



## Original Research

### Life satisfaction survey in Georgia

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#### Abstract

Life satisfaction and happiness is one of the most important issues throughout a person's life. It determines not only the well-being of an individual person, but also the well-being of the entire nation and country. We live in this world to have a good life, to be happy, one of the measures of which is our self-esteem of satisfaction with life. The mentioned issue is relevant in Georgia. According to the results of the survey the average total life satisfaction score equals to 17.04. Minimum score is equal to 5 and the maximum is 33 score. 57.9% of the respondents are dissatisfied with their life, 1.3% have a neutral attitude, and 40.8% are satisfied. Only 0.8% of respondents are extremely satisfied. The average life satisfaction for female is equal to 16.87 score and for male - 17.39 score. There is no significant statistical difference in life satisfaction by sex. The level of life satisfaction varies by age. The average life satisfaction score in 11-18 age group equals to 23.54, in 19-30 age group - 21.77 score, in 31-50 age group - 17.42, in 51-70 age group - 9.43 and in 71-87 age group - 9.14 score. There is a significant statistical difference in life satisfaction by different age groups. The foundation of a strong, successful, and happy country is happy people, and increasing their life satisfaction is very important.

**Keywords:** Life satisfaction, statistical survey, well-being.

#### Introduction

A widely held and empirically supported assumption is that most individuals across the globe tend to favor greater levels of happiness over lesser, and generally prefer to lead lives marked by more frequent satisfaction than dissatisfaction. While there is ongoing debate

regarding the philosophical merit of happiness and life satisfaction - as well as skepticism toward the prioritization of these constructs by both individuals and researchers - there remains little doubt that these experiences hold considerable significance for the majority of people



worldwide. This pervasive relevance underscores the legitimacy of examining happiness and life satisfaction - commonly conceptualized together as subjective well-being - as core topics within the social sciences [5].

Subjective well-being (SWB) is commonly defined as the degree to which individuals perceive their lives as going well, both emotionally and cognitively. It is widely regarded as one of the most valid and accessible indicators for assessing general well-being. Over the past three decades, a core conceptual distinction within SWB research has been the separation between affective components - characterized by emotional responses - and cognitive components, which involve evaluative judgments of one's life against internally defined standards. More recently, scholars have advocated for expanding the model to include life harmony, reflecting behavioral assessments of one's functioning and integration within a broader social environment [4].

Many works have been devoted to the study of life satisfaction in the world. This issue has been studied by many scientists over the years. Life satisfaction survey conducted several times across countries [2]. Determining the level of life satisfaction is important in Georgia today. In our study, we will only examine the self-assessment of life satisfaction, which was developed by Diener. Such studies are very scarce in Georgia and are limited to a few master's and other studies [3]. Due to the absence of precise statistical data in this area, we initiated an extensive empirical investigation across Georgia. The DOI: 10.56580/GEOMEDI64

study was designed to encompass all geographic regions and demographic age groups, thereby providing a comprehensive national overview. In our study, we used the 5-question self-assessment test of life satisfaction by Diener.

The life satisfaction survey will help us to understand the current level of satisfaction. Also identify and define the weaknesses that cause dissatisfaction and make future plans to eliminate it.

### **Materials and methods**

The primary objective of the survey was to assess the overall level of life satisfaction among the population of Georgia. To achieve this, the study used Diener's Satisfaction with Life Scale (SWLS), a widely validated instrument comprising five items that evaluate individuals' global cognitive appraisals of their lives. Participants were asked to indicate their level of agreement with each statement: (1) "In most ways my life is close to my ideal," (2) "The conditions of my life are excellent," (3) "I am satisfied with my life," (4) "So far I have gotten the important things I want in life," and (5) "If I could live my life over, I would change almost nothing." Responses were recorded on a 7-point Likert-type scale ranging from 1 (strongly disagree) to 7 (strongly agree) [1]. The total life satisfaction score was calculated by summing the individual responses across all five items. They are presented in raw scores, with a total score range of 5 to 35. Higher scores indicate greater life satisfaction. The below range corresponds with the following interpretive categories: scores between 31 and 35 indicated extreme satisfaction, 26 to 30 as satisfied, 21 to 25 as slightly satisfied, a score



of 20 reflected a neutral stance, 15 to 19 indicated slight dissatisfaction, 10 to 14 as dissatisfied, and 5 to 9 as extremely dissatisfied.

The study used both descriptive and inferential statistical techniques. Descriptive analysis included statistical observation through a sample survey, data grouping, and the construction of frequency distributions (including both relative and cumulative frequencies), as well as crosstabulation and visual representation via statistical graphs. For hypothesis testing, parametric inferential methods were applied, specifically one-way analysis of variance (ANOVA) and the independent samples *t*-test.

