

## The Relationship between Mental Well-Being and Life Quality with Married University Student's Life Satisfaction of Sciences and Researches University of Khuzestan

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### Abstract

The aim of current research was to study the relationship between mental well-being and life quality with married university student's life satisfaction of Sciences and Researches University of Khuzestan in 2013-2014 educational year. The sample was consisted of 238 people (119 males and 119 females) from the mentioned population chosen by stage random sampling method. The data analysis method was correlation type. The tools of this research included Zanjani Mental Well-being Questionnaire (2004), Life Quality Questionnaire of Worldwide Health Organization (2000), and Dyrer's Life Satisfaction Questionnaire (1985). The results showed that there is a positive significant relationship between psychological well-being and life quality with married student's life satisfaction. Also, the results of stage regression analysis showed that psychological well-being and life quality variables predicted student's life satisfaction, respectively.

**Keywords:** life quality, psychological well-being, life satisfaction, students

### 1. Introduction

Life satisfaction is one of the unknown ways of successful people in their lives. A successful life, is one with gratification and satisfaction. If life is supposed to be a place for evolution, then satisfaction is prerequisite for success in life and only those can think of success who does not have any problem with their lives, although, it should be noted that there is differences between "having problem in life" and "having problem with life". Everybody has problem in life, but successful people are those who have no problem with their lives and this means life satisfaction (Abdolazadeh, Bagherpur, & Lotfi, 2009).

Today, in health related sciences in general, and psychology in particular, a new perspective is forming and developing. The focus in this perspective and scientific approach is on health and well-being from a positive aspect as well as explaining the psychological nature of well-being. Mental well-being

requires understanding of life existential challenges. This approach investigates the scene growth and development against life existential challenges from a positive aspect and severely emphasizes on human development (Abbasi, 2004).

Based on their emphasizes on down-up effects (external-situational) or up-down effects (internal traits and processes) of predictors of mental well-being, from Denis's (1984) viewpoint, psychological theories of mental well-being are distinguished (Harris & Listi, 2005).

Interesting and improvement of life quality, in recent 20 years, had a significant increase and improvement of everyday activities and life quality have become as a goal. Life quality is a feeling of being good coming from satisfying or dissatisfying with the life parts that are important to person. Life quality is the domains of person's health and work, economical, social, psychological

conditions, the degree of social imperfection and contingency. Since it is an extensive, complicated construction which is identified with having happiness and satisfaction, defining the meaning of life quality is a hard work. Healthy personality is the future of individual experiences across the life and a hereditary factor which composition of these creates the one's imagination of life quality being good (Heydari, 2004).

Some researchers describe mental health as a cognitive process which life satisfaction is its main indicator (Stephen et al. 1998, Epstein, 1992 & Martin & Raven, 1998). A number of researchers in describing mental well-being emphasize on role of spiritual processes, such as goal-directing in life, which lead to optimum function (Adams & et al., 1998).

Knowles, Wilson, Wilkinson, Connell, Salzbery, Castle, Desmond, &Kamm (2013) conducted a research named mental health and life quality on patients under medical operation. The findings showed that there is a significant relationship between patients' perceptions and increased anxiety, depression and decreased life satisfaction. Gomez, Rucci, Gutierrez, castellanos, Vergara, &Pradilla (2010) conducted a research named mental well-being and life quality in patients under treatment of thyroid cancer after the surgery. The results showed a high, fairly direct and positive relationship between the time after the thyroid surgery and the degree of mental well-being and life quality reported by patients. Also, there was a powerful relationship between two used tools (mental well-being measurement (1984), life quality questionnaire-SF 36 (1992)).

Regarding what has said, the researcher is trying to answer to the question whether there is a relationship between mental well-being and life quality with married university student's life satisfaction of Sciences and Researches University of Khuzestan?

**Research hypothesis:** there is multiple relationship between mental well-being and life quality with married students' life satisfaction.

