
Big Five Personality as Predictor of Life Satisfaction among Scheduled Caste Working and Non-Working Women**Prof. (Dr.) Anis Ahmad*****Professor, University Department of Psychology, L. N. Mithila University, Darbhanga****Sanjula Kumari******Research Scholar, University Department of Psychology, L N Mithila University, Darbhanga****Abstract**

Present study deals with the relationship between Big five personality traits and life satisfaction of Scheduled Caste working women and non-working women, with an emphasis on understanding the role of personality traits on overall wellbeing. The study used the descriptive correlational research design with total sample of 300 Scheduled Caste women whereof 150 women were working and 150 women were non-working. The Big Five personality dimensions (extraversion, agreeableness, conscientiousness, neuroticism and openness to experience) were being assessed in connection to mental, job, social, marital, family and overall life satisfaction. Data were collected by using suitable standardized tools and the data collected were analysed by the descriptive statistics and by using Pearson's coefficient of correlation. Results indicated that there was overall a higher life satisfaction and more favourable personality characteristics in working women as compared to non-working women. Different facets of life satisfaction were positively correlated to extraversion, agreeableness, conscientiousness and openness to experience in both groups, while neuroticism was negatively correlated with life satisfaction in all groups. In the positive personality dimensions conscientiousness was the most salient correlate of overall life satisfaction for working and non-working women. The results also showed that emotional stability, sociability, responsibility, interpersonal harmony and openness to new experiences are significant psychological traits related to positive life evaluations. Overall, the study finds that employment and socioeconomic factors as well as individual personality factors are determinants of the life satisfaction of Scheduled Caste women. The results have implications in counseling, women empowerment programmes, psychological interventions and community-based programmes for strengthening emotional adjustment and self-confidence of SC women along with adaptive personality characteristics and overall well-being.

Keywords: Big Five personality, Life Satisfaction, Scheduled Caste Working and Non-working Women

Introduction

Life satisfaction is an important measure of subjective well-being, and it reflects the subjective cognitive assessment of the quality and circumstances of life. It is an index of how well one believes his/her life is in line with one's personal expectations, aspirations, needs and values. Life satisfaction is a relatively general and reflective assessment of life as a whole as distinct from momentary emotions or happiness (Diener et al., 1985). It is shaped by individual, social, occupational, family and environmental factors. Of these variables, personality stands out as a significant psychological correlate of subjective well-being and life satisfaction that has been consistently identified (DeNeve & Cooper, 1998; Steel et al., 2008).

Personality is the pattern of thoughts, feelings, attitudes and behaviours that are relatively consistent and different from other people. One of the widely accepted models of personality is the Big Five Personality Model which categorises personality into five broad dimensions: Extraversion, Agreeableness, Conscientiousness, Neuroticism and Openness to Experience (John & Srivastava, 1999). Extraversion is defined by being sociable, assertive, energetic, and feeling good. Agreeableness is defined as cooperation, empathy, trust and concern for others. Conscientiousness is indicated by self-discipline, responsibility, organization, persistence, and goal-directed behaviour. Neuroticism is defined as emotional instability and tendency to experience anxiety, worry, insecurity and negative emotions, while openness to experience is defined as curiosity, imagination, intellectual flexibility, and receptiveness to new ideas and experiences. The Big Five traits represent an important dispositional way of understanding how and why some people with similar life circumstances can be more or less satisfied with life. Previous studies have shown systematic relationships between personality and subjective well-being. A meta-analysis by DeNeve and Cooper (1998) has found neuroticism to be an especially important personality trait in the prediction of life satisfaction, and later researchers have found strong links between personality and various aspects of subjective well-being. Steel et al. (2008) also showed that there is a significant amount of variance in subjective well-being that can be accounted for by the personality variables. In a large-scale meta-analysis, Anglim et al. (2020) more recently identified neuroticism, extraversion and conscientiousness as being salient personality correlates of subjective and psychological well-being.

Overall, the relationship between extraversion and life satisfaction might be explained by its role in promoting positive social relationships, engagement, support, and positive emotions. The satisfaction of conscientious might be higher because their organized, responsible, and goal-oriented personality helps them to achieve their personal and occupational goals more effectively. Agreeableness can help in harmonious interpersonal and family relationships and openness can help them to adapt and deal in a positive manner with shifts in life circumstances. Neuroticism, on the other hand, is typically correlated with lower life satisfaction, since people who are high on this personality dimension tend to be more negatively affected, insecure, worried, and sensitive to