The data collection for this study took place in May 2025, during which 950 individuals participated in structured interviews. The sampling strategy ensured representation across all age groups, genders, and regions within Georgia. Subsequent data processing and analysis were performed using IBM SPSS Statistics software, version 26.

### Discussion of obtained results

The reliability of the survey instrument was evaluated using Cronbach's alpha coefficient, which yielded a value of 0.916. This result indicates excellent internal consistency, as values of 0.7 or higher are generally accepted as indicative of good reliability in psychometric assessments. This means, that the items are highly reliable and consistently measure the construct of life satisfaction.

The average total life satisfaction score is equal to 17.4, which expresses dissatisfaction with life. Minimum score of life satisfaction is equal to 5 and the maximum

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– 33 scores. The table below represents the descriptive statistics of life satisfaction.

**Table1. Descriptive statistics of the scores of life satisfaction**

N	Valid	950
	Missing	0
Mean		17.04
Median		16.00
Mode		10
Std. Deviation		7.544
Range		28
Minimum		5
Maximum		33

We combine the initial life satisfaction scores into 7 groups. The first group include scores from 5 to 9, labeled as extremely dissatisfied, the second group include the scores 10-14 labeled as dissatisfied, the third group include scores 15-19 labeled as slightly dissatisfied. The fourth group include only respondents with 20 scores, labeled as neutral satisfaction. The fifth group include scores from 21 to 25 labeled as slightly satisfied, the sixth group include scores from 26 to 30 labeled as satisfied and the seventh group include scores from 31 to 35 labeled as Extremely satisfied.

The survey findings indicated that 57.9% of participants reported dissatisfaction with their lives, while 1.3% expressed a neutral stance. Conversely, 40.8% of respondents indicated that they are satisfied with their life circumstances.

Only 0.8% of respondents are extremely satisfied.

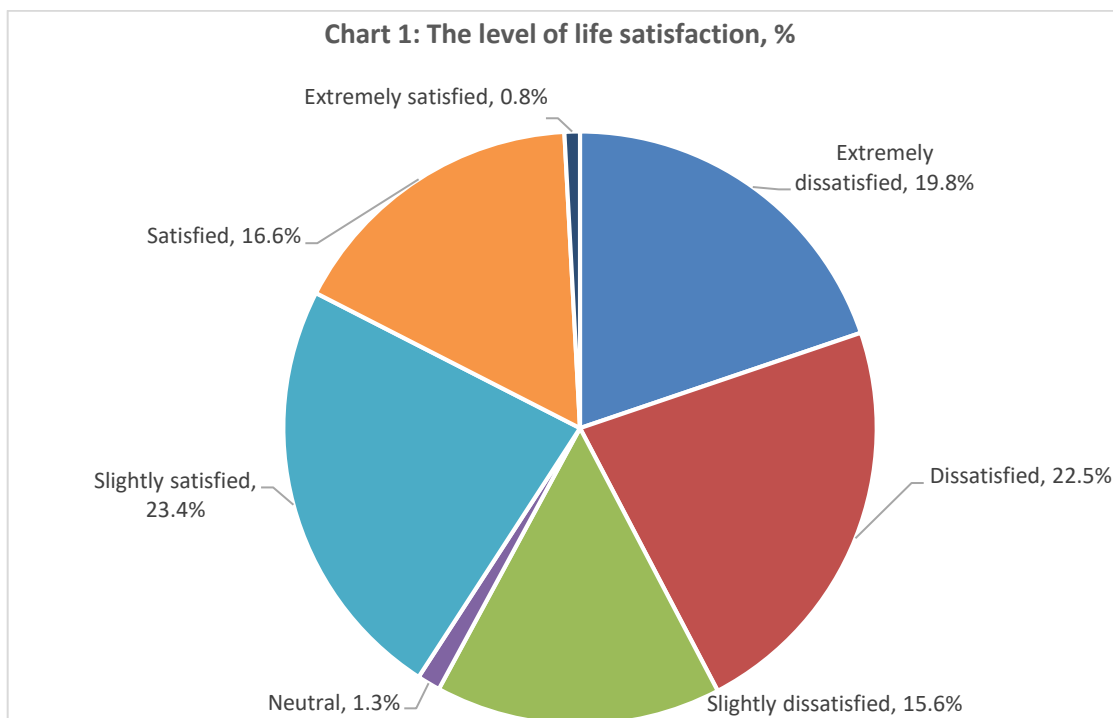


The related frequency distribution is presented in the table below.

