

## The Role of Psychological Capital and Perceived Stress in Predicting Life Satisfaction among MBA Students: A Gender-Based Comparative Study

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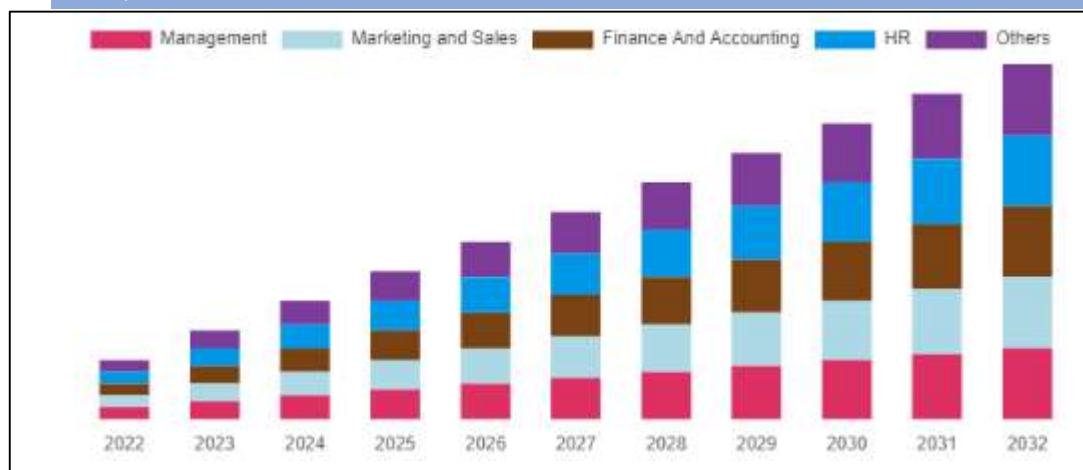
### Abstract:

This research is concentrated on the role of psychological capital (PsyCap) and perceived stress in predicting life satisfaction among MBA students, considering the difference between male and female students. The MBA students are subjected to academic pressure and future uncertainty, which have an adverse impact on their life satisfaction. A survey was conducted among 100 MBA students, both male and female in Kolkata (India) and nearby cities. The results of this study have indicated that male MBA students are facing more stress as they perceive academic and career pressures differently. On the contrary, female students are expanding the PsCap, which is helping them to address stress factors and improve life satisfaction.

**Keywords:** “Psychological capital,” “Perceived stress,” “Life satisfaction,” and “MBA students.”

### 1. Introduction:

In the demanding environment of business schools, MBA students, both male and female, often experience high levels of academic and career-related pressures. The ability to manage stress and maintain life satisfaction is critical to the student's success and overall wellbeing. Psychological Capital (PsyCap) includes four key elements, namely, hope, efficacy, resilience and optimism, which play a significant role in shaping the student's attitudes and emotional health (Liu *et al.*, 2023). In MBA courses, stress can arise from rigorous academic schedules and the pressures of job placements. Perceived stress negatively impacts the life satisfaction of the students by creating a sense of being overwhelmed, which can lead to mental fatigue and anxiety and hinder their coping abilities. Students who perceive high levels of stress most of the time struggle with self-care and emotional regulation, which are essential for life satisfaction (Wang *et al.* 2021).



**Figure 1: Global MBA education market**

(Source: Poets & Quants, 2022)

The primary purpose of this research is to explore the role of psychological capital and perceived stress in predicting life satisfaction among MBA students through a gender-based comparative study. In the prevailing literature sources, there are multiple papers which have investigated this area; however, the number of papers which have considered a gender-based comparison is on the lower side. The rationale behind this research is to mitigate this gap. Understanding the relationship between PsyCap and life satisfaction is important because it will assist the business schools to develop training in stress management and personal development which can be gender specific. Around the world, the number of students who are enrolling in MBA courses is continuously increasing; as of 2023, there are more than 250,389 MBA students, and the number is expected to grow at 15.6 percent CAGR. Therefore, assessing the role of PsyCap and perceived stress in male and female MBA students has become essential to confirming life satisfaction (Poets & Quants, 2022).

## 2. Materials and Methods:

### Data Collection and Analysis:

For this research, the primary method of data assortment has been considered, as a close-ended survey has been conducted among 100 MBA students of Kolkata and nearby cities (Rahman, 2023). The students have been identified with the help of LinkedIn, and prior to joining the survey they had all the required information such as anonymity and value of their contribution. The survey questionnaire contains 15 close-ended questions which are directly related to PsyCap and life satisfaction among MBA students; there are no personal questions (Pandey & Pandey 2021). The survey has been conducted online, with the help of Google Forms which is a simple and secure platform for conducting online surveys. In order to analyse the data collected from a survey the data analysis tool SPSS have been used. This tool has the competence of translating the raw survey data into statistical evidence, which can be used to investigate the actual role of PsyCap and perceived stress in predicting life satisfaction among MBA students (Mishra & Alok 2022).

### Methods:

There have been three different scales, namely "Satisfaction with life scale," "Perceived Stress Scale," and "Psychological Capital scale." The first scale was developed in order to assess the satisfaction with people's lives as a whole, which has been used to investigate the satisfaction of MBA students (Busetto, Wick & Gumbinger 2020). The scale is a technique for assessing the degree of difficulties in managing stress, which has helped in exploring one of the fundamental areas of this research. Finally, the third scale investigated the core elements in the male and female MBA students in terms of resilience, efficacy, optimism and hope, which are directly related to life satisfaction (Al-Ababneh 2020).

### Hypothesis:

**H1:** Psychological Capital (Hope, Self-efficacy, Resilience and Optimism) has a positive influence on Satisfaction with Life in MBA students.

**H2:** Perceived Stress has a negative influence on Satisfaction with Life in MBA students.

**H3:** The influence of Perceived Stress on Satisfaction with Life is stronger for male MBA students compared to female MBA students.

The questionnaire and the interpretation of the scores is simplified for the purpose of discussion and analysis

Variables	Levels	Codes
1. Gender	Male	1
	Female	2
	Prefer not to say	3
2. The conditions of my life are excellent.  3. In most ways my life is close to my ideal.  4. I am satisfied with my life.  5. If I could live my life over, I would change almost nothing.	Strongly disagree	1
	Disagree	2
	Slightly disagree	3
	Neither agree nor disagree	4
	Slightly agree	5
	Agree	6
	Strongly agree	7
6. In the last month, how often have you been upset because of something that happened unexpectedly?  7. In the last month, how often have you felt that you were unable to control the important things in your life?  8. In the last month, how often have you felt that you were unable to control the important things in your life? 9. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?  10. In the last month, how often have you been angered because of things that happened that were outside of your control?	Never	0
	Almost never	1
	Sometimes	2
	Fairly often	3
11. I feel confident analysing a long-term problem to find a solution. 12. I feel confident addressing a long-term problem to find a solution. 13. If I should find myself in a jam at work, I could think of many ways to get out of it. 14. I usually manage difficulties one way or another at work.	Very often	4
	Strongly Disagree	1
	Disagree	2
	Somewhat Disagree	3
	Somewhat Agree	4

