

LIFE SATISFACTION AND QUALITY OF LIFE AMONG HOSTELIZED AND DAY SCHOLAR FEMALE STUDENTS

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ABSTRACT

The study had been aimed to examine Quality of life and satisfaction with life among day scholars. Quality of life and life satisfaction among hostel female scholars and day scholars. More explore quality of life and life satisfaction among hostel scholars as associated to day scholars female. The chief objectives of the research are to Identified hostel and day scholars quality of life. Also measure life satisfaction among female hostel and day scholar. Further check relationship among female hostel and day scholars. Yet to come find out who's quality of life is better and more satisfied with life. The total sample was (n=120) that compassed of 60 female hostel and 60 day scholars students. From university the sample was taken. On the basis of the following inclusion criteria the sample was drawn, age range of scholars was 20 to 25 years. And exclusion criteria was above 25. supervisor of research give the permission to starting the research. According to the inclusion and Exclusion criteria sample was selected (20 to 25). In University of Sargodha Woman Campus Faisalabad scales were administered those were selected for research purpose. From the participant consent was taken and describes their rights to withdrawal they were participating with free willing in the research. The subjects were given life Satisfaction and Quality of life Scales. The Participants was ask to choose only one option that they think that best reflection their feelings verbally read out the items to clear any confusion and also read in Punjabi when needed. Total 20 to 25 minutes for each scale was given to participants. After data collection was organized on a SPSS data sheet and statistical analysis was done independent T test was run for research variable to find out individual differences into two groups for research variable.S

Keywords: Life satisfaction, Quality of Life, University.

1. Introduction

The study was showed explore Life Satisfaction and Quality of life among hostel and Day scholar students for this purpose two scale was applied on the age between 20 to25 .students life satisfaction is important for their educational goals and purpose that impact and play important role in their Quality of life related to education life. And have impact on their performance. It has been recognized that students more satisfaction with life and result having good quality of life their performance is better as compare to those who are less satisfied and have not good quality of life. The hostel life is important face students today but there are many problems. Through a question that aired many problems we conduct research and advantages like life satisfaction and quality of life investigate. Sense of friendship and fellowship is develop in students . Through this student becoming self dependent, they take care of their books clothes and health and to find their quality of life and life satisfaction of hostel life.

In the hostel, everybody is Queen for themselves, and like a free bird they lives in hostel. In hostel for the 1st girl there is no time constraint except the evening timing Hostel. They can stay up and watch late night movies with her friends. They learn to take on their own decisions completely there is no anyone who is correct or reprimand them. Whenever they want They can listen to loud music, or watch their favorite movie at any time. Even their seniors enjoy for helping their juniors at any times, day or night. In the hostel, students make a strong bond with all the other female hostellers and they might not have a trophy or medal at the end to show for it, but great memories of female hostel are carry by them about different friends, class friends, study group friends, notes-sharing friends, and seniors with they leave. At the last semester of 4 years ,it is difficult for them to battle they tears when the memories are reminiscing and they missing the bonds that they shared with her friends .On the academic level, the hostel toppers does not have to worry about books, practical files notes or any other study related material. At any time they can procure them from any hosteller, even in practical examinations. for the last two or three weeks during exams they have to study, depending on their abilities and they will surely excel in the exams, and compete with the topper. Focusing on future prospects, a female hosteller always has the huge network advantage to take request guidance and to work with. In the corporate world these networking always work. They became learns to interact with different kinds of people. They come across the people who having different stories, back grounds, and goals which help them in for gaining knowledge from the diversity of experiences. Killing time is very difficult in the hostel. As these sessions could commence anywhere the group discussion is become very important, at any time, on any possible issues.(Beutell, 1999).

Global evaluation by the person of his or her life” is defined as person life satisfaction (Pavot, Diener, Colvin, &Sandvik, 1991).Discussed that an important obligation of education is life satisfaction. Academic institution should made significant progress to creating wellness programmers in education to improve life quality and personal development of scholars(Hermon & Hazier, 1999).for definitely measuring life satisfaction several measures developed. These measures include the Supposed Life Satisfaction Scale (PLSS: Adelman et al., 1989), Students Life Satisfaction Scale (S_SS: Huebner, 1991), Multidimensional Student Life Satisfaction Scale (MLSS: Huebner, 1994) and Satisfaction With Life Scale (Deiner,1985).

