



EMOTIONAL WELL-BEING OF NON RESIDENT INDIANS: ROLE OF SELF- ESTEEM AND LIFE SATISFACTION

P. Karthika* & Dr. P. Bruntha**

* Research Scholar, PG & Research Department of Commerce, NGM College,
Pollachi, Coimbatore, Tamilnadu

** Associate Professor & Head, PG & Research Department of Commerce, NGM College, Pollachi,
Coimbatore, Tamilnadu

Cite This Article: P. Karthika & Dr. P. Bruntha, "Emotional Well-Being of Non Resident Indians: Role of Self- Esteem and Life Satisfaction", International Journal of Interdisciplinary Research in Arts and Humanities, Volume 8, Issue 2, July - December, Page Number 14-18, 2023.

Abstract:

A person with good emotional well-being is more likely to have a positive self-esteem and greater sense of life satisfaction. This ability leads to practicing self-awareness, adopting positive coping strategies, nurturing healthy relationship with society, setting goals and engaging in activities that bring more joy and fulfilment in life. This study has demonstrated the emotional well-being of Non-Resident Indians. The objective was to assess the factors influencing to be an NRI status and challenges faced by them and also the relationship between self-esteem and life satisfaction of NRIs. A sample of 105 Non-Resident Indians were included for this study to collect quantitative data. The collected data was analysed by weighted average rank analysis, Friedman rank test and chi-square test. The finding reveals that, the main reason for going abroad was for enlarging knowledge and updating skills and racism will be the most challenging element for their survival. NRIs have average level Self-Esteem and Level satisfaction. It was also found that, NRI self-Esteem has a positive impact on Life satisfaction.

Key Words: Emotional Well-Being, Fulfilment in Life, Self-Esteem, Life Satisfaction.

Introduction:

Emotional well-being refers to the overall emotional state of a person's health and happiness. It encompasses the ability to effectively manage and navigate one's emotions, cope with stress and challenges, and experience a sense of contentment, fulfillment, and positive mental state. Emotional well-being encompasses various dimensions of an individual's emotional life and is closely linked to psychological and mental health. The emotional well-being of Non-Resident Indians (NRIs) is a complex and multifaceted aspect of their lives, shaped by a delicate interplay of cultural identity, social dynamics, and the challenges inherent to living in a foreign land. As individuals who have ventured beyond their home country in pursuit of various opportunities, NRIs face a unique set of emotional experiences that deserve exploration and understanding. The emotional well-being of Non-Resident Indians (NRIs) can be influenced by a variety of factors, including their cultural background, social support networks, and the challenges they face while living abroad. Leaving behind familiar surroundings, family ties, and cultural norms, NRIs embark on a journey that often entails not only geographical distance but also emotional and psychological shifts. This process of adaptation and adjustment can evoke a range of emotions, from excitement and anticipation to nostalgia, homesickness, and even feelings of isolation. The delicate balance between maintaining connections to one's roots while assimilating into a new culture adds another layer to the emotional landscape.

On the other hand, the NRI experience also offers opportunities for personal growth, self-discovery, and the forging of new relationships across cultural boundaries. The ability to adapt to diverse environments, embrace novel perspectives, and build a global network can contribute positively to one's emotional well-being. Understanding and addressing the emotional well-being of NRIs requires a nuanced approach. It involves acknowledging the complex interplay of emotions, fostering a sense of belonging in both the host and home countries, and providing avenues for social support and mental health resources. By recognizing the unique challenges and strengths of the NRI experience, we can work towards nurturing emotional well-being and enabling NRIs to thrive as they navigate the intricate tapestry of their lives between cultures.

Review of Literature:

Muzamil Jan and Tasia Masood (2008) made a study on life satisfaction of women. The main purpose of the research was to evaluate life satisfaction among women and to analyze the influence of socio-personal characteristics of women with their life satisfaction. 120 samples were collected from women in Jammu and Kashmir using questionnaire method. The data was analyzed by using percentage analysis, chi-square test, ANOVA, Karl Pearson's co-relation. The study reveals that, women have average level of life satisfaction irrespective of the age whereas the personal and family income increases the level of life satisfaction can also be increased.

Sampeet Mahanty et al.(2015) has investigated the relationship between self-esteem with life satisfaction of university students from Utkal university and Ravenshaw university. A total of 120 samples has been collected 60 males and 60 females. Coopersmith's self-esteem inventory and Diner's satisfaction with

scale was used to collect data. The collected data were analysed by using pearson's r and two-way ANOVA. The results revealed that there exists significant relationship between self-esteem and life satisfaction.