15. I can get through difficult times at work because I've experienced difficulty before.	Agree	5
	Strongly Agree	6

### Survey Interpretation

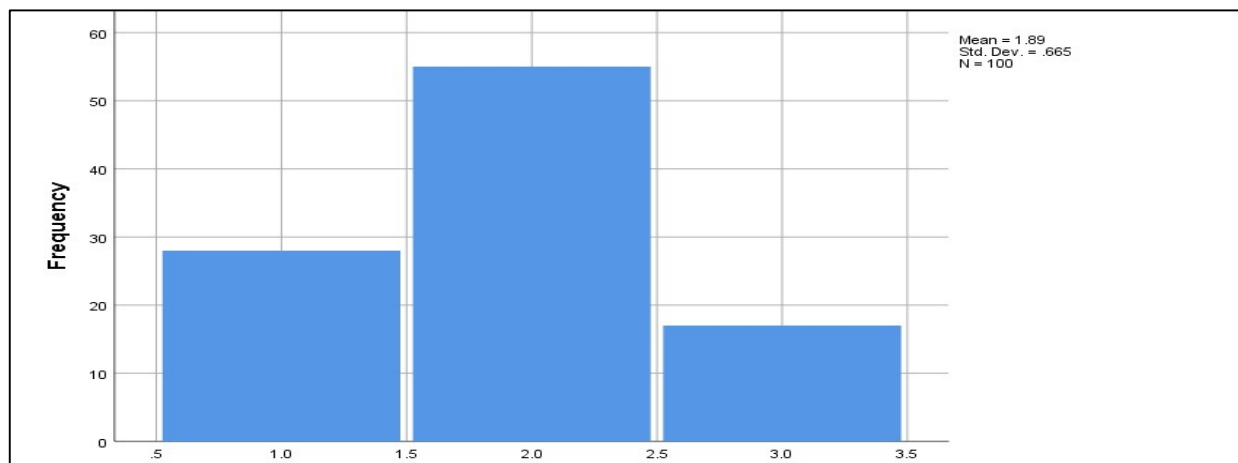
(Source: Author)

### 3.Results:

The survey responses have indicated that the number of female MBA students is on the higher side in Kolkata and nearby regions comparatively men, as a large number of female students are now pursuing higher studies in India.

**Table 1: Gender:**

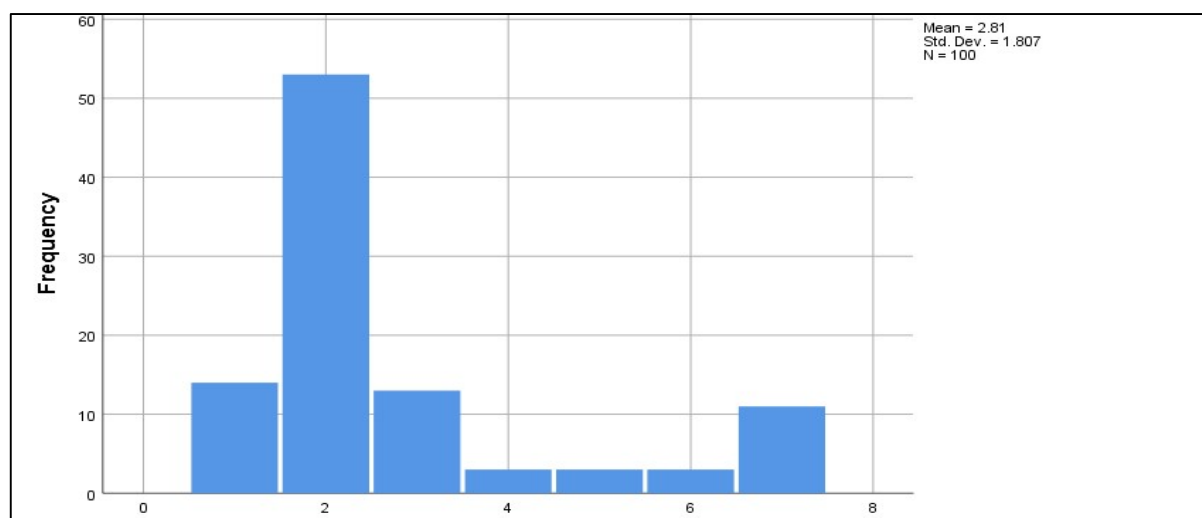
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	28	28.0	28.0	28.0
	2	55	55.0	55.0	83.0
	3	17	17.0	17.0	100.0
	Total	100	100.0	100.0	



**Figure 2: Gender**

**Table 2: Life Conditions**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	14	14.0	14.0	14.0
	2	53	53.0	53.0	67.0
	3	13	13.0	13.0	80.0
	4	3	3.0	3.0	83.0
	5	3	3.0	3.0	86.0
	6	3	3.0	3.0	89.0
	7	11	11.0	11.0	100.0
	Total	100	100.0	100.0	

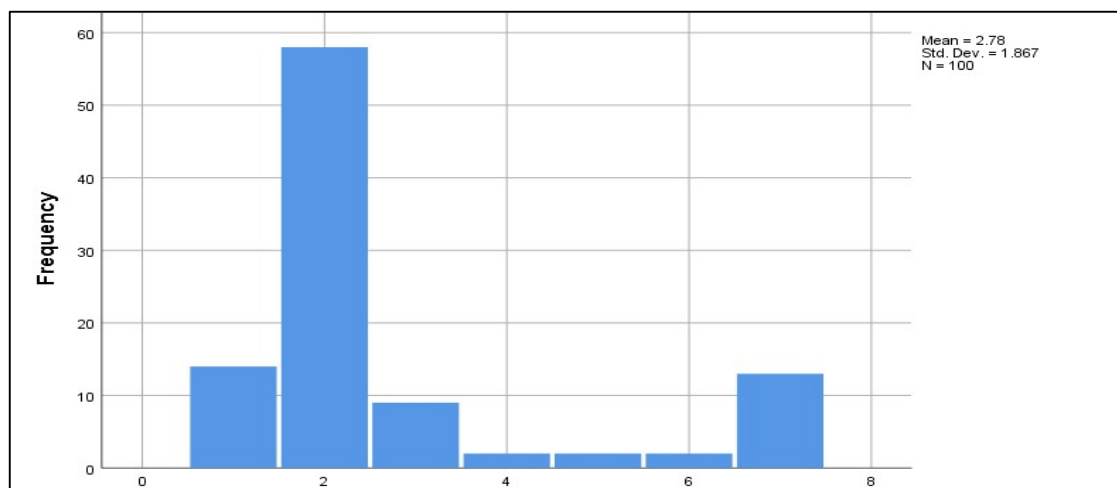


**Figure 3: Life Conditions**

The survey responses have indicated that the majority of the MBA students disagreed that their life conditions are not perfect. The life conditions were evaluated on a Likert scale of 1 to 7, with 1 being strongly disagree and 7 being strongly agree. Due to limited job vacancies, MBA students, both male and female, are facing mental fatigue and anxiety because of the uncertain future, which is diminishing their life satisfaction. Male MBA students are facing more stress; hence, they are less stratified with their lives compared to their female counterparts.

