ANALYSIS OF THE MAIN PARAMETERS OF QUALITY OF STUDENTS’ LIFE OF DIFFERENT SPECIALTIES
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Annotation. The main indicators of the quality of college students’ life are considered. Used data from a questionnaire survey of students in various disciplines of the first and second years (age 17 - 20 years). A comparative analysis of changes parameters in students’ quality of life was done. Set dynamics of the main indicators of quality of life of students in the learning process. The correlation between the parameters of the subjective assessment of living standards and the factors of its formation as a function of specialization studies was conducted. Set the negative trend of deterioration in the quality of life of students. Is a direct correlation between the level of physical activity, a positive attitude to the quality of life and the presence of harmful habits, unbalanced diet, excessive mental strain on the body of students. The features of the influence of the level of physical activity of students on other dimensions of quality of life of college students.

Keywords: students, characteristics, quality, life, health.

Introduction
The present political situation, reforms, which are carried out in country, have become an objective reality and convince to influence of people’s quality of life. In Ukraine, as per official statistics about 70% of population has low and below middle level of physical health. 22.6% of comprehensive schools’ pupils in Ukraine have middle health level, 33.5% - low level and only 6.7% have health level above middle and 0.8% - high level [1, 2]. Especially troubling is negative dynamic of practically all indicators of students’ health, as far as they are the future of our state [2, 3, 9-11, 16].

In Ukraine national programs, worked out on the base of Law of Ukraine “On physical culture and sports” are periodically adopted. They point at need in society’s approach to ensuring of people’s life quality as the highest humanistic value and direction of priority of governmental policy [1, 2]. Re-orientation of physical culture and sports’ practical branch is specially accentuated in them [1, 12, 13].

Quality of life is a system of life values, which characterize creative activity, satisfaction of scientifically grounded demands and development of a person, people’s satisfaction with life, with social relations and environment. Therefore quality of life is a multi-factor conception, which is a combination of different factors and concepts [3, 4, 7, 8, 14, 15, 17].

Analysis of literature sources showed that known methods of appraisal of life quality of people with different health problems use, in particular, WHPO questionnaire in psychiatric practice, but concerning students’ life quality, there have been still very little researches [5, 6]. Practically there is no works, devoted to studying of students’ life quality, considering their specialization. These aspects determined urgency of our work.

The work has been fulfilled in the frames of scientific-research topics of physical education and sports department of Ternopil national technical university, named after Ivan Puliuy.

Purpose, tasks of the work, material and methods

The purpose of the work is determination of formation specificities of life quality of different specialties’ students.

The task of the research is determination of interconnection of subjective parameters of life quality’s appraisal and factors of its formation among students of different specialties.

Materials and methods of the research. The research was carried out during two years with 1st and 2nd year students of 18-20 years old age, who studied at electric-mechanical faculty (EMF), at faculty of processing and food production lines (PFPLF) and at faculty of management and business in production (FBM) of Ternopil national technical university, named after Ivan Puliuy.

Selection of such age persons as objects of the research was conditioned by the fact that at this period of life there happen significant physical and mental reconstructions of organism, connected with students’ passing to qualitatively new level of life.

As far as in literature sources, devoted to methods of life quality estimation, great attention is paid to degree of satisfaction with life and health parameters, we considered to be necessary to study just these indicators.

Main source of information was methods of sociological survey. For studying of subjective appraisal of main indicators of students’ life quality, we offered to students a questionnaire, including 120 questions. For receiving representative answers we conducted questioning in conditions, excluding any discussions. First block of the questionnaire showed degree of students’ satisfaction with life quality and its main components: health, welfare, mental comfort. Further questions permitted to estimate some sides of diets, domestic conditions of respondents, their self-feeling, day regime, material situation of student’s family. Besides, analysis of personal data permitted to characterize some indicators of student’s way of life in family and in academic group.
Results of the research

Referring to definition of life quality, analysis of special literature, we offered algorithm of life quality’s estimation. It turned out to be purposeful to divide parameters, determining life quality into two main blocks: block of objective factors and subjective factors’ block.

Objective factors of life quality shall be divided into sociological and biological. Social status of family, which is conditioned by material its base, quality of family members’ eating, residential conditions, plays important role in ensuring of life quality. Besides the just mentioned, there are quantitative parameters, which are characteristics of environment, medical service and teaching (which are the subject of separate research).

As on to day role of informational provision has become very important, as far as accessibility, completeness and operative character of required data form new style of modern man’s behavior, influence on his character and redistribute the character of physical and mental loads.

Biological objective factors are connected with presence of harmful habits, determination of health level, physical condition, mental health and intellectual level.

Integral, subjective characteristic of students’ life quality is, first of all, formed on the base of characteristics of personality as well as general emotional state of a student. With it, personality’s characteristic depends on typological features of an individual, on social requirements in his life and level of education. Concerning emotional state, it is based on targeted variants of enjoyment: with own health, material position, relations in family, communication with friends and peers.

Referring to Engel’s low we state firm trend to growing of subjective factors in formation of students’ life quality. It means reducing of partial share of purely biological criteria of life quality. But role of objective factors grows, as well as of subjective components. This statement was studied on the base of answers to our questions. As far as the volume of data included 108 parameters, for detail studying we used only some of them, which stressed dynamic of their values. They are: level of physical functioning, individual psychological positive attitude to life, level of eating, time, spent at computer, degree of morbidity and taking alcohol.

