

Assessment of index of quality of life of students

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Purpose: to carry out the assessment of index of quality of life of students of the specialty "Health of the person".

Material & Methods: students of the 2nd course of the specialty "Health of the person" took part in the research; methods were used: analysis of scientifically-methodical literature, screening questioning by "The scale of the assessment of quality of life".

Results: the results of questioning, which are received by means of the index "Quality of Life", students of the specialty "Health of the person" of Kharkov state academy of physical culture, are considered.

Conclusions: it is established that 10% had the high point of the index "Quality of Life" among youth-students, and 35% of respondents gained the high point among girls, and from them only in 14% of students – the lower limit of the high index of life. The lower limit was traced in one at the analysis of the average point of index of life (90%) of students, and 55% of respondents were in the borderline case at the time of the poll among girls.

Keywords: index of quality of life, students, screening questioning.

Introduction

The necessary condition of learning of students in higher education institution – full-fledged health – is the most important need of the person, which provides the harmonious development of the personality. The way of living, lifestyle, vital motivations of a student define his health and social wellbeing eventually during the whole life. High intellectual, exercise and psycho-emotional stresses, violations of the mode of work, rest and food, change of moral values, uncertainty in the future demand from students of the mobilization of forces for adaptation to new condition of accommodation and training, formation of the interpersonal relations out of family and overcoming difficult life situations. In this regard studying of quality of life of student's youth, which will define the condition of intellectual level of our country, its competitiveness, is represented relevant [2; 3; 6].

Quality of life of a student is important and informative characteristic of health of youth. The indicator of index of quality of life of students cannot be characterized as optimum, but its monitoring will give the chance of influence on it for the purpose of the further improvement. Timely diagnostics and assessment of the level of health allows revealing weak links in organism for purposeful influence, to make the individual program of improving trainings and to estimate efficiency, to predict risk of developing of life-endangering diseases, to define biological age of the person [1; 7; 9].

The concept "quality of life" appeared in use less than 40 years ago and at once began to be used in practice of sociological, and then and medical, statistical, demographic and other researches, characterizing the condition of activity and level of the person [2; 8].

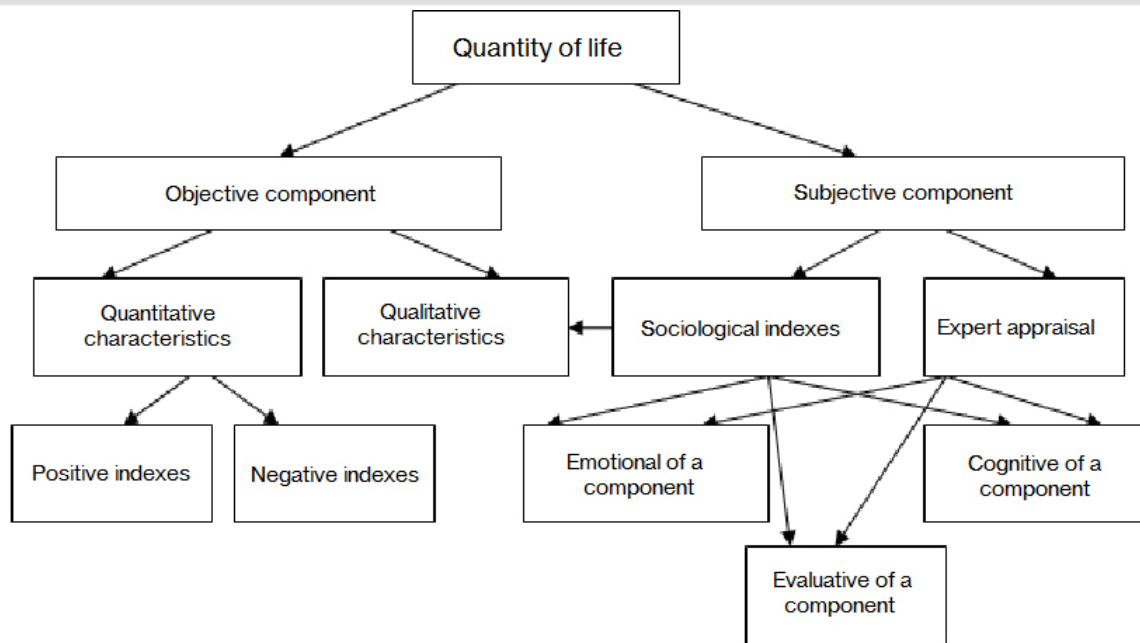
The World Health Organization, which defines quality of life as "perception by an individual of his situation in life in the context of culture and system of values in which an individual lives,

and in connection with the purposes, expectations, standards and interests of this individual", made the big in the development of scientific studying of quality of life contribution. WHO elaborated the fundamental criteria of quality of life:

