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Quality of life among displaced Kashmiri pandit migrant adolescents

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Abstract
The migration of mass population within their own countries has become a serious problem worldwide because it affects the people, their livelihood and also results in cultural alienation and identity crisis. The Kashmiri Pandit community also faced forced migration from their home land to Jammu and other parts of India. In spite of more than two decades post their migration, many of these displaced community members continue to bear the brunt of it. The present study analysed the quality of life as perceived by adolescents belonging to Kashmiri pandit migrant families. The sample for the study comprised of 80 adolescent boys and girls selected by a combination of random and purposive sampling technique from Jagti, residential colony for kashmiri migrants on the outskirts of Jammu city. Interview schedule and Standardised Quality of Life Inventory was used for data collection. The results reveal that most of the sample adolescents scored high on various dimensions of quality of life. They showed high level of satisfaction with their health, self-esteem, goals and values, work, play, friendships, love, learning and creativity. Though on other components also most of them scored high yet many adolescents showed dissatisfaction with their monetary status, home, relationships, family and ability to help others. They held the belief that if their families had not migrated they would have been financially more stable and hence would have been able to afford most material goods. Both, boys as well as girls; as well as early and late adolescents held similar levels of satisfaction with various components of quality of life.

Keywords: Quality of Life, Kashmiri Pandits, Migration, Adolescents

Introduction
Migration is generally a movement of people from their place of origin to another place for the purpose of settling down permanently or temporarily and the nature of migration is broadly classified in terms of type of choice (voluntary or involuntary) or geographical territory (international or internal), rural to rural, rural to urban, urban to urban etc, (Raj *et al*, 2014) [6].
The migration of mass population within their own countries has become a serious problem worldwide because it affects the people, their livelihood and also results in cultural alienation and identity crisis. It is one of the vital issues faced by human civilization now-a-days. The impact of violence in the Kashmir valley of the J&K state has been felt across communities, regions and ethnic lines. Among all, the Kashmiri Pandits is an important section which has suffered because of violence. Although Kashmiri Pandits have been moving out of the Kashmir valley since 1989-90, the mass exodus of Hindus from valley is the most recent in the history of J&K state (Zutshi, 2003) [9].
The term quality of life (QOL) refers the general well-being of individuals and societies. The term is used in wide range of context including the fields of international development, health care, and politics. It should not be confused with the concept of standard of living, which is based primarily on income. Instead standard indicators of quality of life include not only wealth and employment but also the built environment, physical and mental health, education, recreation and leisure time and social belonging. Quality of life term is used to describe wellness. An individual with quality of life (QOL) can enjoyably do the activities of life with little or no limitation and can function independently. Individual quality of life requires a pleasant and supportive community. Quality of life is considered a positive aspect of psychological adjustment. It refers to one's "perceptions of position in life in the context of the culture and value systems in which (he/she) lives, and in relation to (his/her) goals,

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expectations, standards, and concerns. Quality of life plays an important role in adolescent's overall adaptation and has been found to be related to affective, cognitive, and behavioral functioning in children and youth (Maria, 2015) [4].

Researchers have highlighted the various problems faced by the kashmiri community post their migration. They were required to start life afresh and create a new home and identity. Dhingra and Arora (2005) [1] noted that displacement has led to marked changes in their life style; many of these families are dependent on government relief for their survival. These displaced families are frustrated because of their inability to cope with the demands of each family. The worst hit section of community is students. The future generations of Kashmiri Pandits is moving through a perilous path of cultural homogenization, thereby losing their identity. Raj et al (2014) [6] presented an overview of the problem faced by the migrants Kashmiri Pandits in Jammu district. They reported that due to migration their socio-economic and living conditions are not so good because the peace loving community was forced to leave their homes and live under pathetic condition. Sood and Bakshi (2014) conducted a study on Quality of Life: gender differences in aged Kashmiri migrants in Jammu & Kashmir region. The findings highlight that the young adults experienced a great stress fleeing from their home land are now mostly falling within the aged category of the population. Their in-depth assessment of the quality of life is necessary as a group of aged people has already borne great trauma and are not properly settled. The study revealed that aged Kashmiri migrant women need more attention so that their quality of life is enhanced. Another study by Raina and Mir (2009) [5] has also highlighted the low level of quality of life among the Kashmiri migrants.

