

Socio Psychological Life Satisfaction Settled and Unsettled Squatters

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Abstract- The present work has been aimed to explore the socio psychological life satisfaction homeless, landless and rootless squatters of Parwanoo and Baddi areas. The study has been conducted on the squatters with age ranging from 25 to 50 years by using the qualitative as well as quantitative measures. The qualitative approach revealed that the squatters are facing problems of such a nature which are compelling them to remain in the state of life satisfaction while the quantitative approach revealed that women's are the majority over men who are in the state of life satisfaction.

Keywords : life satisfaction , Squatter, Women's, Homeless.

1. INTRODUCTION

The science and technology has further multiplied and polished the inner resources of people in the contemporary scenario. As a result, the people on the earth have witnessed a tremendous growth in every sphere. The minds of the certain people have over-advanced and they are always in a search of ease. According to Hastier (2011), for achieving happiness and tangible benefits, the human beings even do not hesitate to exploit other (July 20). For the same, they may use their inner resources for achieving crude worldly pleasure (Anandamurti, 2011) despite being tormented by the environmental stimuli. The endeavour to accomplish such affable aspirations however were slower in Stone Age or Lithic period due to their underdeveloped mental processes led by various socio-psychological factors such as poverty, deprivation, illiteracy, lack of information, communication and knowledge those fueled and progressed with the advent of science and technology (Box & Englehart, 2006) as already mentioned above in the contemporary scenarios. Now the present civilization is moving from 'eopolis' (village community with permanent habitation) to dynopolis' (not only for the man but also for his cars, airplanes, helicopters and rockets) by crossing 'metropolis' (mother city), 'megalopolis' (social decline of human community); and 'tyrannopolis' (formation of ghost town) stages as well as 'invisible city', a product of revolution in communications and electronic transmission. The advanced brain and mind has been proving as a milestone for promoting the well-being of the people across the country.

The slum and squatter populations are mostly found in streets, railway terminals and platforms, bus-stations, parks and open spaces, religious centers, ports, construction sites, around graveyards, parks, and stair ways as well as in other public spaces with no roof. As a result, globally, more than one billion people live in informal settlements or urban slums. They suffer from congestion i.e. overcrowding, inadequate accommodation, and limited access to clean water,

sanitation, drainages lack of proper waste disposal system and deteriorating air quality. Squatter settlements are increasingly seen by public decision-makers as 'slums of hope' rather than 'slums of despair'. In rural areas "scheduled castes and scheduled tribe still are enmeshed in poverty whereas in urban area slum and squatters people are the sufferer and most of them are from the lower castes. They suffer from social and psychological problems (Barnes, 1994) lives with great misery even after the passage of 64 year of independence. 'The urban poor are thrice alienated and thrice marginalized compared to rural counterpart those have to swallow insult, violence, atrocities, oppression and exploitation (Manorama, 2008; Namala, 2008) silently from the elite groups'. But the municipalities and government are not bothered about the need of "Aam Admis" and still are out of wood (Mukherjee, 2011).

According to a conservative estimate of NSSO half of the world population is living in the cities and the slum populations comprises of one billion and 49% slums and 30% households of the slum in India are unlisted (NSSO, 2002) even till today. Most affected populations are the squatters who have become a major reservoir for a wide spectrum of health conditions (Riley, Ko, Unger & Reis, 2007). They are prone to socio-political and psychological problems that the present studies explore. Even after the passage of 62 years of the independence, the condition of the people of the country in general, scheduled caste and scheduled tribe in rural areas as well as urban poor in particular especially squatters and slum population are not satisfactory even till today. As a result poor youths from rural areas started migrating with quantum jump towards urban areas (Agarwal, 2002; Shafi, 1988) and by reaching in mega cities. The rural poor mingle up with the urban poor give rise slum under slum.