**Table 3: Ideal Life:**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	14	14.0	14.0	14.0
	2	58	58.0	58.0	72.0
	3	9	9.0	9.0	81.0
	4	2	2.0	2.0	83.0
	5	2	2.0	2.0	85.0
	6	2	2.0	2.0	87.0
	7	13	13.0	13.0	100.0
	Total	100	100.0	100.0	

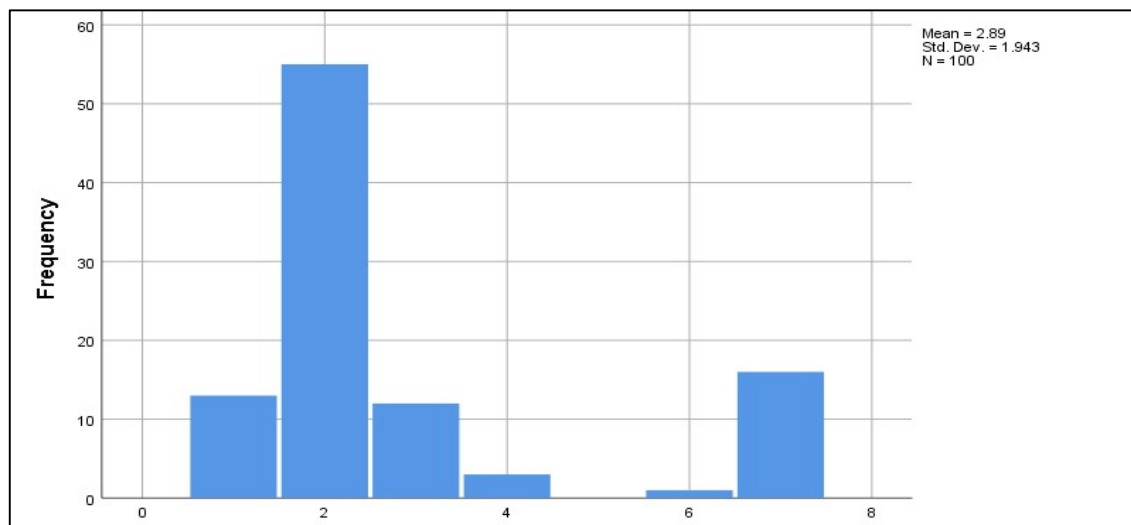


**Figure 4: Ideal Life**

The responses indicated that the majority of the participants disagreed that their lives were close to the ideal situation. The ideal life situations were evaluated on a Likert scale of 1 to 7, with 1 being strongly disagree and 7 being strongly agree. This is obvious because, in Kolkata and nearby regions, the number of students who are pursuing MBA courses is increasing; however, the number of job openings is not increasing at the same level. Hence, every student is prioritising studies over enjoining other parts of life. The survey has not indicated any gender disparity, meaning both male and female students are struggling to lead an ideal life.

**Table 4: Life Satisfaction:**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	13	13.0	13.0	13.0
	2	55	55.0	55.0	68.0
	3	12	12.0	12.0	80.0
	4	3	3.0	3.0	83.0
	6	1	1.0	1.0	84.0
	7	16	16.0	16.0	100.0
	Total	100	100.0	100.0	

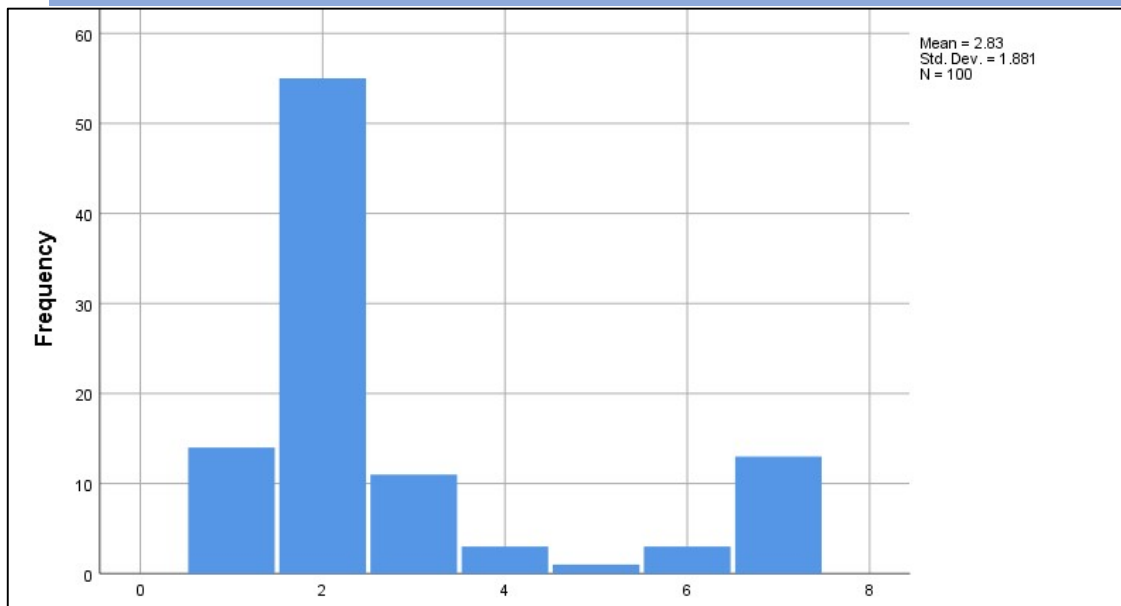


**Figure 5: Life Satisfaction**

In this survey question, the participants were asked if they were satisfied with their lives; the majority of the participants disagreed with this statement. Life satisfaction was evaluated on a Likert scale of 1 to 7, with 1 being strongly disagree and 7 being strongly agree. The MBA students are expected to complete countless assignments and workshops which take a toll on their mental and physical health, ultimately diminishing life satisfaction. The survey results have indicated gender disparity as the female students have slightly higher life satisfaction compared to the male students.