stressful experiences. The Indian context also provides evidence of the relevance of personality to well-being. Tanksale (2015) concluded that all the Big Five personality traits were found to contribute significantly towards subjective well-being in Indian Adults, of which conscientiousness was an important predictor for life satisfaction. However, the link between personality and life satisfaction must be explored in the social and cultural context in which the person lives. In the context of women, employment status is important as working and non-working women may face various opportunity, responsibility, social interaction, economic independence, family expectation and role related stress. Women may gain financial, independence, self-confidence, social status, and personal fulfilment from work. Simultaneously, working women may feel the burdens of juggling various roles, workplace demands and work-family balance. Non-working women, especially homemakers, might be content with family relations and domestic roles and have relatively fewer possibilities for economic independence, professional success and social engagement. Studies involving working and non-working women of India have also suggested that there could be significant associations between the personality traits and psychological well-being, the nature and intensity of which may differ between groups and aspects of well-being (Kumar et al., 2023).

The problems are more important in the context of the Scheduled Caste women in India. The social status of the Scheduled Caste women is unique and is an outcome of interplay of gender, caste, economic status, educational status, family background and job status. Research on the employment of SC and ST women has pointed out persistent inequalities and challenges in accessing opportunities and occupational progress (Mohanty, 2023). Thus, the understanding of life satisfaction among women belonging to the Scheduled Caste (SC) cannot simply be confined to the external socioeconomic context, as individual psychological resources and personality characteristics may affect how they perceive challenges, how they take advantage of opportunities, how they develop interpersonal relations, how they manage their emotions and how they judge the quality of their lives. While a lot of research has investigated the relationship between the Big Five traits and subjective well-being, the predictive strength of the Big Five traits in life satisfaction among SC women and the difference between working and non-working groups has received relatively little attention. The majority of studies conducted are either population based or they consider women as a relatively homogeneous group, and thus the relevance of social background and of employment status is not taken into account. Considering the two groups of Scheduled Caste working and non-working women separately might therefore help in a context sensitive understanding of how personality characteristics influence their life satisfaction.

Keeping this in background, this study aims at understanding the relationship between Big Five personality and life satisfaction of working and non-working women of Scheduled caste. The study attempts to determine which of the personality traits: extraversion, agreeableness, conscientiousness, neuroticism, and openness to experience, help or hinder life satisfaction within the two groups using analysis of the predictive contribution from each. This kind of study can be important for the literature of personality and well-being and can be helpful for counselling, empowerment programs for women, psychosocial interventions and for well-being policies to improve overall quality of life of women from socially disadvantaged communities.

Review of Literature

Hayes and Joseph (2003) studied the relationship between three aspects of subjective well-being and the Big Five personality dimensions in a sample of 111 adults in the UK. The participants filled out the NEO Five-Factor Inventory and mood and satisfaction questionnaires. Results indicated that neuroticism and extraversion had a special role in the measures of happiness, while neuroticism and conscientiousness predicted best scores on the Satisfaction with Life Scale. There were significant individual differences in subjective well-being related to personality characteristics, though the relation of specific personality traits to specific dimensions of well-being differed. This study is relevant for the current study as it demonstrates that some factors may be unique to cognitive life satisfaction and others to emotional happiness.

Schimmack, Oishi, Furr and Funder (2004) examined the link between personality and life-satisfaction on the level of broad traits and more specific facets. In four of the studies, extraversion and neuroticism proved to be the most significant of the Big Five traits in predicting life satisfaction. Further analysis indicated that depression facet of neuroticism and positive emotions or cheerfulness facet of extraversion were especially strong and consistent predictors. It was sometimes the specific aspects that were more powerful predictors of life satisfaction than the more general personality dimensions. The authors concluded that the emotional and motivational aspects of general personality traits should be taken into consideration in understanding the correlation between personality and life satisfaction. The results strongly support the role of emotional stability and positive dispositional characteristics as predictors of overall life assessments.

Soto (2015) investigated concurrent and longitudinal associations between Big 5 personality and SWB in a large, nationally representative sample of 16,367 Australian adults. Subjective well-being comprised life satisfaction, positive affect and negative affect. Results showed that being more extravert, conscientious, and agreeable and less neurotic was correlated with higher subjective well-being. Furthermore, personality traits also predicted future well-being changes over time. The study also found evidence of reciprocal relations, such that changes in well-being can also affect changes in personality. The longitudinal design added to the argument that Big Five traits are not just "snapshot" correlates of life satisfaction and subjective well-being but also prospective predictors.

