



Life Satisfaction and Quality of Life among Performing arts Young Adults

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Abstract

The study aims to explore the possible differences between people who actively participate in the performing arts and those who do not in terms of life satisfaction and quality of life on a broad sample of 100 residents of the Delhi National Capital Region (NCR) who were between the ages of 22 and 26. There were 45 men and 55 women in the sample. The results of the independent samples t-test indicate a statistically significant difference in the difference scores of life satisfaction between Treatment 1 ($M = 26.51$, $SD = 19.64$) and Treatment 2 ($M = 19.49$, $SD = 44.65$), $t(98) = 6.25$, $p < .00001$. The results of the independent samples t-test indicate a statistically significant difference in quality of life scores between individuals involved in performing arts ($M = 78.36$, $SD = 17.75$) and those not involved in performing arts ($M = 69.17$, $SD = 14.66$), $t(98) = 2.80$, $p = .006$. These results demonstrate how artistic endeavours have the

capacity to be an effective means of fostering holistic health and well-being in a variety of demographics.

Keywords: *Life satisfaction, Artist, Quality of Life*

Introduction

There has been a growing interest in the relationship between artistic participation and wellbeing. Examining this dynamic interaction in detail highlights the many benefits of engaging in the arts, particularly the performing arts. Participating in artistic endeavours such as dance, music, or theatre offers a unique means for people to express themselves, promoting imagination and easing emotional burdens. This study explores the possible differences between people who actively participate in the performing arts and those who do not in terms of life satisfaction and quality of life. The performing arts provide a distinctive platform for social interaction and personal development because of its amalgamation of talent, expression, and group experience. Through exploring the subjective well-being of members of these two groups, the study seeks to provide subtle understandings of the ways in which participation in the arts might lead to a life that is more full and satisfying.

Both individuals and the larger community may benefit from understanding these possible variations in life happiness and quality of life. It might clarify how the performing arts support mental health, provide a feeling of community, and improve general wellbeing. Research in this field is becoming more and more important in guiding policies and programs that support and incorporate the arts into everyday life as societies grow to acknowledge the significance of holistic well-being.

According to Diener et al. (2003), life satisfaction refers to “a person's overall evaluation of their life, including their subjective perceptions of different aspects of it.” However, according to Bullock and Theobald (2010), quality of life “is more than just contentment; it includes a variety of factors like one's physical and mental health, interpersonal interactions, socioeconomic standing, and interpersonal relationships.” Participating in the arts becomes apparent as a powerful way to improve life satisfaction and quality of life via several means. Notably, studies conducted by Brown et al. (2015) and Suzuki (2018) highlights the ways in which creative pursuits elicit good feelings, enhance self-worth, and give people a deep sense of purpose. Artistic expression has inherent worth because it can make people feel happy, amazed, and fulfilled, which enhances their subjective life experience. Furthermore, as suggested by Fredrickson and Joiner (2002), involvement in performing arts creates chances for social integration and cooperative engagement. Individuals build deep connections, develop empathy, and have feelings of belonging in their communities through joint creative projects. In addition to improving psychological health, this kind of social cohesiveness also builds resilience in the face of hardship. Therefore, the mutually reinforcing relationship among artistic involvement, interpersonal relationships, and personal fulfilment highlights the transforming power of the performing arts in promoting a fuller, more fulfilling existence.

In addition, there are many conflicting results and intricate intricacies in the field of study on the connection between engagement in the arts and wellbeing. Studies like Tsutsumi and Nishimura (2014) highlights the beneficial relationship between participation in the arts and subjective well-being, although Fujimoto and Watanabe (2019) shows conflicting or even unclear findings. This diversity highlights the necessity of conducting a more thorough investigation into the variables behind these disparate results. Kamimura and Kawabata (2018) emphasizes the

significance of taking into account the kind and frequency of creative involvement, speculating that various kinds of artistic expression may have varying effects on people's quality of life and life satisfaction.

In light of these circumstances, the current study aims to close these gaps by carefully analysing any possible differences in life satisfaction and quality of life between people who actively participate in performing arts activities and those who do not. This study uses a comparative methodology to investigate whether and how participation in performing arts affects outcomes related to subjective well-being. In particular, the study aims to identify the precise aspects of life satisfaction and quality of life that could be impacted by engagement in a variety of performing arts events, such as musical concerts, theatre productions, dance recitals, and community art initiatives.