**Table 5: Changes in Life:**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	14	14.0	14.0	14.0
	2	55	55.0	55.0	69.0
	3	11	11.0	11.0	80.0
	4	3	3.0	3.0	83.0
	5	1	1.0	1.0	84.0
	6	3	3.0	3.0	87.0
	7	13	13.0	13.0	100.0
Total		100	100.0	100.0	



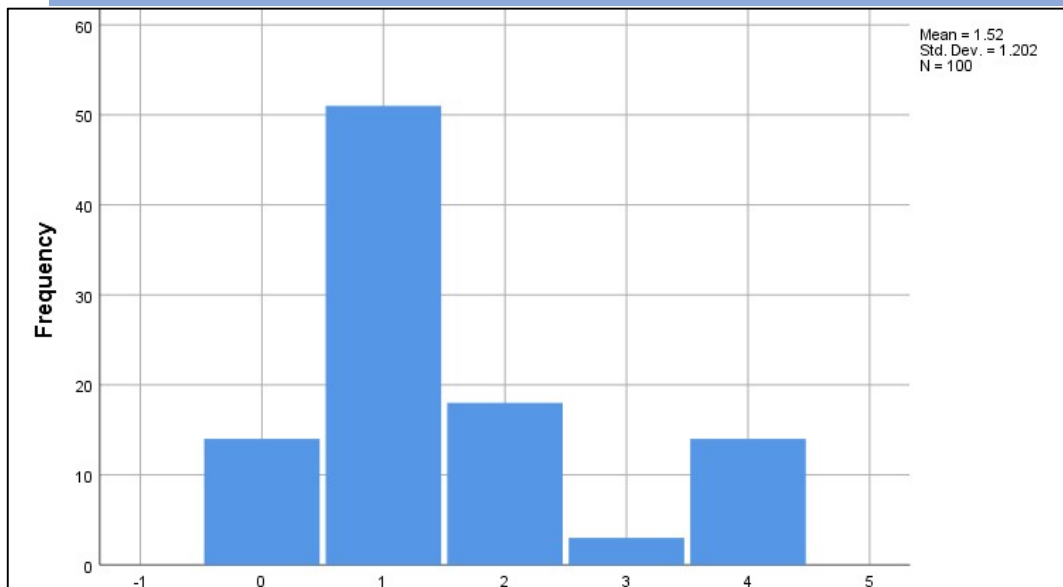
**Figure 6: Changes in Life**

The responses have indicated that the majority of the MBA students of the Kolkata region have the willingness to change multiple aspects if they receive the scope to live life over. The willingness to change life were evaluated on a Likert scale of 1 to 7, with 1 being strongly disagree and 7 being strongly agree. This indicates that the students are not satisfied with their current life circumstances mainly because of the higher pressure regarding academic curriculum and job market conditions.

**Table 6: Life Change**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	14	14.0	14.0	14.0
	1	51	51.0	51.0	65.0
	2	18	18.0	18.0	83.0
	3	3	3.0	3.0	86.0
	4	14	14.0	14.0	100.0
	Total	100	100.0	100.0	



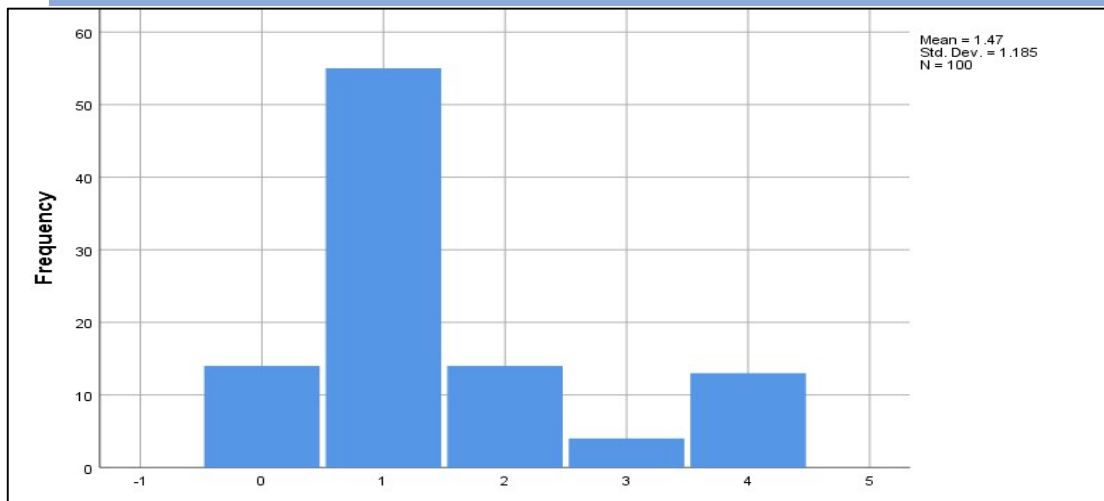


**Figure 7: Life Change**

In this survey question, the participants were asked in the last month how often they were upset when something happened unexpectedly. The response has indicated that MBA students do not get upset easily as they are familiar with handling uncertainty and stressful situations. However, the survey has indicated gender disparity as female students get more upset when an unexpected situation occurs compared to male students.

**Table 7: Ability to Control:**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	14	14.0	14.0	14.0
	1	55	55.0	55.0	69.0
	2	14	14.0	14.0	83.0
	3	4	4.0	4.0	87.0
	4	13	13.0	13.0	100.0
Total		100	100.0	100.0	

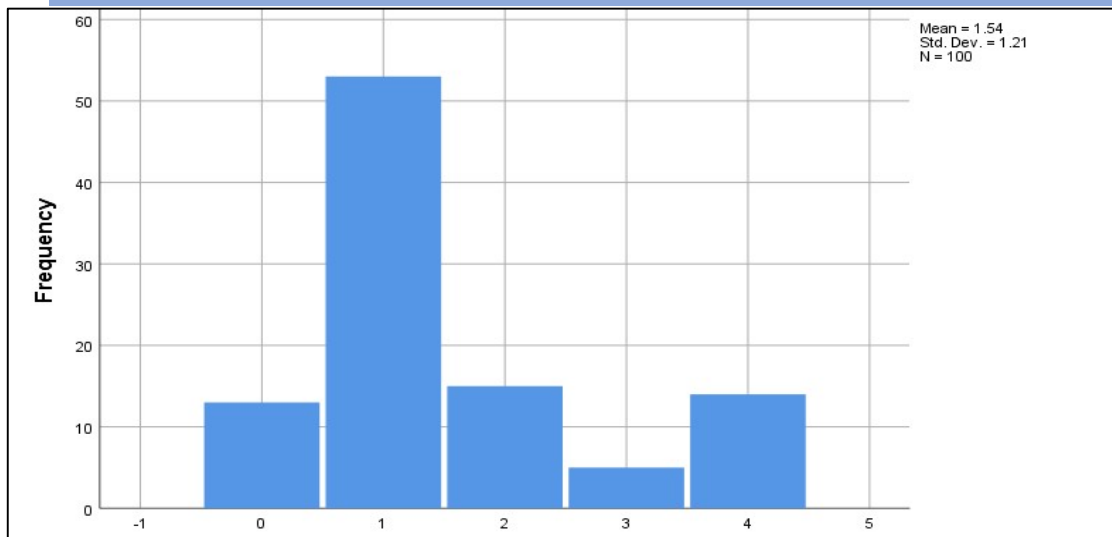


**Figure 8: Ability to Control**

The survey response has indicated that the MBA students of Kolkata and nearby regions do not face much stress whenever they become unable to control the important things in their lives. The ability to control situations in life were evaluated on a Likert scale of 0 to 4, with 0 being never and 4 being very often. These students are struggling to handle the academic pressure and the stress for the future; hence, they are not much concern about being unable to control the important things in their lives. This is actually the same for both male and female MBA students.

