

**FACTORS AFFECTING THE HEALTH RELATED QUALITY OF LIFE (HRQOL)  
OF LECTURERS AT UITM SHAH ALAM**

**BY:**

**NORIN RAHAYU BINTI SHAMSUDDIN  
DR ADRIANA BINTI ISMAIL  
PROF MADYA DR SHAARE BIN ENDOT**

**NOVEMBER 2011**

**Contents**

1. Letter of Report Submission ..... iii

2. Letter of Offer (Research Grant) ..... iv

3. Acknowledgements ..... vi

4. Enhanced Research Title and Objectives .....vii

5. Report ..... 1

    5.1 Proposed Executive Summary..... 1

    5.2 Enhanced Executive Summary .....2

    5.3 Introduction ..... 3

    5.4 Brief Literature Review..... 5

    5.5 Methodology..... 7

    5.6 Results and Discussion..... 8

    5.7 Conclusion and Recommendation ..... 12

    5.8 References/Bibliography ..... 13

6. Research Outcomes ..... 16

7. Appendix ..... 17

Date : 23 November 2011  
Project File Number: 600-IRDC/ST/DANA 5/3/Dst (33/2010)

Assistant Vice Chancellor (Research)  
Research Management Institut (RMI)  
Universiti Teknologi MARA,  
40450 Shah Alam

Prof,

**FINAL REPORT SUBMISSION ENTITLED “FACTORS AFFECTING HEALTH RELATED QUALITY OF LIFE (HRQoL) OF LECTURERS OF LECTURERS AT UiTM SHAH ALAM”**

Referring to the above matter, 2 (two) copies of the Final Report on **Factors Affecting Health Related Quality of Life (HRQOL) of Lecturers of Lecturers at UiTM Shah Alam** are submitted for your references.

Thank you,

Yours sincerely,

  
**NORIN RAHAYU BINTI SHAMSUDDIN**  
Principle Investigator

Team members:

1. **Dr Adriana Binti Ismail** – Faculty of Computer & Mathematical Sciences
2. **Prof Madya Dr Shaare bin Endot** – Faculty of Business Administration

## 5.2 Enhanced Executive Summary

With the increasing number of enrollment of students in universities, the workloads of lecturers tend to increase. The increases in contact hours with students in term of teaching, supervision and consultation as well as research work that need to be done and the administrative work that have been allocated, have decrease the health condition and increase stress among lecturers. The purpose of this study was to investigate factors that affect the health related quality of life of lecturers and to compare the mean score of health related quality of life with the Malaysian population norm.

Data were collected from a survey using a self administered SF-36 version 2 from lecturers from various faculties. A total of one hundred and sixteen questionnaires were used for this study. Results showed that social functioning, role emotion and mental health of the lecturers were most affected. Less than ten percent of the factors have impact on the quality of life of the academicians and another ninety percent were unexplained. Generally, the mean scores of the domains of SF36v2 for the lecturers were below the mean scores for Malaysian population norm. However the overall health conditions of lecturers were good. Further study need to be carried out with more factors need to be looked into to ensure that academicians have good quality of life.

A large sample size and a more appropriate statistical technique is required to ensure better results in indicating the health related quality of life of lecturers as many factors might have influence on HRQOL.

### 5.3 Introduction

Lecturers in varsities and academic institutions are assets of the varsities and institutions. The progress and achievement of a varsity greatly depend on the work performance of their staff mainly the lecturers. In work performance, productivity is one of the most important outcome measures. The productivity of a lecturer is measured by their teaching and research work, in which adds to the faculty academic profile as well as the university profile.

Univeristi Teknologi MARA (UiTM) is one of the comprehensive universities in Malaysia that strives to earn the status of a research university (RU). In order for the university to be an RU, the eight criteria listed out by the Ministry of Higher Education (MOHE) are needed for recognition. With increasing number of students enrollment each year and fulfilling the Ninth Malaysia Plan (9MP) of enrolling 200 000 students by the 2010 (Abdullah, 2008) increase the tense especially to the lecturers. The scenario may lessen the quality of life and decrease the health status of a lecturer.

There is no doubt that with good health and good quality of life a lecturer is able to give the best teaching ability and conduct best research work. A lecturer who is having problems with her health might affect her teaching ability. There has been preconceived notion that lecturer suffer poor social and poor emotional functioning due to stress brought by excessive teaching, insufficient resource, time and funding research, administrative workload and insufficient recognition and rewards (Gillespie, Walsh, Winefield, Dua, & Stough, 2001). Lecturers and teachers are claimed to be exposed to high risk of stress and occupational burnout (Chan, Lai, Ko, & Boey, 2000; Tsigilis, Zachopoulou, & Grammatikopoulos, 2006). This in turn might also affect their mental health.

Quality of life (QOL) displays the aspect of happiness and satisfaction of individual with their life as a whole. The meaning and the state of of QOL is different for each person as well as in a group of people (Centre for Disease Control and Prevention, 2000). Although health is an important determinant of a person's quality of life, however there are other factors that give the impact on the quality of life such as culture, religion, environment, education and finance (Centre for Disease Control and Prevention, 2000; Lam, 1997). The HRQOL become an important health outcome indicator as the number of people with chronic disease and disabilities have increase (Fryback, 2010; Lam, 1997). It encompass all the aspect in QOL that have an effect towards health of a person either physically or mentally (McHorney, 1999). By measuring the HRQoL, it can help in identifying subgroup of people with poor perceived of health and determine the factors that influence their health to improve their QOL.