

Abstract

This research was conducted to examine the relationship among intrinsic/extrinsic aspirations, perceived stress and life satisfaction among university students.

Participants were selected by using systematic stratified random sampling and sample consisted of 300 male and 300 female students of BS (Hons) from Govt. and Private Universities who belonged to natural sciences and social sciences disciplines.

Measures used in this research included demographic sheet, Aspiration Index, Perceived Stress Scale and Satisfaction with Life Scale. Descriptive, Bivariate Correlation, Independent sample t test and moderation analysis were used to analyze the data. Results indicated that university students with the relatively more importance on intrinsic aspirations reported relatively lower level of perceived stress and higher level of life satisfaction. Whereas those with the relatively more importance on extrinsic aspirations reported lower level of perceived stress and high level of life satisfaction. Moreover, gender and perceived stress served as moderators in the association between relative more importance on intrinsic aspirations and life satisfaction.

Key words: Intrinsic/extrinsic, Aspirations, Perceived Stress, Life Satisfaction