

Quality of Life and its relationship to body image among female students at college of nursing

By

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Abstract

The study aimed to assess the body image and quality of life and found out the relationship between the quality of life and body image find-out the relationship between the body Image, quality of life and their socio-demographic among female students in college of nursing. a descriptive- correlational design study was conducted at the university of Baghdad college of nursing carried out through the period from (October 2021 to May 2022.) The study was conducted on a non- probability (convenient) sample of 110 female students in the College of Nursing. The questioner is consisted of three part: the first part is concerned demographic characteristic and using body image scale, quality of life scale. The finding of the study showed that the highest percentage of the sample located within age group of 18-20 years and they are satisfied with their body image as seen among 88.2%, which reflect their positive perception about their body image. The study indicates that the sample associated with fair quality.

Introduction

The World Health Organization (WHO) defined Quality of Life as a "individual's perception of his or her position in life in the context of culture and the system of values in which he or she lives, as well as in relation to his or her goals, expectations, standards, worries, and desires" based on these premises (Garcia Kawakame & Miyadahira, 2016).

QoL has become more linked to the idea of health, which broadens the definition of health from the absence of disease to include the physical, psychological, and level of independence, as well as social interactions, the environment, and spirituality.(Garcia Kawakame & Miyadahira, 2016).

Nursing students should understand the physical and psychological benefits of physical activity, as well as the negative health consequences of inactivity. Nursing students are encouraged to interact with their classmates, who can give social support, in order to preserve their psychological well-being and build stress-coping mechanisms. Improving lifestyle habits in any of these areas could have a favorable impact on the others (McSharry& Timmins, 2017).

There are few studies that examine the links between body image and quality of life in large groups of students from diverse cultural backgrounds. These studies are crucial for

developing effective and culturally relevant programs that promote healthy lifestyles and overall quality of life for students (Baceviciene et al., 2020).

Body image is a multifaceted concept influenced by biological, psychological, social, and cultural variables. In this sense, body image refers to an individual's mental and cognitive image of their body, including its exterior appearance, internal components, organs, and capacity to use these organs effectively (El-emary & Zaki, 2018).

As with college students, nursing students face a range of stresses. Additionally, the emphasis on physical beauty has increased in recent years, resulting in lookism, the belief that physical appearance, such as race or gender, plays a part in social prejudice (Choe et al., 2015). As a nurse, you have the opportunity for professional development and fulfillment, as well as a sense of fulfillment, which is a subjective component of life quality (Kupcewicz & Jówik, 2020).

Objectives of the Study

The study aims to (1) assessing the level of body image and quality of life among nursing female collegians. (2) identify the relationship between the body image and quality of life among nursing female collegians. (3) find-out the relationship between the body Image, quality of life and their socio-demographic.

Methodology

A descriptive correlational design was conducted On 110 female students in the College of Nursing .The study was conducted to assess body image and quality of life among the target sample and to find the relationship between the variables among them and the relationship between body image and quality of life with a number of demographic variables such as age, social status, level of study, place of residence, environment in which the student lives, living income and number of family members And the sequence of the student between the brothers and the educational level of the father and the mother. This study was started from (October 2021 to May 2022).). The questioner is consisted of three part: the first part is concerned demographic characteristic. The second one is body image scale which consisted of 27 item It is located in two dimensions, the first, which is the individual's perception of his body, and it is negative or positive, and it consists of 19 statement The second is the individual's awareness of his body through the opinions of others, such as family and friends, and it consists of 8 phrases. The third one contain (26) items World Health Organization Quality of Life (WHOQOL-BREF).

Sample of the study

A non-probability (Convenient) sample of (110) female student, Their age ranges between 18 and 30 years which were selected from University of Baghdad collage of Nursing.

Methods of Data Collection

The data was collected by Google questioner Form in Arabic, as it was published on the elementary classes from the first to the fourth stage in the College of Nursing, University of Baghdad.

The reliability of the instrument was determined through the computation of Alpha Cronbach's test (Alpha Correlation Coefficient); internal consistency method was used for determining the reliability. The Alpha Correlation Coefficient was applied to determine the reliability of the present study instrument by application of Statistical Package for Social Science Program (IBM SPSS) version 24.0.

Data analysis was employed through the application of descriptive and inferential statistical approaches, which were performed through the computation of the following: frequencies, percentage, means of scores, standard deviation, and Pearson correlation coefficient.