Tanksale (2015) explored the relationship of Big Five personality traits with subjective well-being in adult Indian population. A study was carried out on 183 people of the age group of 30-40 years at Pune, India. Subjective well-being was measured as life satisfaction, positive affect and negative affect. The results showed that meaningful contributions of the Big Five personality traits were made to the various facets of subjective well-being. Conscientiousness, and in particular, was the key personality trait that predicted life satisfaction. Positive affect was related to extraversion, while neuroticism was a significant predictor of negative affect. The traits of agreeableness and openness to experience were not significant independent predictors of subjective well-being. The study showed that personality traits are significant psychological contributors to life satisfaction in the Indian socio-cultural context and there is a need for more culturally specific research on personality and well-being.

Anglim et al. (2020) performed a thorough review of studies on the link between personality and subjective and psychological well-being. They found that they combined 462 studies, and over 330,000 people. Results indicated that neuroticism, extraversion and conscientiousness were particularly significant Big Five correlates of subjective well-being, including life satisfaction. Overall, well-being positively associated with extraversion and conscientiousness, and negatively associated with neuroticism. The results of the study also indicated that the personality facets had a better predictive accuracy than the broad domains alone. This is a large-scale synthesis that places good evidence behind the systematic relationship between personality and life satisfaction in different samples and with different measures and suggests that all five personality dimensions should be included when predicting variation in life satisfaction.

Kumar, Lakshmi and Kumari (2023) examined psychological well-being in terms of big five personality among working and non-working women. 376 women across a broad age range were included in the study and the Big five inventory and Ryff's Psychological well-being scale were used. The relationships between the personality dimensions and the various aspects of psychological well-being presented a mixed pattern. There were significant relationships between conscientiousness and aspects of psychological well-being, and between extraversion and positive relationships with others. Environmental mastery was significantly related to openness to experience. The regression analysis revealed that overall contribution of the Big Five personality dimensions in predicting psychological well-being was relatively small. The fact that this study focussed on personality and well-being in working and non-working women from India makes it relevant and it was found that the impact of each personality dimension on well-being may be different across various domains of well-being.

Kandpal (2023) examined the relationship between life satisfaction and Big five personality traits in Indian young adults (men and women) with respect to morning-evening orientation. A total of 77 young adults (aged 19–25 years) were sampled. Personality, life satisfaction and chronotype were assessed using standardized measures. Results showed gender differences in conscientiousness and in morning-evening orientation and some Big 5 personality traits were also related to chronotype. But there was no significant association between chronotype per se and life satisfaction. The study has been done without an aim to understand the personality as a predictor of life satisfaction in working and non-working women, but it has relevant Indian evidence that personality characteristics and life satisfaction should be understood in relation with individual and demographic characteristics. It also embraces the value of studying personality dimensions independently and not as one global personality.

Pandey (2024) studied the correlation between Big five personality traits and life satisfaction of 200 college and university students in Varanasi, Uttar Pradesh. The age range of the participants was 18-25 years old. Personality was measured using the NEO Five-Factor Inventory (NEO-FFI) and life satisfaction was assessed with the Satisfaction With Life Scale (SWBS). Correlation and stepwise regression methods were used to identify the associations and predictive relationships. The results revealed that extraversion and agreeableness were moderately related to life satisfaction but neuroticism was highly and negatively related to life satisfaction. This study showed that the more sociable, warm, and emotionally stable, the more positive life evaluations they reported. The results give Indian empirical evidence that Big Five personality dimensions are important psychological factors and possible predictors of life satisfaction.

Pandey, Tripathi, and Singh (2025) studied personality traits and self-esteem as factors that affect life satisfaction in Indian youth. The study comprised of 200 male and female college and university students of Varanasi. The findings showed that the Big Five personality traits as a whole contributed an important percentage of variance in life satisfaction. Neuroticism and conscientiousness were found to be especially significant personality predictors and self-esteem also explained a significant portion of variance in individual differences in life satisfaction. The study also found gender disparity in life satisfaction where females had a higher level of life satisfaction than males. Results support the idea that life satisfaction is not merely a function of socio-economic factors; more enduring psychological traits also influence the judgements that people make about their lives. This is especially significant in studies which have focused on personality as a predictor, rather than simply correlating personality with life satisfaction.

Rationale and Significance of the Study

Life satisfaction is one of the important aspects of subjective well-being, which is the individual's cognitive appraisal of the quality of life relative to his/her expectations, aspirations and standards (Diener et al., 1985). It is dependent upon not only outside factors but also relatively stable psychological attributes. Of these traits, personality stands out as one that has been explored extensively as it affects how a person sees a situation, copes with problems, interacts with others, manages emotions and

