

Relationship between Academic Excellence and Health Related Quality of Life of College Going Women



Ishwanti

Lecturer,
Dept. of Physical Education,
Directorate of Education,
Delhi, India

Ajit Kumar

Assistant Professor,
Dept. of (ASPESS)
Amity University,
Noida, (U.P.) India

Amit Kumar Sarkar

Assistant Professor,
Dept. of Physical Education
Tarakeswar Degree College,
Hooghly, West Bengal, India

Abstract

The concept of health related quality of life is considered to be 'double-sided' as it includes both positive and negative characteristics. It is a multidimensional concept like quality of life as it also comprises paramot aspects of one's life such as social, physical and psychological aspects. The aim of the study was to assess the relationship between acaden excellence and functional health of college going women. The research found the best health related quality of life scores in all the domains i. physical functioning, role physical, bodily pain, General Health, Soc Functioning, physical component summary, Vitality, Role Emotional, Men Health, Mental Components Summary and total SF-36 scores in female who scored I division in the recently conducted exams by University of Del In I Division holder female's significant correlation was found betwe academic achievement and general health and social functioning.

Keywords: Health Related Quality of Life, Academic Achievement, Quality of Life.

Introduction

Quality of life has established considerable attention from researchers and scholars concerned with understanding and defining the concept of health and illness. The application of quality of life in the area of health and illness is known as health related quality of life. The study of health related quality of life is essential because clinical or objective indicators like blood pressure, blood sugar level etc. which judge the health status of individual cannot provide the complete picture of their psychological aspects (Bowling 1999, 2001). Quality of life concept comprises both subjective and objective indicators. Subjective indicators are well-being, satisfaction with life etc. and objective indicators include functional status, physical functioning etc. (Hass 1999). Corace and Endler (2003), stated that assessment of health-related quality of life is necessary for numerous reasons. The assessment of health-related quality of life provides information regarding impact of disease on individual's daily activities, problems associated with a particular disease, effect of treatment on patients' health-related quality of life and to assess and compare the effect of health intervention on individual's health-related quality of life. Quality of life is personal satisfaction or dissatisfaction with the cultural or intellectual conditions under which we lives. Quality of Life covers a variety of domains including health status, capacity to carry out activities of daily living, work role status, availability of opportunities to pursue recreational interests, social functioning in friendships and relationships access to health care resources, standard of living and general well-being (Carr, 2004).

Health related quality of life refers to an individual's mental and physical functioning, role functioning and social functioning. In addition, it also includes an individual's general perception of health, optimal life satisfaction and well-being (Bowling 1999, 2001). It is noticed that assessment of health related quality of life in educational settings is very important. Some studies suggested that university students' perceptions of health related quality of life are essentially related to academic achievement (Fallahzadeh, 2012).

Education is strongly associated to health and affects health indirectly or directly through adjacent determinants such as nutrition, sanitation and prevention and treatment practices. Good health permits people to fully benefit from education and poor health is directly related with poor educational attainment (Caldwell, 1979; Hobcraft, 1993; Bicego & 1993). Trockel, Barnes and Egget (2000) stated that there is a relationship between grade-point average and certain healthy activities. Rosli et al. (2012) examined the relationship between self –esteem and students' academic performance among the second year undergraduates. Henning et al. (2015) investigated the association between religious affiliation, quality of life and academic performance. It was also found that quality of life measures was not related to academic achievement assessment but did predict hours of study. Das et al. (2013) examined Health Related Quality of life among undergraduate medical students of Kolkata. The variance between high scores in presence or absence of hobby was statistically significant and those who suffered from any disease/disability had moderate depressive disorders. Oztasan et al. (2016) worked on a descriptive study to determine the mental health problems and quality of life levels of college students and relationship was also examined between them. It was concluded that frequency of the mental symptoms of students were high but their quality of life was low.

Methodology

Sample

The sample comprised of 180 college going women of University of Delhi. The age of women was ranging from 18 years to 21 years. After discarding 28 incomplete questionnaires, this study was confined to 172 college going women studying in various colleges of University of Delhi and scored first division in recently conducted exams by the concerned university.

Variables

Two variables health related quality of life and academic achievement had been selected for the study. Health related quality of life has following sub-variables: Physical functioning (PF), Physical role limitations (RP), Bodily pain (BP), Vitality/energy/fatigue (VT), General health (GH), Mental health (MH, a pure mental health), Social functioning (SF) and Emotional role limitations (RE). Physical and Mental component summary was included to better understand the physical and mental health status.

