

Full Length Research Paper

Life satisfaction associated with existence, relatedness and growth needs fulfillment

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The attainment of a satisfied human ecology is characterized by both subjective and objective view that depicts life satisfaction in its specific dimensions and arising from the hierarchical fulfillment of human's existence (E), relatedness (R), and growth (G) needs fulfillment. This research looked into these life sustaining facets, ERG, and the interaction of subjective and objective life satisfaction among Filipino adults. The endeavor is a preliminary exploration of the humanity's basic and higher needs attainment and its association with both subjective and objective life satisfaction. A sample of 116 Filipino adults participated in the study. Correlations and regressions were employed to prove the hypothesized relation between the dimensions of ERG needs fulfillment as well as interaction between subjective and objective life satisfaction. Interestingly, results confirmed the hypotheses that ERG needs fulfillment as a whole, associates with both subjective and objective life satisfaction. Specifically, existence needs fulfillment positively relates with body built and literacy dimensions, while relatedness needs fulfillment negatively relates with adherence to moral norms. On the other hand, relatedness needs fulfillment relates negatively with trust in others while growth needs fulfillment relates positively with leisure time utilization and perceived discrimination. There is also an interaction between subjective and objective life satisfaction herein explaining the dynamics of life satisfaction among the sampled adults.

Key words: Existence, growth, relatedness, objective and subjective life satisfaction.

INTRODUCTION

Human beings are in continuous struggle for total life satisfaction (Tatarckiewics, 2008). On one hand, a person derives his sense of happiness from the dictates of the society, on things extrinsic and temporal, on the other hand, he imbibes certain values within him that eventually yield to his subjective life satisfaction (Veenhoven, 1990). Happiness seems to be relative to conforming to what others do vis-a-vis intrinsically set standards (Parot and Diener, 1993). This means that as

human beings relate with one another in the environment, they set within them conditions that fulfills their subjective well-being and their state of happiness from objective aspects. With men and women interacting and with varying range of needs, human ecology reflects a mixture of values and dissatisfaction (Glendon, in www.univforum.org).

Life satisfaction is said to be attained in fulfilling what the human ecology considers to be necessary. There is a

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need to reflect on adaptive ways by way of setting legal norms as well as listening to feedback from others. Alderfer (1972) posited that human needs range from the most basic needs such as food, clothing, and shelter or existence (E) needs. Relatedness (R) needs refer to one's having friends and contacts within reach and whom one can count on when he needs the most support (Andersen et al., 2008). Literature (Wrong, 1961) posits that the immediate social environment affirms one's sense of respect and self-esteem. Growth (G) needs refer to one's aesthetic and actualization needs attained in other's respect and reverence (Seligman et al., 2005). These needs are reflected in fulfilling philanthropic desires (Branscombe et al., 1999) or in performing charitable activities. Self-determination theory (Deci and Ryan, 1995; Ryan and Deci, 2000) posits the attainment of intrinsic motive arising from external motivators, thus those things rendered by the external or social environment would matter to each individual by way of internalizing these and therein yield internal or subjective life satisfaction.

Life satisfaction is a conscious cognitive, global judgment of one's own life. It refers to one's well-being and happiness with what a person has achieved thus far (Buetell, 2006). However, the Organization for Economic Co-operation and Development (OECD, www.oecd.org/about) states that happiness or well-being is reflected in how people evaluate their life as a whole. Accordingly, life satisfaction is not just an assessment of externally imposed standards alone but it equally depends upon one's fulfillment of life circumstances with some internal standards met (Diener et al., 1985). Corollarily, there can be subjective or internal, and objective or external indicators of life satisfaction (The Social Report 2010: 124-126) among individuals.

Literature has proven that happiness or well-being is subjective and therefore intrinsic, manifesting itself in human being's intentional and noble contribution to the society. However, a gap exist in correlating specific dimensions of objective and subjective life satisfaction as well as looking into the interaction that transpire between objective and subjective life satisfaction among adult population, specifically among Filipinos who seem to be trapped in their search for existence needs satisfaction (Berket and Ross, 2012).