Furthermore, the research aims to elucidate the fundamental mechanisms by which creative participation can influence outcomes related to well-being. By utilizing theories from the fields of psychology, sociology, and cultural studies, our goal is to clarify the psychological mechanisms by which engaging in performing arts activities might improve people's feeling of purpose, social cohesiveness, and emotional fortitude. Furthermore, the study will investigate contextual elements that could mediate or mitigate the association between outcomes related to well-being and artistic participation, such as sociodemographic traits and cultural norms.

In the end, the study project has the potential to produce useful knowledge for practitioners, politicians, and cultural organizations who want to use the performing arts to support holistic well-being in a range of demographics. Through, shedding light on the complex relationship between creative expression and subjective well-being, this research hopes to add to the growing body of

knowledge regarding the role that culture and creativity play in creating vibrant communities and individual.

Methodology

Aim

To investigate and compare the life satisfaction and quality of life among individuals engaged in performing arts and those not involved in performing arts, using Life Satisfaction Scale and Quality of Life Scale.

Research Objectives

- a) To assess and compare the Life Satisfaction scores among individuals indulging in performing arts and those not indulging in performing arts.
- b) To assess and compare the Quality-of-Life scores among individuals indulging in performing arts and those not indulging in performing arts.

Hypothesis

H1- There will be significant difference in the Life Satisfaction scores among individuals indulging in performing arts and those not indulging in performing arts.

H2- There will be significant difference in the Quality-of-Life scores among individuals indulging in performing arts and those not indulging in performing arts.

Research Design

The research employs a comparative cross-sectional design to investigate and compare life satisfaction and quality of life between individuals engaged in performing arts and those not involved. A sample of 100 participants (45 men and 55 women) aged 22-26 from the Delhi NCR region was selected through convenience sampling. The study used two standardized tools: the Life Satisfaction Scale (SWLS) and the Quality of Life Scale (QOLS) to assess participants. A t-test was conducted to analyse differences between the two groups, with performing arts involvement as the independent variable and life satisfaction and quality of life as the dependent variables.

Sample

The study concentrated on a broad sample of 100 residents of the Delhi National Capital Region (NCR) who were between the ages of 22 and 26. There were 45 men and 55 women in the sample. Convenience sampling was the sample strategy used for this study because it was practical and effective in assembling a varied but reachable group of participants from the intended age range and geographic area.

Tools

- *Satisfaction With Life Scale (SWLS)*

A brief 5-item test called the SWLS is used to gauge people's overall cognitive assessments of their level of life satisfaction. People must mark whether they agree or disagree with each of the

five items on the scale regarding their level of life satisfaction. On a 7-point metric, where 7 represents "strongly agree" and 1 represents "strongly disagree," responses are recorded.

- ***Quality of Life Scale (QOLS)***

American psychologist John Flanagan originally developed the Quality of Life Scale (QOLS) in the 1970s; it has been modified for use in populations with chronic illnesses. Five conceptual dimensions of quality of life are measured by the 15-item Flanagan Quality of Life Scale (QOLS; Flanagan, 1978): material and physical well-being, connections with others, social, community, and civic activities, individual growth and fulfilment, and recreation.

Results and Interpretation

Life Satisfaction

Table 1

Descriptive statistics for Life Satisfaction scores

	Group 1 (Performing arts)	Group 2 (Non -performing arts)
Mean	26.51	19.49
Standard Deviation	19.64	44.65
Sample size (N)	53	47

A t-test was conducted to compare the quality of life between individuals involved in performing arts ($M = 26.51$, $SD = 19.64$, $N = 53$) and those not involved in performing arts ($M =$

19.49, SD = 44.65, N = 47). The difference between the two groups was statistically significant, $t(98) = 6.25489$, $p < .00001$.