Settlement of the migrant Kashmiri Pandits continues to be a major problem. The Government is still moving them from one area to other areas which create manifold problems for them. Migration has had effect on all the members of Kashmiri Migrants families including the children. Adolescents, at transitional stage of life where the identity formation takes place along in shaping of their career choices are also affected. The impact of shifting from one place to another effects the adolescent's lives, their quality of life and life satisfaction. In view of the above, the present investigation was conducted to assess the quality of life of the adolescents belonging to Kashmiri migrant families. In view of the instability of a household and the other indirect outcomes of migration, it was assessed how the young teenagers view their lives.

Methodology
The methodological framework for the present study is presented as follows:

Sample Description
Sample Size: The total sample for the study consists of 80 adolescents, both boys and girls belonging to Kashmiri Pandit migrant families.

Locale: The entire sample was select from the residential camp area of Jagti, Nagorta. This camp area is a residential housing complex for migrant families created by the Government, as a step towards settling a large number of homeless migrants.

Sampling Technique
Random sampling was used to select sample for the study. There are two schools in the Jagti camp out of which one was private high school and another was Government higher secondary school. Each of the school was visited personally and a list of section of classes 9th to 12th was prepared. One section of each of these classes was selected through lottery method. Then randomly from each class 20 students were selected, to make a total sample of 80 adolescents. Later interaction was carried out with the adolescents, and the objectives behind the study were explained and they were assured complete confidentiality of data.

Tools for Data Collection
1. Interview schedule: Interviews were conducted with the sample adolescents to gather preliminary information related to them.
2. Quality of life Inventory: Quality of life Inventory developed by Frish (1994), was used with the sample adolescents. The Inventory yields an overall score and a profile of problem and strengths in 16 areas of life namely health, self esteem, goals and values, work, love, play, creativity, helping, love, friend, children, home relatives, community and neighborhood. It assess an individual's Quality of Life through self reports of the importance, they attach to each of 16 life domains (on–a-3-point rating scale) as well as their current satisfaction with each domain (on-a-6 point rating scale).

Data Analysis: The data analysis was started with making of code book, coding of gathered information and then coded data was transferred into code sheet. Data was analyzed primarily by Quantitative procedures. Differences in the variable were tested by using Chi Square and the data was presented in the form of tables, figures and graphs.

Results and Discussion
The findings of the study along with their discussions are presented as under:

Background Profile of Adolescents
Age of Sample Adolescents

Table 1: Age of Sample Adolescents

Age(in years)	Boys		Girls		Total	
	n	%	N	%	n	%
13-14	2	5	3	7.5	5	6.2
14-15	6	15	6	15	12	15
15-16	11	27.5	10	25	21	26.2
16-17	9	22.5	9	22.5	18	22.5
17-18	12	30	12	30	24	30
Total	40	100	40	100	40	1

χ^2 =0.248, p value=0.092, Insignificant

Table no. 1 reveals that the sample adolescents were aged between 13-18 years. Most of them were in the age group of 15-16 (26.5%) and 16-17 (22.5%). Computation of chi square indicates that there was insignificant difference in the age of sample boys and girls.

Educational Status of Sample Adolescents

Table 2: Educational Status of Sample adolescents

Qualification	Boys		Girls		Total	
	n	%	n	%	N	%
9th	11	27.5	14	35	25	31.2
10th	9	22.5	9	22.5	18	22.5
11th	13	32.5	13	32.5	26	32.5
12th	7	17.5	4	10	11	13.7
Total	40	100	40	100	40	100

χ^2=1.178 p value=0.75 Insignificant

Table no 2. Indicates that most of boys were in class 11th (i.e. 32.5%) and the girls were in the class of 9th (i.e. 35%).

Least number of boys and girls were in the class 12th. Calculation of chi square reveals that there was insignificant difference between boys and girls as far as their educational status was concerned.

Quality Of Life Among Kashmiri Pandit Migrant Adolescents
Quality of life was assessed in a total of 16 areas and the findings on this are presented as follows:

Health of sample Adolescents

Table 3: Health of sample Adolescents

Level	Boys n=40				Girls n=40				Total n=80			
	13-15	15-18	Total	%	13-15	15-18	Total	%	13-15	15-18	Total	%
Very Low	-	1 (4%)	1	2.5	6 (24%)	-	6	15	6 (15%)	1 (2.5%)	7	8.75
Low	3 (20%)	4 (16%)	7	17.5	3 (12%)	-	3	7.5	6 (15%)	4 (10%)	10	12.5
Average	3(20%)	3 (12%)	6	15	3 (12%)	-	3	7.5	6 (15%)	3 (7.5%)	9	11.25
High	9 (60%)	17 (68%)	26	65	13 ()52%	15 (100%)	28	70	22 (55)%	32 (80%)	54	67.5
Total	15	25	40	100	25	15	40	100	40	40	80	100

χ^2 between boys and girls=7.439, pv=0.059
χ^2 χ^2between early and late adolescents=2.044, pv=0.56

Table 4 depicts the level of satisfaction with health dimension of the quality of life among the sample adolescents. Majority of the sample adolescents (67.5%) had high level of satisfaction with health. This implies that the sample adolescents did not have any kind of symptoms of psychological disturbances such as depression, anxiety, or alcohol or drug abuse and hence they were extremely satisfied with their health status.