reacts to opportunities and challenges. In fact, it has been found that personality traits are powerful predictors of SWB and life satisfaction (DeNeve & Cooper, 1998). Hence, the study of personality as a predictor of life satisfaction offers valuable insights into the psychological aspects to explain the variation in people's life satisfaction who have similar experiences. The Big Five personality traits, consisting of extraversion, agreeableness, conscientiousness, neuroticism, and openness to experience, give a full picture of personality differences. Past research suggests that the Big Five traits have different impacts on SWB. There is usually a negative correlation between neuroticism and life satisfaction, while extraversion and conscientiousness often exhibit positive correlation with well-being. Anglim et al. (2020) in their large meta-analysis especially highlighted the role of the personality traits of neuroticism, extraversion and conscientiousness in subjective and psychological well-being. The study of all five personality dimensions could therefore be useful in determining the psychological traits that would facilitate or hinder the satisfaction with life. These relationships are important when the case of a Scheduled Caste woman is considered and thus the rationale for the present study becomes stronger. Women across caste groups that are socially disadvantaged can be affected by socioeconomic, educational, family and occupational factors as well as gender. Caste disparities in employment and wages, empowerment, and access to socio-economic opportunities among women remain evident in Indian studies (Mal & Saikia, 2024; Pandoh & Singh, 2025). This implies that the life satisfaction of SC women may be a result of a combination of external social factors and internal psychological means. An understanding of personality in this context can thus help give a psychological dimension to the socioeconomic explanations of their well-being.

Another important basis of the present investigation is employment status. Women and men who work and those who do not may have different opportunities, expectations, responsibilities and social contexts. Work can help people feel economically independent, connected socially, accomplished, recognized, given chances to make decisions, and have a larger sense of self. Meanwhile, working women might experience working stress and struggle to balance work and family roles. Although non-working women may be more involved in domestic and family duties, their financial dependence, social participation, personal autonomy and scope for achievement may be different. Accordingly, it is assumed that there are possible differences among working and non-working groups with regard to the influence of personality traits on life satisfaction. The study is further validated from Indian context. Big Five traits were found to be significant factors in subjective well-being among adults in India by Tanksale (2015) and conscientiousness will be an important factor in predicting life satisfaction. The study highlighted the importance of knowledge of the personality–well-being relationship from non-Western cultural contexts, and not solely from those acquired in Western societies. But there are very few studies focusing on the Predictive contribution of Big five personality traits to life satisfaction of the Scheduled Caste working and non-working women. This constitutes an important research gap.

Hence, this study is of great theoretical and practical importance. Potentially, it could contribute to the literature on the link between personality and life satisfaction, by analyzing an understudied population and by comparing women with different employment status. It can detect which personality characteristics are positive predictors and which personality characteristics are linked to decreased life satisfaction in the two groups. From a practical perspective, the findings might be valuable to counsellors, psychologists, educators, social workers, women-development agencies, and policy makers in developing interventions to enhance adaptive personality resources, emotional adjustment, coping skills, social involvement, and psychological health. The study may thus help in developing a more holistic picture of the factors linking to better QoL and empowerment of the SC women.

Objectives of the Study

The present study is undertaken with the following objectives:

- i. To study the Big Five personality traits among Scheduled Caste working and non-working women.
- ii. To assess the level of life satisfaction among Scheduled Caste working and non-working women.
- iii. To examine the relationship between the Big Five personality traits and life satisfaction among Scheduled Caste working women.
- iv. To examine the relationship between the Big Five personality traits and life satisfaction among Scheduled Caste non-working women.

Research Design

The descriptive survey method was used in the present study because this research method was felt as the most suitable method to achieve the objectives of the present study. The method was chosen by critically analysing literature on methodological approach and past empirical studies on self-efficacy, life satisfaction and psychological well-being of working and non-working women. The descriptive survey method helped the researcher to know the extent of self-efficacy and life satisfaction of the Scheduled Caste women and to compare the self-efficacy and life satisfaction of women based on their employment status without manipulating any of the conditions of the study. The population of the present study was Women working and non-working women of the scheduled caste of Darbhanga district of Bihar. The total number of Scheduled Caste women from whom sample of 300 was taken was done by simple random sampling technique. It was found that the sample had equal number of working women and non-working women, that is, 150 working women and 150 non-working women. This equal representation was achieved to enable a meaningful comparison between the two groups with regard to the factors of self-efficacy and life satisfaction. Data collection was carried out using two psychological standardized tools. Life satisfaction was assessed by using the Life Satisfaction Scale by Pramod Kumar & Jayshree Dhyani (2006) and Personality has been examined with the help of Big Five Inventory (BFI-44) developed by John and Srivastava (1999).