**Table 8: Control Irritation:**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	13	13.0	13.0	13.0
	1	53	53.0	53.0	66.0
	2	15	15.0	15.0	81.0
	3	5	5.0	5.0	86.0
	4	14	14.0	14.0	100.0
Total		100	100.0	100.0	

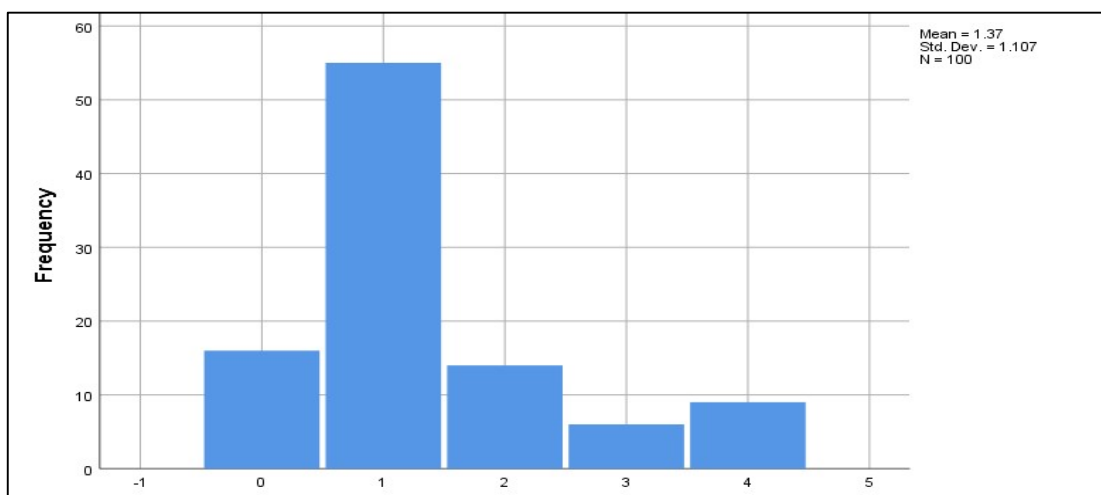


**Figure 9: Control Irritation**

The survey responses have indicated that the majority of MBA students are struggling to control their irritation and stress levels mainly because of academic pressure and future uncertainties. The ability to control irritations in life were evaluated on a Likert scale of 0 to 4, with 0 being never and 4 being very often. Gender disparity has been noticed in the responses as the female students have the capability of handling the stress and irritation more efficiently compared to their male counterparts.

**Table 9: Perception Level of Difficulty:**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	16	16.0	16.0	16.0
	1	55	55.0	55.0	71.0
	2	14	14.0	14.0	85.0
	3	6	6.0	6.0	91.0
	4	9	9.0	9.0	100.0
Total		100	100.0	100.0	

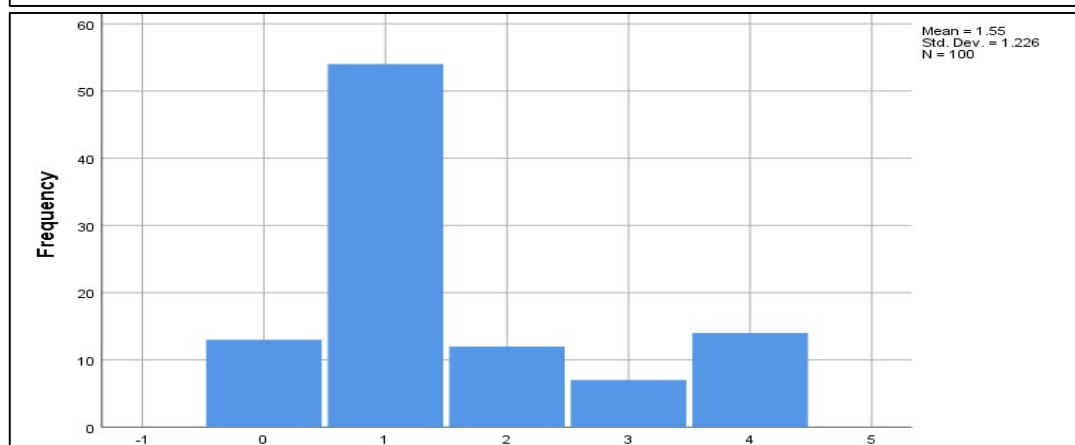


**Figure 10: Perception Level of Difficulty**

The survey response indicated that the MBA students of Kolkata and nearby regions are optimistic about their lives, which is the reason they do not feel that they cannot overcome the difficulties that are piling up. The ability to control difficult situations in life were evaluated on a Likert scale of 0 to 4, with 0 being never and 4 being very often. Both the male and female MBA students showcase similar levels of optimization, as they think that their current life might be full of hardship, but in the future, they can lead their ideal life by fulfilling their dreams.

**Table 10: Feeling Angered and Absence of Control:**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	0	13	13.0	13.0	13.0
	1	54	54.0	54.0	67.0
	2	12	12.0	12.0	79.0
	3	7	7.0	7.0	86.0
	4	14	14.0	14.0	100.0
	Total	100	100.0	100.0	