Calculation of chi square reveals that there are significant differences between girls and boys on their health status, more girls, were highly satisfied with their health than the boys. However, age wise the calculation of chi square revealed no significant difference.

Self esteem of the sample Adolescents

Table 4: Self-esteem of the sample Adolescents

Level	Boys n=40				Girls n=40				Total n=80			
	13-15	15-18	Total	%	13-15	15-18	Total	%	13-15	15-18	Total	%
Very Low	1 (6.6%)	2 (8%)	3	7.5	1 (5.2%)	1 (4.7%)	2	5	2 (5.8%)	3 (6.5%)	5	6.25
Low	5 (33.3%)	2 (8%)	7	17.5	5 (26.3%)	3 (14.2%)	8	20	10 (29.4%)	5 (10.8%)	15	18.75
Average	1 (6.6%)	3 (12%)	4	10	3 (15.7%)	3 (14.2%)	6	15	4 (11.7%)	6 1 (13.0%)	10	12.5
High	8 (53.3%)	18 (72%)	26	65	10 (52.2%)	14 (66.6%)	24	60	18 (52.9)	32 (69.56%)	50	62.5
Total	15	25	40	100	19	21	40	100	34	46	80	100

χ^2 between boys and girls=0.747, pv=0.86
χ^2 χ^2 between early and late adolescents=4.488, pv=0.21

Self-esteem is an important dimension of quality of life. 62.5% of sample adolescents had high level of self-esteem and felt they have adequate standards of performance and success in key areas of life such as work school, parenthood etc. They were highly satisfied with their own selves and did not fee; inferior due to any reason. Overall, the number of

teenagers who had average to higher levels of self-esteem were higher than those scoring low or very low.
Calculation of chi square indicates that no significant difference in the self-esteem according to age and sex of the respondents.

Goals and Values of the sample Adolescents

Table 5: Goals and Values of the sample Adolescents

Level	Boys n=40				Girls n=40				Total n=80			
	13-15	15-18	Total	%	13-15	15-18	Total	%	13-15	15-18	Total	%
Very Low	1 (6.25%)	-	1	2.5	-	-	-	-	1 (2.8%)	-	1	1.25
Low	3 (18.7%)	3 (12.5%)	6	15	5 (26.3%)	1 (4.7%)	6	15	8 (22.8%)	4 (8.8%)	12	15
Average	2 (12.5%)	1 (4.1%)	3	7.5	-	2 (9.5%)	2	5	2 (5.7%)	3 (6.6%)	5	6.25
High	10 (62.5%)	20 (83.3%)	30	75	14 (73.6%)	18 (85.7%)	32	80	24 (68.5%)	38 (84.4%)	62	77.5
Total	16	24	40	100	19	21	40	100	35	45	80	100

χ^2 between boys and girls=1.265, pv=0.73

Table 5 indicates that goals and values of sample adolescents. The sample adolescents did not find any difficulty formulating, following and achieving key personal goals; and ethical and moral standards because majority of

respondents i.e 77.5% had high level of goals and values. This means the respondents had ability to achieve key goals and moral standards and able to manage excessive guilt.

Only one respondent had very low score on goals and values component.

Statistical analysis through chi square show insignificant difference across age and sex.

4. Satisfaction with Money among sample Adolescents

Table 6: Satisfaction with money among the sample Adolescents

Level	Boys n=40				Girls n=40				Total n=80			
	13-15	15-18	Total	%	13-15	15-18	Total	%	13-15	15-18	Total	%
Very Low	1 (6.6%)	-	1	2.5	-	-	-	-	1 (2.9%)	-	1	1.25
Low	6 (40%)	8 (32%)	14	35	6 (31.5%)	6 (28.5%)	12	30	12 (35.29%)	14 (30.43%)	26	32.5
Average	2 (13.3%)	2 (8%)	4	10	2 (10.5%)	-	2	5	4 (11.76%)	2 (4.3%)	6	7.5
High	6 (40%)	15 (60%)	21	52.5	11 (57.8%)	15 (71.4%)	26	65	17 (50%)	30 (65.21%)	47	58.75
Total	15	25	40	100	19	21	40	100	34	46	80	100