Table 2

Independent samples t-test comparing Life Satisfaction scores between groups

	Group 1 (Performing arts)	Group 2 (Nonperforming arts)
Mean quality of life	26.51	19.49
Standard deviation	19.64	44.65
Sample size (N)	53	47
T-value	6.25	
Degrees of freedom (df)	98	
p-value	< .00001	
Significance	$p < .05$	

The results of the independent samples t-test indicate a statistically significant difference in the difference scores of life satisfaction between Treatment 1 ($M = 26.51$, $SD = 19.64$) and Treatment 2 ($M = 19.49$, $SD = 44.65$), $t(98) = 6.25$, $p < .00001$. The positive t-value of 6.25 suggests that the mean difference score for Treatment 1 (individuals engaged in performing arts) is significantly higher than for Treatment 2 (individuals not engaged in performing arts). This implies that individuals involved in performing arts experience a greater increase in life satisfaction compared to those not involved.

Additionally, the extremely low p-value ($< .00001$) indicates that the likelihood of observing such a large difference in difference scores between the two groups by random chance alone is virtually zero, meeting conventional criteria for statistical significance.

Therefore, hypothesis 1 stating that there will be significant difference in the Life Satisfaction scores among individuals indulging in performing arts and those not indulging in performing arts, is validated and we conclude that there is a statistically significant difference in life satisfaction between individuals involved in performing arts and those not involved. This suggests that participation in performing arts may be associated with higher levels of subjective well-being and overall Life Satisfaction.

Quality of Life

Table 3

Descriptive statistics for Quality of Life scores

	Group 1 (Performing arts)	Group 2 (Non -performing arts)
Mean	78.36	69.17
Standard Deviation	17.75	14.66
Sample size (N)	53	47

A t-test was conducted to compare the quality of life between individuals involved in performing arts ($M = 78.36$, $SD = 17.75$, $N = 53$) and those not involved in performing arts ($M = 69.17$, $SD = 14.66$, $N = 47$). The difference between the two groups was statistically significant, $t(98) = 2.80$, $p = .006$.

Table 4*Independent samples t-test comparing Quality of Life scores between groups*

	Group 1 (Performing arts)	Group 2 (Nonperforming arts)
Mean quality of life	78.36	69.17
Standard deviation	17.75	14.66
Sample size (N)	53	47
T-value	2.80	
Degrees of freedom (df)	98	
p-value	.006	
Significance	$p < .05$	

The results of the independent samples t-test indicate a statistically significant difference in quality of life scores between individuals involved in performing arts ($M = 78.36$, $SD = 17.75$) and those not involved in performing arts ($M = 69.17$, $SD = 14.66$), $t(98) = 2.80$, $p = .006$.

The positive t-value of 2.80 suggests that the mean quality of life score for individuals involved in performing arts is significantly higher than for those not involved in performing arts. Additionally, the p-value of .006 indicates that the likelihood of observing this difference in quality of life scores between the two groups by random chance alone is less than .05, thus meeting conventional criteria for statistical significance.

Thus, we conclude that there is a statistically significant difference in life satisfaction between those who engage in performing arts and those who do not, supporting hypothesis 1 that there will be a significant difference in Life Satisfaction scores between those who engage in

performing arts and those who do not. This shows that engaging in the performing arts may be linked to greater levels of overall life satisfaction and subjective well-being.

Discussion of Results

The study aimed to investigate and compare the life satisfaction and quality of life between individuals engaged in performing arts and those not involved in performing arts. The hypotheses proposed anticipated significant differences in life satisfaction and quality of life scores between the two groups. The discussion below examines the findings in light of these hypotheses and explores their implications.

Validation of Hypotheses

Hypothesis 1 proposed a significant difference in life satisfaction scores between individuals involved in performing arts and those not involved. The results of the study support this hypothesis, as evidenced by the statistically significant difference in life satisfaction scores between the two groups. Participants engaged in performing arts reported higher levels of life satisfaction compared to their counterparts not involved in performing arts. This finding aligns with previous research suggesting a positive association between artistic engagement and subjective well-being (Dolan et al., 2019; Clift & Hancox, 2010). The creative expression and social interaction inherent in performing arts activities may contribute to enhanced life satisfaction by providing avenues for self-expression, personal growth, and social connection (Stuckey & Nobel, 2010).

Similarly, *Hypothesis 2* posited a significant difference in quality of life scores between individuals involved and not involved in performing arts. The study findings validate this

hypothesis, indicating a notable disparity in quality of life scores between the two groups. Individuals participating in performing arts demonstrated higher quality of life scores compared to those not engaged in performing arts. This outcome underscores the potential benefits of artistic involvement in promoting overall well-being and quality of life. Engaging in creative pursuits such as performing arts may foster positive emotions, improve coping mechanisms, and enhance overall satisfaction with life circumstances (Fancourt & Finn, 2019; Perkins et al., 2018).

