problems etc. In the research carried out regarding this, a perspective, positive correlations have been found between optimism and physical/mental well-being.

Low level optimism were observed in persons behavior normal difficulties, intolerance, less satisfaction and low level success and negative attitude in life

2.Review of Literature -

Each literature review is outcome of past work done in this area and contribute in further research, previous research help to conceptualized research frame work like hypothesis, analysis, research design etc. with the above objective in the mind the current study is based on optimism so that the purpose of the study is achieved.

Freud (1930/1961) had stated that there is no doubt that man sought happiness ,above all other goals in life and defined happiness as criteria excellence in the art of living. Scheier and Carver (1985) defined it as “the global generalized tendency to believe that one will generally experience good versus bad outcomes in life”

It has been proposed by Altson and Dudley (1987) that happiness is the ability to enjoy one’s experiences accompanied by degree of excitement. Similarly, Argyle, Martin and Crosland (1989) believed that happiness is composed of three related components- positive affects, absence of negative affects and satisfaction with life as a whole.

Robbins, Spence, & Clark, 1991 Optimists displayed better task performance in various domains than pessimists.

Diener, 2000 explain Being happy is of great importance to most people, and happiness has been found to be a highly valued goal in most societies. According to Wrosch C, Scheier MF *Qual Life Res.* 2003 evidenced two variables capable of influencing quality of life: optimism and adaptation of purpose. Both in fact exert a fundamental role in adaptive management of critical circumstances in life and of goals to reach.

Lopez & Snyder, 2003, optimism is seen as a behavioral strategy that allows people to be happier, more successful and healthier in their lives

Stephoe A, Wright C, Kunz-Ebrecht SR, Iliffe S *Br J Health Psychol.* 2006 Feb define in his studies have analyzed the correlations between optimism and healthy behaviours. In particular Steptoe ,in a sample of males and females aged between 65 – 80 years found that optimism was correlated with healthy behaviours such as abstaining from smoking, moderate consumption of alcohol, the habit of walking briskly and regular physical activity, regardless of demographical factors, current psycho-physical conditions and body mass.

In spite of the fact that good faith is regularly accepted to be a defensive factor with respect to prosperity and physical and psychical well-being. Some exploration has recommended this is not generally the situation. Schofield found that good faith did not bring down death rates among lung disease patients.

It additionally secures a person on five measurements viz. Positive Emotions, Engagement, Relationship Network, Meaningfulness, and Accomplishment. .

Dr. Fareeda Shaheen December 2015 study the life satisfaction and optimism in relation to psychological well being among it was found that Working Women scored significantly higher on life satisfaction in comparison to Non Working Women.

Tenney, E. R., Logg, J. M., & Moore, D. A. 2015 study in the belief that optimism improves performance. people prescribe optimism when they believe it has the opportunity to improve the chance of success—unfortunately, people may be overly optimistic about just how much optimism can do.

3.Objective of the Present Study -

Following objectives were considered important for the present study.

- 1.Study of optimism level in the two different age group in the autonomous Technical Education System in India.

4. Hypothesis of present Study -

1. "There is no significant difference between the different age group and optimism (OI)"

5. Variables of Present Study-

1. Dependent Variable -different age group
2. Independent Variable -Optimism(OI)

6. Research Methodology -

i. Design of the Study

The present study was conducted on two different age group (18-25 students and 35-57 employees of the autonomous higher technical educational institute students, the description of the sampling procedure is given below , and as far as design of present investigation is concerned it is qualitative as well as comparative in nature.

ii. Sample-

Our study uses the survey data collected from approximately 100-100 young technical institute students and employees ranging from 18-25 years and 35-57 years from nearly all autonomous technical higher education institute in Delhi. In this sample of total N=(including both people students ,employees), 100 from a students and 100 from employees.

iii. Research Design-

The present research is a comparative research type. Our study uses the survey data collected from approximately 100-100 graduate students and employees ranging from 18-25 and 35-57 years from autonomous technical higher educational institute in Delhi. In this sample of N=200 (including both people students and employees).

iv. Procedure

The data collection was done using the OI (optimism index questionnaires, appropriate samples were found then after the data collection the 't' test was used to find out the results.

Measures Used

Hopefulness Index A 1.1 is a prescient apparatus for progress created with a sound calculated system with durable psychometric properties. It helps in figuring out where an individual is situated as far as his condition of positive thinking.. It additionally secures a person on five measurements viz. Each individual wants for an all encompassing and satisfying life and the significant angles prompting a fulfilled life rotate around the dynamism of feelings, engagement, connections, seriousness, and accomplishment. To these PEROMA demonstrate brings "Good faith" as an impetus by which these variables get invigorated and stimulated. The scores on five measurements, which this instrument gives, are:

- Positive Emotions
- Engagement
- Relationship arrange
- Meaningfulness
- Accomplishment

Arrangement of Questions

There are sixty questions for measurements of Positive Emotions, Engagement, Relationship Network Meaningfulness, and Accomplishment. The inquiries are masterminded generally in a cyclic request controlled by an arrangement to give most extreme accommodation close by scoring circumstances and obviously to guarantee assortment and enthusiasm for the test-taker. The greatest score is 300. This scale is created by technique.