χ^2 *between boys and girls=2.53, pv=0.50*
χ^2 χ^2 *between early and late adolescents=3.699, pv=0.29*

Table 6 reveals the level of satisfaction regarding monetary resources. Money in the form of income is required for basic necessities of life. Majority of the sample adolescents (58.8%) were highly satisfied with their monetary status. These teenagers felt that they had ample money for meeting their basic needs. However, 32.5% of the sample adolescents scored low in the money dimension that means they were not happy with the monetary standard and

resource. These adolescents lamented that had their families not migrated from their homeland, they would have been better off financially. They felt that their parents had seen a much tougher time due to financial complexities.

Statistical analysis through chi square show insignificant difference both across age as well as sex of the respondents.

Work of the sample Adolescents

Table 7: Work of the sample Adolescents

Level	Boys n=40				Girls n=40				Total n=80			
	13-15	15-18	Total	%	13-15	15-18	Total	%	13-15	15-18	Total	%
Very Low	1 (6.6%)	-	1	2.5	-	-	-	-	1 (2.94%)	-	1	1.25
Low	5 (27.7%)	8 (32%)	13	32.5	7 (36.8%)	7 (33.33%)	14	35	12 (35.2%)	15 (32.6%)	27	33.75
Average	1 (6.6%)	2 (8%)	3	7.5	2 (10.5%)	2 (9.5%)	4	10	3(8.8%)	4 (8.6%)	7	8.75
High	8 (53.3%)	15 (60%)	23	57.5	10 (52.6%)	12 (57.14%)	22	55	18 (52.9%)	27 (58.6%)	45	56.25
Total	15	25	40	100	19	21	40	100	34	46	80	100

χ^2 *between boys and girls=1.18, pv=0.007*
χ^2 χ^2 *between early and late adolescents=1.51, pv=0.679*

Table 7 indicates the satisfaction with the work status of sample adolescents. Work indicates the person's interpersonal relationship with friends, teachers and work as fulfilling and rewarding. Work in context of the adolescents was mostly related to their education and schooling. Most sample adolescents (56.2%) of Kashmiri migrant families scored high on work dimension, indicating that they were satisfied with their work profile. These adolescents felt that their primary work was education, which they were successfully managing. However, at the same time 33.75%

of these teenagers scored low on satisfaction with their work, implying that they probably wanted to do more with their lives. These adolescents mentioned that their present living conditions are deterrents in their path of gaining quality education.

Here also calculation of chi square indicates insignificant difference in both across age and sex difference.

Quality of Play among sample Adolescents

Table 8: Quality of Play among sample Adolescents

Level	Boys n=40				Girls n=40				Total n=80			
	13-15	15-18	Total	%	13-15	15-18	Total	%	13-15	15-18	Total	%
Very Low	1 (6.6%)	1 (4%)	2	5	-	-	-	-	1 (2.8%)	1 (2.2%)	2	2.5
Low	5 (33.3%)	10 (40%)	15	37.5	6 (30%)	2 (10%)	8	20	11 (31.4%)	12 (26.6%)	23	28.75
Average	3 (20%)	2 (8%)	5	12.5	4 (20%)	2 (100%)	6	15	7 (20%)	4 (8.8%)	11	13.75
High	6 (40%)	12 (48%)	18	45	10 (50%)	16 (80%)	26	65	16 (45.7%)	28 (62.2%)	44	55
Total	15	25	40	100	20	20	40	100	35	45	80	100

χ^2 *between boys and girls=5.67, pv=0.128*
χ^2 χ^2 *between early and late adolescents=2.93, pv=0.40*

Play is needed in routine basis to sustain and refresh one self. Involvement in play helps overcome depression by providing efficacy related stress experience. The sample adolescents had high level of play satisfaction, and were happy with their leisure activities. They engaged themselves in favourite hobbies like reading, socializing etc as often as they liked. 28.5% and 13.75% adolescents had low and average level of play satisfaction respectively. This indicates

that many of these teenagers may not be still satisfied with their play and recreational activities and may actually be looking out for more relaxation activities.

Calculation of chi square indicates insignificant difference both across age as well as sex.