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In the words of Jadhav, "the squatters suffer from rootlessness, landlessness and houselessness problem from time immemorial and prolonged deprivation cause them to jump their females and girls in the profession of sex worker, junk/rag picker, theft and drugs smuggling in order to extinguish their

stomach fire". Despite decades of efforts to alter mind set "the prejudices remained still entrenched and even have become more ferocious" (Dirk, 2007). They are generally seen as "breeding grounds" for social problems such as crime, drug addiction, alcoholism, HIV-AIDS, corruption, child abuse, terrorism, unemployment, pollution, housing shortage, traffic as well as various mental disorders such as aggression (Ahuja, 2009). The slum is a worldwide urban phenomenon, and cast a stereotype image with a heavily negative bias- a 'rash' on city landscape, a 'blot on civilization', over-crowding, filth, substandard housing, drinking, violence, apathy and poverty. It affects their health which is ideally a complete state of physical, mental, social and spiritual wellbeing of a person and not merely an absence of disease and infirmities (WHO, 2001). Despite applying "planned approach" squatters and slums population in India has been dealing with "fire fighting approach" (Suresh, 2001). The squatter people also seems to have enmeshed in depression that affect their mental health condition marked by an overwhelming feeling of sadness, isolation and despair. It exert on persons thinking, feeling and functioning. The condition may significantly interfere with their daily life and may prompt thoughts of suicide. There are approximately 16.1 million adults aged 18 or older in United States those represent 6.7 percent of the adult population had at least one major depressive episode, or experienced depressive symptoms. The depression has affected all the people of all ages, races and socioeconomic classes, and can strike at any time. The condition is found in twice as many women as men, according to the NIMH. Studies generally report that the depression is less in poor people as compare to their rich counterpart. According to a 1999 National Health Survey, the prevalence of major depression rate is significantly higher among rural population than to urban population.

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Another reason for the worst life of the squatter is due to excessive cost of the land prices,

house prices as well as their non-availability to these poor. It probably should be the right of every person on the earth that they avail their basic physiological need such as housing/shelter, food, clothes, and water as well as psychological need e.g. love, affection, and self-esteem on top priority. But, the squatter inhabitants are misbehaved and maltreated while raising such demand. Not only this they are socially discriminated and various prejudices as well as stereotypes such as castes system and untouchability are imposed on them. As a result they suffer from health and mental health problem that affect their overall well-being. It is a matter of great concern that nobody is giving attention towards such burning issues. Beside this only the ecological spatial arrangements of large metropolitan urban centre have been mostly studied whereas small and medium sized town have not drawn the attention of social scientists wherein the slum pockets are abruptly arising (Kamra, 1982, p. 1) along with various psychosocial problems. It seems that the society enters into the life of the people and makes them socially sick.

The policies of eviction of the squatters without resettlement are the most common practice in the Third World countries. Despite applying "planned approach" the squatter population in India in general as well as in Himachal Pradesh in particular is dealt with "fire fighting approach" (Suresh, 2001). Nobody apply sympathetic and humanitarian approach (Zinta, Verma & Thakur, 2009) toward them rather apply fatal attitude like police and administration pressure towards them. As a result, they frequently experienced the episode of thrashing and beating as well as burning their shacks and households goods, movable and immovable properties (Basu, 1988, p. 35-36). The assumption behind such embarrassing situation is that the slums and squatters are considered as the product of disorderly and unplanned growth. Hence vigorous local development controls along with the implementation of slum clearance and improvement schemes are brought into the practices. Demolition of slums and squatter settlement exacerbates housing shortages and reduces supply of houses that further compel them to re-squat on the same or other site by forgetting first traumatic experience resulted from demolition like the episode of earthquake in their life. So, it becomes very important to understand the process of social construction of reality.

The second important issue is of the social support. Here the exploration is that whether the poor people receive and perceive the great social support from their surrounding and family or the not. In this study the researcher has tried to assess the social support as perceived by these population. A study was conducted by Fram (2003) in order to know the influence of mother with high, low and moderate social



support on wellbeing also revealed that the mothers with low social support are quite disadvantaged or high in psychological vulnerabilities compared to the mother with high social support. The social support perhaps depends on the relationship formed by the people as well as his behaviour and thought processes towards other person. If the person is quite humble, qualified and employed followed with good attributes and manner, he perhaps get well social support. Further, if the person is wicked type, over clever with fuzzy and filthy in outlook and rudimentary in behaviour, he perhaps get less social support. It might be vice-a versa but for the poor people there are very few person who render them in support and point out that an access to safe drinking water supply, sanitation facilities and garbage disposal was found very low. A sizeable proportion had inadequate access to high quality antenatal care services. The study of Karademas (2006) observed that self-efficacy; optimism and social support may consistently mediate the health functioning. Similarly, Juneja, Malhotra and Nair (2006) found significant positive correlation between perceived social support and quality of life.