The certain factors that are desirable are retained or attained is defined as quality of life. These include some factors such as interpersonal relations, well being , personal growth opportunities and development, exercise human rights and society healthy participation and self determination. Quality of life enhancement is important for physical disability or chronic disease or development suffering .It is consider important in medical care. Some medical treatments can impair quality of life seriously without providing benefit, whereas some others enhance life quality. according to personal preferences factors are vary that play important role in quality of life, that sometime include safety and security, health , job satisfaction ,financial security, family life, In Financial decisions usually quality of life is decreased to save money and by spending more money that cause increased quality of life (Chang, 1998)

2. Literature Review

Suleiman Ali (2004) covered that Value of natural life amongst academia scholars themselves in Jordan. That taken universal population, frequent dynamics ordinary academia learners such as the hypothetical dullness in accumulation to the students non-school deeds may donate to this situation. There is a deficit of value of natural life educations amongst the collective academia learners in Jordan and in the Arabic world. Thus, the intention of this evocative learning existed to look at life value among academy learners in Jordan. Period had been acquired from 119 current institutions of higher education attention students. The peak remedial significance revision petite procedure 36 (SF 36) marks be present found intended for somatic operational province (78.1) besides the lowermost marks stayed for strength doming.

Ayoub and Ustwani's (2004) paper's foremost motivation had been to discover whether a connection happens stuck between learners ordinary predilections or what is well-known as mental form as resolute by the Myers-Briggs Type indicator (MBTI): the magnitude of their passion self-possessed by way of their flat of "like" to the subject, and apprentices grade point average .They self-possessed documents from 89 learners who acquired the MBTI portfolio infive nominated propensities at Damascus Academy in Syria. They queried apprentices to filla from in mandate to catalogue the subject' like or dislike flat as well as the apprentices' GPAs remained also incorporated in the analysis. Consuming hand-me-down team up trial t-test, their consequence revealed a statistically vital Sensing-Intuition contrast of the MBTI portfolio was the resilient connection to delivery of apprentices in the middle of faculties, the theme's resembling or disinclination and the GPA. In accumulation the upper the flat of resembling for a theme the upper the GPA is. Their learning effectwere based on a trial of apprentices from a specific topic zone of scrutiny. The expediency of MBTI catalog was not been appraised in the Arab provinces before, so this learning is well thought-out as one of the early interpretations in this arena.

Chow (2005) Natural life Consummation in the middle of Institution of higher education Apprentices in a Canadian Prairie. A Multivariate Inquiry a opinion poll investigation of institution of higher education apprentices life fulfillment in Regina information by critique conclusion. substantial part of the 315 defendants confirmed by consequence had been their natural life fulfilled (N = 240, 76.2%). , defendants conveyed that they has been most contented with connections with mother existing atmosphere, interactions with close friends, interactions with siblings, and alive organization. With regard to degree of life contentment with different part of life It was exposed by Many regular least-squares regression scrutinizes that defendants who have accomplish greater improvement point specified a idea regular, great , relationship with extra, and settings of living ,conveyed a significantly advanced flat of life contentment.

3. Material &Method

The study had been considered to explore life satisfaction and quality of life among female hostel and day scholars.

Scales

Scales was used for data collection

1 Life satisfaction Scale

This scale Consists 5 item that are intended to measure cognitive decisions and ability of an individual who pleasure with life. In this scale contributorreact on matter that range from 1 to7 item scale.

Quality of life scale

Quality of life scale is the assessment of individual different facet that are relating to quality of life. This scale contains total 26 items that are divided in the 4 domains. That provides a comprehensive assessment about one's life quality.

4. Hypothesis

1. Quality of life and satisfaction with life among day scholars.
2. Quality of life and life satisfaction among hostel female scholars and day scholars.
3. More explore quality of life and life satisfaction among hostel scholars as associated to day scholars female .