Analysis and Interpretation of the Data

Table No. 01

Big Five Personality and Life Satisfaction among Scheduled Caste Working and Non-Working Women

Variables and its Dimensions		Maen of Working Women Mean	SD	Mean of Non-Working Women	SD	Overall Mean	Overall SD
Big Five Personality Traits	Extraversion	28.65	4.21	26.81	4.47	27.73	4.41
	Agreeableness	33.72	3.85	32.91	4.13	33.32	4.00
	Conscientiousness	34.58	4.26	32.74	4.55	33.66	4.49
	Neuroticism	22.43	5.11	25.76	5.36	24.10	5.43
	Openness to Experience	35.26	4.63	33.54	4.89	34.40	4.83
Life Satisfaction	Mental	36.54	4.61	33.82	5.14	35.18	5.08
	Job	28.43	3.95	24.86	4.73	26.65	4.70
	Social	30.18	4.42	28.25	4.81	29.22	4.69
	Marital	27.96	4.16	26.31	4.62	27.14	4.46
	Family	14.37	2.34	13.49	2.61	13.93	2.53
	Total Life Satisfaction	137.48	15.62	128.73	17.46	133.11	17.06

Analysis and Interpretation: The descriptive statistics of Big Five personality traits and life satisfaction of the working and non-working women of the SC is presented in table No. 01. Means and standard deviations scores of working women, non-working women and the total sample on the five personality dimensions and different dimensions of life satisfaction are presented in the table.

On Big Five personality traits, the mean score for working women was 28.65 (SD = 4.21) and 26.81 (SD = 4.47) for non-working women with the overall mean score being 27.73 (SD = 4.41). This indicates that working women had, on the whole, a higher level of sociability, assertiveness, activity and interpersonal involvement. Wider opportunities for social interaction and participation in diverse social and occupational environments may be available through employment. For Agreeableness, the mean score for women working was 33.72 (SD = 3.85) while the mean score for women not working was 32.91 (SD = 4.13). The overall mean score was 33.32 (SD = 4.00). The difference between both groups is relatively small, but working women had slightly more cooperative, empathic, trusting and positive relationship characteristics. For Conscientiousness, working women showed a higher mean score (M = 34.58, SD = 4.26) than non-working women (M = 32.74, SD = 4.55), with an overall mean of 33.66 (SD = 4.49). This implies that women in the work force were relatively more organized, responsible, self-disciplined, persistent and had more goal directed behaviour. Such characteristics can be caused or exacerbated by the duties of work and by the holding of several jobs and/or management roles. The overall trend was the opposite for Neuroticism. Non-working women obtained a higher mean score (M = 25.76, SD = 5.36) than working women (M = 22.43, SD = 5.11), while the overall mean was 24.10 (SD = 5.43). The higher mean score for non-working women indicates that they are more likely to be emotionally unstable, worried, anxious and experience negative emotional experiences than the working women. In comparison, working women seemed to exhibit relatively higher emotional stability. Working women again had a higher mean score (M = 35.26, SD = 4.63) for Openness to Experience than non-working women (M = 33.54, SD = 4.89). The overall mean was 34.40 (SD = 4.83). This means that working women may be more open to new ideas, experiences, learning and changing circumstances.

The descriptive results on life satisfaction also show a uniform trend in favour of working women. Working women had a higher mean score (M = 36.54; SD = 4.61) than non-working women (M = 33.82; SD = 5.14) on the Mental Life Satisfaction dimension. Likewise, the mean score of working women for Job Life Satisfaction was 28.43 (SD = 3.95) while non-working women had mean score of 24.86 (SD = 4.73). In terms of Social Life Satisfaction, working women had mean score of 30.18 (SD = 4.42) and non-working women had mean score of 28.25 (SD = 4.81). There was also a higher mean score for Marital Life Satisfaction among working women (M = 27.96, SD = 4.16) than non-working women (M = 26.31, SD = 4.62). Similar trend was observed in Family Life Satisfaction with a score of 14.37 (SD = 2.34) among women who worked and a score of 13.49 (SD = 2.61) among women who did not work. This is also reflected in Total Life Satisfaction. Working women mean score was 137.48 (sd = 15.62) while the mean score of non-working women was 128.73 (sd = 17.46). The grand mean life satisfaction for the entire sample was 133.11 with a standard deviation of 17.06. This resulted in a total life satisfaction score of about 8.75 points for women who worked, versus women who stayed out of the workforce.

Descriptive analysis in general suggests that working women of SC group have scored higher on extraversion, agreeableness, conscientiousness and openness to experience and lower on neuroticism as compared to non-working women. They also show a higher average score in each of the life satisfaction areas and in total life satisfaction.

