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Study Based On The Assessment Of Students' Quality Of Life

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Abstract

The purpose of this research was to investigate the quality of life of the students at "Ștefan cel Mare" University of Suceava, from the faculties with economic profile, mainly. In order to collect the necessary information, a questionnaire was designed which included several questions. The questions had closed answers and were grouped into several categories. These categories were: physical health, alcohol and smoking, eating habits, physical activity and psycho-emotional health. The questionnaire was applied to 135 female and male students aged 18-32. After interpreting the data, the main findings were that most of students have an unhealthy lifestyle, most of whom are smokers, alcohol users, eat unhealthy food, and their physical activity level is close to sedentary.

Keywords: quality of life, lifestyle, health, physical activity, students, evaluation

Introduction

The quality of life is probably the most multidisciplinary term, being of global and national interest in all areas. This can be deduced from the most researches that have focused on the quality of life of the population. We can also see the establishment of the "Quality of Life Research Institute" and the "Quality of Life" magazine where health, economic, physical education and other issues are being discussed.

The definition of quality of life is not universally accepted, being interpreted according to the field of interest. In order to understand this concept, in the specialized literature (Serban et al., 2012, p. 95; Bădincu, 2015, pp. 16-17) we meet

several dimensions of the quality of life like: physical wellbeing, functional wellbeing, psychological wellbeing, social wellbeing, economic welfare, spiritual wellbeing.

What is our concern is physical well-being, which has the following indicators: health, physical mobility, adequate nutrition, availability of leisure time, interesting leisure activities, optimal physical form, embodied in the four S, Strength, Stamina, Suppleness, Skills.

In order to investigate the quality of life, there are a lot of specific activities, a set of phenomena, organizations dealing with this problem, specialists from different fields, programs initiated to improve it, social workers, physicians, physical education teachers, specific institutions. They are interconnected through mutual ties to achieve goals. Among the elements that condition the quality of life, we mention:

- Intersystem relationships between the health system and the education system,
- Physical, mental and social well-being as subsystems of the quality of life,
- Health status as an element of physical well-being,
- Physical condition as an element of health,
- Exercise as a prerequisite for good health,
- Exercise as a means of physical education,
- Physical exercises in physical education lessons that can lead to an improvement in the quality of life.

We can say that the main component of the quality of life is physical and psychosocial health, and physical exercise, which is the means of physical education and sport, can contribute to the maintenance or improvement of health. Even one of the general objectives of Physical Education and Sport is the maintenance of health itself (Cârstea, 2010, pp. 31-32, Dragnea, 2002, pp. 70-74), which can increase satisfaction and raise the quality of life of students.

Material and method

The premise of the research

- Physical inactivity is the biggest public health problem of the 21st century.
- Lifestyle determines the quality of people's lives.
- Physical condition is an important indicator of the quality of life.
- Physical education can help increase satisfaction.

The research hypothesis: As a consequence of the current society, we consider that the lifestyle of the students, which determines the quality of life, is unsatisfactory and their physical well-being is low.

Research goal: The purpose of the research is to investigate the quality of students' lives, with a focus on the physical dimension, which has as main indicators: the general state of health, the physical condition, the way of life and the sanogenic or pathogenic factors responsible for it.

The research methods: The research methods used in this research were: the study of the bibliographical material, survey method based on questionnaire, the statistical-mathematical method and the graphical representation method.

Research subjects: The questionnaire was applied to a total of 135 subjects (114 women and 21 males) aged 18-32, students of "Stefan cel Mare" University in Suceava. 69 are from rural areas and 66 from urban ones.

Research tool: The Life Quality Questionnaire contained closed questions with answers of choice, grouped into several categories: physical health status, alcohol and smoker consumption, eating habits, physical activities and psycho-emotional health. The questionnaire was applied in the period December 2016 - January 2017, at the end of physical education and sports classes with the respective students.

