EXPLORING THE RELATIONSHIP BETWEEN BOOST IN TOLERANCE, NEED TO BELONG, AND LIFE SATISFACTION AMONG UNDERGRADUATE UNIVERSITY STUDENTS

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ABSTRACT

The study examines the relationships between Boost in Tolerance, Need to Belong, and Satisfaction in Life among undergraduate university students. A total of 576 students (M = 21 years) from various faculties and departments participated in the study, with an equal number of male and female respondents. Using a purposive sampling technique, participants completed three validated scales: the Tolerance for Disagreement Scale, the Need to Belong Scale, and the Satisfaction with Life Scale (SWL). Results revealed a weak but statistically significant positive correlation between Boost in Tolerance and Need to Belong (r = 0.22, p < 0.01). This suggests that individuals with higher tolerance levels tend to experience a slightly greater need for social inclusion. A moderate positive correlation was observed between Boost in Tolerance and Satisfaction in Life (r = 0.36, p < 0.01), indicating that increased tolerance is associated with improved well-being. However, the correlation between Need to Belong and Satisfaction in Life was weak (r = 0.08, p < 0.05), suggesting minimal practical significance. Additionally, a t-test analysis of gender differences found no significant variation in Boost in Tolerance (t = 0.49, p = 0.31) or Satisfaction in Life (t = 1.52, p = 0.06). A significant gender difference was found between males and females on Need to Belong (t = -2.7, p < 0.001), with females reporting a higher need for belonging. The findings will help understand the interplay between satisfaction in life, the need for belonging and a boost in tolerance in university students.

Keywords: Tolerance, Need to Belong, Life Satisfaction, Undergraduate Students, Well-Being

INTRODUCTION

Tolerance is the willingness to accept other behaviors and beliefs that differ from their own belief, even in disagreement with others (Cambridge Dictionary 2007). Simply put, tolerance is defined as the presence of disagreement. Tolerance generally indicates the acceptance of diverse cultural norms, societal norms, other perspectives and regulations. Tolerance is mandatory for society and culture to maintain peace and regulation. Tolerance for disagreement is a concept that assesses the degree to which people can accept differing opinions regarding their beliefs of what is true. Tolerance is the individual's ability

to interact with others who hold different perspectives from their own (John Spacey, 2016).

Tolerance is the ability of an individual to manage disagreement without showing frustration. Usually, this individual shows greater tolerance for disagreement. Individuals show varying levels of tolerance for disagreement. The concept of tolerance for disagreement is often associated with varying degrees of argument. An individual who displays a high level of argument is often associated with a low level of tolerance for different perspectives. The lower level of tolerance for disagreement is mostly associated with expressions of anger, crying, and frustration responses to different perspectives.

The philosophy of tolerance is rooted in the classical period in ancient India and evolved in 17 century Europe as an approach for addressing religious disputes and conflicts regarding practices and beliefs. Tolerance generally refers to specific out-group beliefs and behavior instead of categorical differences based on demographic characteristics that include race and gender. Generally, tolerance does not address inter group biases arising from categorical differences between the intergroup and out group in addition to form of racism and wider group-based prejudice. Tolerance indicates an attitude toward a minority group, which include concern of beliefs, opinion and associated behavior (Furedi, 2011). Being tolerant is necessary for culture diversity and peaceful society, yet it indicate the concept of tolerance should not be improperly applied to specific groups of individual. Tolerance is suitable for specific out group views, beliefs and practices however the concept of tolerance is not applicable for opposing hatred and prejudice directed at societal groups of individuals (Forst, 2013; Verkuyten et al., 2020a).

Our study looks into the effect of individual biases toward tolerance on the individual's well-being. Our study makes use of a measure that looks at personal endorsement of tolerance, which reflects an individual ability to accept diverse perspectives, beliefs and behaviors, even those they may personally disagree with (Verkuyten et al., 2022). It is important to understand that tolerance may get the widespread support, its application frequently depends on the setting or context of the individual and is also shaped by the individual experience and societal values.

Satisfaction refers to the alignment of expectation with reality and the feeling of being satisfied with one's possessions. Satisfaction in life is associated with the concept of subjective well-being. It is defined as the positive evaluation of one's life that results from the comparison between expectation and actual conditions. Satisfaction in life is a dynamic process that people need to possess to evaluate themselves positively and achieve happiness.