7. Satisfaction with Learning among sample Adolescents

Table 9: Satisfaction with Learning among sample Adolescents

Level	Boys n=40				Girls n=40				Total n=80			
	13-15	15-18	Total	%	13-15	15-18	Total	%	13-15	15-18	Total	%
Very Low	-	-	-	-	-	3 (14.2%)	3	7.5	-	3 (6.4%)	3	3.75
Low	5 (33.3%)	3 (12%)	8	20	3 (15.7%)	3 (14.2%)	6	15	8 (23.5%)	6 (13.04%)	14	17.5
Average	1 (6.6%)	1 (4%)	2	5	1 (5.2%)	4 (19.04%)	5	12.5	2 (5.8%)	5 (10.8%)	7	8.75
High	9 (60%)	21 (84%)	30	75	15 (78.9%)	11 (52.3%)	26	65	24 (70.5%)	32 (69.5%)	56	70
Total	15	25	40	100	19	21	40	100	34	46	80	100

χ^2 *between boys and girls=6.125, pv=0.109*
χ^2 *χ^2 between early and late adolescents=4.004, pv=0.26*

Table 10 depicts the level of satisfaction with learning among the sample adolescent. Most sample adolescents 70% had high level of satisfaction with learning. This reveals that most sample adolescents had good performance, high motivation level and good study habits. Only 17.5% and 3.75% adolescents had low and very low satisfaction with learning respectively. These teenagers wanted be improve their performance and capacity to learn.
There were is insignificant difference between boys and girls; as well as between early and late adolescents.

Creativity of the sample Adolescents

Table 10: Creativity of the sample Adolescents

Level	Boys n=40				Girls n=40				Total n=80			
	13-15	15-18	Total	%	13-15	15-18	Total	%	13-15	15-18	Total	%
Very Low	1 (6.6%)	-	1	2.5	-	-	-	-	1 (2.8%)	-	1	1.25
Low	2 (13.3%)	2 (8%)	4	10	2 (10%)	4 (20%)	6	15	4 (11.4%)	6 (13.3%)	10	12.5
Average	-	4 (16%)	4	10	2 (10%)	1 (5%)	3	7.5	2 (5.7%)	5 (11.8%)	7	8.75
High	12 (80%)	19 (56%)	31	77.5	16 (80%)	15 (75%)	31	77.5	28 (80%)	34 (75.5%)	62	77.5
Total	15	25	40	100	20	20	40	100	35	45	80	100

χ^2 *between boys and girls=0.543, pv=0.67*
χ^2 *χ^2 between early and late adolescents=2.048, pv=0.56*

Results show that most sample adolescents (77.5%) scored high on creativity. This implies that the respondent's creativity is not stifled by a lack of time, ability or self confidence, but rather they were highly motivated to show and explore their creativity. Those who showed low levels of creativity mentioned that lack of time and facilities inhibited their ability to explore their creativity. Calculation of chi square indicate insignificant difference across age and sex

Quality of helpfulness among sample Adolescents

Table 11: Quality of helpfulness among sample Adolescents

Level	Boys n=40				Girls n=40				Total n=80			
	13-15	15-18	Total	%	13-15	15-18	Total	%	13-15	15-18	Total	%
Very Low	-	-	-	-	-	1 (4.7%)	1	2.5	-	1 (2.1%)	1	1.25
Low	5 (35.7%)	5 (19.2%)	10	25	4 (21.5%)	5 (23.8%)	9	22.5	9 (27.2%)	10 (21.2%)	19	23.75
Average	-	1 (3.8%)	1	2.5	1 (5.2%)	1 (4.7%)	2	5	1 (3.03%)	2 (4.2%)	3	3.75
High	9 (64.2%)	20 (76.9%)	29	72.5	14 (73.68%)	14 (66.6%)	28	70	23 (69.6%)	34 (72.3%)	57	71.25
Total	14	26	40	100	19	21	40	100	33	47	80	100

χ^2 *between boys and girls=1.404, pv=0.70*
χ^2 *χ^2 between early and late adolescents=1.183, pv=0.75*

Table 11 reveals that like most other dimensions majority of sample adolescents also (71.25%) scored high on the quality of helpfulness. These adolescents reported that they were ready to help others and indulged themselves in activities that provided support and help to others. Apart from these, 23.17% of sample adolescent showed low levels of satisfaction with their own helpfulness and did not believe much in being available for others. These youngsters felt that they didn't have much time and avenues of being helpful to others. Statistically here also no significant differences between males and females; and between young and late adolescents were noted.