In their classic study Zinta, Verma and Thakur (2009) explored psychological well being among the squatters of Shimla Town. The study was conducted on N = 200 subjects (100 squatter 100 non-squatter) sub-divided into two parts (50 male + 50 female) of middle age group. These subjects were assessed on the dimension of health and anxiety. The result revealed that the squatter were found poor in wellbeing. Similarly, the women were found poor in well being. Further the squatter reported to greater anxiety as compare the man squatter. Behind poor wellbeing it seems that the increasing number of family and their burden on them affect them multifariously

According to the study of Carpentera, Danjerb and Takahashic (2004) behavior varies along with demographic factor and social capitals in slum areas. According to a study of Srivastava and Rastogi (2004) on slum 200 women of Lucknow city 18-45 years their quality of life were found poor because of being under the shadows of neglect, sufferings, ignorance or alienation. Consistent with a family Socio-economic conditions of the inhabitants of these squatter settlements are quite different from those of normal settlements. Keeping in view the existing literature, still there is a need to conduct an in-depth study on the socio economic deprivations of residents of squatter settlements.

The study of Maselko, and Patel (2008) attempted to describe the risk for attempted suicide in women when it is associated with social disadvantage and physical and mental illness. The data was analyzed from a population-based cohort study of N = 2494

women aged about 18–50 years from Goa (India) revealed that one-year incidence of attempted suicide was 0.8% and seven of these women had baseline common mental disorders (37%). The exposure to violence, and recent hunger state were the strongest predictors of incident as cases. However, in a multivariate model, exposure to violence and physical illness emerged as independent predictors of attempted suicide. Further, there are also certain studies those have critically examined various approaches to community development in squatter settlement.

The study of Ogale (2003) on squatter and slum settlements in Mumbai concludes that most of the people here are from rural India who migrated to Bombay to gain economic stability to nourish their families suffer from mental health problem. Poverty is particularly high in slums of Mumbai. There are those who have no access to basic amenities such as toilets and clean water, and others who live in a hazardous, hostile and insecure environment mostly affect their health. Similarly Vigil (2003) also found ecological, socioeconomic status, socio-cultural, and socio-psychological factors behinds urban street gang violence and youths unrest behaviour. Poor social support from family may be one of the reasons.

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The study of Botha and de Berg (2016) aimed to construct a model to explain trauma exposure and life satisfaction among black South African school learners. A random sample of 366 black adolescents selected from ten South African schools participated (females = 63.2%; rural = 24.2%; mean age = 13.9 years). The school formulate guidelines and treatment protocols to guide clinical work (Malizi, 2017). A study by social psychologists shows that people can reliably tell if someone is richer or poorer than average just by looking at a neutral face without any expression. This is due to visibility of the positions of muscles that become etched in the face over time as a result of repeated life experiences (Bjornsdottir & Rule, 2017).

The study was conducted on Sareen, Cox, Afifi, de Graaf, Asmundson, Have, and Stein (2005) examined whether anxiety disorders are risk factors for suicidal ideation and suicide attempts. A study was conducted by Kumar, Jeyaseelan, Suresh and Ahuja (2005) to determine the association of domestic spousal violence with poor mental health. The population of 9938 women ranges from 15 to 49 was sampled. Finding indicates a strong association between domestic spousal violence and poor mental health and underscores the need for appropriate intervention. Kafetsios (2006) revealed that the structural and functional aspects of social support may not have the same palliative role as usually observed in the international literature.

This study of Pittati, Zelli and Gelman (2009) investigated the role of economic variables in predicting regional disparities in reported life satisfaction of European Union (EU) citizens. European sub-national units (regions) are defined according to the first-level EU nomenclature of territorial units. They used multilevel modeling to explicitly account for the hierarchical nature of data, respondents within regions and countries, and for understanding patterns variation within and between regions. Main findings were that personal income matters more in poor regions than in rich regions, a pattern that still holds for regions within the same country. Being unemployed was negatively associated with life satisfaction even after controlled for income variation. Living in high unemployment regions does not alleviate unhappiness of being out of work. After controlling for individual characteristics and modeling interactions, regional differences in life satisfaction still remain, confirming that regional dimension is relevant for life satisfaction.