Instrument

SF-36v2 Health Survey provided by Optum Quality Health Metrics and prepared by John, E. Ware, Jr. (Ware, 2011) was used for the assessment of functional health of college going women studying in various colleges of University of Delhi. For the assessment of academic achievement marks obtained in recently conducted examination, were gathered from samples.

Procedure

SF-36v2 health survey was administered by the investigator on 200 undergraduate females, who had scored I division in the exams conducted by the University of Delhi and they were asked to fill the questionnaire about their perception regarding their functional health. SF-36v2 health survey with 36 close ended questions with multiple options was distributed to fill-up and their mean score of recently conducted examinations was asked to mention in the space given under the questionnaire. Out of 200 samples 28 sample didn't fill the questionnaire properly, due to incomplete details 28 samples were discarded from the study. Hence, this study was confined to 172 collegiate women.

For statistical procedure SPSS version 16.00 was used for descriptive statistics and Pearson product moment correlation.

Results

The results of study are given in table no. 1:

Table 1: Descriptive statistics and Pearson Product Moment Correlation between Health Related Quality of Life and Academic Achievement of I Division Holders College Level Females of University of Delhi

Domains	N	Mean	Std. Deviation	R	P
Academic Achievement	172	67.39	4.23	-	-
Physical Functioning (PF)	172	77.67	22.41	0.132	0.083
Physical Role limitations (RP)	172	68.39	25.62	0.037	0.629
Bodily Pain (BP)	172	69.27	21.49	0.048	0.535
General health perceptions (GH)	172	64.33	16.90	.157 [*]	0.04
Vitality/energy/fatigue (VT)	172	63.52	17.15	0.068	0.378
Social Functioning (SF)	172	67.15	22.83	.152 [*]	0.046
Emotional–Role limitations (RE)	172	64.34	27.99	0.09	0.24
Well-being or General Mental health (MH)	172	64.74	16.89	0.054	0.48
Physical components score (PCS)	172	50.66	6.97	0.107	0.163

Mental components score (MCS)	172	43.98	9.33	0.089	0.246
HRQOL	172	67.43	15.67	0.125	0.103

Table No. 1 of descriptive statistics of I division holder college level females (172) reveals that the mean scores of academic achievement are 67.38, ranging from 60.00 to 47.75. The mean score of academic achievement reflects very good academic achievement. Whereas the mean score of HRQOL is 67.42, ranging from 27.07 to 96.38, which is higher than the mean score of academic achievement. But very little difference is found between health related quality of life and academic achievement.

The mean scores in all health domains are above 50, ranging from 63.51 to 77.67, which reflect a very good health related quality of life. The highest mean scores are along the areas of physical functioning (77.67) and bodily pain (69.27), whereas the lowest mean scores are in the areas of vitality (63.51) and role-emotional (64.34) due to extent health problems interfered with feeling of lively/energetic. Frequency of feeling of tired, worn-out, and emotional circumstances e.g. feeling aggravating or depressed, limits the potential to carry out activities and daily functioning, including in cutting down on the quantity of time spent on work or other routine activities or engage in activities less than she