Results

The graphic representation of 135 students' answers to questions about quality of life is as follows:

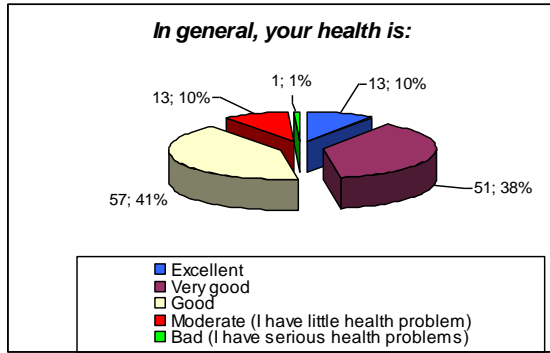


Figure 1

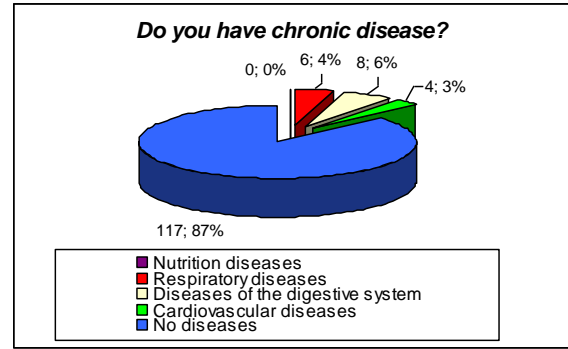


Figure 2

As we can see, with regard to the general state of physical health, 41% of the students consider that they have good health and only 38% and 10% have a very good or excellent state of health (Figure 1).

Of those who consider their health as moderate, as we can see (Figure 2) some have digestive problems, namely 6%, 3% have cardiovascular disease and 4% respiratory disease. This cause, of approximately good health, is probably due to poor drinking patterns based on alcohol, tobacco, and sedentary.

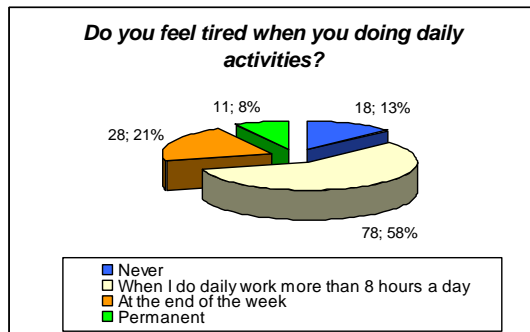


Figure 3

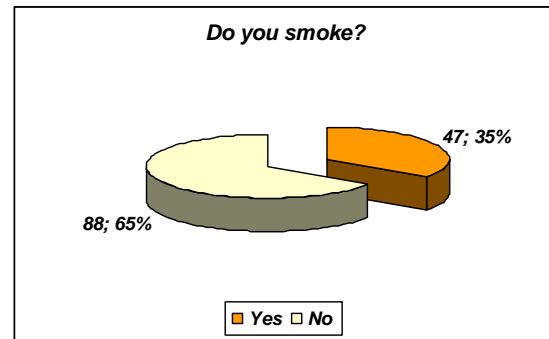


Figure 4

Fatigue arises for pathological reasons or the lack of adaptation of the body to daily efforts to conduct day-to-day activities. We note above (Figure 3) that 58% of those evaluated feel tired after 8 days of productive work or "student" work. Only 13% carry out their daily activities without feeling tired.

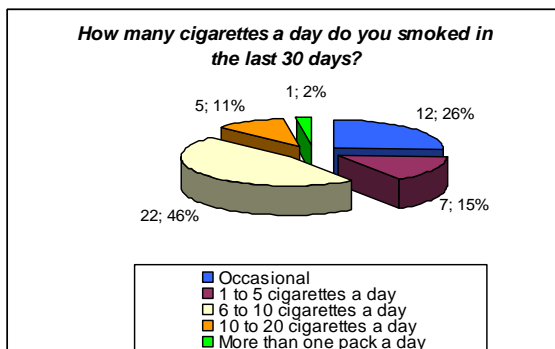


Figure 5

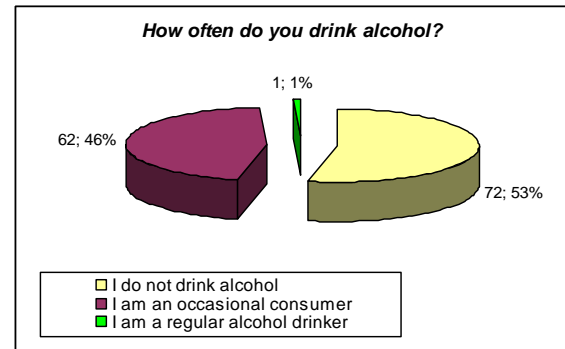


Figure 6

Smoking and alcohol consumption are some of the negative factors that affect health, and statistics are somewhat worrying. Of the 135 students, 35% are smokers (Figure 4) and 46% casual alcohol consumers (Figure 6). Of the 47 smoker students, 46% of them consume between 6-10 cigarettes / day and 11% between 10-20 cigarettes / day (Figure 5).