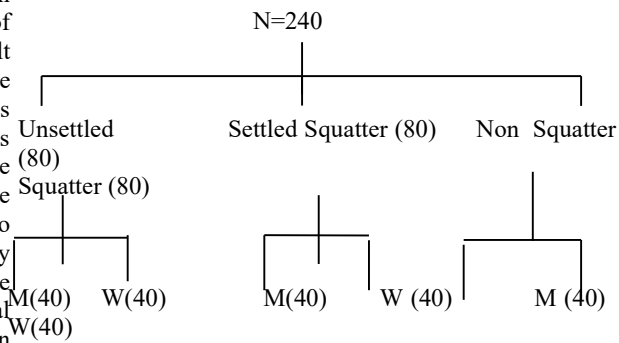
Objectives of the present study: Exploring the level of psychological resilience among the squatter (unsettled + and settled) is really an arduous task. Such population are found worldwide in a soaring state. In India such people live in Basti where people's attitude toward them is not fair. In Himachal Pradesh such population are expanding rapidly due to their search of work. They found this state as very peaceful as a result prefer to dwell here. Some of the squatters here are living for very long period of time and example is Baddi and Parwanoo area which is also known as industrial area of Himachal Pradesh. The squatter here are workforce and cheap labour for the industry. These believe in work but most of them have no work to do therefore faced a serious setback for their survival. They can not afford rented house therefore squat on a private and government land. For maintaining their survival they are in a search of daily work. The wages they earn on daily basis spent to their food without experiencing stressor. Therefore knowing psychological resilience

even after living in adverse and stressful conditions is really an interesting task that present study has undertaken. The objective of the study therefore was to find out the difference between settled squatter and unsettled squatter men and women population of Parwanoo and Baddi areas of Himachal Pradesh on the measure of resilience. Following methodology has been used to explore the squatters by comparing them with the non-squatter of same place to make the study as more scientific.

2. METHODOLOGY

Study Area: There exists slum and squatter population in Himachal Pradesh (NSSO, 2002). According to the Municipal Corporation, in Parwanoo there are approximately 503 slum pockets housing, 1972 households/ structures with 11874 population as identified by Government of Himachal Pradesh in these areas. Therefore, the study was conducted in Parwanoo and Baddi towns of the Himachal Pradesh. The slum pockets therefore were identified keeping in view the records of Municipal Corporation, Census and Statistical Department as well as with the help of local communities.

SAMPLE: In the study those squatter who have been provided housing by the H.P govt. have been taken as settled group whereas those residing in make-shift housing (jhuggies) have been taken as unsettled squatter. The study will be conducted on a sample of N=240 (80 unsettled squatters and 80 settled squatter and 80 non-squatters). These three groups will be compared with the non-squatter of same place to make the study as more scientific. divided into two categories based on gender i.e. men (N=40) and women (N=40). The age range of sample will be 25 years to 50 years. In this manner there were six groups with N = 40 in each that comprises of aforesaid sample. However the appropriate sampling design of the study is as follows:



3. QUANTITATIVE ANALYSIS

Satisfaction With Life Scale: It was developed by Diener, Emmons, Louen, Griffin, in 1985. It is a short, 5-item instrument designed to measure global cognitive judgments on our lives. It involves 7 point scale that ranges from strongly disagree to strongly agree. More appropriately, it involves the scaling option of strongly agree (1) disagree (2), slightly disagree (3), neither agree nor disagree (4), slightly agree (5), agree (6), and strongly agree (7). The score ranges from minimum of 5 to a maximum of 35. Higher the score more satisfied the students will be in their day to day life. This scale reliability and validity is $r = 0.82$ to $0r = .87$. This scale has widely being utilized by the researcher across world as well as by the department of Psychology H. P. University Shimla, Himachal Pradesh . Being in Hindi language, the scale is very reliable and valid to record the degree of satisfaction from the life. Therefore, this scale is being used to assess the life satisfaction among the squatter people as well.

4. PROCEDURE: The objective of the present study was to assess socio- psychological trauma and Resilience among homeless, landless and rootless squatter of Parwanoo and Baddi areas of Himachal Pradesh (India). For attaining the goal, the study was conducted on the squatters of Baddi and Parwanoo towns with age ranging from 25to 50 years. As a result 240 subjects (80 unsettled squatters + 80 settled squatter and 80 non squatter) were selected from the town based on NSSO, municipality and Revenue department's statistics. These sample were subdivided into two comparable group based on their gender that compares N=40 subjects in each six groups .They were observed and interview and qualitative information were collected by maintaining interaction to them. Before entering the area necessary permission was sought from the Mayor and Commissioner of that locality. The local people including factory employees, shopkeepers and other neighboured were consulted to know their destination. Further NGO named SNS foundation was also consulted to know their habitat. During study it was observed that in the people of slum and squatter areas either expect that the elite scholar has been giving them food, clothes and money as in some areas they do not cooperate and sport their fighting. The researcher very tactfully approached the areas and provided record of their plight. First hand interaction of the researcher came to know that the squatter were facing the basic need problem like food, water, electricity, and shelter including clothing and sleeping beds and materials. Further the level of education is also not appropriate. The employment opportunities in government sector are zero but they are working effectively in private and industrial sector

