

Relationship between life satisfaction and work readiness among undergraduate students

ABSTRACT

The 21st century workplace calls for graduates who are responsive to the demands of a highly technological society, one that is constantly changing. Employers look forward to graduate students who are equipped with competencies and generic skills such as communication, interpersonal, problem-solving, and applied skills, and are able to overcome challenging problems and complex situations in the workplace. Work readiness is increasingly gaining attention because it is used to predict graduate students' potential job achievement and career advancement. Literature review shows life satisfaction influences work readiness. Life satisfaction, whether positive or negative is an essential but subjective component of well-being and contributes to students' holistic development. Therefore, it influences work readiness. However, there is still a scarcity of research related to both variables among university students, especially in Borneo. Thus, there is a need for a study to be carried out in this area. This study is carried out to examine the relationship between life satisfaction and work readiness. Two questionnaires were used to collect data in a public university in Borneo. The instruments were the Satisfaction with Life Scale (SWLC) and Work Readiness Inventory (WRI) and A random sampling technique was used to recruit 265 participants. The Pearson correlation was used to analyze the relationship between life satisfaction and work readiness. Results showed that there were positive relationships between life satisfaction and work readiness across these aspects: responsibility, flexibility, skills, communication, health and safety. Only self-view showed a negative relationship with life satisfaction. It is important that undergraduate students are well prepared before entering the work environment in order to enhance their job performance and be productive in their field.