Subjective life satisfaction is attained in reaching standard intentionally set for oneself and personally achieving such autonomously. Seligman et al. (2005) stated that subjectively satisfied individuals are particularly concerned with facets such as *leisure time utilization, perceived discrimination, fear of crime, contact with family and friends, and trust in others*. When one is able to satisfy these facets, subjective life satisfaction is ensured (Diener et al., 1985; Diener et al., 2012) somehow. Leisure time utilization means spending one's time wisely and enjoyably with family and friends. Undeniably, it requires effort to be successful in one's

career, at the same time perform family responsibilities. For example, a family member would want to work productively for his family and be intrinsically satisfied (Tella, 2007) as the family needs are satisfied.

In one's work and even in the community, there is inevitable discrimination that is perceived, for those who can strongly overcome this perception, subjective life satisfaction transpires. Branscombe et al. (1999) found that freedom from racism predicts well-being and that perception of discrimination relates negatively with life satisfaction. Fear of crime must be eliminated and worked on. It is a fact that dangers are anywhere and that criminals are roaming around. Among those who develop the fear that crimes may happen anytime, their happiness is deterred somehow (Adams and Serpe, 2000). Safety therefore is becoming a perennial concern for leaders and followers as well as the common populace.

Humans are by nature longing for attachment; hence, they want to feel assured that they have their family and friends around to rely on. Such contact ensures attachment and alleviates ones state of contentment (Wang, 2011) and security of a social network. An individual would want to be always trusting and depending on others. On the other hand, he also wants to feel trusted and depended on.

Objective life satisfaction on the other hand, regards conformity with the standards set by significant others, including but not limited to facets such as: *life expectancy, body built, literacy, communicative skills, income level or socio economic status, access to technology and adherence to moral norms* (Seligman et al., 2005). Objective life satisfaction may be temporal in that it is attained only when one is able to meet the standards set by significant others or the society. For example, in matters relating to life expectancy, one would judge it to be healthy and productively living in conformity with the expectations for the life span lived by the common people (Ilardi et al., 1993).

An ideal *body built* is the athletic type or the sexy feeling that is attractive and resistant to ailments. To some extent, health is measured by the number of physical symptoms or health problems an individual is experiencing. One sees a person to be healthy when there are no much hospital visits and hence no sick leaves (Rueden et al., 2006).

Literacy refers to one's communicative competence and sense of competitiveness with other social beings. Every human being is expected to convey information to others in the most efficient way. When this is lacking, there is inevitable conflict and misunderstanding and thus feeling of insecurity or dissatisfaction (Suikkanen, 2011). Socioeconomic status refers to the amount of gain or recurrent benefit measured in terms of monetary units earned from capital or labor (Okuliez, 2012) such that, the higher the income level, the happier one may perceive life is.

Technological access refers to one's capability to

purchase equipment and make his work easy and convenient. Everyone else aspires for the capability to acquire what is 'in' and which can make better connections with others through online. One seems proud and highly connected when he has technology within reach (Currie et al., 1997).

A final dimension of objective life satisfaction is one's adherence to moral norms, that is, ensuring compatibility with the society's behavior (Fourie, 2014). Insofar as people connect their satisfaction level with others, their inclination is always to assure that they are not violating any of the norms of the society. It is observed however that, Filipinos are unconsciously violating general standards of valuable way of thinking and living, thus moral norms are distorted and so are Filipinos' values systems (Jocano, 1998).

The preceding discussions have categorized life satisfaction into subjective and objective dimensions. Radcliffe (2001) argued, "subjective appreciation of life depends upon the objective quality of life." as the human person consistently struggling to fulfill what he feels he need in his current stage, he inevitably experience chaos and conflict within himself and with the social environment (Chesterton, 1992). According to the popular Whole Life Satisfaction theories of happiness an agent is happy when he judges that his life fulfills his ideal life qualified as subjective well-being and happiness (Suikkanen, 2011).