Quality of Love among sample Adolescents

Table 12: Quality of love among sample Adolescents

Level	Boys n=40				Girls n=40				Total n=80			
	13-15	15-18	Total	%	13-15	15-18	Total	%	13-15	15-18	Total	%
Very Low	1 (6.6%)	1 (4%)	2	5	-	1 (4.5%)	1	2.5	1 (3.03%)	2 (4.2%)	3	3.75
Low	2 (13.3%)	6 (24%)	8	20	4 (22.2%)	6 (27.2%)	10	25	6 (18.1%)	12 (25.5%)	18	22.5
Average	4 (26.6%)	5 (20%)	9	22.5	4 (22.2%)	-	4	10	8 (24.2%)	5 (10.6%)	13	16.25
High	8 (53.3%)	13 (52%)	21	52.5	10 (55.5%)	15 (68.1%)	25	62.5	18 (54.4%)	28 (59.5%)	46	57.5
Total	15	25	40	100	18	22	40	100	33	47	80	100

χ^2 *between boys and girls=2.82, pv=0.419*
χ^2 *χ^2 between early and late adolescents=2.876, pv=0.41*

Majority of the sample adolescents (57.5%) enjoyed high quality of love relationship. These adolescents reported that they were able to resolve disagreement with the friends and family member and hence were satisfied with their love life. 22.5% respondent however scored low on love that meaning they felt lonely and in trouble for the lack of love in their life. Another, 16.25% of the teenagers scored average in love, meaning that they felt that they deserved more love from the people around them. Some of these adolescents reported that there was much scope of improvement in their love life. Statistical analysis indicates insignificant across the age and sex of the respondents on this aspect of life.

Quality of Friendship among sample Adolescents

Table 13: Quality of Friendship among sample Adolescents

Level	Boys n=40				Girls n=40				Total n=80			
	13-15	15-18	Total	%	13-15	15-18	Total	%	13-15	15-18	Total	%
Very Low	-	-	-	-	2 (11.1%)	-	2	5	2 (5.8%)	-	2	2.5
Low	8 (50%)	7 (29.1%)	15	37.5	2 (11.1%)	3 (13.6%)	5	12.5	10 (29.4%)	10 (21.7%)	20	25
Average	-	1 (4.1%)	1	2.5	3 (16.6%)	2 (9.09%)	5	12.5	3 (8.8%)	3 (6.5%)	6	7.5
High	8 (50%)	16 (66.6%)	24	60	11 (61.1%)	17 (77.27%)	28	70	19 (55.8%)	33 (71.7%)	52	65
Total	16	24	40	100	18	22	40	100	34	46	80	100

χ^2 between boys and girls=9.974, pv=0.018
χ^2 χ^2 between early and late adolescents=4.061, pv=0.25

Table 13 contains data on the friendship dimension of quality of life. Most of respondents (65%) scored high on friendship, which means these respondents enjoyed their friendship and knew how to resolve disagreements with their friends. They were capable of maintaining high quality friendships. However, at the same time, 25% of the respondents had low level of friendship. This implies they may yearn for friendship but were thwarted of personal problems such as shyness or mistrust.

Satisfaction with Family among sample Adolescents

Table 14: Satisfaction with family among sample Adolescents

Level	Boys n=40				Girls n=40				Total n=80			
	13-15	15-18	Total	%	13-15	15-18	Total	%	13-15	15-18	Total	%
Very Low	1 (6.6%)	-	1	2.5	-	1 (5.5%)	1	2.5	1 (3.03%)	1 (2.1%)	2	2.5
Low	3 (20%)	9 (36%)	12	30	5 (27.7%)	3 (13.3%)	8	20	8 (24.2%)	12 (25.5%)	20	25
Average	1 (6.6%)	2 (8%)	3	7.5	1 (5.5%)	-	1	2.5	2 (6.6%)	2 (4.2%)	4	5
High	10 (66.6%)	14 (56.6%)	24	60	12 (66.6%)	18 (81.8%)	30	75	22 (66.6%)	32 (68.08%)	54	67.5
Total	15	25	40	100	18	22	40	100	33	47	80	100

χ^2 between boys and girls=2.487, pv=0.48
χ^2 χ^2 between early and late adolescents=0.208, pv=0.97

Table 14 reveals that majority of the respondents (67.5%) had high level of satisfaction with the relationship they shared with their family members. These respondent enjoyed healthy relationship with their family members and were capable of resolving disagreement with them. Only 25% sample adolescents are unable to resolve disagreement and hence had low quality of family life. These adolescents were dissatisfied with their family mainly because of lack of material resources available. They reported that though they love their family members especially their parents yet, their living conditions were tough therefore they wanted more from their family. Many of these teenagers felt that had their families not migrated and agreed to stay in the residential accommodation their overall quality of life would have also improved.

