

Evaluation of Adolescents' Quality of life in Hilla City

تقويم جودة حياة اليافعين في مدينة الحلة

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المستخلص

الهدف: تهدف الدراسة الحالية إلى وصف جودة الحياة بين اليافعين ذوي أعمار (١٢-٢٢) سنة والتعرف على العوامل التي تكون ذات علاقة متبادلة مع جودة الحياة.

المنهجية: تم اعتماد تصميم عبر المقطعي لتقويم جودة حياة اليافعين في مدينة الحلة للفترة من الثاني من أيلول ٢٠١٦ إلى السادس من تشرين الثاني ٢٠١٦. تم إجراء الدراسة الحالية في مواقع مختلفة شملت مدارس وكتليات في مدينة الحلة. تم إختيار عينة غرضية مكونة من (١٤٤) مشارك؛ (٥٠%) ذكور و (٥٠%) إناث. تم بناء أداة قياس لغرض الدراسة وهي مكونة من جزئين. الأول، إستمارة الصفات الديموغرافية من العمر والجنس والتعليم وتعليم الأبوين ومهنة الأبوين والممتلكات والدخل الشهري، وثانياً، مقياس تقويم جودة الحياة المكون من (١٠) فقرات من الجانب الجسدي والجانب العقلي والمشاعر وملاحظة الذات والإستقلالية والعلاقات مع الوالدين والحياة المنزلية والدعم الإجتماعي ومشاركة الآخرين وحالة المدرسة والرفاه الإجتماعي تم تحديد صدق المحتوى لأداة القياس من مجموعة من (١٠) خبراء والثبات للاتساق الداخلي للأداة من خلال معامل الارتباط سبيرمان (٠,٩٢). تم جمع البيانات من خلال إستخدام أداة القياس وتقنية المقابلة الشخصية كوسيلتين لجمع البيانات. تم تحليل البيانات من خلال تطبيق أسلوب التحليل الإحصائي الرصفي للبيانات من التكرارات والمجموع الكلي للدرجات. المجموع الكلي (٥٢-١٢١) يعني جودة حياة واطنة و (١٢٢-١٩١) يعني جودة حياة متوسطة و (١٩٢-٢٦٠) تعني جودة حياة عالية وتم الحصول عليها في تقويم جودة حياة اليافعين. هذا بالإضافة إلى أسلوب التحليل الإحصائي الإستنتاجي والذي شمل إختيار مربع كاي.

النتائج: أشارت نتائج الدراسة إلى أن أغلبية اليافعين لديهم جودة حياة متوسطة المستوى. أشار تحليل النتائج إلى عدم وجود علاقة متبادلة ما بين جودة حياة اليافعين وصفاتهم الديموغرافية كالعمر والجنس والتعليم ومهنة الأمهات وتعليم الأبوا ماعدا مهنة الأبوا وتعليم الأمهات لهما علاقة متبادلة ذات دلالة معنوية مع جودة حياة اليافعين.

التوصيات: أوصت الدراسة الحالية إلى تطبيق وتصميم برامج لليافعين من مختلف الفئات العمرية. وجوب شمول مناهج المدارس والكتليات مواد دراسية حول جودة الحياة. إشراك الوالدين في البرامج أنفة الذكر. إجراء بحوث على المستوى الوطني لعينة كبيرة ومواصفات مختلفة.

Abstract

Objective(s): The present study describes the quality of life (QOL) among adolescents with age of (12-22) year old and identifies factors that may be associated with it.

Methodology: A cross-sectional design is carried throughout to evaluate adolescents' quality of life in Hilla City for the period of September 2nd 2016 to November 6th 2016. The present study is conducted in different settings that include schools and colleges in Hilla City. A non-probability "purposive" sample of (144) participant is selected and comprised of (50%) males and (50%) females. An instrument is constructed for the intent of the study. It is contained of two sections: First, the demographic characteristics sheet (7) items of age, gender, education, parents' education, parents' occupation, properties and monthly income, and second, the evaluation of adolescents' quality of life measure (10) items of physical prosperity, mental prosperity, inclinations and feelings, self-observation, independence, guardians relations and home life, social support and companions, school condition, social acknowledgment and subsidization. Content validity of the instrument is determined through panel of (10) experts and the internal consistency reliability is estimated through application of Spearman rank correlation coefficient of ($r=0.92$). Data are collected through the use of the study instrument and the interview technique as means for data collection. Data are analyzed through the application of descriptive statistical data analysis approach of frequency and total scores. A total score of (52-121= low quality of life), (122-191= moderate quality of life), and (192-260= high quality of life) is obtained for the evaluation of adolescents' quality of life. Furthermore, inferential statistical data analysis approach is consisted of Chi-square test.