Objective

The chief objectives of the research are to:

1. Identified hostel and day scholars quality of life.
2. Also measure life satisfaction among female hostel and day scholar.
3. Further check relationship among female hostel and day scholars.
4. Yet to come find out who's quality of life is better and more satisfied with life

Sample

The sample was (n=120), 60 female hostel and 60 day scholars students. From university of Sargodha women campus.

4. Adding and Existing criteria

On the basis of the following addition criteria the sample was drawn, age range 20 to 25 years. And elimination criteria are above the age of 25. Those who have living hostel 2 years only hostel female included. Sample was drawn from only students not from teachers. Students was understand Urdu language .Time was short due to study was conducted in Faisalabad and female ages above 25.

5. Procedure

supervisor of research give the permission to starting the research .According to the inclusion and Exclusion criteria sample was selected (20 to 25).In University of Sargodha Woman Campus Faisalabad scales were administered those were selected for research purpose. From the participant consent was taken and describes their rights to withdrawal they were participating with free willing in the research. The subjects were given life Satisfaction and Quality of life Scales. The Participants was ask to choose only one option that they think that best reflection their feelings verbally read out the items to clear any confusion and also read in Punjabi when needed. Total 20 to 25 minutes for each scale was given to participants.

6. Research Design

After two month of data collection was organized on a SPSS data sheet and statistical analysis was done independent T test was run to find out individual difference into two groups for research variable.

RESULTS

The study was examined hostel and day scholar's female student's life satisfaction and quality of life 120 sample was taken for this purpose. Two scales were used for the purpose of data collection. The scores of the scales those were administered on scholars was analyzed Statistical Package of Social Sciences (SPSS) version 20.

Table No 1 point to that the Mean score 20.35 and Standard deviation 5.74 of Life Satisfaction scale for day scholar and Mean score 19.26 and Standard deviation 6.78 hostel female students, the conclusion of Life satisfaction demonstration that, life satisfaction of day scholar is superior than the life satisfaction of hostel female students. Because our average score of day scholar was more than hostel scholars.

Table # 01

Day Scholar and Hostiles Females Students of Life Satisfaction Scale

Statistics		
	Day Scholar Females	Hostiles Females
Mean Score	20.35	19.26
Std. Deviation	5.74	6.78
Minimum	9	5
Maximum	34	30

Table # 02

Day Scholar And Hostiles Females Students Of Life Satisfaction Scale

Two Sample Test						
T	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	Lower	Upper
31.988	118	0	19.167	17.98	20.35	

According superiority of natural life (Introduction, Administration, and Generic Form of the Assessment) the leader separated in to 4 domains. In positive direction (i.e. upper score signify greater life quality). Mean score were designated inside each domain the mean score items is used to evaluation the domain score stand given in the under tables. Mean score was reproduced by 4 in instruction to make domain scored equivalent with the scores used in the Superiority of natural lifeintent form. The alteration technique varies scores to range between 4to20.

Mean score of 1st domain of day scholar was 3.50 and Hostel student's mean score was 3.09. Mean score of day scholar was 3.28 hostel mean score was 2.71, consistently 3rd domain of mean score was 3.46 and 2.71 and mean score of 4th domain was 3.28 and 2.68 simultaneously. Later the result of four domains show that day scholar have well quality of life as compared to hostel students below table no 2 and table no 3.

Table # 3

Day Scholar Students (Quality Of Life Scale)

Variables							
A		B		C		D	
Primary Scoring	Transmuted Scoring 4-20	Primary Scoring	Transmuted Scoring 4-20	Primary Scoring	Transmuted Scoring 4-20	Primary Score	Transmuted Scoring 4-20
14	1	12	2	5	2	14	1
15	1	13	1	6	4	15	3
16	1	15	2	7	3	16	1
18	2	16	5	8	8	19	2
19	1	17	7	9	3	20	3
21	4	18	7	10	8	21	1
22	4	19	11	11	9	22	2
23	9	20	1	12	11	23	2
24	4	21	6	13	5	24	6
25	3	22	6	14	4	25	6
26	13	23	4	15	3	26	9
27	6	24	2			27	6
28	3	25	1			28	4
29	3	26	2			29	2
30	3	27	1			30	4
31	2	29	1			31	3
		30	1			32	2
						35	1
						38	1
						39	1