**1<sup>st</sup> sidelong hypothesis:** there is multiple relationship between mental well-being and life quality with married female students' life satisfaction.

**2<sup>nd</sup> sidelong hypothesis:** there is multiple relationship between mental well-being and life quality with married male students' life satisfaction.

## 2. Research Method

2-1. statistical population and sampling method

Statistical population of current research included all married students of Azad University, Sciences and Researches Unit of Khuzestan enrolled in 2013-14 academic year. The sample consisted of 238 (119 females and 119 males) from the mentioned population chosen by stage random sampling method. By this method, humanities were randomly chosen between 3 educational groups of humanities, basic sciences, and engineering. Management, laws, and accounting disciplines were randomly selected among various disciplines in the humanities,

such as counseling, psychology (Public, educational, clinical), law, management, political science, accounting, book keeping, Economic Sciences, Management, etc. and the questionnaires distributed among married men and women.

## 3. Research Tools

3-1 mental well-being questionnaire

This questionnaire is invented by ZanjaniTabasi (1383) in order to assess mental well-being. The mental well-being questionnaire contains 77 items. It is consists of 6 subscales. Life satisfaction subscale which consists of 19 items, spirituality subscale which includes 13 items, happiness and optimism subscale which contains 19 items. Individual

growth and development subscale which possesses 8 items. Positive relationship with others subscale which consists of 8 items. And finally, self-directing subscale includes 10 items. The developed mental health questionnaire is a five options scale which each option represents the subject's opinion about himself/herself. In order to scoring, a code from 1 to 5 assigns to each option. In general, there are 22 items scoring negatively in the test. Reliability of the developed mental well-being scale assessed via internal consistency and retest methods. Chronbach's alpha method was used to evaluate the internal consistency. Reliability coefficient of total scale was 94%. This coefficient has obtained between 0/90 and 0/62 in subsidiary subjects. In present research, coefficients of reliability for mental well-being questionnaire were calculated using Cronbach's alpha and split-half methods, which was as 0.77 and 0.74 respectively for the whole questionnaire, indicating acceptable reliability coefficient of the mentioned questionnaire.

### 3-3. life quality questionnaire

Life events scale (Davoodi, unpublished), which is briefly called LES, is a self-report scale that contains 69 events. Since it was supposed to contain a relatively complete spectrum of common human life events in the scale, in order to develop its items, several scales (such as Mabsen and Dlonas, 2001; Goodman et al., 1998; Pickel, 1997; Sarason, Johnson & Siegel, 1987, Pickel, Prosof and Yulnhat, 1971) were investigated and appropriate items were selected among them. Several other events that regarding to the social and cultural conditions of Iranian society were lacked (e.g. taking part in the front and living in war conditions, captivity, bombing and live with my wife and my family) were added to the above items. This variable has four components of physical health, mental health, social relationships and environment health and contains 26 questions. Each of domains possesses 6, 8, 3, 7 items, respectively, and two questions belongs to no domain and evaluate

the health and life quality status generally. All items are 5 options and are in Likert scale in which option 5 represents the best condition (score 4) and option 1 represents the worst condition (score 0). The reliability of the questionnaire evaluated via Chronbach's alpha and interclass correlation originated from it, and it obtained over 0/70 in all domains but in social relationships that it was 0/55 that could be due to low number of items in this domain or its sensitive questions. In other side, in 0/83 of cases, the correlation of each item with its main domain was higher than other domains. Validity of the tests was evaluated by distinguishability of these tools in healthy and patient groups via linear regression and they had significant differences in different areas. In a research conducted on 139 patients with AIDS and 139 healthy people, Nojumi and Anbari (2007) calculated the reliability of the mentioned questionnaire by Chronbach's alpha about 0/92. In current research, reliability coefficients of life quality questionnaire were calculated via Chronbach's alpha and split-half methods where was 0/81 and 0/79 for whole questionnaire, respectively, indicating acceptable reliability coefficients for mentioned questionnaire.