Results: The study findings indicate that the majority of the adolescents have experienced moderate level of quality of life. The analysis depicts that there is no significant association between adolescents' quality of life and their demographic characteristics of age, gender, education, mother's occupation and father's education. Except father's occupation and mother's education which are significantly associated with adolescents' quality of life.

Recommendations: The study recommends that quality of life-oriented programs can be designed and implemented to adolescents of all age groups. School and college curriculum should include courses about quality of life. Parents can be involved in the early stated programs. Further research can be conducted nationwide on large sample size with different characteristics.

Keywords: Evaluation, Adolescents, Quality of life

Introduction:

Quality of life (QOL) is the general prosperity of people and community, laying out adverse and constructive elements of life. It watches life fulfillment, including everything from physical wellbeing, family, instruction, business, riches, religious convictions, fund and the environment⁽¹⁾. QOL has an extensive variety of settings, including the fields of universal advancement and human services⁽²⁾. Standard pointers of the personal satisfaction incorporate riches and work as well as the fabricated condition, physical and psychological well-being, training, amusement and relaxation time, and social having a place^(3,4).

Quality of life has become an important concept in evaluating health care, in adolescents' populations⁽⁵⁾. Quality of life has been defined "as the satisfaction of an individual's values, goals and needs through the actualization of their abilities or lifestyle"⁽⁶⁾. This definition is steady with the conceptualization that fulfillment and prosperity originate from the level of fit between an individual's impression of their target circumstance and their needs or ambitions⁽⁷⁾.

The World Health Organization (WHO) defines Quality of life as "an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns. It is a broad ranging concept affected in a complex way by the person's physical health, psychological state, personal beliefs, social relationships and their relationship to salient features of their environment"⁽⁸⁾.

Life quality is a wide idea that consolidates all parts of life and has been utilized as a part of an assortment of controls, for example, geography, reasoning, medicinal sciences, sociologies, wellbeing advancement, and promoting⁽⁹⁾.

Personal satisfaction is progressively seen as an imperative thought in research on teenagers' wellbeing. To date, very few publications have examined the quality of life (QOL) in adolescents. The present study describes the quality of life (QOL) among adolescents with age of (12-22) year old and identifies factors that may be associated with it.

Methodology:

A cross-sectional design is carried throughout to evaluate adolescents' quality of life in Hilla City for the period of September 2nd 2016 to November 6th 2016. The present study is conducted in different settings that include schools and colleges in Hilla City. A non-probability "purposive" sample of (144) participants is selected and comprised of (50%) males and (50%) females.

An instrument is developed with the end goal of the research. It is included two parts: First, the demographic characteristics sheet (7) items of age, gender, education, parents' education, parents' occupation, properties and monthly income, and second, the evaluation of adolescents' quality of life measure (10) things of physical prosperity, mental prosperity, temperaments and feelings, self-discernment, self-rule, guardians

relations and home life, social support and companions, school condition, social relationships and money support. Content validity of the instrument is determined through panel of (10) experts and the internal consistency reliability is determined through application of Spearman rank correlation coefficient of ($r=0.92$).

Data are collected through the use of the study instrument and the interview technique as means for data

collection. Data are analyzed through the application of descriptive statistical data analysis approach of frequency and total scores. A total score of (52-121= low quality of life), (122-191= moderate quality of life), and (192-260= high quality of life) is obtained for the evaluation of adolescents' quality of life. Furthermore, inferential statistical data analysis approach is consisted of Chi-square test.