Statement of Problem:

Emotional well-being is a dynamic and evolving aspect of human experience that can vary from person to person and across different life stages. It is influenced by genetics, upbringing, life experiences, social and cultural factors, and the individual's own efforts to cultivate a healthy emotional state. Taking proactive steps to enhance emotional well-being can lead to a more satisfying and fulfilling life. In general some of the valuable reasons to become Non-Resident Indian are better career opportunities, high standard education, getting chances to learn new things, better income, healthcare and higher standard of living in the country they are living in. On the other hand, the Non-Resident Indians are also having downsides of their living, they are adjusting in new culture, missing of friends and families, having the sensation of being alone and far away from all family events. By understanding the complicate relationship between these variables with emotional well-being was addressing by to raise the following questions,

- Why Indian people are migrated to abroad?
- What are all the challenges faced by NRI in host country?
- Is there a relationship exist between self-esteem of NRI with respect to life satisfaction?

Objectives of the Study:

In order to give answer to these questions following objectives has been framed.

- To know the reason for going abroad and
- To identify challenges faced by NRIs
- To find out the relationship between Self- Esteem and Life satisfaction of Non-Resident Indians

Methodology:

The primary data has been collected by issuing well-structured questionnaire through Microsoft Forms. A sample of 105 data was collected from NRIs residing various countries. The weighted average rank analysis for reason for going abroad, challenges faced by NRI the Friedman rank test and the relationship between Self-esteem and life satisfaction was examined with the help of Chi-Square test. For the need the study the scales of The Rosenberg Self-Esteem Scale for measuring Self-esteem and Ed Diener, Rong Su and Loui Tay Comprehensive Inventory Thriving scales assessing Life Satisfaction of NRIs.

Analysis and Interpretation:

Reason for Going Abroad:

There are many reasons why people become NRIs. Some people choose to move to another country for better job opportunities, while others seek a better quality of life. Still others move to be closer to family or to pursue their education or business interests. In this objective has examined the exact factors influencing to become an NRI.

Table 1: Reason for Going Abroad

Reasons	SA	A	DA	WAS	Rank
To enlarge my knowledge and to update my skills	64	38	03	271	1
Getting job based on my qualifications and skills	60	43	2	268	2
To provide better life to my family	56	44	05	261	3
My job gives me the opportunity to work independently	57	37	11	256	4
Proper attention to staff complaints and grievances	47	47	11	246	5
My salary is adequate for my living expense	43	53	9	244	6
To attainment of Passion on my career	30	72	03	237	7
All necessary fringe benefits are provided in my job	39	51	15	234	8
There is more job security	37	55	13	234	8
Minimum government law procedures & rules	24	73	08	226	9
To payoff home country debts	33	47	25	218	10

From this table 1 it is inferred that, the factors influencing to become an NRI. There are many reasons behind to go for abroad. Based on the weighted average analysis, the most influencing factor was for enlarging knowledge and updating skills as secured first rank followed by getting job based on qualifications and skills ranking Two. To payoff home country debts was ranked as last. From this study, most of the NRI going for abroad will be personal growth, better career opportunities and proper work allocation. Whatever the reason, becoming an NRI can be a challenging but rewarding experience. NRIs face many unique challenges, such as adjusting to a new culture and learning a new language. However, they also enjoy many benefits, such as access to better education and healthcare, and the opportunity to contribute to the development of their home country.

Challenges Faced By NRI:

If an individual becoming NRI, it is important to be aware following of the challenges that everyone should face. However, it is also important to remember that many NRIs are able to overcome these challenges

and build successful lives for themselves for the survival of new environment. The following Table 2 has been prepared to identify the challenges faced by NRI in host country with the help of Friedman Rank Test.