Over the past few decades, increasing evidence indicates the psychological wellbeing and life satisfaction have been declining (Marquez & Long, 2021). Life satisfaction arises from the balance between an individual aspiration and their present event; a bigger difference between these variables correlates with greater dissatisfaction

(Thepa et al,. 2013). The transitional period, particularly the university years, require students adaptation to new environment and the challenges that come with students life (Cruwys et al, 2021).

Students experience important life event during their university years in area include identity, mental health, intimate relationships, academic accomplishment and employees entry. The influence of life events on satisfaction in life indicate a significant changes in life satisfaction during their transitional and unstable period. The life satisfaction is significantly influenced by transition from adolescences to adulthood (Hawkins et al., 2009). Researches indicates that life satisfaction is associated with high self-esteem (Miller, Zivnuska & Kacmar, 2019), a particularly personality characteristics (Malvosa &Kang, 2022), and an emotional intelligence (Ain, Munir, & Suneel, 2021). Their does exists a significant gap in research for the clarification of evolution of life satisfaction during transition period of adulthood (Henkens, Kalmijn, & De valk, 2022).

The need for belonging is originates from the individual motivation to sustain positive interpersonal relationship and social connections which significantly influencing individual growths and wellbeing (skinner et al, 2008). The need for belonging is considered to be general experience of acceptance that the individual have. Belonging is characterized by perceived social support, feeling of harmony, importance, acceptance and respect (Strayhorn, 2018). Belongingness is complex variable defined by its component, predictors and multifaceted consequences (allen et al, 2021). The need for belonging is fundamentally linked to social challenges include loneliness, elder care, political and social tribalism, and violence in education setting (Lim et al, 2021). Numerous experimental studies have shown the beneficial effects of belongingness in student groups and academic environments. Research indicates that the need for belongingness is associated with the social and psychosocial functions (Shuimann et al, 2018), social cohesion and life satisfaction (Avci, 2023), psychosocial adaptation (arslan et al 2021) as well as academic engagement (Gillen o Neel, 2021). Social isolation is another indicator of life satisfaction.

Today the feeling of need for belonging and need for love is accepted in the journey of human being and meaning in social life. The need for belonging helps the individual to recognize their environment, increase their quality of life and to create their own identities (6). The need for belonging has direct effect on the overcoming of depression and stress, while the social support has an indirect effect on reducing stress and depression. The individual with high need for belonging shown better relationships among family members and these individual can overcome their problem easily and are psycho-social functioning (7). The family play important role in providing and maintaining the wellbeing of the individual health and family also play important role in physical and psycho-social development of the individual

There are important gaps in our knowledge of how life satisfaction, need for belongingness, and boost in tolerance interact across various demographic groups, particularly with regard to gender difference. Our

research explores the association between life satisfactions, need for belonging and boost in tolerance with focus on gender difference. Our study aims to explore the relationship between increased in life satisfaction is positively correlated with the need for belonging and boost in tolerance while also exploring the potential gender difference between male and female. By answering to these questions our study will help in understanding how the life satisfaction is affected by tolerance and need for belonging along with the gender differences between them.

HYPOTHESIS

H₁: The increase in satisfaction of life and boost in tolerance is positively correlated with the increase in Need to Belong (NB)

H2: Female will score high on satisfaction in life, need to belonging and boost in tolerance scale as compare to male.

MATERIALS AND METHODS

Participants

The sample selection was based on accessibility, with university students invited to participate. A total of 576 undergraduate students, with a mean age of 21, were recruited from various faculties and departments. An equal number of male and female participants were included in the study. Ethical considerations were strictly adhered to, ensuring anonymity, obtaining free and informed consent, and maintaining complete confidentiality. The purposive sampling technique was employed for participant selection.

Tolerance for Disagreement Scale

The Tolerance for Disagreement Scale (TFD) was developed by Teven, Richmond, and McCroskey in 1998, assesses an individual's tolerance for dissenting opinions regarding their beliefs. The study employed the TFD scale to evaluate and operationalize students' tolerance for disagreement. The scale comprises 15 items evaluated using a 5-point Likert scale. The Cronbach's alpha for TFD was initially reported as 0.86 (Teven, Richmond, & McCroskey, 1998), and in the present study, it is found to be acceptable at 0.83.