Results and discussion

Table (1): *Distribution of Sample According to their Socio-demographic Characteristics*

List	Characteristics	f	%	
1	Age M±SD= 20.38±2.258	18 – 20 year	66	60
		21 – 23 year	34	30.9
		24 – 26 year	7	6.4
		27 ≤ year	3	2.7
		Total	110	100
2	Marital status	Unmarried	104	94.6
		Married	5	4.5
		Divorced	0	0
		Widowed/er	0	0
		Separated	1	.9
	Total	110	100	
3	Scholastic stage	First	41	37.2
		Second	31	28.2
		Third	19	17.3
		Fourth	19	17.3
		Total	110	100
4	Living with:	Family	79	71.8
		Interior section	24	21.8
		Relatives	7	6.4
		Total	110	100
5	Income	Insufficient	4	3.6
		Barely sufficient	35	31.9
		Sufficient	71	64.5
		Total	110	100
6	Number of family member	< 4	6	5.4
		4 – 5	18	16.4
		6 ≤	86	78.2
		Total	110	100
7	Birth order	First	28	25.5
		Second	28	25.5
		Third	17	15.5
		Fourth +	37	33.5
		Total	110	100
8	Residency	Urban	89	80.9
		Rural	21	19.1
		Total	110	100

Table (2): Overall Assessment of Body Image among Female Nursing Collegians

Body image scale	f	%	M	SD
Dissatisfied	13	11.8		
Satisfied	97	88.2	66.19	9.225
Total	110	100		

f: Frequency, %: Percentage M: Mean for total score, SD: Standard Deviation for total score
Dissatisfied = 27 – 54, Satisfied = 55 – 81

Table (5): Overall Assessment of Quality of Life among Female Nursing Collegians

Quality of life	f	%	M	SD
Poor	6	5.4		
Fair	87	79.1	80.69	13.205
Good	17	15.5		
Total	110	100		

Table (6): Correlation among Body Image and Quality of life among Female Nursing Collegians (N=110)

	Correlation	Body image	Quality of life
Body image	Pearson Correlation	1	
	Sig. (2-tailed)		
Quality of life	Pearson Correlation	.525**	1
	Sig. (2-tailed)	.001	

Discussion

Table (1) shows that average of nursing collegians is 20.38 ± 22.58 years in which 60% of them are seen with age group of 18-20 years. Regarding marital status, the majority of female nursing students are still unmarried (94.6%). The scholastic stage refers by the highest percentage to first stage 37.25 followed by second stage 28.2%. More of sample report that they are living with their families (71.8%), 21.8% are reporting they live in interior section of the students Concerning monthly income. 64.5% of them perceive sufficient monthly income .

The number of family member for nursing collegians refers to six and more among 78.2% of them. Regarding birth order, the highest percentage among the sample report they are fourth born or more among their families (33.5%). The residency variable refers that more of the sample living in urban areas as revealed by 80.9%.

Results in table (2) showed that majority of female nursing collegians and by (88.2%) are satisfied with their body image. These results are consistent with the results (Walaa Ahmed Abdel Fattah, 2021), (Priya et al., 2010) they found it has been clarified that the sample was satisfied with their body image in general.

The result in table (5) revealed that female nursing collegian are fair quality of life as seen among More than three quarters (79.1%) and fair in all sub-domain of quality of life (physical, psychological, environmental, and social) . These results differ with the study baali.m , jaghlouli,y (2018) they studied the quality of life of the students university of msila and found The quality of life of the students is high .and with the study Lassoued,Z (2021) who found the level of student quality of life is high of El-Oued University . and agree with

study Al-helou, A (2016) that show The results uncovered that Baghdad University students had accepted feeling towards quality of life.

Results in table (6) of the present study revealed that, statistically significant positive strong relationship between body image and quality of life .this result agree with the study by Duarte et.al(2015) they found the perceptions of inferiority based on body image are associated with worse quality of life in all dimensions: physical environmental, social relationships and especially with the psychological dimension. In addition, consistent with study by nayir et.al (2016) who found that the body image greatly affects the quality of life in all its aspects for women, so it is necessary to create a positive body image perception to improve the quality of life. and the present study is consistent with the study by El-emary et.al (2018) that was statistically significant correlations were found between body image and quality of life. These results can be explained that the positive perception of the body image of the students makes them feel happy, efficient and self-confident. Therefore, the person is positively related to his health and social compatibility ,psychological, and the outward appearance, makes the individual accept the practice of daily activities with positive and active motives, and thus leads to a better quality of life.

Conclusions

1. The quality of life for the students of the College of Nursing was fair in all sub-domain as seen among More than three quarters.
2. The studied showed that majority of female nursing collegians are satisfied with their body image
3. There is statistically significant positive strong relationship between body image and quality of life.

Recommendations

1. Conducting educational courses and lectures on raising awareness of the university environment, paying attention to the positive aspects, and strengthening them in the community to raise awareness of a positive body image, especially for students who are coming to university life and new arrival.
2. This study recommends carrying out other studies to body image and healthy lifestyles for non-university societies .
3. Future research may wish to use a larger sample to have a larger effect size.

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