Veenhoven (2007) posited that happiness depends on unreasoned emotional experience, reflecting gratification of needs. Affect theory posits that happiness is inferred in how we feel in the first place and how we objectively perceive situations (Veenhoven, 2007) in another place. This means that, a person is happy when he finds that his sense of being is compatible with how he intrinsically views life, such that his needs are met at the same time his life conforms with the social standards of the society at least in harmonious relationship with significant others (Yang et al., 2011).

Individuals retain a given set of value priorities developed in their formative years throughout adult life (Socialization hypothesis by Frijns, 2010). Comparison theory states that happiness results from a rational mental calculus involving comparison with standards of a good life. Thus, life satisfaction is a product of both internally set standards and objectively viewed sources, for and in consideration of the society's norms and expectations (Deci et al., 2001).

In as much as subjective and objective dimensions of life satisfaction are at hand, some factors may be in place as conditions to attain this end. As Beutell (2006) put it, correct actions lead to individual well-being and happiness. Alderfer (1972) posited happiness and subjective well-being arising from the more concise and contextualized hierarchical needs of human beings. These needs range from one's need for food, clothing and shelter to the needs for social contacts and

friendships where status and security is derived from. On top are the needs for autonomy and actualization derived from involvement in community and charitable activities and programs. These are the ERG factors posited to be associated with life satisfaction.

Individually, E represents one's need for existence met through the basic necessities of life: food, clothing, money and shelter. Relatedness is nested in one's feeling of security, belonging and respect (Yang et al., 2011). The human ecology is characterized by men and women who are interacting with this kind of social environment and who are intrinsically longing for subjective life satisfaction. This entails mutual trust of humanity, prevention from suffering, isolation, loneliness, and distance from others (Currie et al., 2008). This fulfills both the social and the interpersonal desires of the entire human ecology. In a way, organizational membership will help so much in the attainment of relatedness needs (Deci et al., 2001; Ilardi et al., 1993). G represents growth needs which are attained in the fullness of life through most meaningful and desirable state, to Christians, it means in communion with the Creator. Psychologically, growth needs means adjusting with oneself and with the environment (Ryan et al., 1995).

Life satisfaction is derived from harmoniously living in a society that is characterized by social relationships impinging its effect and dynamics in the inner core of an individual (Feldman, 2008). These relationships include attachment with parents, assurance of provision, and security in one's life situation. The Catholic church put in the fact that ecological movement sometimes neglects respect for individuality, thus human beings must have to strive hard to attain some internally satisfying state of life. That people long to grow in deeper contact with the surrounding world at the same time fulfill an inherent longing to be with our Creator. In the furtherance of achieving ecologically healthy lifestyles there is a search for virtues, acceptance of individuality, healthy relationship between persons, fellow citizens of one's nation, citizens of other nations and future generations (Forgeard et al., 2011).

Literature has dealt on the attainment of life satisfaction through objective yet temporal ways of satisfying the human being's happiness and life satisfaction. Little has been done to expound on the subjective and objective facets of life satisfaction as well as explain the underlying mechanism behind this attainment. This research aims to measure the extent of associating these ERG needs fulfillment with both subjective and objective life satisfaction among sampled Filipino adults. Also, it delved on the specific association of existence, relatedness and growth needs fulfillment to the individual dimensions of objective and subjective life satisfaction. In effect, an identification of the satisfaction level of Filipino adults is revealed to recommend undertaking to uplift leveling in the entire humanity whenever feasible. The endeavor is an initial attempt to associate ERG needs

fulfillment on one's subjective and objective life satisfaction. Specifically, it addressed the association of Existence, Relatedness and Growth needs fulfillment to both subjective and objective life satisfaction. Additionally, the research looked at the interaction between subjective and objective life satisfaction of the selected adult participants.