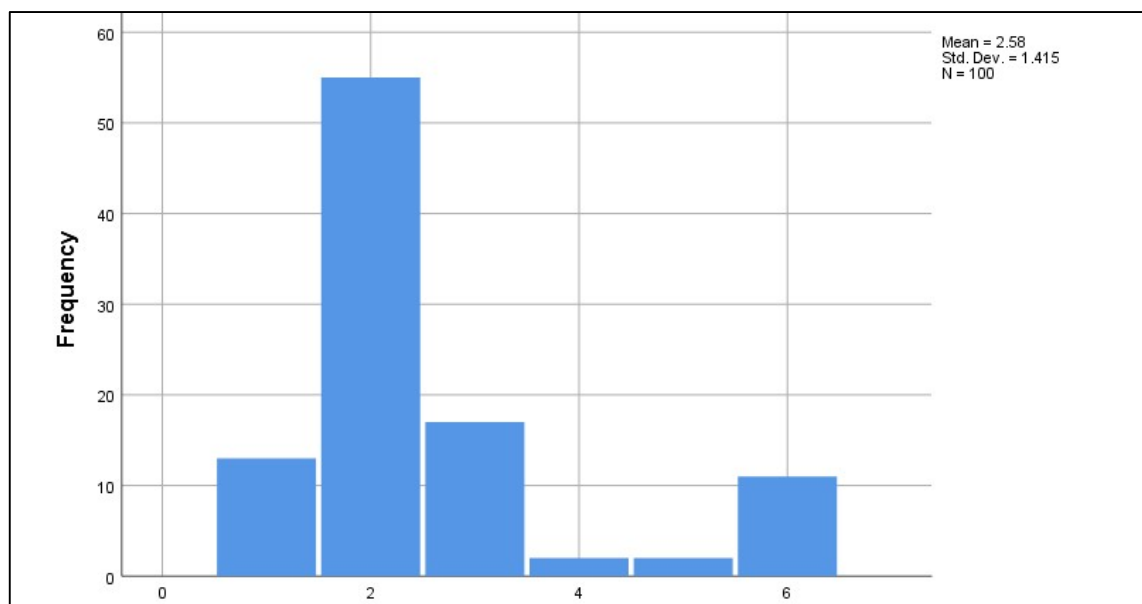


**Figure 11: Feeling Angered and Absence of Control**

In this survey question the participants were asked if they feel angered whenever things happen outside of their control. The feeling of anger and absence of control were evaluated on a Likert scale of 0 to 4, with 0 being never and 4 being very often. The results have indicated that the majority of MBA students do not feel angry when things go beyond their control because it only increases stress and worsens the situation. Gender disparity has been noticed as female students are better at controlling their anger whenever things do not go according to plan.

**Table 11: Confidence and Long-Term Problem Solution:**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	13	13.0	13.0	13.0
	2	55	55.0	55.0	68.0
	3	17	17.0	17.0	85.0
	4	2	2.0	2.0	87.0
	5	2	2.0	2.0	89.0
	6	11	11.0	11.0	100.0
	Total	100	100.0	100.0	



**Figure 12: Confidence and Long-Term Problem Solution**

In order to assess the PsyCap, the MBA students of Kolkata and nearby regions were enquired about if they feel confident in analyzing a long-term problem to find a solution. Confidence and long-term problem solution were studied using the Likert scale ,1 for strongly disagree and 6 as strongly agree. The response has indicated that the majority of the students lack confidence,which can be linked with higher stress and academic pressure. This is actually the same for male and female students.

**Table 12: Confidence in Work Presentation:**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	13	13.0	13.0	13.0
	2	55	55.0	55.0	68.0
	3	15	15.0	15.0	83.0
	4	3	3.0	3.0	86.0
	5	3	3.0	3.0	89.0
	6	11	11.0	11.0	100.0
	Total	100	100.0	100.0	

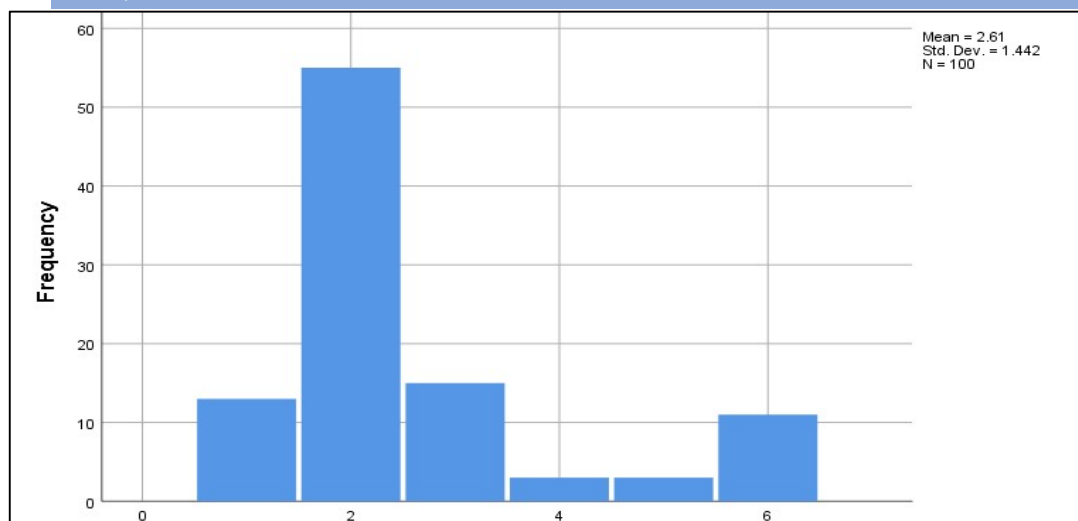


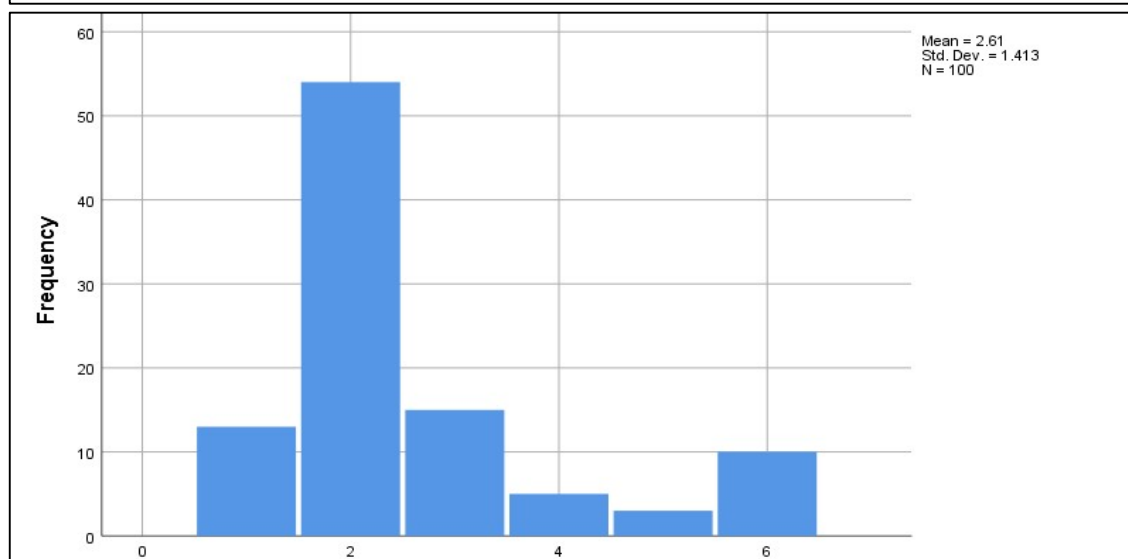
Figure 13: Confidence in

### Confidence in Work Presentation

The survey data have indicated that the majority of MBA students do not have the required confidence to represent their work area in meetings and presentations. Confidence in carrying out the work were studied using the Likert scale ,1 for strongly disagree and 6 as strongly agree. This is because the MBA courses primarily focus on theoretical knowledge over skills, which is the reason the students struggle to represent their work in corporate. Gender disparity has been noticed, as female students are less confident in representing their work compared to male students.