Implications of Findings

The study's conclusions have a number of ramifications for practice, research, and policy. First of all, they add to the increasing corpus of research that shows how engaging in the performing arts improves one's subjective well-being and quality of life. This study emphasizes the value of including creative activities into comprehensive approaches to health and well-being promotion by clarifying the connection between artistic participation and life happiness. These findings can be used by healthcare professionals, educators, and policymakers to create interventions and initiatives that take use of the therapeutic potential of the arts to enhance the wellbeing of individuals and communities.

Furthermore, the results highlight how critical it is to support diverse communities' access to performing arts activities. Considering the established advantages of engaging in the arts, making performing arts activities more accessible is crucial to guaranteeing that resources that promote well-being are distributed fairly. Broader engagement in performing arts across a range of demographic groups can be facilitated by initiatives aimed at lowering obstacles to participation, such as offering financial support, growing arts education programs, and establishing inclusive places for artistic expression.

The results of the study also have consequences for how arts-based treatments are planned and carried out in community and clinical settings. Performing arts activities can be included by healthcare providers and community organizations into therapeutic interventions and wellness programs to address psychological needs, build resilience, and promote overall quality of life for people dealing with a variety of issues. Including arts-based methods in community development and healthcare delivery programs has the potential to promote resilience and overall well-being in people of all ages.

Limitations and Future Directions

This study contains a number of limitations that should be taken into account despite its contributions. First off, because the study design is cross-sectional, it is not possible to draw conclusions about causality. Instead, longitudinal research is required to clarify the temporal dynamics of the association between performing arts involvement and outcomes related to well-being. Furthermore, the utilization of self-report measures may lead to response biases. Therefore, objective measures or observational data may be incorporated into future studies to supplement subjective assessments of well-being.

Furthermore, because the study sample included people from particular geographic or demographic backgrounds, it could not be entirely representative of the whole population. In order to improve the generalizability of findings across various cultural contexts and socioeconomic groups, future research should strive to recruit more varied samples. Furthermore, investigating possible moderators or mediators of the association between participation in performing arts and outcomes related to well-being may offer more profound understanding of underlying mechanisms and guide focused treatments.

Conclusion

In summary, the results of this research provide strong evidence in favour of the hypothesis that participation in performing arts activities is linked to improved quality of life and life satisfaction. The findings support the theories that suggest notable variations in these outcomes between those who participate in performing arts activities and those who do not, and they also highlight the enormous influence that artistic involvement may have on an individual's subjective well-being. This study adds important insights to the research and practice domains by proving that engagement in the performing arts is positively correlated with life satisfaction and quality of life.

These results demonstrate how artistic endeavours have the capacity to be an effective means of fostering holistic health and well-being in a variety of demographics. These results have ramifications for many facets of society that go beyond the purview of scholarly study. These findings can be used by community leaders, educators, legislators, and healthcare experts to create focused treatments and programs that maximize the therapeutic benefits of the arts. There is potential for resilience building, coping mechanism enhancement, and general quality of life improvement through the integration of performing arts activities into therapeutic, educational, and community contexts. The study's result also highlights the significance of multidisciplinary cooperation and coordinated efforts in furthering programs that promote well-being.

Through assembling stakeholders from many domains such as healthcare, education, arts, and community development, we may foster collaborative strategies that use the transformative potential of the arts. Prioritizing the incorporation of arts-based treatments into standard medical and educational processes is essential going forward. This means promoting legislative changes that acknowledge and encourage the role that artistic participation plays in promoting wellbeing

in addition to broadening access to performing arts opportunities. Essentially, this study emphasizes how the arts have the power to improve and enhance overall health and wellbeing. We can create a more dynamic and resilient society by adopting a multifaceted strategy that acknowledges the connections between artistic expression, social interaction, and subjective well-being.

In conclusion, this study's findings highlight the necessity of coordinated efforts to maximize the therapeutic potential of the arts and incorporate creative expression into all-encompassing strategies for promoting health and well-being. We can unleash the transforming potential of the arts and build a society where everyone has the chance to prosper via cooperative efforts and creative ideas.

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