in small job. It is catering their need and family is getting hand to mouth to survive better. They have little concept of thinking idle. They pass their time in wandering and working therefore might experience less scale. Beside qualitative analysis quantitative analysis was also applied by giving self part measure such as trauma, resilience, depression, social support, happiness and life satisfaction scale. Thus $3 \times 2 \times 2$ Factorial design was followed and six groups, were formed first group was named as unsettled squatter male ,second as unsettled squatter female ,third as settled squatter male and fourth settled female ,fifth as non squatter male and sixth as the non squatter female each group comparison of 40 subjects that the from a complete sample of N-240 subjects results have been presented separately for each measure. These subject were assessed with the help of qualitative and quantitative measure. The qualitative measures basically were observation, interview, case study, fuzzy cognitive mapping and photography whereas the quantitative measure used in the study were trauma scale, depression, social support, resilience, life-satisfaction and happiness. The score recorded from the aforesaid measure were analyzed by using $3 \times 2 \times 2$ ANOVA whose description is given in the next section as follows:

4.1 RESULT :

The objective of the present study social psychological life satisfaction amongst the settled squatted , unsettled –squatter and non-squatter.the squatters despite the extreme stress adapt effectively to their social cultural environment by bouncing back to their stress and distressing situation. In the present study $3 \times 2 \times 2$ ANOVA was applied .The result is as follows :

Table 1.1: A 3×2 ANOVA performed On the Measure Of satisfaction with life Among Unsettled, Settled and Non-Squatter Men and Women of Parwanoo and Baddi Areas.

Source	SS	Df	MS	F	p
Total	143222.000	240			
P	4157.658	2	2078.829	45.637	<.01
G	236.017	1	236.017	5.181	n.s
P × G	1025.158	2	512.579	11.253	<.01
Error	10659.100	234	45.552		

From the table 1.1, it is quite clear that the main effect of population on the measure of satisfaction with life was found $F(2, 234) = 45.64$, $p < .01$ as statistically significant. It shows that there was a significant difference between Unsettled, Settled and Non-Squatter Men And Women Of Parwanoo And Baddi Areas of Himachal Pradesh. More appropriately, the average score of Unsettled squatter on the measure of satisfaction with life was found as 23.49 whereas the average score of Settled Squatters as 17.70 and Non-Squatters as 28.36. From the average score it is crystal clear that the non-squatter found very high in satisfaction with life whereas the Settled Squatters were observed least in the said satisfaction with life.

Further, the main effect of Gender on the measure of satisfaction with life was found $F(1,234) = 5.181$, $p < .01$ as statistically significant. It shows that there was a significant difference between the men and women of Unsettled, Settled and Non-Squatter Men and Women of Parwanoo and Baddi Areas of Himachal Pradesh. More appropriately, the average score of unsettled male in the measure of satisfaction with life was 24.18 whereas the average score of female was 22.19. It shows that the males were high in life satisfaction as compared to their female counterpart. The average score of unsettled male in the measure of subjective Happiness was 24.48 whereas the average score of female was 22.50. It showed that the males are high in subjective Happiness as compared to their female counterpart. The average score of settled male in the measure of satisfaction with life was 16.58 whereas the average score of female was 16.60. It shows that the females were higher in satisfaction with life as compared to their male counterpart. The average score of Non-squatter male in the measure of satisfaction with life was 26.83 whereas the average score of female was 29.90. It shows that the females were high in satisfaction with life as compared to their male counterpart.