Satisfaction with Relatives among sample Adolescents

Table 15: Satisfaction with Relatives among sample Adolescents

Level	Boys n=40				Girls n=40				Total n=80			
	13-15	15-18	Total	%	13-15	15-18	Total	%	13-15	15-18	Total	%
Very Low	2 (13.3%)	-	2	5	-	2 (9.5%)	2	5	2 (5.8%)	2 (4.3%)	4	5
Low	3 (20%)	7 (28%)	10	25	4 (21.05%)	2 (9.5%)	6	15	7 (20.5%)	9 (19.5%)	16	20
Average	2 (13.3%)	2 (8%)	4	10	2 (10.5%)	2 (9.5%)	4	10	4 (11.7%)	4 (8.6)	8	10
High	8 (53.3%)	16 (64%/)	24	60	13 (68.4%)	15 (71.4%)	28	70	21 (61.7%)	31 (67.3%)	52	65
Total	15	25	40	100	19	21	40	100	34	46	80	100

χ^2 between boys and girls=9.974, pv=0.018
χ^2 χ^2 between early and late adolescents=4.061, pv=0.25

Table 15 shows that majority (65%) sample adolescents had no major conflict with their relatives and are able to resolve disagreement with his or her relatives and hence showed high satisfaction on this dimension. Another 10% and 20% of the respondents had average and low level of satisfaction with their relatives. This implies that some adolescents may not always be maintaining very good quality of relationship with their relatives. Those having low satisfaction with their relatives felt that since their economic conditions weren't good some of their well off relatives maintained distance from them. Some of them wanted their relatives to understand and empathize with their lives and situation.

Quality of Home among sample Adolescents

Table 16: Quality of Home among sample Adolescents

Level	Boys n=40				Girls n=40				Total n=80			
	13-15	15-18	Total	%	13-15	15-18	Total	%	13-15	15-18	Total	%
Very Low	1 (6.6%)	-	1	2.5	-	-	-	-	1 (3.05%)	-	1	1.25
Low	5 (33.3%)	7 (28%)	12	30	3 (16.6%)	5 (22.7%)	8	20	8 (24.2%)	12 (25.5%)	20	25
Average	-	2 (8%)	2	5	2 (11.1%)	2 (9.89%)	4	10	2 (9.09%)	4 (8.5%)	6	7.5
High	9 (60%)	16 (64%)	25	62.5	13 (72.2%)	15 (68.1%)	28	70	22 (66.6%)	31 (65.9%)	53	66.25
Total	15	25	40	100	18	22	40	100	33	47	80	100

χ^2 *between boys and girls=2.63, pv=0.45*
χ^2 *between early and late adolescents=1.59, pv=0.660*

Most of respondents (66.25%) were highly satisfied with their home and found it attractive, expansive, and with no interpersonal conflicts with those residing in the home. Even though the respondents were living in a residential colony for migrants yet most of them were satisfied with their living arrangements. Only 25% and 1.25% of the respondents had low and very low level of satisfaction with their home environment respectively. These group of adolescents felt that had they not being migrants they would have continued to live in spacious homes abundant with all material resources.

No insignificant differences are noted in this dimension between boys and girls; and early and late adolescents.

Quality of Neighbourhood among sample Adolescents

Table 17: Quality of Neighbourhood among sample Adolescents

Level	Boys n=40				Girls n=40				Total n=80			
	13-15	15-18	Total	%	13-15	15-18	Total	%	13-15	15-18	Total	%
Very Low	1 (7.1%)	1 (3.8%)	2	5	1 (5.5%)	1 (4.5%)	2	5	2 (6.2%)	2 (4.1%)	4	5
Low	4 (28.5%)	8 (30.7%)	12	30	4 (22.2%)	8 (36.3%)	12	30	8 (25%)	16 (33.3%)	24	30
Average	4 (28.5%)	7 (26.9%)	11	27.5	3 (16.6%)	2 (9.09%)	5	12.5	7 (21.8%)	9 (18.7%)	16	20
High	5 (35.2%)	10 (38.4%)	15	37.5	10 (55.5%)	11 (50%)	21	52.5	15 (46.8%)	21 (43.7%)	36	45
Total	14	26	40	100	18	22	40	100	32	48	80	100

χ^2 *between boys and girls=3.25, pv=0.35*
χ^2 *χ^2between early and late adolescents=0.747, pv=0.86*

Table 17 indicates the satisfaction with neighbours among the sample adolescents. Majority of respondent's is (45%) perceived their neighbourhood as highly safe and friendly. They were very satisfied with their neighbours and neighbourhood. However, 30% and 20% teenagers perceived neighbourhood as safe and friend only to low and average level respectively. Space constraints and lack of basic amenities made them sometimes feel conformable. Dissatisfaction was mostly due to lack of material goods and less because of the people and the inhabitants.

