



## Life Satisfaction among Green-Collar & Red-Collar Workers: A Comparative Study

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### ABSTRACT

The present study has tried to explore the differences in the perception of Life Satisfaction of Green-collar and Red-Collar workers. For this data was collected on 100 male respondents only who were equally divided into Green-collar workers =50 and Red-collar workers =50. Alam & Srivastava's (2002) Life Satisfaction Scale was utilized for measuring the Life Satisfaction of the respondents. The Respondents were selected using Quota Sampling. The results have revealed that Green Collar Workers reported better Life Satisfaction as Compared to Red Collar Workers. The findings of the present study may enlightening for the educators and counselors to inculcate such thought in their children while upbringing which will cause better Life satisfaction and Mental Health in their children in future.

**KEYWORDS:** Life-Satisfaction, Green Collar and Red collar workers

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Mahatma Gandhi

“Happiness is when what you think, what you say, and what you do are in harmony.”

Life satisfaction is a bit more complex than it seems; the term is sometimes used interchangeably with happiness, but they are indeed two separate concepts. Life satisfaction is the evaluation of one's life as a whole, not simply one's current level of happiness. Life satisfaction is the way in which people show their emotions, feelings (moods) and how they feel about their directions and options for the future. Life satisfaction involves a favorable attitude towards one's life rather than an assessment of current feelings. *OECD (2012)*. An overall assessment of feelings and attitudes about one's life at a particular point in time ranging from negative to positive (Buetell, 2006). Not only does greater life satisfaction make us feel happier and simply enjoy life more, it also has a positive impact on our health and well-being. The present study has tried to explore the life satisfaction of Green Collar and Red Collar workers.

### Green Collar workers:

“Green” jobs include those whose tasks seek to increase sustainability and to decrease waste, energy use, and pollution. So green collar employees often work for the safety and welfare of the environment.

A green-collar worker is a worker who is employed in the environmental sectors of the economy. Environmental green-collar workers satisfy the demand for green development. Generally, they implement environmentally conscious design, policy, and technology to improve conservation and sustainability. (Wikipedia).

### Red Collar workers:

Red collar workers are perhaps the easiest collar group to define: they're government workers of all types. The “red collar” moniker actually derives from previous government labor compensation methods. Government workers used to receive their pay from what was known as the red ink budget—and the nickname stuck.

## I. METHODOLOGY

### Objectives:-

1. To study the Life Satisfaction of Male Green Collar and Male Red Collar Workers.

### Hypotheses:

1. There would be significant difference in Life Satisfaction of Male Green Collar and Male Red Collar Workers.

**Sample**

A sample of 100 respondents (50 Male Green Collar and 50 Male Red Collar Workers) were chosen through quota sampling method. Only nonexecutive Red Collar workers were selected for the study to make a valid comparison of them with green collar workers as all the green collar workers chosen for the present study belonged to nonexecutive category.

**Tool Used**

Alam & Srivastava's (2002) Life Satisfaction Scale was utilized to measure the life satisfaction of Green Collar and Red Collar Workers. LS questionnaire has 60 questions.

**Procedure:** The data was selected using purposive sampling method. The respondents were contacted personally and the data was collected through Questionnaire method. The questionnaire required approximately 10-15 minutes to complete.

**Statistical-Tools:-** The data was analyzed using Mean, S.D. and t-test

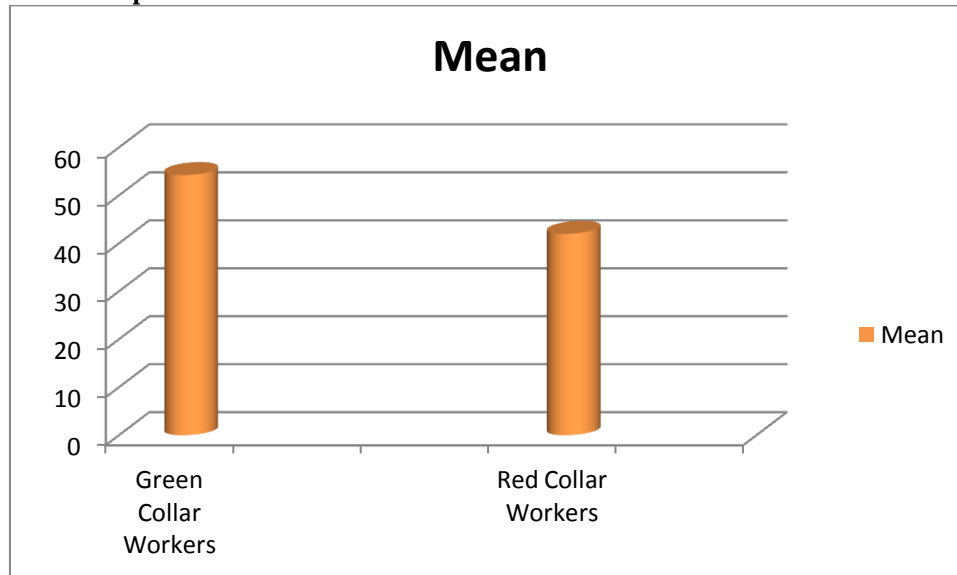
**II. RESULTS AND DISCUSSION**

The results obtained are as under:

**Table 1 :- Mean, and t-value on Life Satisfaction of Green and Red Collar Workers.**

Type of Workers	Life Satisfaction		
	Mean	SD	t-values
<b>Green Collar Workers</b>	<b>54.23</b>	<b>5.21</b>	<b>11.22**</b>
<b>Red Collar Workers</b>	<b>41.99</b>	<b>3.22</b>	

**Graph-1: Mean on Life Satisfaction of Green and Red Collar Workers.**



As it is evident from the inspection of Table no 1 that the obtained t value on life satisfaction was found to be significant. It is clear from the comparison of Means (Table-1 & Graph-1) that Green Collar workers significantly reported better life satisfaction as compared to Red collar workers. This finding accepts the hypothesis of the present study suggesting that there would be significant difference in Life Satisfaction of Male Green Collar and Male Red Collar Workers. There is indeed evidence in psychology suggesting that being exposed to green, natural **environments** improves mental well-being. Mechanisms include a reduction in stress, a rise in positive emotions, cognitive restoration, and positive effects on self-regulation. Environmental conditions are likely to have an effect on people's sense of life satisfaction, both directly and indirectly. (Berman, et al 2008). The finding of the present study is supported by Berman et al. Red collar workers because of their routine work probably reported less life satisfaction as compared to Green collar workers. Green collar workers are employed by the environmental sectors of the economy. These environmental green collar workers (who hold "green jobs") help to satisfy the ever-growing need and demand for green development may be reason for their better life satisfaction.

### III. CONCLUSION:

Satisfaction with one's life implies contentment with or acceptance of one's life circumstances, or the fulfillment of one's wants and needs for one's life as a whole. In essence, life satisfaction is a subjective assessment of the quality of one's life. We will find that our life satisfaction improves at the same time. These factors include relationships with loved ones, fulfillment from work, satisfaction with your physical health, happiness with your romantic life, and contentment with our sense of spirituality or religion. So there is need to develop such jobs which are more likely to give satisfaction to people and that will positively contribute to their job output also. Green collar workers tend to focus on implementing environmentally-conscious designs, policies, and technologies designed to help improve environmental conservation and sustainability which makes them feel more satisfied towards the life.

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