Table 13: Ability to address issues:

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	13	13.0	13.0	13.0
	2	54	54.0	54.0	67.0
	3	15	15.0	15.0	82.0
	4	5	5.0	5.0	87.0
	5	3	3.0	3.0	90.0
	6	10	10.0	10.0	100.0
Total		100	100.0	100.0	



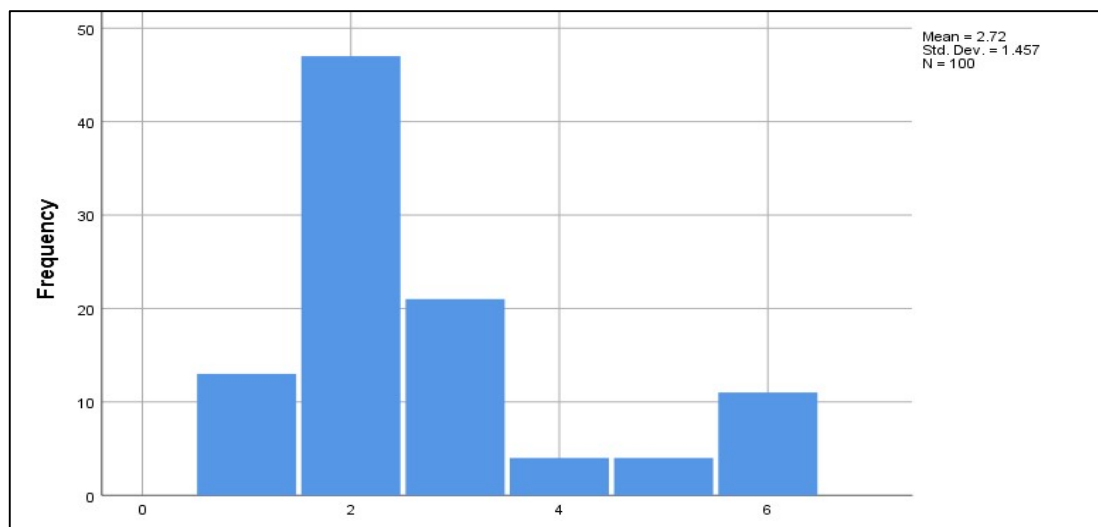
## address issues

**Figure 14: Ability to**

In this survey question, the MBA students of Kolkata and the nearby regions were enquired about whether they could find multiple ways to get out of jams at work. Ability to address issue were studied using the Likert scale ,1 for strongly disagree and 6 as strongly agree. The responses have indicated that these students do not believe that they have the capability to think of multiple ways to handle work jams. The participants do not showcase efficacy and resilience, which is a fundamental aspect of PsyCap.

**Table 14: Managing difficulties at work:**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	13	13.0	13.0	13.0
	2	47	47.0	47.0	60.0
	3	21	21.0	21.0	81.0
	4	4	4.0	4.0	85.0
	5	4	4.0	4.0	89.0
	6	11	11.0	11.0	100.0
	Total	100	100.0	100.0	

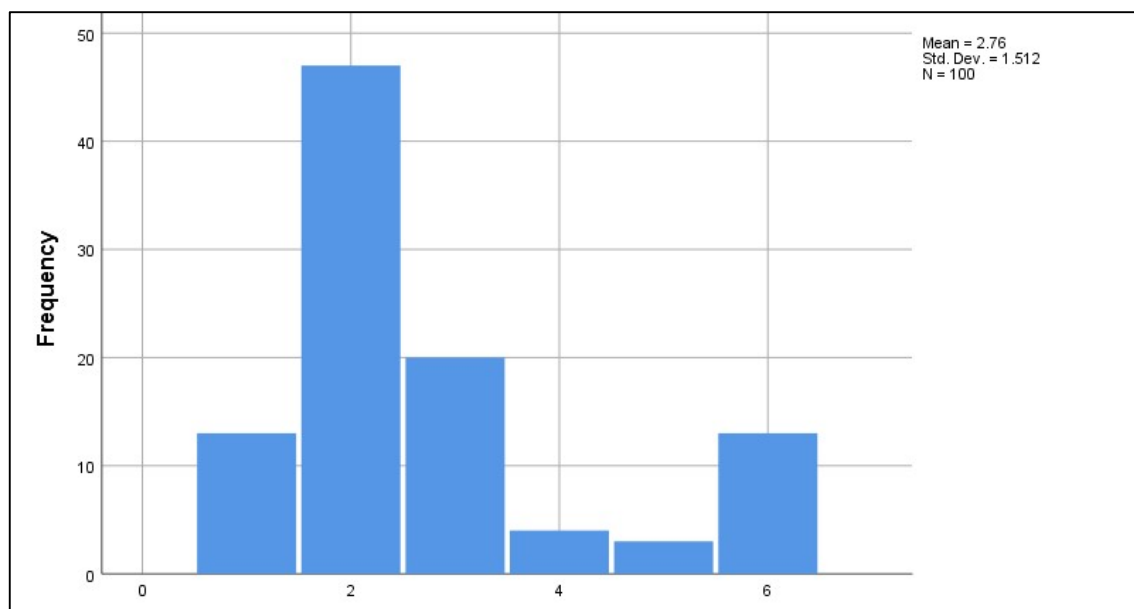


**Figure 15: Managing difficulties at work**

The majority of the participants have provided a negative response regarding managing difficulties in one way or another at work. Managing work difficulties were studied using the Likert scale ,1 for strongly disagree and 6 as strongly agree. The majority of MBA students do not hope that they can identify an optimal way to address the difficulties in their work. Gender disparity has been witnessed because female students are more optimistic about solving work issues compared to male students.

**Table 15: Experience in handling difficulties:**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	13	13.0	13.0	13.0
	2	47	47.0	47.0	60.0
	3	20	20.0	20.0	80.0
	4	4	4.0	4.0	84.0
	5	3	3.0	3.0	87.0
	6	13	13.0	13.0	100.0
	Total	100	100.0	100.0	



**Figure 16: Experience in handling difficulties**

In the final survey question, the participants were asked if they could get through difficult times at work while using their experience in handling difficulties before. Experience in handling difficulties were studied using the Likert scale ,1 for strongly disagree and 6 as strongly agree. The majority of the participants have provided a negative response as they do not believe they can handle difficult times at work, indicating they are not hopeful and optimistic.

### Correlation Analysis:

The correlations analysis has the purpose of demonstrating the relationship between the dependent variable which is “life satisfaction” with the independent variables namely “Life conditions”, “Ideal life”, “Life Satisfaction”, “Changes in life” and “Unable to control important things in life”. The relationship has been estimated as .495, .566, .600, .607, .616, .656, .665, .591, .670, .691, .640, .642, .677, .677 which suggests a positive correlation between the dependent and independent variables [Refer to the Appendix 2]. This have proven the relevancy and credibility of the outcomes of this research.



