

THE STATE OF PHYSICAL AND PSYCHOLOGICAL COMPONENTS OF HEALTH IN THE QUALITY OF LIFE OF THE UNIVERSITY STUDENTS

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Abstract: The article presents a state of physical and mental health components of quality of life of university students. The results indicate that the physical component of student's health is within 51.12, psychological - 44,27 points. The level of physical and mental health components of quality of student's life in Ukraine, Belarus and Russia do not differ significantly. It is statistically proved that correlation relationship between role-functioning caused by physical condition and role functioning, emotional state caused by the students' overall health and vitality, general health and mental health, social functioning and role functioning caused by emotional state, social functioning and mental health.

Key words: health, quality of life, students, physical and psychological components of health.

Introduction

The development of Ukrainian society towards European standards intensified the study of the quality of life, which is a distinctive feature of the well-being of the state and its people. Quality of Life (Eng. quality of life, abbr. QOL; German. Lebensqualität, abbr. LQ) - Economic-philosophical category that is constantly evolving and characterizes material and spiritual comfort of human existence. According to the definition of the World Health Care Organization quality of life is defining of person's place in life in the context of culture and value systems in which he/she lives and according to the objectives, expectations, standards and the interests of this person. That is, the quality of life of each person determines for him/herself taking into consideration his/her physical and emotional state, his/her satisfaction with his/her well-being, occupation, friends, family life and state policy. You can not equate the concept of quality of life with standards of living (level of the material well-being per one person). Category Quality of Life was first introduced in scientific literature in the 60th years of the twentieth century. First, research of the quality of life was defined by measuring live standards of people in specific social conditions, environment. Later, new studies introduced new definition of the quality of life, in which more attention was paid to the individual person's emotions, his/her inner state (Bond, 2004; Halicka, 2004; Leś, 2009; Spilker, 1996). Scientific interest in the problem of quality of life is rapidly growing (Ayvazyan, 2002; Belozerova, 2012; Zatólaka, Eremenko, 2012; Petrova, 2000; Salyvonchik, 2005; Tkachev, 2004). Ukraine has also published some works, which made theoretical and methodological valuable contribution in the definition of quality of life for certain groups of people (Hukalova, 2008; Plakhova, 2005; Prystupa, Kurysh, 2010; Yahens'kyi, Sichkaruk, 2012). Overall, the quality of life in contemporary researches is considered as an integral characteristics of its state, consisting of physical, psychological and social components (Bazhenov, 2002; Zatólaka, Eremenko, 2012; Prystupa, Kurysh, 2010; Yahens'kyi, Sichkaruk, 2012).

Each component comprises individual components, including physical - the ability to perform physical work, self-service; psychological - anxiety, depression, behavior; social - social support, work, public relations etc. Their comprehensive study makes it possible to determine the quality of life both an individual person as well as entire groups and determine, due to which component it increases or decreases, and what is to be done to improve the quality of life.

The aim of our research is to determine the state of physical and mental health components in quality of life of university students.

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Methods and organization of the studies

To determine the quality of life we used the international generic questionnaire MOS SF-36 according to the procedure of the international center for the study of quality of life IQOLA, Boston, U.S., led by Dr. J. E. Ware and B. Gandek. To measure quality of life the scales were grouped according to two factors: "physical health component" and "mental health component". Physical health component (Physical health - PH) included physical functioning (Physical Functioning - PF), role-functioning due to physical condition (Role-Physical Functioning - RP), pain intensity (Bodily pain - BP), general health (General Health - GH). Mental health component (Mental Health - MH) combined vitality (Vitality - VT), social functioning (Social Functioning - SF), role-functioning due to emotional state (Role-Emotional - RE), mental health (Mental Health - MH). According to the procedure answers of each responder in accordance to the scale are ranged from 0 to 100 points. Low rates on certain scales indicate limits of physical and psychological functioning of students, and thus reduction of their quality of life.

The study involved 513 students 1 - 4 year of study of Lesya Ukrainka Easteuropean National University and Lutsk National Technical University.

Results and analysis

The results of the physical health component of quality of life of students is presented in Table 1.

Table 1. Physical health component in quality of student's life

Indicators		S	S
Figures S SPhysical functioning (Physical Functioning) PF	91,46	13,11	0,58
Role functioning due to physical condition (Role-Physical Functioning) RP	68,08	32,0	1,41
The intensity of pain (Bodily pain) BP	70,26	22,78	1,0
General health (General Health) GH	69,38	18,93	0,84

Physical functioning (PF) reflects the degree according to which the physical condition limits the performance of physical activity (self-service, walking, climbing stairs, carrying loads, etc.). On average, the quantity of students in this group is quite high (91.46 points), this indicates the absence of serious problems during exercising. However, detailed analysis of the survey found out that 32% of the responders proved that their physical health hindered them from heavy exercise (weight lifting, running, doing power sports, etc.), 16% - to lift or carry bags with products, in 19% - climbing up the stairs for several marches, 17% - walking as far as few quarters.

Role functioning due to physical condition (RP) is the influence of the physical condition on the everyday role activities (work, performing daily duties). Average index on this scale (68.08 points) indicates a certain physical limitations in the student's life. Overall 21% of respondents had to reduce the amount of time for work as well as other things; 46% - have done less they wanted to; 30% - were limited in certain activities and 31% - had difficulties in performing the work (for example, it took them more time or efforts).