The study is delimited to the subjective dimensions of life satisfaction such as leisure time utilization, perceived discrimination, fear of crime, contact with family and friends and trust in others. Objective factors cover dimensions such as life expectancy, body built, literacy, communicative skills, income level or socio-economic status, access to technology and adherence to moral norms. Further limitation of the study was in the number of respondents involved in this preliminary exploration (Hanslmaier, 2013; Huebner, 1991a, b).

Hypotheses

1. Existence needs fulfillment relates with leisure time utilization, perceived discrimination, fear of crime, contact with family and friends, and trust in others which are aspects of objective life satisfaction (OLS).
2. ERG needs fulfillment relates with body built, life expectancy, literacy, communicative skills, socio-economic status, access to technology and adherence to moral norms which are aspects of subjective life satisfaction (SLS).
3. There is interaction between subjective and objective life satisfaction among the Filipino adults sampled.

MATERIALS AND METHODS

This endeavor is quantitative and correlational in design. It employed correlational analyses between and among the dimensions (Huebner et al., 2004) of subjective and objective life satisfaction among the one hundred sixteen (116) sampled adults.

Study group

There were one hundred and sixteen (116) Filipino adults (35 males, 81 females) who are parents of college students in a state university. Data gathering was made while these parents help in the enrollment of their child or brother or sister as the case may be. They were asked to answer a survey questionnaire made in a form of an interview upon giving the informed consent about the intent and content of the study. The study looked into the correlation of the ERG needs fulfillment on both subjective and objective life satisfaction of the Filipino adult sampled. Data was gathered through survey questionnaires based on participants' self-report. Participants are characterized as working population who are in their adulthood stage (45 to 64 years old). They are Filipino adults who were purposively invited to answer the survey questionnaire.

Research instrument and data gathering procedure

The survey questionnaire is composed of three parts; part 1

contains the profile information (sex, religious affiliation, educational level, civil status, nature of work, number of dependents and average monthly income) about the participants. Part 2 gathered information about the participants' Existence, Relatedness and Growth needs satisfaction measured through five-point Likert type scale where 1 is never, 2 is seldom, 3 is sometimes, 4 is always and 5 is oftentimes. A sample item reads, "You feel safe with the presence of your friends and relatives." Part 3 measured the subjective and objective life satisfaction of participants on the three needs cited. Items were responded based on Likert scale where 1 is strongly disagree, 2 is disagree, 3 is neither, 4 is slightly agree and 5 is strongly agree. A sample item reads, "You see your life conforming to the standards of the society." For pilot testing, the author constructed questionnaire to a sample of fifty-five parents, it yielded a high reliability coefficient of 0.88 in its seven demographic items for the first part, twenty-three items in its second part and forty-six items in its third part. Figure 1 shows the conceptual framework of ERG (Figure 1)

Data collection and analysis

Data were analyzed descriptively through standard deviation, means, and percentage of the sum of the sampled participant's scores. Furthermore, the researchers assigned codes to some variables for the purpose of computation. Further analysis employed was establishing the degree of association between the ERG needs fulfillment and the dependent variable of subjective and objective life satisfaction among the adult samples through Pearson product moment correlation (r). Content analysis was made to check for multicollinearity of the items. The items yielded a good reliability of $\alpha = 0.89$, with an overall mean score of 3.7 explaining 0.98% of variance. Based on the data gathered, the average age of the participants was 54, the average number of dependents was 3, and for the average monthly income, it was PhP 10,442. Furthermore, 30% of the participants ($N=116$) were males while 70% were females, 97% were married, 3% were considered single or solo parent; 58% had some professional level of educational attainment and 42% did not attend college. In terms of religious affiliation, 100% of the participants claimed to be Christians. Data was collected in the scholarship office during the renewal and/or application for scholarship of the student recipient of grant.