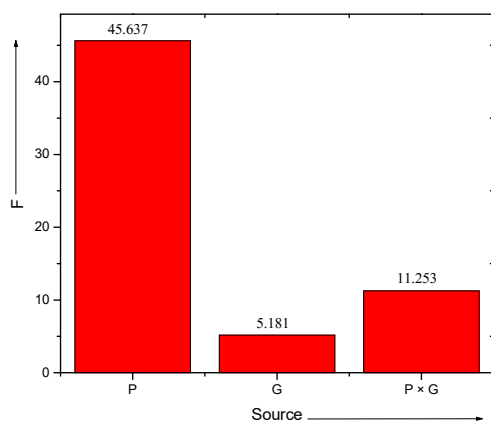


Fig. 1.1: F-values of Unsettled, Settled and Non-Squatter Men and Women of Parwanoo and Baddi Areas on the major of life satisfaction.

In the same tune, the two way interaction between $P \times G$ was also found $F(2,234) = 11.253$, $p < .01$ as statistically significant that perhaps support the high degree of life satisfaction among the men and non-squatter group.

In the below mentioned table an attempt has been made to assess the life satisfaction amongst Unsettled, Settled and Non-Squatter of Baddi and Parwanoo area of Himachal Pradesh.

Table 1.2 Average Score of Unsettled, Settled and Non-Squatter on the Measure of satisfaction with life

Groups	Men	Women	Average
Unsettled Squatter	24.48	22.50	23.49
Settled Squatter	21.23	14.18	17.70
Non-Squatter	26.83	29.90	28.36
Average	24.18	22.19	23.18

From the table 1.2 it is quite clear that the Average score of unsettled squatter male on the measure of life satisfaction was found 23.49. More appropriately average Score of Unsettled squatter men was 24.48 whereas women as 22.50. It shows that men have more life satisfaction as compared to the men. Average score Of Settled squatter was 17.70, Settled squatter male was 21.23 whereas women 14.18. It shows men have more life satisfaction. Kaur and Monika (2009) found that subjective well-being and life satisfaction were significantly correlated. Results also showed positive relationship with existential well-being. Further females reported higher level of life satisfaction whereas 50% males and 43% females fall in the category of average life satisfaction.

Average score of Non Squatter was 28.36, men 26.83 women 29.90. It shows women have more life satisfaction.

Women non-squatter have high life satisfaction because they have got all sorts of luxuries to run their life smoothly.e.g schooling of their child ,household jobs, education level ,living standard etc. Similarly, the average score of men was 24.18 whereas of Women was 22.19. It shows that men have more life satisfaction as compared to women.

Males enjoy more independence and financial security than females. Age puts a barrier to their independence and activities and this may account for the feeling of dissatisfaction in them. Counseling programs may reduce the alienation in elderly women. By doing

some minor jobs they can attain economic stability. They should also engage in some hobbies. The youngsters should love and respect the aged and give more physical attention and emotional caring to them. The degree of communication between the aged and all the other family members should be increased.

Similarly non-squatter have more subjective Happiness (28.36), whereas settled were found least in life satisfaction. The study conducted by Balachandran, Raakhee, and Raj (2007) found that elderly men experience less alienation than to the elderly women.

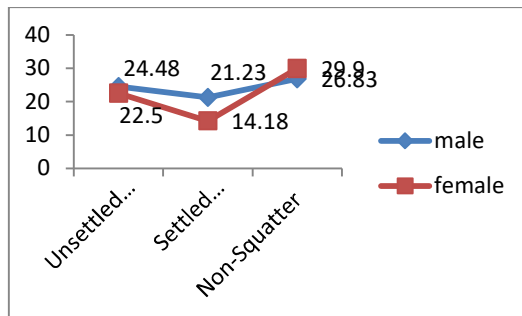


Fig. 1.2 Mean score of Unsettled, Settled And Non-Squatter Men And Women Of Parwanoo And Baddi Areas on the measure of life satisfaction.

More appropriately average Score of unsettled squatter Men was 24.48, average Score of settled squatter men was 21.23 and average Score of non-squatter was 26.83. It shows that non-squatter men have more trauma whereas settled has least life satisfaction. More appropriately average Score of unsettled squatter women was 22.50, average Score of settled squatter women was 14.18 and average Score of non-squatter was 29.90. It shows that non-squatter women have more life satisfaction whereas settled has least life satisfaction.

The Unsettled Squatters were found less satisfied from their life as compared to their Settled Squatters and Non-Squatters counterparts (Coke, 1992; Cummins, 2002; Pittati, Zelli and Gelman, 2009; Thakur, R., 2012; Verma, L. K. & Zinta, R. L. 2009, 2016, 2017; Srivastava & Rastogi, 2004). Further the women were found less satisfied from their life as compared to their men counterpart (Women have poor quality of life as compared to the men).

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