Table (1): Overall Evaluation of Adolescents' Quality of Life

Adolescents' Quality of Life		
Low (52-121)	Moderate (122-191)	High
3	137	4

This table reveals that the majority of the adolescents have experienced moderate level of quality of life.

Table (2): Adolescents' Quality of Life by Age

Age(Years)	Adolescents' Quality of Life			Total
	Low (52-121)	Moderate (122-191)	High (192-260)	
Early Age (12-14)	0	34	2	36
Middle Age (15-17)	0	35	1	36
Late Age (18-22)	3	68	1	72
Total	3	137	4	144
X^2 Observed= 4.52 df=4 X^2 Critical= 9.49 $p \leq 0.05$				

This table depicts that the greater number of adolescents have moderate level of quality of life. Adolescents of late age experience greater moderate level of quality of life more than those of other age groups. Adolescents' age is not associated with their quality of life.

Table (3): Adolescents' Quality of Life by Gender

Gender	Adolescents' Quality of Life			
	Low (52-121)	Moderate (122-191)	High (192-260)	Total
Male	2	65	3	70
Female	1	72	1	74
Total	3	137	4	144
X² Observed= 1.468 df=2 X² Critical= 5.99 p≤ 0.05				

This table presents that the majority of male and female adolescents have experienced moderate level of quality of life, but female ones experience more moderate level than males. Male adolescents experience slightly high level of quality of life than females. Adolescents' gender is not significantly associated with their quality of life.

Table (4): Adolescents' Quality of Life by Education

Education	Adolescents' Quality of Life			
	Low (52-121)	Moderate (122-191)	High (192-260)	Total
Seventh	0	12	0	12
Eighth	0	12	0	12
Ninth	0	10	2	12
Tenth	0	12	0	12
Eleventh	0	11	0	12
Twelfth	0	12	0	12
College	3	69	1	73
Total	3	138	3	144
X² Observed= 18.953 df=12 X² Critical= 21.03 p≤ 0.05				

Data of this table reveal that adolescents of almost all educational level have experienced moderate level of quality of life. Adolescents who are college students experience more moderate level of quality of life than others. Adolescents' quality of life is not significantly associated with their education.

Table (5): Adolescents Quality of Life by Parents' Occupation

Father's Occupation						Mother's Occupation					
Employed			Unemployed			Employed			Unemployed		
Low	Moderate	High	Low	Moderate	High	Low	Moderate	High	Low	Moderate	High
0	88	4	3	49	0	1	46	2	2	91	2
X² Observed= 7.577 df=2 X² Critical= 5.99 p≤ 0.05						X² Observed= 0.469 df=2 X² Critical= 5.99 p≤ 0.05					

Results out of this table indicate that adolescents of employed fathers experience more moderate quality of life than unemployed ones. In contrast, adolescents of unemployed mothers experience more moderate quality of life than unemployed ones. Father's occupation is significantly associated with adolescents' quality of life.

Table (6): Adolescents Quality of Life by Parents' Education

Father's Education																	
1			2			3			4			5			6		
L	M	H	L	M	H	L	M	H	L	M	H	L	M	H	L	M	H
0	3	0	0	3	0	0	15	0	0	29	1	1	30	0	1	58	3
X ² Observed= 5.596 df= 10 X ² Critical= 18.31 P≤ 0.05																	
Mother's Education																	
1			2			3			4			5			6		
L	M	H	L	M	H	L	M	H	L	M	H	L	M	H	L	M	H
0	4	0	7	8	0	0	26	0	2	26	2	0	29	0	1	38	1
X ² Observed= 50.762 df= 10 X ² Critical= 18.31 P≤ 0.05																	

L= Low quality of life

M= Moderate quality of life

H= High quality of life

1= Able to read and write

2= Primary school graduate

3= Intermediate school graduate

4= High school graduate

5= Institute graduate

6= College Graduate

Results out of this table depict that adolescents of college graduate parents experience better moderate quality of life. Mother's education is significantly associated with adolescents' QOL.

Discussion:

Part I: Discussion of the Adolescents Quality of life

Throughout the course of data analysis, the study indicates that the majority of the adolescents have experienced moderate level of quality of life (Table 1). Such finding provides evidence that supports the fact of the reality of their life.