Questioning showed that mean level of students’ physical functioning was rather high. Only 36.1% of 1st year students and 34.1% of 2nd year students pointed at their very high level of motion functioning: 48.2% - of 1st year and 42.5% of 2nd year students mentioned sufficient level; 7.7% and 15.9% - accordingly are low mobile and 8 % and 7.9 % - did not think about this question.

However, such figures depend on faculty, at which students study. Those students, who study at faculty of management and business consider themselves very active (47.7%), sufficiently active – 46.6%, low mobile – 5.7% (the rest did not give definite answer). Students of processing and food production lines of 1st and 2nd year of study are distributed by mentioned categories in the following percentage: 9.2 : 47.8 : 27.6 : 15.4 %, students of electric mechanical faculty – 47.9 : 38.6 : 5.4 : 8.1 %, that differs a little from their peers from management and business faculty. In general, the quantity of physically low mobile students increased at the 2nd year by 9% in comparison with the 1st year of study. We can assume that the factors, which resulted in reducing of mobility, also reduced positive attitude to life quality. If among 1st year students 41.7% of the questioned were quite satisfied with life, among 2nd year students there were 34.3% (reduction by 7.4%). 45.3 % of 1st year students and 38 % of 2nd year ones considered themselves restrained optimists. 3.3 % and 10 % accordingly were pessimists. So there are approximately equal data in changing of positive attitude to life and changing of motion functioning. Though we should note that difference between answers of different faculties’ students to last question is not so expressive and the most positive to life prospects (full and restrained optimists) were students of electric mechanical faculty and faculty of management and business 835 % of every faculty, while “food” students are only 72 %.

Main reasons of worsening of subjective attitude to environment and reducing of motion functioning could be increasing of psychological-informational load, time, spent for watching TV, irregularity and not full fledged eating. The most brightly it is manifested in sharp increasing of working with computer.

In general, 64.9 % of 1st year students of different specialties spend at PC from 1 to 2 hours, 23.1 % - 3-4 hours, 8.1 % - 5-6 hours, and 2.9 % more than 6 hours. Situation with 2nd year students sharply changes to the side of increasing the time devoted to computer. They are 53.2 % of students, who works with PC for 1-2 hours daily, 15.4 % - 3-4 hours, 20.9 % - 5-6 hours, and 10.5 % - declared the time more than 6 hours. The highest increment of PC working time belongs to EMF students. Percentage of EMF students, working with PC during 4-6 hours increased by 23.6%, and those who work more than 6 hours – by 12%.

This situation takes place against the background of worsening eating quality. Among 1st year FBM students 16% claimed for insufficient eating, 6% of PFPLF, and 17% of EMF students. Among 2nd year students, 32% of FMB students, 21% of PFPLF students and 39% of EMF students considered their eating insufficient.

With it, eating frequency of 1st year FMB students was the following: 10.9% - one-two times a day; 35.1% - three times a day and 54% -four and more times a day; 2nd year students took meal: 15% - one-two times a day, 30.1% - three times a day, 44.0% - four and more times a day.

First year students of processing and food production lines’ faculty in 26.1 % of cases took meal one-two times a day, in 62.9% - three times a day, in 11% of cases – four times a day. 2nd year students of the same faculty had the following indicators: 24.2, 55.9, and 19.9 %, i.e became less self-organized in this question.
1\textsuperscript{st} year students of electric mechanical faculty had the following indicators of eating: 17% took meal one-two times a day, 47.1% - three times, 28.9 – four times and 7% more than four times a day. Their 2\textsuperscript{nd} year colleagues: 33% took meal one-two times a day, 42.2% - three times, 20.8% - four time and 4% - more than four times a day.

All these figures witness about certain trend to worsening of eating of practically all 2\textsuperscript{nd} year students in comparison with 1\textsuperscript{st} year ones.

Besides we can notice negative trend to taking alcohol. Especially it is noticeable at faculty of processing and food production lines and faculty of management and business. For example, quantity of positive answers to question concerning taking alcohol increased from FMB students from 5 to 20%. At the same time quantity of PPFLF, who do not take alcohol reduced from 55% to 15%. This trend is not so expressive at electric mechanic faculty, quantity of this faculty’s students, who do not take alcohol, also decreased by 9%. Our data are in compliance with data stated by other researchers (V. Tulaydan, 2010), who accentuated attention at reducing of life quality of our youth.

**Conclusion:**

1. We determined dynamic of values of main factors, responsible for formation of life quality of different specialties’ students. We determined interconnection of subjective life quality appraisal’s parameters and objective factors of its formation. Results of the research point at direct dependence between motion functioning’s level, positive attitude to life on the one hand and harmful habits, irrational eating, excessive mental loads on students’ organisms on the other hand.

2. We have found specific features of students motion functioning’s influence on other parameters of students’ quality of life.

3. Negative trends have been registered, videlicet – reducing of life quality of 1\textsuperscript{st} and 2\textsuperscript{nd} year students. The prospects of further researches imply analysis of health state and life quality parameters of 1\textsuperscript{st} year students, who attend special health group; development of training-methodic complexes for increasing of students’ motivation for regular trainings at physical education department.

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