The intensity of pain (BP) and its influence on the efficiency of daily activities of the students is within 70.26 points. 9% of students during the last four weeks experienced severe or very severe pain, 19% - moderate and 17% - weak. Accordingly, for the 20% of students pain restricts human activity.

General health condition (GH) includes assessment of man's vitality (energy, vitality), general health condition at present. On average, the overall health condition of students is 69.38 points. Only 34% of students believe that they have excellent or a very good health. Almost half (49%) assessed health as good, 17% - not very bad or even bad. To our concern is the fact that 11% of respondents believe that they are more susceptible to diseases than others, 9% - expect the worsening of their health.

The results of mental health component of quality of student's life is presented in Table 2.

Table 2. Psychological health component in quality of student's life

Indicators	X	S	Sx
Performance X S ShActive Life (Vitality) VT	61,14	17,03	0,75
Social functioning (Social Functioning) SF	77,12	18,57	0,82
Role functioning due to emotional state (Role-Emotional) RE	60,36	36,46	1,61
Mental Health (Mental Health) MH	66,57	17,2	0,76

Vitality (VT) provides feeling oneself full of strength and energy, or vice versa, powerless. The low average results proves the students' tiredness as well as the reduce of their vitality (61.14). This is confirmed by the fact that during the last four weeks, only 46% of students felt lively, cheerful, 42% - felt full of strength and energy. However, 28% - felt themselves frustrated and exhausted, 35% - felt tired.

Social functioning (SF) determines how physical or emotional conditions restrict social activities. Overall, according to this scale students have very high scores (77.12), it proves their wide and intensive social contacts. However, during the last four weeks, 53% of students with problems of health and low emotional state prevented communication with family, friends, neighbors and staff.

Role functioning due to emotional state (RE) involves evaluation by which emotional state prevents the execution of work or other daily activities (including spending more time to fulfill the task, reducing the volume of work as well as its quality). The average index according to the scale is 60.36. It proves to be very low. That's why 31% of respondents had emotional problems (depression, anxiety) for the last four weeks, so they had to reduce the amount of time for work, 34% - could not work normally and perform their work with less quality, 53 - have done less than they wanted.

Mental Health (MH) characterizes the mood, general positive emotions or the presence of depression, anxiety. Relatively low index (66.57 points) shows the first signs of depression, anxiety experience. During the last four weeks 25% of students were often nervous, 15% - felt depressed, 20% - felt frustrated and mentally exhausted. Only 28% often felt happy.

Total results of physical and mental health components of quality of student's life are presented in Table 3.

Table 3. Physical and mental health components of quality of student's life

Indicators		S	S
Figures S S The physical component of health (Physical health) PH	51,12	6,74	0,29
Psychological health component (Mental Health) MH	44,27	10,11	0,45

The results indicate that the physical health component of students is within 51.12 points, psychological - 44.27. These data, taking into consideration that surveys were conducted among the students, age and lifestyle of which is at the peak of their activity, indicates relatively low health state index. It should be noted that the mental health component of the respondents is much lower than the physical, which requires appropriate correction programs.

The results show that the level of physical and mental health components of quality of student's life in Ukraine, Belarus and Russia, according to these studies do not differ significantly (Table 4). Perhaps the long-term co-existence of states with respectively similar standards of living and outlook of people led to the similarity in physical and mental components of quality of life.

Table 4. Physical and mental health components of quality student's life in Ukraine, Belarus and Russia

Indicators	Own research, Ukraine	P. Zatoloka, J. Eremenko, Belarus	O. Belozerova Russia
Physical Functioning, PF	91,46	93,3	91,42
Role-Physical Functioning, RP	68,08	73,4	76,01
Bodily pain, BP	70,26	78,4	76,99
General Health, GH	69,38	64,9	61,99
Vitality, VT	61,14	57,5	58,92
Social Functioning, SF	77,12	74,0	46,82
Role-Emotional, RE	60,36	54,8	65,54
Mental Health, MH	66,57	64,6	62,43
Physical health, PH	51,12	81,3	59,33
Mental Health, MH	44,27	61,8	49,2

The study also identified the possible interactions between the components of quality of student's life (Table 5).

Table 5. Correlation of relationships between the components of physical and mental health quality of student's life

	RP	BP	GH	VT	SF	RE	MH	PH	MH
PF	0,334	0,300	0,360	0,311	0,348	0,220	0,323	0,623	0,186
RP		0,381	0,284	0,340	0,397	0,422	0,333	0,657	0,306
BP			0,372	0,354	0,338	0,287	0,329	0,696	0,247
GH				0,487	0,389	0,308	0,481	0,552	0,416
VT					0,552	0,453	0,775	0,255	0,763
SF						0,517	0,626	0,261	0,730
RE							0,521	0,058	0,805
MH								0,142	0,874
PH									0,031

The results showed that there is statistical correlation of relationship between role-functioning caused by physical condition and role functioning caused by emotional state, general health and vitality conditions, general health and mental health conditions, social functioning and role functioning caused by emotional state, social functioning and mental health.

Conclusions

Physical health component of students is within 51,12, psychological - 44,27 points. These data indicate relatively low index of student's health and problems that respondents face at present. Psychological health component among respondents is lower than physical, this requires appropriate correction programs. The level of physical and mental health components of quality of student's life in Ukraine, Belarus and Russia does not differ significantly.

A statistical correlation of relationship between role-functioning is caused by physical condition and role functioning, emotional state is caused by the students' general state of health and vitality, general health and mental health, social functioning and role functioning is caused by emotional state, social functioning and mental health.

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