Calculation of chi square indicates insignificant difference across age and sex of the respondents.

Satisfaction with Community among sample Adolescents

Table 18: Satisfaction with Community among sample Adolescents

Level	Boys n=40				Girls n=40				Total n=80			
	13-15	15-18	Total	%	13-15	15-18	Total	%	13-15	15-18	Total	%
Very Low	-	-	-	-	-	-	-	-	-	-	-	-
Low	6 (40%)	10 (40%)	16	40	6 (33.3%)	5 (22.7%)	11	27.5	12 (36.3%)	15 (31.9%)	27	33.75
Average	3 (20%)	3 (12%)	6	15	1 (55%)	-	1	2.5	4 (12.1%)	3 (6.3%)	7	8.75
High	6 (40%)	12 (48%)	18	45	11 (61.1%)	17 (77.2%)	28	70	17 (51.5%)	29 (61.7%)	46	57.5
Total	15	25	40	100	18	22	40	100	33	47	80	100

χ^2 *between boys and girls=6.908, pv=0.11*
χ^2 *between early and late adolescents=01.193, pv=0.75*

Table 18 shows that most of the sample adolescents (57.5%) held high perception of their community. They saw their community as friendly and having adequate recreational activities. But, 33.7% perceived their community as unsafe, unfriendly and lacking in recreational activities and hence scored low on this dimension. Irrespective of how much satisfaction the sample children showed with their community yet it was mentioned by them that life in residential colonies isn't very satisfying. They were mostly dissatisfied with their living environment because of lack of basic amenities but still cherished the feeling of living among their own people.

Calculation of chi square indicates that there is insignificant difference according to the age and sex of the respondent.

Summary

People have been migrating from one place to another due to various reasons- such as climatic conditions, economic factors, and more recently due to socio-political factors. In case of Kashmiri pandit community it was a by-product of the cross border terrorism. Migration from their homeland has lead the Kashmiri migrant look out for a new abode along with generating a new identity for themselves. Even though its been more than two decades that a large number of families migrated to Jammu and other parts of India from Kashmir in a bid to save their families and lives, yet, these families continue to face manifold problems till today. The most disadvantaged of those who migrated were the labour class and the socio economically disadvantaged groups. These migrants had no option but to depend on government aid. Those who came to Jammu were first housed in make

shift camps for a long time and finally have been absorbed in a residential colony at the city's outskirt. This constant uncertainty about their home and hearth has impacted the migrants and their families. Similar findings have been reported by Raj *et al*, 2014 and Khan, 2015 [3-7].

The findings of the result highlighted that most sample adolescents belonging to Kashmiri Pandit migrant families had high satisfaction on the various dimensions of quality of life. Majority of the sample adolescent had scored high on health meaning sample adolescents were free from depression, anxiety or drug abuse. Majority of the respondents had high level of self-esteem this implies that these respondents felt adequate to meet standards of performance and success in key areas of life such as work, school, parenthood, love and relationship. Similarly on other dimensions of quality of life i.e. goals and values, money, work, play, learning, creativity, helping also they scored high. This implies that sample adolescent were able to achieve personal goals and moral standards. The sample adolescents had the ability to resolve interpersonal conflicts with friends, parents, siblings and also engaged themselves in play activities or in socializing. They had the ability to complete their necessary work and had a good performance at school with good reading and writing skills. The majority of sample adolescents also engaged themselves in helping activities. They had close and healthy relationship with friends, relatives and neighbours. Majority of these adolescents are highly satisfied with their current home, relationships, neighbourhood and community.

However, in spite of this many teenagers mentioned that living in the allocated residential colony was a difficult task. Most adolescents and their parents had reported that they enjoyed better socio-economic status in the past. Even after passing of so many years they mostly hadn't been able to find their lost glory back. Further, since, the housing colony was deprived of basic amenities most adolescents wished that their parents and families had not migrated from Kashmir. They especially lamented about deterioration in their monetary resources which further impacted their education, recreational avenues and ability to help others. Lack of material goods also sometimes lead to straining of relationships within the family and with relatives. As a whole, sometimes they were also uncomfortable about their neighbourhood and community.

Overall, the results of the study highlight that most adolescents belonging to Kashmiri Pandit migrant families tend to enjoy high quality of life but yet, migration of their families from their home land did tend to continue to impact their perception of their lives.

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