1. Physical (force, energy, fatigue, pain, discomfort, dream, rest).
2. Psychological (positive emotions, thinking, studying, concentration, self-assessment, appearance, experiences).
3. Independence level (daily activity, working capacity, dependence on drugs and treatment).
4. Public life (personal relations, social value of the subject, sexual activity).
5. Environment (life, wellbeing, safety, availability and quality of the medical and social care, security, ecology, possibility of training, availability of information).
6. Spirituality (religion, personal beliefs) [2; 8; 10].

The greatest value belongs to a person, in whom objective and subjective factors are reflected and correspond, when studying quality of life (pic. 1) [2].

The analysis of references showed that the known ways of assessment of quality of life at people with various deviations use in medical practice (in particular, the Questionnaire of quality of life (the version of WHO)), but the scientific research of feature of formation of quality of life of student's youth exists a little more. The modern political situation, reforms, happening in the country, become objective reality and convince of need to influence quality of life of student's youth as our future state. The period of students is the period of considerable physical and mental reorganization of organism, which is connected with the transition of students to qualitatively new standard of living. The integrated subjective characteristic of quality of life of student's youth is formed before on the basis of characteristics of the personality, and also the general emotional condition of a young man – these aspects defined



Pic. 1. Factors of quality of life

the relevance of our research [5; 8].

Communication of researches with scientific programs, plans, subjects. The work is performed according to the priority thematic plan of the RW of Kharkov state academy of physical culture 76.35 “Medico-biological foundation of holding recovery actions and purpose of means of physical rehabilitation to persons of young age of different level of fitness”. Number of the state registration – is 0116U004081.

The purpose of the researches: to carry out the assessment of index of quality of life of students of the specialty “Health of the person” on the basis of the screening-questioning.

Research problems:

1. To analyze the modern scientific and methodical literature and to get acquainted with definition questionnaires of “Quality of Life”.
2. To carry out the screening-questioning among students on the “Scale the assessment of quality of life”.
3. To characterize the assessment of index of quality of life of students of the specialty “Health of the person”.

Material and Methods of the research

Students of the 2nd course of the specialty “Health of the person” participated in the research; methods were used: analysis of scientific and methodical literature, screening-questioning on the “Scale of the assessment of QL”.

Results of the research and their discussion

The analysis of references showed that the main method of assessment of quality of life is application of the standardized questionnaires, there are about 400, but all of them were generally developed by foreign authors and they have to be

Ukrainian-speaking and are modified under different categories of the population of our country for the further use in our country.

The integrated subjective characteristic of quality of life of student’s youth, first of all, is formed on the basis of characteristics of the personality, and also the general emotional condition of a boy – these aspects defined the relevance of our research.

We used the “Scale of the assessment of QL”, consisting of 36 questions, by means of which the assessment of spheres of quality of life is carried out for the assessment of quality of life of students: physical, psychological functions, independence level, social relations, and also perception by the respondent of health and quality of life in general [4; 9].

The expressed optimism and activity of living position are characteristic of the people, who have the high IQL, and the low level of index often meets at the persons, who endure burning out syndrome. The assessment of index of quality of life by the results of questioning of students of the specialty “Health of the person” of KhSAPC is provided in tab. 1.

Table 1
The assessment of index of quality of life of students of the specialty “Health of the person”

Index of quantity of life, points							
Very low (depressive)		Low		Average		High	
4–10		11–20		21–29		30–40	
M	W	M	W	M	W	M	W
0	0	0	0	90%	65%	10%	35%

10% had the high point among the male part of students, and the high point was gained by 35% of respondents among girls, and from them only 14% of students had – the lower bound of high index of life.

The lower bound was traced at one in the analysis of GPA of IQL (90% gained) students, and 55% of respondents were among girls in the borderline case at the time of the poll.