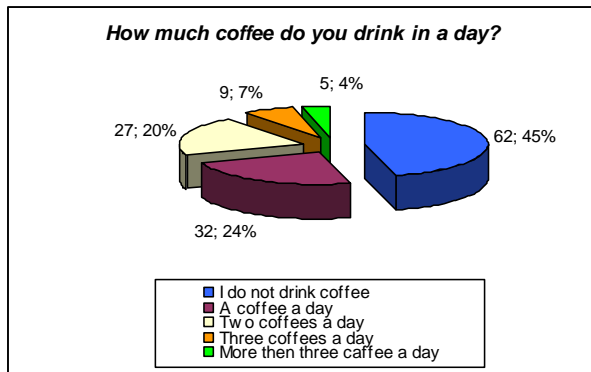


Figure 7

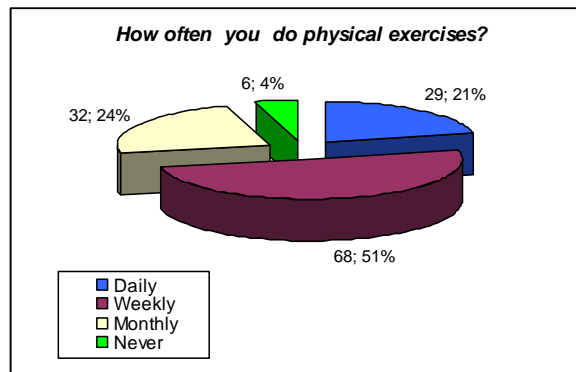


Figure 8

Another pathogen of health is coffee, which has been consumed in industrial quantities by people, from an early age. Of the surveyed students, 24% drink coffee a day, 27% drink two coffees per day and 7% three coffees a day. We can see that the percentage of those who are not drinking coffee is much lower than those who consume regularly (Figure 7).

Regarding physical activities, physical exercise seen as a sanogenic factor, we note with concern that 51% of students practice weekly exercises, most of them choosing to go or run. 32 of the 135 students practice physical activities in their spare time, on a monthly basis, also choosing to go, sometimes for sports games.

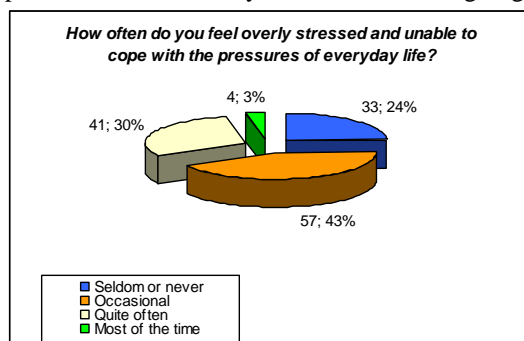


Figure 9

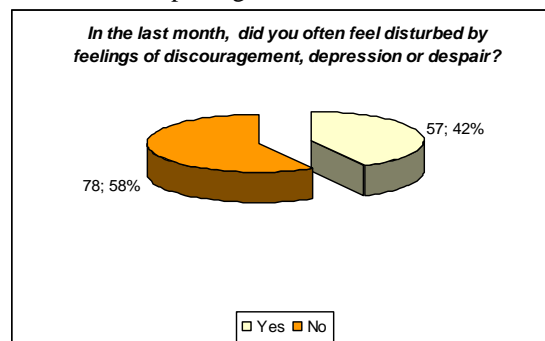


Figure 10

Psychoemotional health is an important indicator of the quality of life, even if many do not take this into account. It is known that health has three sides, namely the physical, mental and social side. Following the evaluation, we found that nearly half of the students, namely 42% (Figure 9), had recently had affective affairs. These disturbances were due to stress and societal demands. The inability to solve certain things in due time and well has made 30% of students feel pressed and stressed quite often, especially in the last month (Figure 10).

Conclusions

Statistical results have highlighted students' lifestyle and quality of life. The quality of life implies satisfaction in several dimensions. An optimal lifestyle, in which the individual does not smoke, drink, drink coffee, make movement, has a positive thinking, and a good physical state of good health, makes the level of quality of life superior.

Today's young people do not have the necessary education about health and spend their free time. Physical education and sport in the academic environment is meant to guide students into choosing a healthy lifestyle based on movement and balance. An important role in the transmission of this knowledge lies with the teacher of physical education, who has the last chance to guide young people to a higher standard of living.

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