RESULTS

Table 1 reveals positive association of leisure time utilization ($r=0.88$) and perceived discrimination ($r=0.788$) with growth needs fulfillment. This means that for every unit increase in leisure time utilization and perceived discrimination, there is an increase (0.88 and 0.788, respectively) in growth needs fulfillment as a facet of subjective life satisfaction. On the other hand, there is negative correlation between trust in others ($r=-0.748$) and relatedness needs satisfaction. This means that for every unit increase in trust in others there is a decrease of 0.74 in the relatedness needs satisfaction - a facet of subjective life satisfaction among the sampled adults.

Table 2 reveals significant positive correlation between body built and existence needs fulfillment ($r=0.67$), significant negative correlation between literacy ($r=-0.63$) and relatedness needs satisfaction and negative significant correlation between adherence to moral norms

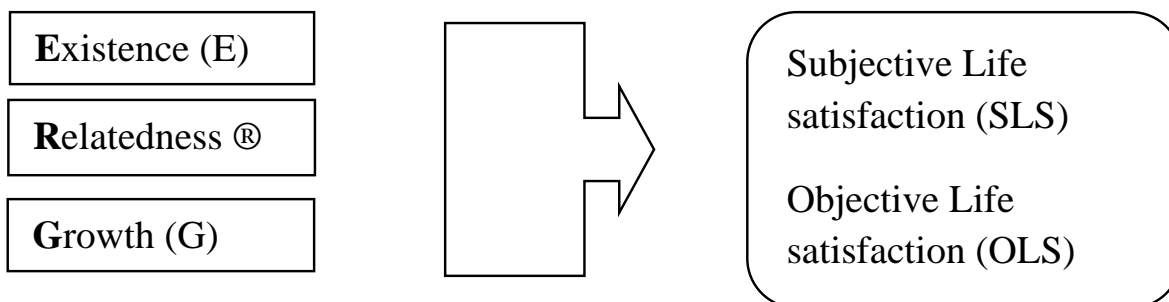


Figure 1. Conceptual framework depicting the association of Existence, Relatedness and Growth Needs Fulfillment on Life Satisfaction.

Table 1. The association of ERG Needs fulfillment on the dimensions of subjective life satisfaction (SLS).

Subjective life satisfaction		Existence needs	Relatedness needs	Growth needs
Leisure Time Utilization	Pearson correlation	0.130	-0.559	0.883⁺
	Sig. (2-tailed)	0.688	0.059	0.019
	N	116	116	116
Perceived Discrimination	Pearson correlation	0.131	-0.461	0.788⁺
	Sig. (2-tailed)	0.684	0.132	0.013
	N	116	116	116
Fear of Crimes	Pearson Correlation	0.421	-0.166	-0.059
	Sig. (2-tailed)	0.173	0.607	0.855
	N	116	116	116
Contact with Family and Friends	Pearson Correlation	-0.096	-0.392	-0.160
	Sig. (2-tailed)	0.766	0.207	0.620
	N	116	116	116
Trust in Others	Pearson correlation	-0.078	-0.748⁺	-0.165
	Sig. (2-tailed)	0.809	0.023	0.608
	N	116	116	116

($r=-0.675$) and existence needs fulfillment. Results means that with every unit increase in body built there is 0.66 increase in existence needs satisfaction which is a facet of objective life satisfaction. Also, with every unit increase in literacy, there is a decrease of 0.63 in relatedness needs fulfillment.

Looking into the interaction of subjective and objective life satisfaction, Table 3 reveals interaction in the relatedness needs fulfillment ($r=0.85$ and $r=0.62$, respectively) which seems to be the prime concern among the sampled adults.

DISCUSSION

Data revealed that respondents are generally satisfied

with their life subjectively despite perception of poverty in the country (Lago, Philippine Daily Inquirer, April 02, 2013). The study found existence needs fulfillment significantly associates with both subjective ($r=0.33$) and objective ($r=0.53$) life satisfaction. Findings reveal the fact that Filipino adults are aware that fulfilling their ERG needs would matter in their objective and subjective wellbeing. As they fulfill their needs for food, clothing, shelter, for friends, love ones, and help in community projects, they will attain their desired life satisfaction. Noteworthy however, is the level of needs satisfaction that is only until *relatedness* and have not reached *growth needs fulfillment*.