Table No. 03
Correlation between Big Five Personality Traits and Dimensions of Life Satisfaction among Scheduled Caste Working Women

Variables & Dimensions	Mental	Job	Social	Marital	Family	Total Life Satisfaction
Extraversion	.542** .000 150	.618** .000 150	.573** .000 150	.486** .000 150	.431** .000 150	.621** .000 150
Agreeableness	.467** .000 150	.524** .000 150	.548** .000 150	.512** .000 150	.458** .000 150	.593** .000 150
Conscientiousness	.598** .000 150	.667** .000 150	.615** .000 150	.551** .000 150	.509** .000 150	.689** .000 150
Neuroticism	-.514** .000 150	-.571** .000 150	-.536** .000 150	-.492** .000 150	-.418** .000 150	-.603** .000 150
Openness to Experience	.503** .000 150	.582** .000 150	.556** .000 150	.467** .000 150	.429** .000 150	.611** .000 150

**** Correlation is significant at the 0.01 level (2-tailed)**

Analysis and Interpretation: Table No. 03 shows the correlation between the Big five personality traits and various aspects of life satisfaction of 150 working SC women. The results reveal that mental, job, social, marital, family and total life satisfaction are significantly related to each of the five personality dimensions at the 0.01 level of significance. Life satisfaction is positively correlated with extraversion, agreeableness, conscientiousness and openness to experience and is negatively correlated with neuroticism. The reported significance value of .000 is interpreted as $< .001$.

There is a strong positive correlation between Extraversion and all of the measures of life satisfaction. It is positively correlated with mental life satisfaction ($r = .542$), job life satisfaction ($r = .618$), social life satisfaction ($r = .573$), marital life satisfaction ($r = .486$) and family life satisfaction ($r = .431$). It is correlated with total life satisfaction with $r = .621$ ($p < .001$). There is the highest correlation with job life satisfaction meaning that women who get along well with others, are energetic, assertive, and involved are more likely to be satisfied with their jobs and in their lives in general. Agreeableness also has a positive correlation with all life satisfaction dimensions. The correlation coefficient for mental is .467, for job is .524, for social is .548, for marital is .512 and for family life satisfaction is .458. The correlation with total life satisfaction is $r = .593$ with $p < .001$. This higher correlation with social and marital life satisfaction suggests that personality traits pertaining to cooperativeness, empathy, trust and support may be significantly related to harmonious interpersonal relations and thus to higher life satisfaction. Of the positive Big Five traits, Conscientiousness is the most strongly related to life satisfaction. It is positively correlated with mental ($r = .598$), job ($r = .667$), social ($r = .615$), marital ($r = .551$), and family life satisfaction ($r = .509$). This correlation is the highest positive value found in the table, ($r = .689$, $p < .001$). The findings indicate that higher levels of life satisfaction tend to be reported by working scheduled caste women who are organized, responsible, disciplined, persistent and have a goal. The strong association with job life satisfaction also indicates that conscientious traits may be very pertinent regarding the handling of work responsibilities and attainment of work-related goals. Neuroticism, by contrast, has significant and negative links with every facet of life satisfaction. The correlation coefficients are: mental $-.514$, job $-.571$, social $-.536$, marital $-.492$, and family life satisfaction $-.418$. It is correlated with total life satisfaction with $r = -.603$, $p < .001$. The results have shown that emotional instability, anxiety, worry, insecurity and susceptibility to negative emotions are negatively correlated to the satisfaction in various aspects of life. The negative correlation is strongest with job life satisfaction, which suggests that emotional instability may be more harmful to occupational adjustment and satisfaction of working women. There are also strong positive associations between Openness to Experience and all life satisfaction dimensions. It has a correlation of .503 with mental life satisfaction, .582 with job life satisfaction, .556 with social life satisfaction, .467 with marital life satisfaction, and .429 with family life satisfaction. The correlation to overall life satisfaction is $r = .611$, $p < .001$. Women who are more curious, flexible, imaginative, open to new ideas and willing to try new experiences are likely to say that they are more content with their lives.

In general, the results show that the personality trait conscientiousness is most positively correlated with the total life satisfaction ($r = .689$), followed by extraversion ($r = .621$), openness to experience ($r = .611$), and agreeableness ($r = .593$). There is a high negative correlation between neuroticism and total life satisfaction ($r = -.603$). Thus, the results indicate that adaptive personality traits like responsibility, sociability, openness, cooperation and emotional stability are very closely related with higher life satisfaction of working SC women.