Variables				
	A	B	C	D
Mean Score	3.51	3.28	3.46	3.19
Std. Deviation	0.53	0.62	0.87	0.64
Minimum	14	12	5	39
Maximum	31	30	15	14

Table # 04

Hostel Students (Quality Of Life Scale)

Variables	A		B		C		D	
	Primary Scoring	Transmuted Scoring 4-20	Primary Scoring	Transmuted Scoring 4-20	Primary Scoring	Transmuted Scoring 4-20	Primary Scoring	Transmuted Scoring 4-20
10	1		8	1	3	7	8	1
13	2		10	7	4	4	10	1
14	2		11	2	5	1	11	2
15	4		12	3	6	11	12	7
16	2		13	6	7	3	13	2
17	5		14	4	8	7	14	2
18	3		15	3	9	4	15	4
19	2		16	4	10	6	16	4
20	3		17	6	11	9	17	5
21	4		18	3	12	3	18	1
22	5		19	3	13	1	19	2
23	4		20	7	14	2	20	3
24	7		21	6	15	2	21	8
25	1		22	2			22	3
26	3		23	1			23	3
27	2		25	1			25	4
28	2		27	1			26	4
29	4						28	1
30	2						29	1
31	2						30	2

Variables	A	B	C	D
Mean Score	3.09	2.71	2.71	2.68
Std. Deviation	0.74	0.72	1.1	0.79
Minimum	10	8	3	8
Maximum	31	27	15	30

The result of study on “The Life satisfaction and Quality of Life Day Scholar and Hostel Females Students” of university of Sargodha women campus Faisalabad. Demonstration that Life satisfaction and life Quality of day scholar was best appropriate as compared to hostel female students.

7. Discussion

The primary aim of the study was to measure quality of life and satisfaction among hostel and day scholar female students first measure hostel scholars satisfaction and quality of life than day scholar's satisfaction and quality of life. Research data together from 120 sample of student in which 50% hostel and enduring 50% day scholar students. Quality of life scale consist 26 questions. To produce a vast and wide-ranging assessment, that was united in 4 domains. Sample was collected from University of Sargodha women campus Faisalabad. Sample was encompassed of scholars age 20 to 25 years.

It is a descriptive study in which we used Quality of life scale and life satisfaction scales. Scales provide information about scholars satisfaction with available facilities like mass, class room facilities their living condition, studying opportunities and other happenings that related to their quality of life.

According to life quality scale the scale separated in to 4 Variables. In positive direction (i.e. upper score signify greater quality of life). Mean score were designated inside each variable the mean score items is used to evaluation the variable score stand given in the under tables. Mean score was reproduced by 4 in instruction to make domain scored equivalent with the scores used in the life superiority intention form. The alteration technique varies scores to range between 4 to 20.

Mean score of 1st domain of day scholar was 3.50 and Hostel student's mean score was 3.09. Mean score of day scholar was 3.28 hostel mean score was 2.71, consistently 3rd domain of mean score was 3.46 and 2.71 and mean score of 4th domain was 3.28 and 2.68 simultaneously. Later the result of four domains show that day scholar have well quality of life as compared to hostel students

The result of study was indicate on "The Life satisfaction and Quality of Life Day Scholar and Hostel Females Students" of university of women campus Faisalabad. Show that Life satisfaction and life Quality of day scholar was best appropriate as compared to hostel female students.

8. Conclusion

The study was concentrating examine Life Satisfaction and Quality of life among hostel and Day scholar students for this purpose two scale was applied on the age between 20 to 25. Students life satisfaction is important for their educational goals and purpose that impact in their Quality of life in the case education life. And have noticeable impact on their performance. It had been identified that scholars more satisfaction with life suggests have respectable life quality their performance is better as compare to those who are less satisfied and have not good quality of life. It had been explored that Day scholar student are more satisfied with life and had improved quality of life in contrast to Hostel students.

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