Relatedness needs fulfillment is found to be associated with both subjective life satisfaction ($r=0.62$), but the value is higher for objective life satisfaction ($r=0.85$).

Table 2. The association of ERG needs fulfillment on the dimensions of objective life satisfaction (OLS).

Objective life satisfaction		Existence needs	Relatedness needs	Growth needs
Life expectancy	Pearson correlation	-0.282	-0.321	-0.044
	Sig. (2-tailed)	0.374	0.310	0.892
	N	116	116	116
Body built	Pearson correlation	0.666*	-0.105	0.411
	Sig. (2-tailed)	0.018	0.746	0.184
	N	116	116	116
Literacy	Pearson correlation	0.244	-0.631*	0.440
	Sig. (2-tailed)	0.445	0.028	0.152
	N	116	116	116
Communicative skills	Pearson correlation	-0.304	0.023	0.330
	Sig. (2-tailed)	0.337	0.945	0.295
	N	116	116	116
Socio economic status	Pearson correlation	0.155	-0.068	0.266
	Sig. (2-tailed)	0.630	0.834	0.403
	N	116	116	116
Access to technology	Pearson correlation	-0.142	-0.448	0.449
	Sig. (2-tailed)	0.659	0.144	0.143
	N	116	116	116
Adherence to moral norms	Pearson correlation	0.018	-0.675*	0.379
	Sig. (2-tailed)	0.956	0.016	0.225
	N	116	116	116

Table 3. The association of ERG needs fulfillment to both subjective and objective life satisfaction (SLS and OLS).

ERG items	Outcome	Pearson correlation	R	R ²	B	Sig.
Existence	SLS	0.76	0.33*	0.11	0.33	0.9
	OLS	0.59	0.53*	0.28	0.53	0.299
Relatedness	SLS	0.85	0.62*	0.38	0.62	0.43
	OLS	0.62	0.85*	0.007	0.08	0.803
Growth	SLS	0.76	0.35*	0.12	0.35	0.29
	OLS	0.59	0.34*	0.112	-0.34	0.314

Findings imply Filipino adults' valuing socializing with friends, relatives, and organizations, primarily, in order to satisfy other's standard than what they intentionally set. In other words, there seems to be a higher regard for what others tell about them. Finally, growth needs fulfillment is significantly associated with subjective life satisfaction ($r=0.35$), however the correlation was lower in objective life satisfaction ($r=0.335$). This finding may mean that, Filipino adults are still struggling to reach their

sense of actualization and autonomy, such that, they hardly feel autonomous and capable of helping others for they seem to perceive their life situation still needing to be helped and get stagnated in such stage (Ilardi et al., 1993).

Specific correlations however revealed that in terms of subjective life satisfaction (SLS), two factors significantly correlate: Relatedness needs fulfillment associates negatively with trust in others ($r=-0.65$; $p=0.023$). This

may infer the fact that the more the sample relates with others the lesser is their trusting in these significant others in their lives, probably inferring intrinsically motivated dynamics that must be transpired.

Growth needs fulfillment relates with leisure time utilization ($r=0.66$; $p=0.019$) and perceived discrimination ($r=0.68$; $p=0.013$). This means that to be autonomous is to be free from obligations that are burdensome and spend time freely with leisure. Moreover, growth means generally accepting and in good terms with others perceiving equality than discrimination, feeling more productive yields to using time wisely and productively as well as getting away from the feeling of being discriminated on. Data furthermore reveal that none of the Existence Needs fulfillment significantly correlated with Subjective Life Satisfaction factors. Again, this may infer the awareness in the sample that merely existing is not the entirety of life and is not the real measure of life satisfaction.