### 3-4. life satisfaction questionnaire

In order to measuring life satisfaction, lots of scales have been developed that most of them are consisted of one question and some of them were only appropriate for adults' population. Dyrner and et al. (1985) provided life satisfaction scale for all age groups. This scale included 48 questions reflecting life status and feeling of well-being and its factor analysis showed that it was made up from 3 factors. 10 questions were related to life satisfaction that after multiple investigates it finally decreased to 6 questions and served as a separate scale. This scale contains 5 items each of which has 7 options scoring from one (completely disagree) to seven (completely agree) in this study. Validity and reliability of this test have investigated in several studies. Dyrner and et al.

evaluated the life satisfaction scale in a sample of 176 bachelor students. Mean and standard deviation of students' scores evaluated the life satisfaction scale. The mean and standard deviation of students' scores were 5/23 and 43/6, respectively, and test-retest correlation coefficient and Chronbach's alpha after two months administration were 0/82 and 0/87, respectively. Using Cronbach's alpha coefficient, Schimick et al (2000) reported the validity of the life satisfaction scale for American, German, Japanese, Mexican, and Chinese models as 0/90, 0/82, 0/79 and 0/61, respectively. In the present study, the reliability

coefficient of life satisfaction scale was assessed using Cronbach's alpha and split-half methods that it was 0.76 and 0.73 for whole questionnaire, respectively, indicating acceptable reliability coefficient of the questionnaire.

#### 4. The Findings

The descriptive findings of this research, including statistical measurements such as mean, standard deviation and number of the research subjects, for all of studied variables in this research have presented in table 1.

**Table 1.the subjects' mean, standard deviation of the variables in the research**

variable	Statistical measurement of subjects	mean	Std. Dev.	N
Mental well-being	Female students	260.00	20.680	119
	Male students	258.00	22.663	119
	Total	259.00	21.653	238
Life quality	Female students	57.00	13.543	119
	Male students	59.00	13.652	119
	Total	57.00	13.615	238
Life satisfaction	Female students	24.00	6.552	119
	Male students	25.00	7.319	119
	Total	25.00	6.933	238

As it can be seen in table 1, the mean and standard deviation for the variable mental well-being of total are 259.00 and 21.653, for female students are 260.00 and 20.680, and for male students are 258.00 and 22.6663, respectively, the variable life quality of total are 57.00 and 13.615, for female students are 57.00 and 13.543, and for male students are 59.00 and 13.652, respectively, and variable life satisfaction of total are 25.00 and 6.933, for female students 24.00 and 6.552, and for male students are 25.00 and 7.319, respectively.

**Table 2. multiple coefficients of correlation of predicting variables (mental well-being and life quality) with married students' life satisfaction via simultaneously entry and stage method**

Method	Predicting variables	R	R <sup>2</sup>	F	p=	β	T	p=
A. "entry"	Mental well-being	0.58	0.34	33.65	0.001	0.36	5.90	0.001
	Life quality					0.29	4.79	0.001
B. "stage"	1- mental well-being	0.48	0.23	59.73	0.001	0.48	7.73	0.001
	2- mental well-being	0.57	0.32	47.54	0.001	0.38	6.35	0.001
						0.32	5.23	0.001

As it can be seen in table 2, the regression of predicting married students' life satisfaction based on mental well-being and life quality ability is significant ( $F = 33.65$  &  $p < 0.0001$ ). Therefore, the general hypothesis of research is retained. Variable mental well-being with beta coefficient of 0.36 and variable life quality with beta coefficient of 0.29, can significantly, positively predict married students' life satisfaction. Also, amount of  $R^2$  shows that 34% of variances of married students' life satisfaction is explained by mentioned variables. The results of stage regression analysis showed that variables mental well-being and life quality predict married students' life satisfaction, respectively.