Table 2: Challenges Faced

Problems	1	2	3	4	5	6	7	8	9	10	Mean	Rank
Home sickness	40	23	14	11	11	6	0	0	0	0	5.05	4
Loss of friends	9	35	27	10	8	3	8	4	0	1	5.40	5
Less availability of authentic Indian food	9	6	15	19	11	17	13	5	3	7	6.25	8
Less number of holidays	4	4	11	24	18	13	5	5	8	13	6.85	10
High cost of living-rent, insurance, health, maintenance of car and home	14	9	14	11	18	22	9	8	0	0	5.45	6
Job in security	9	4	10	6	22	14	12	25	3	0	6.75	9
Weather condition	13	12	9	13	11	13	20	14	0	0	5.80	7
Language problems	5	26	21	22	0	6	7	3	8	7	4.95	3
Racism	0	0	2	0	0	11	12	19	38	22	5.05	1
Non-payment of proper salary and wages	0	4	0	4	0	6	4	4	27	56	4.45	2

From the above table 2, it is inferred that, most of the NRIs have faced Racism, like people inequalities of judging and treating badly in their host country ranked as first followed by the employers have not been paying proper salary or wages for the work ranked as two. They also felt language problems as third most important problem followed by home sickness as fourth. The least factor of challenges was less number of holidays given by the company which means many people to go abroad for some commitment to improve them so that they may not have serious problem in number of holidays in host country. Despite, the above challenges, many NRIs are able to successfully adjust to their new lives in foreign countries. They are able to find jobs, make friends, and build new lives for themselves for their well-being in host country.

Relationship between Self- Esteem and Life Satisfaction:

To evaluate the relationship between Self-esteem and Life satisfaction of Non-Resident Indians chi-square analysis has been applied. Rosenberg Self-Esteem scale of 10 items with four point likert scale ranges from four to one was used to allot all answers . Thus, the maximum score was 40. The scores obtained by each respondent called Self-Esteem Index. Based on this index, the mean (\bar{x}) 68.59 and SD 6.24 has been calculated. The low level of Self-Esteem was 68.59-6.24 who are nine respondents, whereas high level of Self-Esteem, 68.59+6.24 of 18 respondents and remaining 78 respondents lays in medium Level of Self-Esteem between 74.82 to 62.35.

Ed Diner et al. have developed Comprehensive Inventory of Thriving scale for assessing Life satisfaction. This scale contains seven variables, Relationship, engagement, mastery, meaning in life, optimism and subjective well-Being. Each variable has separate scaling questions. A total of 54 items with five point likert scaling technique was used to collect the data. In this study Subjective well-being questions of 9 items were incorporated. The total score would get by a respondent is 45. These scores are called Subjective well -being index. The mean (\bar{x}) value is 70.54 and SD 9.31 has been calculated. By this the Low level of Subjective well-being is 70.54-9.31 of those with 15 respondents, those with high level of Subjective well-being is 70.54+9.31 of 18 and medium level of Subjective well-being between 79.84-61.24 of 72 respondents.

Table 3: Level of Self-Esteem with Level of Life Satisfaction

Level of Self-Esteem	Level of Life Satisfaction			Total
	Low	Medium	High	
Low	2	6	1	9
	22.2%	66.7%	11.1%	8.57%
Medium	8	59	11	78
	10.3%	75.6%	14.1%	74.29%
High	5	7	6	18
	27.8%	38.9%	33.3%	17.14%
Total	15	72	18	105
	14.3%	68.6%	17.1%	100.0%

Df:4

Table value @ 5%: 9.49

Calculated Chi-Square Value: 9.83 Table value @ 1%: 13.28

Above Table inferred that, the relationship between Self-Esteem and Life satisfaction. Level of Self Esteem has significantly associated with Life Satisfaction. It means Non-Resident Indian who are being self -esteemed persons have more satisfied life. The calculated Chi-Square value (9.83) is greater than table value at 5% of 9.49. There exists an association between self-esteem and life satisfaction.

Conclusion:

In summary, the emotional well-being of NRIs is a rich tapestry woven from the threads of cultural identity, family ties, personal aspirations, and societal expectations. Recognizing the intricate interplay of these factors and providing tailored support systems can empower NRIs to navigate their emotional journey with resilience and authenticity, fostering a sense of well-being that spans continents and cultures. This study have identify the emotional well- being in relation to reason for going abroad and challenges faced by NRI and also examine the relationship between Self-Esteem and Life satisfaction. In this study have a different perspective of assessing the life of Non-Resident Indians in Aboard with respect to Self-Esteem and Life Satisfaction. The most influencing reason to go for abroad was enlarging present knowledge and keeps on updating the present skills and capabilities. On the other objective was the most predominant problem of NRI has met Racism, which is inequality. Finally the relationship between Self-Esteem with Life satisfaction of NRIs also found to be significant at 5%, which means Self-esteem has positively affected the Life Satisfaction of NRIs, there exist a strong relationship between them. This study concluded that, the life of an NRI are different in working country, they have also medium level of self-esteem as well as medium level of Life satisfaction.

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