For objective life satisfaction (OLS), existence and relatedness needs significantly correlated with body built, literacy and adherence to moral norms aspects. Existence needs was significantly, positively correlated with body built, ($r = 0.67$, $p = 0.018$). The moderate correlation may infer that as samples increase in their existence needs fulfillment, their body built aspect of life satisfaction also increases. Relatedness needs fulfillment significantly, but negatively associated with literacy ($r = -0.631$, $p = 0.028$) and adherence to moral norms, ($r = -0.675$, $p = 0.016$). This means that as the respondents increase in their relatedness needs, their literacy and adherence to moral norms decrease (Tatarkiewicz, 2008).

Findings reveal that Filipino adults see in existence needs fulfillment as the primary source of their subjective life satisfaction (Jocano, 1999). However, this fulfillment is compelled further by the immediate social environment such that, every adult finds a dire need to earn for himself and his family. This could indeed be a major concern among Filipinos who migrate and work in other countries and eventually get settled with their own and family's existence needs (Branscombe et al., 1999).

Findings also reveal the fact that most adults are eager to fulfill their relatedness needs in the realm of social contacts, family and friends, social support and organizational affiliation. Meeting these needs not only fulfill them subjectively but more so, objectively, confirming Radcliff (2001). Looking at the scenario of family members who are left in the country, the Philippine Daily Inquirer exposed the coping mechanism that is geared towards reaching for social support through friends, family and colleagues, social networks and the like.

Filipino adults seem to be still far from reaching their growth needs: autonomy, philanthropy, and actualization. Christian as they claim, seem to be not yet self-actualized. Growth needs fulfillment could both

significantly relate with both subjective and objective life satisfaction but hardly attained yet by the samples. There is affirmation in Lavarea's (2011) finding that religious affiliation does not lead to total life satisfaction rather, religion is simply a coping mechanism and support enabling one to appreciate life.

The graph (Figure 2) depicts the interaction between the subjective and objective life satisfaction of Filipino adults. As the existence needs is satisfied both subjective and objective life satisfaction is attained (step increment: 0.08). The graph may reveal the fact that the respondents value existence needs not only for themselves but for their family as well. Furthermore, their life satisfaction follows track subjectively and objectively. As Chesterton (1992) stated, people tend to state the disease first before finding the cure, and that the whole definition and dignity of man is derived more in social matters before personal ones. Some men are aiming at cures which other men would regard as worse maladies, aptly stating, the quarrel is not merely about difficulties but is more about the personal or subjective aim (Chesterton, 1992) of every man especially the adult population who must serve as models of upright and happy way of living.

In terms of relatedness needs satisfaction which earned the highest need being attained by the respondents, noticeable is the fact that relatedness needs fulfillment associates more on the subjective life satisfaction of the participants. This finding may communicate the reality that connectedness and dependence with others tend to fulfill the intrinsic needs of the respondents. Whenever Filipinos feel secured in their social environment, their subjective life satisfaction would follow through. The high increment of 0.39 tends to prove the high regard of Filipino adults on the social aspect from where they derive more their life satisfaction. Lastly, the graph reveals a fact that growth needs fulfillment would matter more objectively than subjectively among adults. Since the respondents sampled in the study seem to be struggling for their growth needs, it makes sense to boost on the essence and value of growth needs satisfaction. Thus, intervention should focus on enhancing growth needs fulfillment.

The interaction may further imply that others' feedback serves as an affirmation of this attainment as well as setting such standard for the achievement of total life satisfaction. It seems therefore that Filipino adults are not yet fully detached from externally set standards as they cling much on these rather than setting for themselves intrinsically fulfilling goals which to them would ensure their subjective well-being.