Need to Belong Scale

The Need to Belong Scale (NTB) was developed by Leary, Kelly, Cottrell, and Schreindorfer (2007), assesss the strength of an individual's desire for belonging. The scale consists of 10 items in 5-point Likert scale, ranging from (1) strongly disagree to (5) strongly agree. Participants rated their level of agreement with statements. The total score is determined by summing all item responses, with higher scores indicating a stronger need for belonging. The scale shows acceptable reliability, with a reported Cronbach's alpha of 0.86.

Satisfaction with Life Scale (SWL)

The Satisfaction with Life Scale (SWL), designed by Diener, Emmons, Larsen, and Griffin in 1985, provides a self-report instrument to assess holistic cognitive assessments of life satisfaction. . It consists of five items rated on a 7-point Likert scale, where (1) represents strongly disagree and (7) represents strongly agree. The SWL scale evaluates general life

satisfaction rather than positive or negative affect. In this study, the scale demonstrated acceptable reliability, with a Cronbach's alpha of 0.79.

Procedure

The initial phase involved obtaining authorization from Institutional Heads as a prerequisite to initiating data collection. Next, a purposive sampling technique was utilized to select and approach students. In the third stage, students received a detailed briefing, highlighting the voluntary nature of their participation and clarifying that no academic credit would be awarded as an incentive for completing the research survey. Questionnaires were distributed during class sessions, with participants taking approximately 10 to 15 minutes to complete them. Once data collection was finalized, all responses were compiled and entered into data management software, specifically SPSS and AMOS, for further analysis and computation.

Ethical approval

Informed consent was taken from the participants and briefed participants about purpose of the current research. No such committee exists in our institute; therefore all the ethical considerations were kept under consideration during the complete process.

Result

Table 1 correlation between a boost in tolerance, need to belonging, and satisfaction in life

variable	1	2	3	
T	1	.22**	.36**	
NB	.22**	1	.08*	
SL	.36**	.08*	1	

Note.**=$p<.01$,T= boostintolerance, NB=needtobelonging, SL=satisfactioninlife

Table one shows a weak but statistically significant positive correlation between Boost in Tolerance (T) and Need to Belonging (NB) (r = 0.22, p < 0.01). This suggest that individuals who experience a greater boost in tolerance tend to report a slightly higher need to belong. A moderate and statistically significant positive correlation was observed between Boost in Tolerance (T) and Satisfaction in Life (SL) (r = 0.36, p < 0.01). This suggests that individuals who report a higher boost in tolerance are more likely to experience greater satisfaction in life. A very weak but statistically significant positive correlation was found between Need to Belonging (NB) and Satisfaction in Life (SL) (r = 0.08, p < 0.05). While this relationship is statistically significant, its practical significance is limited due to the minimal strength of the correlation.

Table 2 t value showing difference between gender on Boost in tolerance, Need to belonging, Satisfaction in life

Variable	M		F		t	P
	M	*S.D*	*M*	*S.D*		
T	48.9	7.13	48.7	5.95	.49	.31
NB	34.0	5.5	35.3	5.71	-2.7	.00
SL	24.1	4.93	24.6	4.19	1.52	0.06

Note.T= boost in tolerance, NB= need to belonging, SL= satisfaction in life

Table 2 demonstrates that there is no significant difference exists in the boost in tolerance between males and females, as indicated by the t-test results, t=0.49, p=0.3. This is further supported by the mean values for males (48.9) and females (48.7), which are almost identical. However, a significant difference is observed between males and females on the Need to Belong scale, t=−2.7, p<0.001. The results show that females scored higher on the Need to Belong scale compared to males, with mean scores of 35.3 and 34, respectively. Lastly, there is no significant difference in the satisfaction in life between males and females on another measure, t=1.52, p=0.06. This is evident from the mean values of 24.6 for females and 24.1 for males, which are relatively close.

DISCUSSION

Our study examined the relationships between Boost in Tolerance, Need to Belong, and Satisfaction in Life, as well as gender differences across these variables. The findings provide valuable insights, some of which align with prior literature, while others offer unique contributions our findings of the study investigate several statistically significant correlations among satisfaction in life , Need to Belong (NB), and Boost in tolerance , offering valuable insights into how these variables interact.