A qualitative study using hermeneutic design aims at exploring and describing adolescents' own perceptions of quality of life; what it is and what matters? Interviews are done with (31) healthy adolescents (14-15) years in the school health service. Negative significant relationship

between QOL and age is shown ⁽¹⁰⁾. No relationship between QOL and age is reported ⁽¹¹⁾. It has been documented that "The interviews were taped, transcribed and analyzed as text according to Kvale's three contexts of interpretation: self-understanding, critical common sense and theory. According to the adolescents, quality of life is about the positive cycles of life. Feeling good, being satisfied with oneself and having an overall positive attitude are in most cases described as the starting points of a positive cycle. To get into and stay in the positive cycle, a positive self-image, good friends and good family relations are important. Consequently, adolescents'

QOL is threatened when these factors are negative" ⁽⁵⁾.

With regard to their age groups, the study reveals that the large numbers of adolescents, of all age groups, have moderate level of QOL. Adolescents of late age group have experienced greater moderate level of QOL more than those of other age groups (Table 2). This finding present another evidence that the older the adolescents the better the QOL ⁽¹²⁾.

It has been reported by a study that investigates the quality of life (QOL) for adolescents residing in Perth, Western Australia. The QOL Profile-Adolescent Version (QOLPAV), a generic self-reported questionnaire, is administered to (363) adolescents aged between 10 and 18 years who were enrolled in (20) high schools within metropolitan Perth. Stepwise regression analysis of the data has depicted that age has significant association with QOL ⁽¹²⁾.

With respect to their gender, the findings depict that the majority of male and female adolescents have experienced moderate level of quality of life, but female ones experience more moderate level than males. Few male adolescents experience slightly high level of QOL than females (Table 3).

An observational, transversal study is carried out with (158) Portuguese and (161) Spanish adolescents between 15 and 17 years attending public schools from Faro and Seville, which are, respectively, the capital cities of the Southern regions of Portugal (Algarve) and of Spain (Andalusia). The aim of this study is to examine cross-cultural differences in

adolescent perceived QOL on these adolescents. Spanish adolescents perceive themselves with better QOL. Gender differences are found on several dimensions of QOL ⁽¹³⁾.

Concerning their education, adolescents of almost all educational level have experienced moderate level of quality of life. Adolescents who are college students experience more moderate level of QOL than others (Table 4). This can be interpreted in a way that the higher the adolescents' education the better is the quality of their life.

Relative to parents' occupation, adolescents of employed fathers experience more moderate quality of life than unemployed ones. In contrast, adolescents of unemployed mothers experience more moderate QOL than unemployed ones (Table 5). These findings provide evidence that working fathers can provide for their adolescents' living accessories, security and safety. Unemployed mothers can also provide for their adolescents' needs of living. So, their QOL is enhanced.

Regarding parents education, adolescents of college graduate parents experience better moderate QOL (Table 6). This presents the fact that well-educated parents experience better quality of life than others. Significant relationship between QOL of adolescents and level of educational of parents is reported ^(14,15).

Part II: Discussion of the Association between Adolescents Quality of Life and Their Demographic Characteristics

Analysis of such association depicts that there is no significant association between adolescents' quality of life and their demographic characteristics of age, gender, education, mother's occupation and father's education. Except father's occupation and mother's education which are significantly associated with adolescents' QOL (Tables 2 through 6). Such significant association provides evidence that fathers' occupation usually influences adolescents' QOL when these fathers are accountable to provide for their adolescents' safety and security, as well as they are considered they family bread winners, this is on one hand. On the other hand, mothers' education plays a major role to greatly influence adolescents' QOL because these mothers are considered the principal figures to secure appropriate place of living.

Recommendations:

Relative to the early stated conclusions, the study recommends that:

1. QOL-oriented programs can be designed and implemented to adolescents of all age groups.
2. School and college curriculum should include courses about quality of life.
3. Parents can be involved in the early stated programs.
4. Further research can be conducted nationwide on large sample size with different characteristics.

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