**Table 2. The level of life satisfaction**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Extremely dissatisfied	188	19.8	19.8	19.8
Dissatisfied	214	22.5	22.5	42.3
Slightly dissatisfied	148	15.6	15.6	57.9
Neutral	12	1.3	1.3	59.2
Slightly satisfied	222	23.4	23.4	82.5
Satisfied	158	16.6	16.6	99.2
Extremely satisfied	8	0.8	0.8	100.0
Total	950	100.0	100.0	

These findings are also illustrated in the first chart:





According to the survey, average life satisfaction is not differs too much by gender and is presented as follows:

**Table 3: Life satisfaction by gender**

Gender		N	Mean	Std. Deviation	Std. Error Mean
Life satisfaction	Female	640	16.87	7.794	.308
	Male	310	17.39	6.998	.397

Average life satisfaction for female is equal to 16.87 score and for male - 17.39.

To determine whether there is a statistically significant difference in life satisfaction by gender, we used an independent sample t-test.

**Table 4. Results of independent samples t test**

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
life satisfaction	Equal variances assumed	5.632	0.018	-0.967	948	0.334	-0.505	0.522	-1.530	0.520
	Equal variances not assumed			-1.003	669.646	0.316	-0.505	0.504	-1.494	0.484

The table shows a p-value of 0.316, which exceeds the predetermined significance threshold of 0.05. Therefore, it can be concluded that there is no statistically significant difference in life satisfaction between sexes.

To study the life satisfaction by different age groups, we divided the variable age into 5 groups. The first group included respondents aged 11 to 18, the second group included

respondents aged 19-30, the third group included respondents aged 31-50, the fourth group included respondents aged 51-70, and the fifth group included respondents aged 71-87.

The highest level of life satisfaction was found in the 11-18 age group, where the average score was 23.54, and the lowest - in the 71-87 age group, where the average score was 9.14.

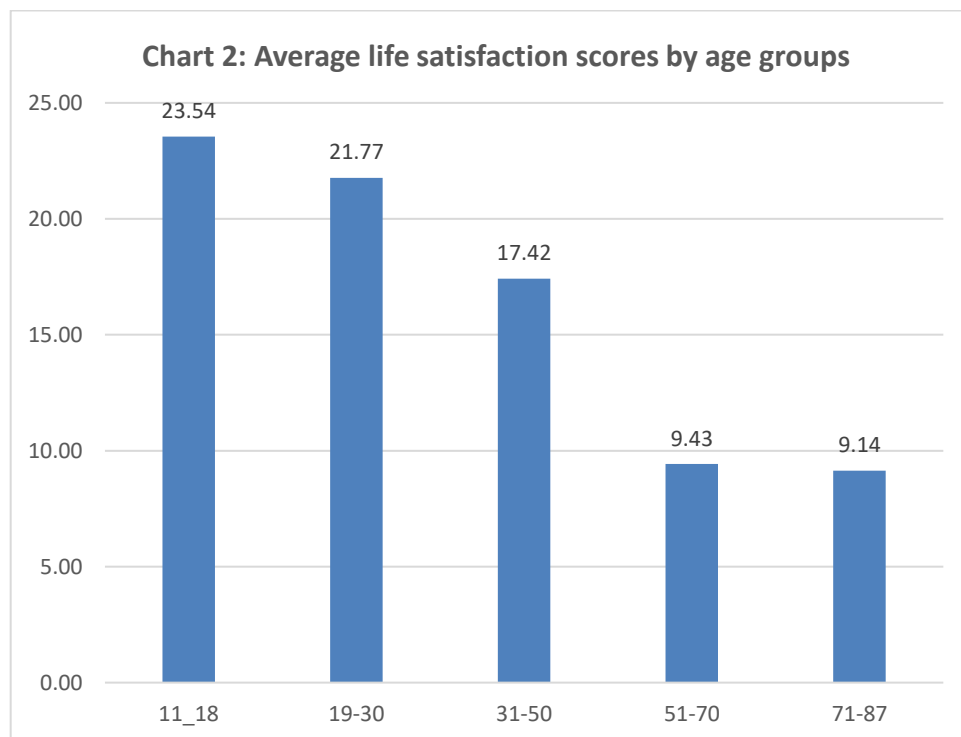


Descriptive statistics of life satisfaction scores by age groups are given in the following table.

**Table 5: Descriptive statistics of life satisfaction scores by age groups**

Age groups	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
					Lower Bound	Upper Bound		
11-18	113	23.54	3.887	0.366	22.82	24.26	15	30
19-30	349	21.77	5.146	0.275	21.23	22.31	7	33
31-50	171	17.42	7.571	0.579	16.28	18.56	6	32
51-70	193	9.43	1.632	0.117	9.20	9.66	7	19
71-87	124	9.14	3.272	0.294	8.56	9.72	5	15
Total	950	17.04	7.544	0.245	16.56	17.52	5	33

The Chart below more clearly shows the differences in average life satisfaction by age groups.