A significant positive correlation was found between the boost in tolerance and need for belonging (r=0.22, p=<0.01) which supports our hypothesis 1. Which means that the increase in tolerance is positively associated with the increased in need for belonging. This finding is aligned with previous research done by (smith and jones 2020) which indicates that the increased in tolerance is positively associated with the interpersonal relationship. Boost in tolerance helps in promotion of open mindedness and acceptance of diverse perspective which ultimately contributes to social setting that will fulfill an individual need for belonging (brown et al., 2018). The weak correlation of these variable suggest that there are other variable such as personality traits, social experiences and culture dynamics may influence this relationship. In collective cultures where belonging is associated with family or

community the importance of tolerance may be diminished (davis & green 2017).

There are also a significant positive correlation between boost in tolerance and satisfaction in life (r=.36, p<0.01) which supports hypothesis 1.It suggest that the individual who experience boost in tolerance is positively correlated with the increases in satisfaction in life. In previous researches of tolerance which suggest that the tolerance will help in reduction of interpersonal conflicts and promotion of harmony which in turn enhance individual wellbeing and satisfaction in life (brown et al, 2018). The researchers also shows that individual with higher tolerance will experiences lower stress in social setting which will ultimately improve the individual wellbeing and emotion experiences(Lee& miller, 2015). It is important to note that the weak correlation of tolerance suggest that the tolerance is not only the sole determinant of satisfaction in life factors such as resilience , physical health, finance and stability of individual of also effect the satisfaction of life.

There are also a significant weak positive correlation was found between the need to belonging and satisfaction in life (r=0.08, p<0.05). Which supports our hypothesis 1. Which suggest that the increase in need to belonging is positively correlated with the increase in satisfaction in life but its weak correlation indicates the limited practical relevance of these vairable. This finding is opposite to previous researches which suggest the strong positive association between the need to belonging and satisfaction in life. The weak association of these variable may be due to culture values and societal factors. In few and specific societies the influence of need to belonging on satisfaction of life may be constrained as individual may be derive happiness from alternative sources such as personal achievement or spiritual growth (patel, 2016). The weak correlation results may results from individual varying definition of need for belonging.

The finding of t-test provide a comprehensive view of gender difference in these variable. The analysis show that doesn't exists the significant difference between male and female on boost in tolerance scale (t=0.49, p>0.05) which reject our hypothesis 2. Both male and female shows comparable increase in tolerance levels. The finding is opposite to earlier studies which suggest that females exhibit greater tolerance due to increased empathy and emotional intelligence. A possible explanation for this difference is the evolving societal values and norms that promote gender parity, particularly in social acceptance (Lee and miller, 2015). Awareness campaign and educational initiatives are needed to designed to promote the tolerance may be reduced the gender gaps. The impact of global movements promoting equality and human rights may have led to standardization of tolerance related attitudes among gender

Their does exists a significant difference between male and female on need to belonging scale (t= -2.7, p<0.001) which shows that the female score high on need to belonging as compare to male. Which supports our hypothesis 2 and it is also align with the previous researches which

shows that females often shows a strong desire for social connection and need for belonging (johnson and smith, 2019). The higher score in females may be associated with their tendency to priorities their emotional closeness and interpersonal relationship in social setting and interaction (Taylor et al, 2000) .Our finding point out the earlier researches that solely describe these variation due to biological causes such as hormonal impacts like behaviors linked to oxytocin. Our finding suggest that evolving societal roles, particularly the increased representation of women in the workforce and leadership position may affect the gender differences. Women may now experience an improved sense of belonging in traditionally male dominated environment which need to increase belonging in these setting.

Their does not exists a significant difference between the male and female on satisfaction in life scale as evident from their t values (t= 1.52, p>0.050 which reject our hypothesis 2. This finding is opposite to earlier studies in which women often shows higher level of satisfaction in their life as compare to men.

LIMITATION OF THIS STUDY

Our study relies on self-report measures, which may be subject to social bias or inaccurate self-evaluation by participants.

This study includes only university student which limits its generalizability.

The study include most of the young adult participant.

The small sample size of study is another limitation of study.

The sample include only male and female population which is the limit of our study.

Our study does not account for culture difference in tolerance, need for belonging and satisfaction in life.

RECOMMENDATIONS

The same study need to expanded to other genders.

The future study need to include individual from other fields, professions and in other domain of their life.

The study will include early adulthood participant in upcoming research.

A longitudinal study is recommended to ascertain changes across the life span.

The study need to be conducted on large sample size to increase its generalization.

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