Table No. 04
Correlation between Big Five Personality Traits and Dimensions of Life Satisfaction among Scheduled Caste Non-Working Women

Variables & Dimensions	Mental	Job	Social	Marital	Family	Total Life Satisfaction
Extraversion	.468** .000 150	.542** .000 150	.501** .000 150	.437** .000 150	.389** .000 150	.556** .000 150
Agreeableness	.435** .000 150	.486** .000 150	.527** .000 150	.481** .000 150	.426** .000 150	.571** .000 150
Conscientiousness	.521** .000 150	.596** .000 150	.554** .000 150	.489** .000 150	.451** .000 150	.624** .000 150
Neuroticism	-.472** .000 150	-.541** .000 150	-.496** .000 150	-.458** .000 150	-.403** .000 150	-.578** .000 150
Openness to Experience	.449** .000 150	.518** .000 150	.482** .000 150	.431** .000 150	.392** .000 150	.539** .000 150

**** Correlation is significant at the 0.01 level (2-tailed)**

Analysis and Interpretation: The Pearson correlation coefficients for the Big five personality traits and various aspects of life satisfaction of the Scheduled Caste non-working women are presented in Table No. 04. Analysis is done on the basis of 150 respondents. Results show that there are significant relationships between each of the five personality traits and the dimensions of life satisfaction at the 0.01 level of significance. There are positive relationships between extraversion, agreeableness, conscientiousness, openness to experience, and life satisfaction, while neuroticism is negatively related to life satisfaction. The reported significance values of .000 should be interpreted as $p < .001$.

Mental, job, social, marital and family life satisfaction were all positively correlated with extraversion in significant ways. The correlation value between its score and the total life satisfaction score is $r = .556$, $p < .001$, which represents a moderate to strong relationship. The highest correlation between dimensions and extraversion is with job life satisfaction ($r = .542$) followed by social life satisfaction ($r = .501$). The lowest, but still significant, correlation is with family life satisfaction ($r = .389$). The results indicate that non-working women who are more sociable, active, expressive and interpersonal are more satisfied with various aspects of their lives. All dimensions of life satisfaction are also positively and significantly related to agreeableness. It has a correlation of .571 ($p < .001$) with total life satisfaction. There are strong dimensional relationships with social life satisfaction ($r = .527$), job life satisfaction ($r = .486$), and marital life satisfaction ($r = .481$). This means that cooperation, empathy, trust, kindness and interpersonal harmony lead to higher life satisfaction of the non-working women in the Scheduled Caste group. The relative stronger relationship with social and marital satisfaction is quite explainable as agreeable people are usually good at maintaining supportive and harmonious interpersonal relations. For the positive personality traits, Conscientiousness has the highest correlation with total life satisfaction ($r = .624$, $p < .001$). It is positively related to mental ($r = .521$), job ($r = .596$), social ($r = .554$), marital ($r = .489$), and family life satisfaction ($r = .451$). Association with job life satisfaction is the highest and family life satisfaction is the lowest. The results show that the organized, responsible, disciplined, dependable and goal-oriented non-working women are likely to have higher satisfaction levels in different aspects of life. The moderate association with overall life satisfaction indicates that conscientiousness could be a particularly relevant personality trait to link with overall well-being in this population. Unlike the other traits, Neuroticism is negatively correlated with all aspects of life satisfaction in a statistically significant manner. It has a correlation with total life satisfaction of $r = -.578$, $p < .001$. The negative correlation is seen to be highest with job life satisfaction ($r = -.541$), followed by social life satisfaction ($r = -.496$) and mental life satisfaction ($r = -.472$). The negative direction means that the more emotionally unstable, anxious, worried, insecure and susceptible to negative emotions, the less satisfaction. Therefore, the higher the neuroticism, the lower the satisfaction with mental, social, marital, family and life. There is also a strong positive correlation between Openness to Experience and all aspects of Life Satisfaction. It has a correlation with total life satisfaction of $r = .539$, $p < .001$. The highest correlation is found between the scale and job life satisfaction ($r = .518$), then social life satisfaction ($r = .482$) and mental life satisfaction ($r = .449$). These findings indicate that curiosity, flexibility, imagination, willingness to learn and receptiveness to new experiences are related to more positive evaluations of life among Scheduled Caste non-working women.

The results overall indicate a distinct pattern of results, with conscientiousness showing the highest positive correlation with total life satisfaction ($r = .624$), followed by agreeableness ($r = .571$), extraversion ($r = .556$), and openness to experience ($r = .539$).

= .539). There is a fairly large negative correlation between neuroticism and overall life satisfaction ($r = -.578$). Thus, it can be inferred that more conscientiousness, agreeableness, extraversion and openness are correlated with a higher life satisfaction and more neuroticism is correlated with a lower life satisfaction among Scheduled Caste non-working women.