Table 2
Results of the screening-questioning of students of the specialty “Health of the person” on the “Scale of the assessment of quality of life”

No	Criteria of quantity of life	M, point	W, point
BLOCK 1. Physical criteria (force, energy, fatigue, pain, discomfort, dream, rest)			
1.	Health	7,5	8,5
2.	Physical state	7,2	8,6
3.	Dream	5,4	7,1
4.	Physical shape	8,0	7,6
5.	Fear and alarm (discomfort)	7,4	7,4
6.	Internal (personal) resources	6,2	6,9
BLOCK 2. Psychological criteria (positive emotions, thinking, studying, concentration, self-assessment, appearance, negative experiences)			
1.	Ability to organize the time (deficiency of time)	5,8	5,9
2.	Self-checking and self-control	7	7,2
3.	Sense of guilt and shame	7,5	6,5
4.	Anger	7	6
5.	Self-esteem	7,2	5,9
6.	Feeling of emotional “elation” and cheerfulness	5	5,6
7.	Offense or anger on others (seldom test)	3,1	4,6
8.	Mood	7,7	7,7
BLOCK 3. Level of independence (daily activity, working capacity, dependence on drugs and treatment)			
1	Work (study)	6,4	8,0
2	Financial state	5,2	6,1
3	Physical activity	7,2	8,5
4	Vital values and principles	7,8	6,8
5	Changing circumstances	7,1	7,0
BLOCK 4. Social life (personal relations, social value of the subject, sexual activity)			
1.	Personal aspirations and achievements	7,3	7,5
2.	Relations with children (or others)	7,1	7,7
3.	Relations at work (with colleagues, the administration, etc.)	7,5	7,7
4.	Relations with friends	9,5	8,3
5.	At change of situation or plans	7,4	6,8
6.	Intimate and sexual life	5,5	5,7
BLOCK 5. Environment (life, wellbeing, safety, availability and quality of the medical and social care, security, ecology, possibility of training, availability of information)			
1.	Good mood, as a rule, depends on the external environment	8,3	7,6
2.	Environment	7,1	7,2
3.	Quantity and dramatic nature of vital crises in the last two years	6,1	5,8
4.	Business (professional) career	7	8,6
5.	Understanding and respect in the business (professional) environment	7,3	6,8
6.	Professional (business) support	5,1	6,7
BLOCK 6. Spirituality (personal beliefs, religion)			
1.	Spiritual or religious support	6,0	7,3
2.	Decision-making	6,0	6,7
3.	Obligation	6,4	6,3
4.	Moral and emotional support of close people	7,7	8,0
5.	I have feeling of being lost in difficult life situations	9,1	9,5

Because the most part of our respondents have average IQL, and the borderline case was observed at 14% of girls and 10% of boys, the analysis of answers to questions was carried out.

We divided 36 questions into 6 blocks, consisting of the fundamental criteria of quality of life; the answers are estimated on the 10th ball scale (tab. 2).

The analysis of results of questioning showed that approximately the identical figures among boys and girls are traced concerning the first block, but, girl estimate their health as good more, and boys noted a bad dream at themselves more often.

Nobody estimated their physical criteria on 10 points and the indicator of internal reserves is also estimate rather low.

The most part of respondents of both sexes noted the deficiency of time that can speak about inability of concentration of the attention on something certain. The self-esteem is noted at the low level by girls that can speak about the underestimated self-assessment. Both boys and girls have seldom feeling of emotional "elation" and cheerfulness.

We can see from the answers of the Block 3 that the financial state didn't satisfied both boys, and girls, but everything more dissatisfaction is present among male. Boys show discontent more (6,4 points at boys to 8,0 points at girls) as for the choice of the direction of the activity.

The analysis of the Block 4 showed that students of both sexes estimate «Relations with friends» at the high level and the intimate and sexual life at rather low levels.

Answers to the questions of the 5th block showed that our

students rather often endured vital crises in the last two years, and it belongs to such concepts as safety. They have no understanding and respect up to standard, and also support in the professional environment both girls, and boys.

Judging by answers, the spiritual aspect at our students is at the good level, but respondents defined such criterion as "obligation" on average on 6 points. The answer was more often – "I do only that I can, I am never overstrained", than "I undertake too much personal and others' obligations" or "I often undertake what others have to do".

The answers to the 5th question of the Block 6 (9,1 to 9,5 points) about feeling of being lost in difficult life situations can demonstrate that our students most often "never lose hope for safe permission of difficult life situations".

Conclusions

As a result of the conducted research, the high point had only 10% of boys, and the high point gained 35% of students among girls, and from them only at 14% of students – the lower bound of high index of life among students of the 2nd course of the specialty «Health of the person». The positive indicators of the objective component of quality of life were observed more among girls that speak about the expressed optimism and activity of their living position.

Prospects of the further research are connected with the development of the computer version "Scales of assessment of quality of life" for conducting the testing of students of all courses and specialties of our academy.

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