The Optimism Index was created and institutionalized over a period very nearly 10 years and with a populace of fluctuated ages around Delhi and different parts of the nation. Age savvy standards and diverse standards were gotten from tests taken from Indonesia, Nigeria, Hong Kong, Nepal, and the USA.

The Legitimacy of the Scale:

In the second period of the work, the things were appeared to a couple of specialists in the field to evaluate the reasonableness of the test things as far as face and substance legitimacy of the OI (Optimism Index). On the premise of the different master's recommendations and audits, certain things were erased, adjusted and included which appeared to be more proper with regards to the variable being measured. Just those things were held on which the specialists had 100 percent simultaneousness with each other. Along these lines, the face legitimacy and substance legitimacy were accomplished for the test.

Legitimacy is whether the test measures what it indicates to quantify.

Face Validity

Face legitimacy manages the issues of regardless of whether the thoughts contained in the test are effectively unmistakable as managing the germane measurement of PEROMA as displayed in 5 unique measurements. The test has appeared to exceptionally senior specialists from USA and India. Their reactions were very promising and extremely positive. Accordingly, the face legitimacy got built up.

Content Validity

For building up content legitimacy test was appeared to specialists from India and abroad. Their recommendations were joined into the last configuration of the test and in this way; the procedure of substance legitimacy was finished, with the proper and proposed alterations.

Simultaneous Validity

This test was utilized alongside PGI Subjective Well-being Scale and the coefficient of a relationship was observed to be 0.85 which is very high.

Dependability of the Scale: The Reliability of the Test

Dependability is a general term that portrays a class of actual systems tending to the exactness of the scale. American Psychological Association (APA) has portrayed Reliability as a list that measures how much test scores are free from mistakes of estimation.

Information for Reliability is given in table 1 and it demonstrates information for both inner consistency and for test steadiness. For interior consistency, the Kuder Richardson Formula 20 coefficients went from .824 -.916

As far as test security, Pearson's r was processed which ran from .812 -.915

Test re-test unwavering quality was built up on 100 grown-ups and yielded a Pearson's r of .91 the second testing in the test re-test was refined on similar subjects after a crevice of around 30-45 days after the underlying one.

The Depiction of the Scale:

There are add up to 60 things in this scale to quantify individual hopefulness, the scale incorporates five measurements of positive thinking feelings, engagement, relationship, seriousness, achievement. The extreme score is 300.

Scoring strategy: with the end goal of scoring the scores are granted to every announcement on the premise of SA (5), A (4), N (3), D (2), SD (1).

What's more, question no.3,7,11,13,18,21,23,24,31,33,39,40,52,53,54,56,57,58,59 scores SA(1), A (2), N(3), D(4) SD (5)

The greatest score is 300, demonstrated an abnormal state of assurances, low-level positive thinking score is 60, the middle score is 180. This is a five-point scale. Everything contains five choices

- 1) If you strongly agree circle SA,
- 2) If you agree with the statement circle A,
- 3) If you neither agree nor disagree circle N,
- 4) If you disagree circle D,
- 5) If you strongly disagree circle SD

This scale contains question no.3,7,11,13,18,21,23,24,31,33, 39,40,52,53,54, 56,57,58,59 add up to 19 are negative things that scores SA(1), A (2), N(3), D(4) SD(5).

7.Result and Discussion :

Our hypothesis "There is no significant difference between the different age group and optimism (OI)" was If Sig. (2-tailed) > 0.05, P value indicates how likely our sample result is if our means are really equal. In our case, $p = 0.006$ and that's unlikely enough for rejecting our null hypothesis. there is no changes in OI if age factor are Different so if Sig. > 0.05, we conclude that the assumption of equal variances holds. Since Sig. = 0.038 here, we report the first line of t test results, Valid in the marked data as equals according to above result there was no significant difference

between age and OI (optimism), because age is not a criteria to define the optimistic personality. The two different age group were taken in this researches in between 18-25 and 35-55, but result clearly indicate different age group are not an important factor for optimism because in different age group there are different challenges in life. These challenges in young age are like pressure for Carrier development, mental well being challenges in new environment, family and financial challenges etc, and in the adult age group lots of other challenges like family, personal, professional, social and economical challenges like health issues, job satisfaction, social and mental wellbeing, stress from social responsibility etc

Due to above reason optimism: OI, factor is almost same in two different age group according to our research hypothesis this also indicate that age is not a factor for optimism.

we conclude that optimism is totally depends upon person positive behavior and attitude and positive personality and thinking is big factor for changes in OI, Age is not a criteria. Research data indicate that how person face there challenges in life if they face there surroundings with positive attitude then they become an optimistic person and our research also supports that optimistic person are successful in their life and achieve there goal and challenges.

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means						
	F	Sig.	T	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
								Lower	Upper
OI Equal variances assumed	4.362	.038	-2.786	191	.006	-9.39624	3.37288	-16.04912	2.74336
Equal variances not assumed			-2.773	183.446	.006	-9.39624	3.38899	-16.08264	2.70983

Group Statistics

Age	N	Mean	Std. Deviation	Std. Error Mean
01	93	218.0538	24.95577	2.58779
1.00	100	227.4500	21.88278	2.18828

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