

**A Systematic Review on the Theories of Life Satisfaction**

Sellahewa W. N.<sup>1</sup>✉, Samarasinghe T. D.<sup>2</sup>, Chandanamali D. M. M.<sup>2</sup>

**Abstract**

Every human being is entitled to only one life to live and therefore, he or she needs to manage that life very carefully without wasting the valuable life on unnecessary arguments, problems and irrelevant stuff. However, when carefully observing the nature and the behaviours of people, it is visible that the majority of people are wasting their only life on suffering. They forget to live but they have to sacrifice more suffering. In such a context, the current research intends to conduct a review on the concept of life satisfaction and related theories. Researchers believe that the pool of knowledge accumulated through this study will contribute to making human lives blessed with happiness and peace. Any of the individuals can benefit from the current review for their real-life to live within their life. It was carefully reviewed around 30 pieces of literature extracted from reliable and rich sources. However, to add value to the existing knowledge on life satisfaction, the researchers conducted two focus group discussions via zoom platform representing five members for each focus group discussion. Bottom-up theories and Top-down theories on life satisfaction are the main concerns of this study. All the data were analyzed qualitatively and presented descriptively. By conducting this study, it was an attempt to emphasize that the revealed knowledge on the 'bottom-up' perspective and the 'top-down' perspective can be used by the general public to make their lives happy. In conclusion, the details consolidated by this study is vital for the betterment of any individual to be satisfied with life. Further, as a recommendation, it is suggested that the need of developing a platform that can be reached by the general public to understand the research findings rather than sharing the research findings only with the research community via the available platforms. By conducting this study, it is expected to remind people to live their life.

**Keywords:** *Life satisfaction, theories on life satisfaction, bottom-up theories, top-down theories*

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<sup>1</sup>Uva Wellassa University of Sri Lanka, Sri Lanka

<sup>2</sup>Faculty of Graduate Studies, Sabaragamuwa University of Sri Lanka, Sri Lanka

✉ Corresponding author: researchassistwms@gmail.com