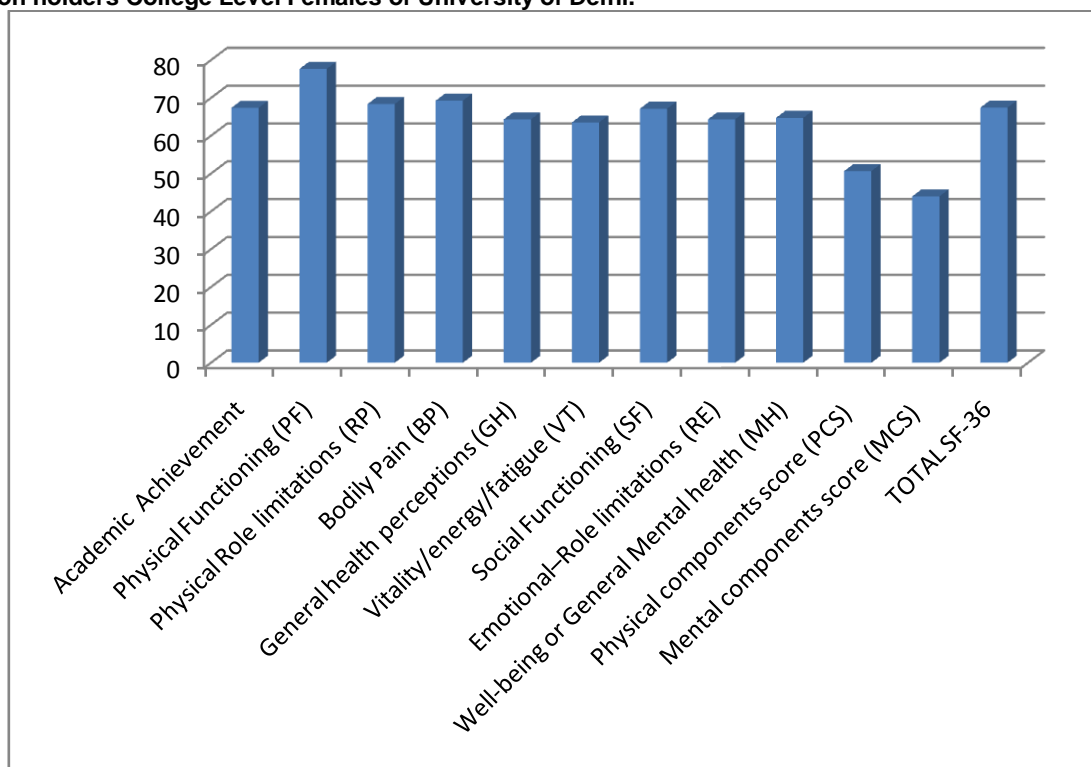
would like to be responsible for the lower scores in vitality and role-emotional. Emotional issues encountered with day to day activities or work due to emotional health problems.

Pearson Product Moment Coefficient of Correlation is computed to assess the relationship between health assessment scales and Academic achievement of 172 college level I division holder females. The results reveal that significant correlation is found between academic achievement and General Health ($r=.157, n=172, p=.040$) and Social Functioning ($r=.152, n=172, p=.046$).

The results reveal that no significant correlation is found between academic achievement and physical functioning ($r=.132, n=172, p=.083$), role physical ($r=.037, n=172, p=.629$), bodily pain ($r=.048, n=172, p=.535$), Vitality ($r=.068, n=172, p=.378$), Role Emotional ($r=.090, n=172, p=.240$), Mental Health ($r=.054, n=172, p=.480$), physical component summary ($r=.107, n=172, p=.163$), and Mental Components Summary ($r=.089, n=172, p=.246$) and HRQOL ($r=.125, n=172, p=.103$).

Figure:1

Bar diagram of Descriptive statistics of Health Related Quality of Life and Academic Achievement of I Division holders College Level Females of University of Delhi.



Discussion and Conclusions

The researcher found the best health related quality of life scores in all the domains i.e., physical functioning, role physical, bodily pain, General Health, Social Functioning, physical component

summary, Vitality, Role Emotional, Mental Health, Mental Components Summary and total SF-36 scores in females, who scored I division in the recently conducted exams by University of Delhi. In I Division holder female's significant correlation was found

between academic achievement and general health and social functioning. The results reveals that no significant correlation is found between academic achievement and physical functioning, role physical, bodily pain, Vitality, Role Emotional, Mental Health, physical component summary and Mental Components Summary and HRQOL. The main strength of this study is that made use of reliable, validated and well-established data gathering instrument such as SF-36 and its software which was obtained from Optum Quality metrics to score the dimensions of SF-36 (Saris-baglana et al., n.d.). The use of such scoring software minimizes the chances of error in scoring and biasness. This study has a high response rate.

However, this study had some limitations, such as; this study involved only Delhi college level females studying in University of Delhi. This limits the generalizability of the findings of study. The results may not extrapolate to the females studying in other universities in Delhi or in the country. It is important to keep in mind that socio-demographic characteristics of Delhi college level females may vary a lot, as a lot of people migrates to Delhi from the various states of India and every state have different culture, language, atmosphere and socio-demographic conditions. All these may affect their quality of life and academic achievement.

In conclusion, Delhi college level females are in good state of functional health and wellbeing. But they possess lower level of mental health comparing to physical health. Emotional problems, tiredness, feeling of worn-out, feeling of depressed and getting sick easier than other people affect their health related quality of life negatively. Improving the health related quality of life and academic achievement of Delhi college level females will hopefully lead to make a better society, healthy and wealthy country and a productive youth.

Furthermore research on the health related quality of life and academic achievement is required. Further investigations can be done on males and other universities in Delhi and all over the country.

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