To determine if life satisfaction varies significantly across different age groups, a one-way ANOVA test was used to assess the corresponding hypotheses.

**Table 6: ANOVA results**

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	31521.468	4	7880.367	331.241	0.000
Within Groups	22481.931	945	23.790		
Total	54003.399	949			

As indicated in the table, the p-value is 0.000, which is well below the predetermined significance level of 0.05. This result provides statistical evidence of a significant difference in life satisfaction across different age groups.

### Conclusions

The key findings derived from the research can be summarized as follows:

- The average total life satisfaction score equals to 17.04, which expresses dissatisfaction with life. Minimum score of life satisfaction is equal to 5 and the maximum is 33 score.
- 57.9% of the respondents are dissatisfied with their life, 1.3% have a neutral attitude, and 40.8% are satisfied. Only 0.8% of respondents are extremely satisfied.
- The average life satisfaction for female is equal to 16.87 score and for male - 17.39 score. There is no significant statistical difference in life satisfaction by sex.
- The average life satisfaction score in 11-18 age group equals to 23.54, in 19-30 age group – 21.77 score, in 31-50 age group – 17.42, in 51-70 age group – 9.43 and in 71-87 age group – 9.14 score. There is a

significant statistical difference in life satisfaction by different age groups.

In conclusion, the following recommendation can be proposed:

- It is advisable to develop and implement targeted policy measures aimed at enhancing overall life satisfaction within the population.

The foundation of a strong, successful, and happy country is happy people, and increasing their life satisfaction is very important.

**ცხოვრებით კმაყოფილების გამოკვლევა  
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### აბსტრაქტი

ცხოვრებით კმაყოფილება და ბედნიერება ადამიანის ცხოვრების ერთ-ერთი უმნიშვნელოვანესი საკითხია. ის განსაზღვრავს არა მხოლოდ ცალკეული ადამიანის, არამედ მთელი ერისა და ქვეყნის კეთილდღეობას.





ამ სამყაროში ცხოვრობთ იმისათვის, რომ გვექონდეს კარგი ცხოვრება, ვიყოთ ბედნიერები, რომლის ერთ-ერთი საზომი ჩვენი თვითშეფასებაა, ცხოვრებით კმაყოფილების შესახებ. აღნიშნული საკითხი აქტუალურია საქართველოში.

გამოკითხვის შედეგების თანახმად, ცხოვრებით კმაყოფილების საშუალო ქულა 17.04-ის ტოლია, ცხოვრებით კმაყოფილების მინიმალური ქულა კი - 5-ის, მაქსიმალური 33 ქულაა.

გამოკითხულთა 57.9% უკმაყოფილოა თავისი ცხოვრებით, 1.3%-ს აქვს ნეიტრალური დამოკიდებულება, ხოლო 40.8% კმაყოფილია. გამოკითხულთა მხოლოდ 0.8% არის უკიდურესად კმაყოფილი.

ცხოვრებით კმაყოფილების საშუალო მაჩვენებელი ქალებისთვის 16.87 ქულას, ხოლო მამაკაცებისთვის 17.39 ქულას უდრის. სქესის მიხედვით, ცხოვრებით კმაყოფილებაში მნიშვნელოვანი სტატისტიკური განსხვავება არ არის.

ცხოვრებით კმაყოფილების დონე ასაკის მიხედვით განსხვავდება. 11-18 წლის ასაკობრივ ჯგუფში ცხოვრებით კმაყოფილების საშუალო ქულა 23.54-ს შეადგენს, 19-30 წლის ასაკობრივ ჯგუფში - 21.77 ქულას, 31-50 წლის ასაკობრივ ჯგუფში - 17.42 ქულას, 51-70 წლის ასაკობრივ ჯგუფში - 9.43 ქულას, ხოლო 71-87 წლის ასაკობრივ ჯგუფში - 9.14 ქულას. სხვადასხვა ასაკობრივი ჯგუფების მიხედვით ცხოვრებით კმაყოფილების მხრივ მნიშვნელოვანი სტატისტიკური განსხვავებაა.

ძლიერი, წარმატებული და ბედნიერი ქვეყნის საფუძველს ქმნის ბედნიერი ხალხი და მათი ცხოვრებით

კმაყოფილების გაუმჯობესება უმნიშვნელოვანესი საკითხია.

**საკვანძო სიტყვები:** ცხოვრებით კმაყოფილება, სტატისტიკური გამოკვლევა, კეთილდღეობა.

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