### Regression Analysis:

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.944 <sup>a</sup>	.892	.888	.624

ANOVA <sup>a</sup>						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	307.733	3	102.578	263.112	.000 <sup>b</sup>
	Residual	37.427	96	.390		
	Total	345.160	99			

The regression analysis has indicated that the R-value is .944, and the standard error of estimation is .624. Additionally, the ANOVA analysis has indicated that the sum of the square is 307.733 and the F value is 263.122; from these insights.

Hypothesis	Status
<b>H1: Psychological Capital (Hope, Self-efficacy, Resilience and Optimism) has a positive influence on Satisfaction with Life in MBA students.</b>	Accepted

This is because the R-value is close to 1, suggesting that as PsyCap increases, satisfaction with life also increases significantly. The large value of the sum of squares indicates that a substantial proportion of the variability in the dependent variable (life satisfaction) is accounted for by the independent variable (PsyCap). The hypothesis has been accepted as the higher F value indicates that the model is statistically significant; hence, the hypothesis has been accepted. This means the elements of PsyCap (hope, efficacy, resilience, and optimism) significantly enhance life satisfaction. MBA students with higher PsyCap are more likely to perceive their life positively, as these traits help them cope with stress and overcome challenges effectively.

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.897 <sup>a</sup>	.804	.796	.535

ANOVA <sup>a</sup>						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	111.732	4	27.933	97.639	.000 <sup>b</sup>
	Residual	27.178	95	.286		
	Total	138.910	99			

From the regression analysis, it can be mentioned that the R-value is 0.804, and the standard error of the estimate is 0.535. The ANOVA analysis has shown that the sum of squares is 111.732 and the F value is 97.639.

Hypothesis	Status
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<b>H2: Perceived Stress has a negative influence on Satisfaction with Life in MBA students.</b>	<b>Accepted</b>
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The positive R-value directly contradicts the hypothesis of a negative relationship. The standard error of the estimate is relatively low, suggesting a good fit for the regression model, but it is not aligned with the hypothesized negative influence. The F value indicates that the model is statistically significant; hence the hypothesis is accepted. This suggests that, within this sample, perceived stress predicts life satisfaction as strongly as expected.

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.941 <sup>a</sup>	.885	.882	.495

ANOVA <sup>a</sup>						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	182.222	3	60.741	247.416	.000 <sup>b</sup>
	Residual	23.568	96	.246		
	Total	205.790	99			

From the regression analysis, it can be motioned that the R-value is .941, whereas the standard error of the estimate is .495. On a similar note, the Sum of Square is 182.22, and the F value is 247.416, which has contributed to the devolvement of the table.

<b>Hypothesis</b>	<b>Status</b>
<b>H3: The influence of Perceived Stress on Satisfaction with Life is stronger for male MBA students compared to female MBA students.</b>	<b>Accepted</b>

The R-value is 0.941, which indicates a strong relationship between perceived stress and satisfaction among the life of male MBA students. The large value of the Sum of Square aligns with the hypothesis that the relationship is pronounced for males. The high F value signifies the prominence of the model for the male students, indicating the relationship is weaker for the females compared to males. Hence, this hypothesis has been accepted. The analysis revealed a significant gender-based difference, confirming this hypothesis. Male MBA students experience a more pronounced negative impact of perceived stress on their life satisfaction compared to female students. This finding suggests that male students may perceive academic and career pressures more acutely, possibly due to societal expectations or lower levels of resilience and optimism, which are critical components of PsyCap

#### 4. Discussion:

Based on the preliminary research, it can be mentioned that there is a direct relationship between PsyCap and life satisfaction among the MBA students of Kolkata and nearby areas. The majority of the students are not confident in their abilities; hence, they are less optimistic about the future and fail to maintain a hopeful outlook. Interestingly, resilience and hope are the most influential competencies of PsyCap in predicting life satisfaction. However, because of the higher stress and academic pressure, MBA students are struggling to bounce back from the challenges, which have an adverse impact on their life satisfaction. The comparison based on gender has indicated that female MBA students are more hopeful, optimistic, and resilient compared to their male counterparts.

The findings have shown a significant negative relationship between perceived stress and life satisfaction. This indicates that higher stress levels are associated with lower life satisfaction among the MBA students of Kolkata and nearby regions. These students are facing higher stress because of academic pressure as well as uncertainty about the future,

which adversely impacts their mental wellbeing, minimizing their life satisfaction. Due to the high-pressure environment, the stress of the students increases, and they struggle to plan their personal and professional lives. This has underscored a need for mental health support systems within the MBA programs, which include stress reduction workshops and counselling services that enhance the overall satisfaction of the students. This study has identified notable gender-based differences in the predictors of life satisfaction. Male MBA students are experiencing a stronger impact of perceived stress on life satisfaction compared to female students. This implies that male students perceive academic and career pressures differently, potentially facing unique stress factors and societal expectations. On the contrary, PsyCap's effect on life satisfaction was slightly stronger among the female students. This study has found that personal traits such as self-efficacy and resilience provide these students with a buffer against the challenges in the academic journey.

The assessment of the survey responses has indicated that the MBA students of India, especially in the Kolkata region, do not get easily upset even when they fail to control the important aspects of their lives. Although the majority of the students feel stressed, they have an optimistic outlook for the future. Still, due to the absence of practical skill development in the courses, the students are less confident in managing difficulties in work. The students have faced multiple challenges, but they do not believe these experiences can be used to get through difficult times at work. The main outcomes of this study are aligned with the findings of Ahmed *et al.* (2021) and Margaça *et al.* (2021), which indicate that PsyCap and perceived stress are directly aligned with the life satisfaction of MBA students. However, life satisfaction might be different among males and females while tackling the same situations.

#### **Research Limitation and Implication:**

Regarding the limitation, it can be mentioned that the sample was limited to MBA students from the nearby region of Kolkata; hence, the outcomes might not represent the perception of all Indian MBA students. This study has used a cross-sectional approach to capture the responses at one point in time, and a longitudinal study might offer a more comprehensive view regarding the relationship between PsyCap, stress and life satisfaction. Additionally, the survey is heavily dependent on self-reported data, which can introduce biases and hinder the effectiveness of the outcomes.

Based on the outcomes of this research, the India Universities that offer MBA courses could implement initiatives to cultivate PsyCap among the students, such as resilience training and confidence-building workshops. The universities might enable peer support groups and mindfulness training. For the students, this study might encourage setting personal goals to boost self-efficacy and nurture optimistic thinking patterns. Policymakers might promote mental wellbeing in higher education, especially by targeting stress reeducation and positive psychological approaches in academic institutions.

#### **Conclusion and Future Research Scope:**

From this report it can be concluded that PsyCap and perceived stress have a direct impact on the life satisfaction of the MBA students in Kolkata and nearby regions. However, the data have shown that male students are confronting more stress as they struggle to use the PsyCap, like hope and optimism to combat academic pressure and future uncertainty. In the future, a longitudinal study might be conducted to track the PsyCap and stress of the students across the semester since it will provide details about how these factors evolve over time. Expanding the study to the entire India might increase the generalizability of the findings across various student populations.

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