Results and Discussion

The results of the study show that there is a meaningful relationship between the Big five personality traits and life satisfaction of both working and non-working SC women. The general trend was the same for both groups. Extraversion, agreeableness, conscientiousness and openness to experience were positively associated with various facets of life satisfaction and neuroticism with life satisfaction. This means that personality is important in the evaluation of mental, occupational, social, marital, family and overall life experiences of the women. Conscientiousness was one of the major positive personality traits of working caste women that turned out to be the major factor influencing life satisfaction. Women who are organized, responsible, self-disciplined, dependable and goal oriented are more likely to do well in handling several personal and occupational responsibilities with effectiveness. Such characteristics may enable them to cope better with workplace demands, family obligations, and social expectations. Conscientiousness is positively related to multiple facets of life satisfaction, possibly because structured behavior and persistence can increase one's sense of accomplishment and stability and boost self-efficacy. This is in line with earlier studies that have found conscientiousness to be a significant personality correlate of subjective well-being and life satisfaction (Tanksale, 2015; Anglim et al., 2020). There was a positive correlation between extraversion and life satisfaction in working women too. Social attributes such as sociability, assertiveness, enthusiasm, and interaction with others could lead to larger social networks, improved social interaction in the workplace, greater access to social supports, and more positive emotional experiences. These attributes may be especially beneficial for a working woman who frequently encounters colleagues, supervisors, clients and members of the community. In a similar fashion, openness to experience showed a positive association with life satisfaction, suggesting that flexibility, curiosity, adaptability, and openness to new experiences may be beneficial for women in coping constructively with a changing occupational and social environment. A positive relationship was also found between agreeableness and life satisfaction. Empathic, cooperative, kind, trustful and caring women will have more harmonious relations with others. These attributes can be of special importance with regard to social, marital and family satisfaction, lowering interpersonal conflict and improving emotional support. This finding agrees with the general picture that positive social relationships are a significant aspect of subjective well-being.

However, among the working women, there was a negative relationship between neuroticism and life satisfaction. Emotional instability, anxiety, worry, insecurity, and increased sensitivity to stressful experiences can have a negative impact on how people perceive and deal with individual and occupational challenges. A greater emotional instability may lead women to view the normal problems of life as more threatening or even harder to sustain positive evaluations on. The results are consistent with earlier studies showing neuroticism to be one of the strongest negative personality correlates of well-being (DeNeve & Cooper, 1998; Steel et al., 2008). The same trend was found for S.C. women who were not engaged in any work. The personality traits of conscientiousness, agreeableness, extraversion and openness were positively related to life satisfaction; neuroticism was negatively related. This indicates the impact of personality goes beyond working conditions. Personality traits can influence household management, relationships with others, coping with family obligations, social involvement and emotional coping for women who are not working.

The overall results indicate that personality traits of adaptability are positively related to life satisfaction in both working and non-working women of Scheduled Caste and emotional instability might have negative impact on life satisfaction of SC women. Results highlight that employment and external socioeconomic factors and conditions do not solely influence life satisfaction; there are also internal psychological characteristics that influence women's perceptions of their lives. Thus, for programmes targeting the well-being of women, it could be beneficial to strengthen emotional regulation, self-discipline, interpersonal competence, adaptability and positive social engagement.

Conclusion

Based on the results of the present study it may be inferred that, Big five personality traits are in close association with life satisfaction of working and non-working women of scheduled caste. The general trend of results attests to a positive association of adaptive personality traits (Extraversion, Agreeableness, Conscientiousness, Openness to experience) with life satisfaction and a negative association between Neuroticism and life satisfaction. Hence, women who are more socially active, cooperative and responsible, emotionally balanced and open to new experiences tend to have a more positive evaluation of their lives. Conscientiousness seems to be a personality dimension that has a special relevance to life satisfaction. Disciplined, responsible, organized, persistent, and goal-oriented attributes are qualities that could help women better manage their personal, family, social, and occupational roles. Extraversion and agreeableness could play a role in fostering more positive interpersonal relationships and social support, and openness to experience might facilitate adaptability and positive reactions to shifts and changes. On the other hand, neurotic traits, like anxiousness, emotional instability, insecurity, and excessive worry can lower satisfaction in a variety of life areas. The results also indicate that the personality dimension is still important in life satisfaction, even when considering the employment situation. Though social roles and responsibilities are different for working women and non-working women, the

psychological characteristics determine the way perception, interpretation and response to their social roles and responsibilities occurs. Hence, it can be concluded that life satisfaction of SC Women should be seen not only in terms of their employment status or socioeconomic factors but also with respect to their personal attributes. The study emphasizes the need to consider psychological development along with social and economic empowerment. Strategies that encourage emotional stability, self-confidence, interpersonal competence, adaptability, and responsible goal-directed behaviour can be added to counselling, skill development programmes and women's support programmes, as well as community interventions. Such works can help in enhancing the situation of SC women in terms of general welfare and quality of life.

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