**Table 3. multiple coefficients of correlation of predicting variables (mental well-being and life quality) with married female students' life satisfaction via simultaneously entry and stage methods**

Method	Predicting variables	R	R <sup>2</sup>	F	p-	β	T	p-
A. "entry"	Mental well-being	0.63	0.40	21.32	0.001	0.27	3.06	0.003
	Life quality					0.33	3.70	0.001
B. "stage"	1- mental well-being	0.52	0.27	36.92	0.001	0.52	6.07	0.001
	2- mental well-being	0.63	0.40	21.32	0.001	0.33	3.70	0.001
						0.28	3.07	0.003
						0.21	2.46	0.015

As it can be seen in table 3, the regression of predicting married female students' life satisfaction based on mental well-being and life quality is significant ( $F = 21.32$  &  $p < 0.0001$ ). Therefore, the 1<sup>st</sup>

sidelong hypothesis of research is retained. Variable mental well-being with beta coefficient of 0.27 and variable life quality with beta coefficient of 0.33, can significantly, positively predict married female students life satisfaction. Also, amount of  $R^2$  shows that 40% of variances of married female students' life satisfaction is explained by mentioned variables. The results of stage regression analysis showed that variables mental well-being and life quality predict married female students' life satisfaction, respectively.

**Table 4. multiple coefficients of correlation of predicting variables (mental well-being and life quality) with married male students' life satisfaction via simultaneously entry and stage methods**

Method	Predicting variables	R	$R^2$	F	p-	$\beta$	T	p-
A. "entry"	Mental well-being	0.50	0.25	10.67	0.001	0.37	4.20	0.001
	Life quality					0.29	3.25	0.002
B. "stage"	1- mental well-being	0.40	0.16	19.19	0.001	0.40	4.38	0.001
	2- mental well-being	0.50	0.25	16.15	0.001	0.29	3.33	0.001
						0.37	4.23	0.001

As it can be seen in table 4, the regression of predicting married male students' life satisfaction based on mental well-being and life quality is significant ( $F = 10.67$  &  $p < 0.0001$ ). Therefore, the 2<sup>nd</sup> sidelong hypothesis of research is retained. Variable mental well-being with beta coefficient of 0.37 and variable life quality with beta coefficient of 0.29, can significantly, positively predict married female students life satisfaction. Also, amount of  $R^2$  shows that 25% of variances of married female students' life satisfaction is explained by mentioned variables. The results of stage regression analysis showed that variables mental well-being and life quality predict married male students' life satisfaction, respectively.

## 5. Discussion and Conclusion

As it can be seen in table 2, the regression of predicting married students' life satisfaction based on mental well-being and life quality

ability is significant ( $F = 33.65$  &  $p < 0.0001$ ). Therefore, the general hypothesis of research is retained. The results of this research are consistent with those of Stephen et al. (1998), Epstein (1992), Martin and Raven (1998), Wissing (1994), Adams et al. (1998). In explaining this hypothesis it can be said that regarding that life satisfaction is one of mental well-being components, and life quality has a completely direct relationship with life satisfaction, i.e. increasing well-being level (which life satisfaction is one of its components), life quality cause increase in students' life satisfaction, and vice versa, lower mental well-being and life quality result in weak life satisfaction and disgusting with life. Generally, all of research variables are related to each other, e.g. mental well-being and life quality, life quality with life satisfaction. Some researchers describe mental health as a cognitive process which life satisfaction is its main indicator (Stephen et al. 1998, Epstein,

1992 & Martin & Raven, 1998), a number of researchers in describing mental well-being emphasize on role of spiritual processes, such as goal-directing in life, which lead to optimum function (Wissing, 1994; Adams & et al., 1998), which all of these lead to one's satisfying with own life. Also, life quality has a direct relationship with life satisfaction, because increasing in life quality change negative attributions and thereby married students' relationship with spouses gets better and they will get general higher life satisfaction. Increased life satisfaction causes increased happiness, problem solving and reinforcing different areas and finally, since life quality is life satisfaction, leads to increased life satisfaction. Thus, we conclude that all of research variables have multiple relationship.

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