Overall, data reveals the fact that Filipinos tend to derive happiness more on the objective aspect than the subjective facet of life satisfaction. This is consistent with the researches (Jocano, 1998, 1999) that depicted Filipinos as socially inclined beings who labor much in pleasing others than autonomously setting standards of intrinsically satisfying goals for self and for significant

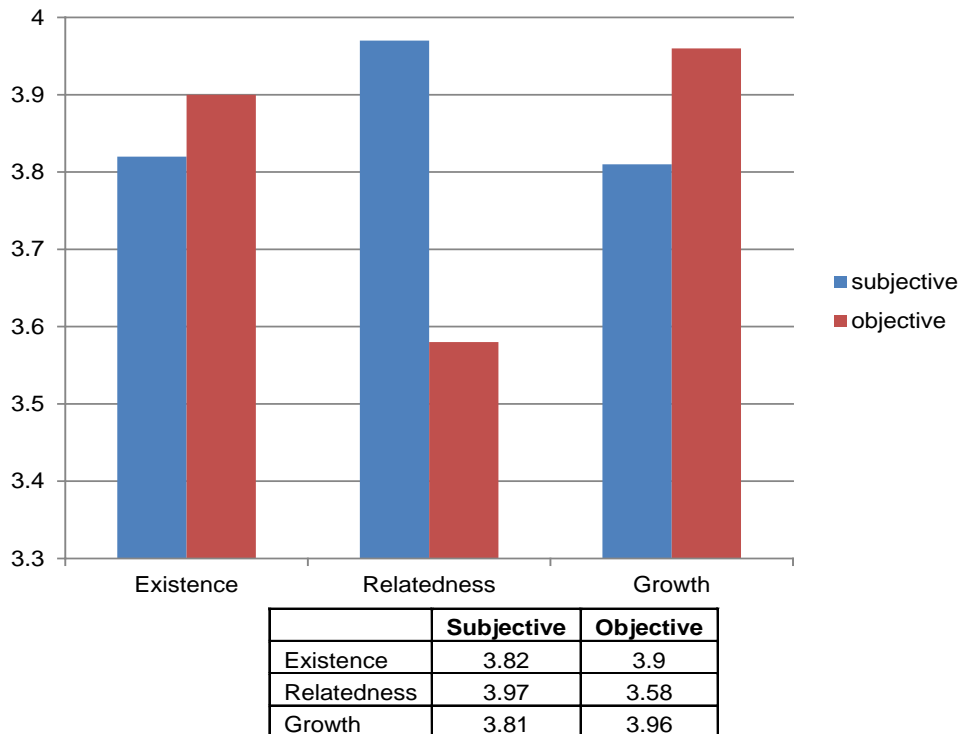


Figure 2. The interaction of subjective and objective life satisfaction in the ERG needs fulfillment of Filipino adults.

others. Findings therefore may be utilized in planning programs geared towards helping Filipino adults attain total satisfaction and be of help to the next generation in living a more fulfilling life.

CONCLUSION AND RECOMMENDATIONS

For and in support of the claims that the respondents are social beings who are happy people, the study showed that ERG needs fulfillment is associated with both subjective and objective life satisfaction. The set hypotheses are confirmed among Filipino adults, that fulfillment of existence needs, specifically, is positively and primarily associated with both subjective and objective life satisfaction. Relatedness needs is positively associated with objective life satisfaction and subjective life satisfaction. Finally, growth needs fulfillment remains to be fulfilled by the participants as this would fulfill both subjective and objective life satisfaction.

The study may therefore push the idea of enhancing ecological balance by supplying firstly the most basic needs of men, then equate relatedness needs fulfillment by one’s presence, feedback and affirmation to boost one’s self-respect and self-esteem, and then focus on the peak – the growth needs that would attain subjective wellbeing through going out of one’s shelf and reaching out to others and passing to the next generation whatever is attained. However, this takes a long way and more

concerted effort yet, for as the saying goes, ‘life is a journey of building and reaching’. To some extent, Filipino adults still need to be helped in order for them to be of help to others.

It is noteworthy that when people are satisfied subjectively and objectively, they will be more capable of co-creating a more fulfilling life for the rest of humanity. However, there seems to be so much more to intensify among Filipino adults in order for them to relate well and grow into a more conscientious being.

CONFLICT OF INTERESTS

The authors have not declared any conflict of interests.

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