



UNIVERSITI TEKNOLOGI MARA

**EVALUATION OF QUALITY OF LIFE AMONG UNIVERSITY
STUDENTS**

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ABSTRACT

The aim of this study was to evaluate the quality of life among university students. A total sample of $N=377$ full-time university students from various programmes in a cross-sectional study design participated in this study. The instrument used was the World Health Organization QOL-BREF questionnaire. The highest score of QOL was the social relationship domain ($3.77 \pm .766$) and the lowest was the physical health domain ($2.71 \pm .397$). An Independent sample t-test was employed to measure the differences of quality of life's domains between gender, level of study and athletes and non-athletes. Some differences were observed ($p < .05$). Health education programs should be conducted at the university to improve students' QOL as the findings indicated a moderate level ($3.73 \pm .634$).

Keywords: *Health, Quality of Life, University Students*

CHAPTER 1

INTRODUCTION

1.1 Background of the study

World Health Organization (WHO) characterizes the quality of life (QOL) as a person's impression of their situation in life with regards to the way of life and value systems wherein they live and in connection to their objectives, desires, standards and concerns. It is an expansive going idea influenced in a complicated way by the individual's physical wellbeing, mental state, individual beliefs, social connections and their relationship to salient features of their condition. For example, in the context of chronic illness which is in health-related, QOL is an individual encounter which among the elderly group will be affected by their own general desires and observations or the level of fulfilment or disappointment felt by them with different parts of their lives (Shofany, 2017).

Student's life in university is distressing because of the work they apply to take in ideas going from fundamental to troublesome issues and wellbeing worries for keeping up their general wellbeing. Stress is expressed through extreme exhaustion, feelings of negativity and separation from the job, and a feeling of inadequacy and absence of achievement (Maslach, 2001). Stress is a condition of a person that results from the association of the person with the situation which is seen as compromising or risk to the well-

CHAPTER 2

LITERATURE REVIEW

2.1 Introduction

There are four domains which contribute to the academic performance of students. These domains comprise of an amount of physical health, psychological health, social relationship and environmental which have been found to contribute to student academic performance. These factors are discussed below.

2.2 Quality of Life

The idea of QOL includes changes by which the entire society and social framework move a long way from a state of life broadly saw as unsatisfactory towards a circumstance in life generally regarded as usual. All things considered, the QOL includes economic improvement as well as different perspectives, for example, social, mental, cultural, and political and the environment (Mohit, 2013). The idea of estimating QOL could incorporate the measurement of practically anything of interest to anyone. Three major philosophical ways to deal with deciding QOL might be recognized. To determine the qualities of the great life that is directed by normative ideals.

In determining QOL depends on the fulfillment of preferences. The assumption in this methodology is that individuals will choose those things that will most improve their QOL inside the limitations of their assets. This