

General Health and Life Satisfaction Among College Students

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ABSTRACT

This study investigates the relationship between General Health and Life Satisfaction among College Students. A sample of 200 college students (100 males and 100 females) Under the age range of 18 – 25 years participated. General health was assessed using the P.G.I. Health Questionnaire (Verma, Wig, & Pershad, 1985), while life satisfaction was measured using the Life Satisfaction Scale (Hardeo Ojha, 2001). The study utilized the Karl Pearson correlation to investigate the relationship between General Health and Life Satisfaction among college students. The results revealed a significant negative correlation between General Health and Life Satisfaction. This counterintuitive finding highlights the need for further investigation into the underlying factors contributing to this relationship within the Indian college student population. The study suggests exploring potential gender-specific or cultural influences, employing qualitative or mixed-method approaches, and considering additional variables such as stress, coping mechanisms, and academic workload.

INTRODUCTION

The college years are a transformative period that shapes an individual's long-term well-being, success, and overall health trajectory (Arnett, 2000; Petersen et al., 2009). During this crucial stage, students navigate challenges and milestones that can profoundly impact their physical, mental, and emotional states. General health, encompassing physical, mental, and social well-being (World Health Organization, 1948), and life satisfaction, a subjective evaluation of one's overall quality of life (Diener et al., 1985), are interconnected. This interplay takes on heightened significance for college students as they face academic pressures, social explorations, and personal growth opportunities.

The challenges of college life can strain physical well-being, leading to poor sleep habits, unhealthy dietary choices, and sedentary lifestyles. Emotional disturbances from leaving familiar support systems and adapting to new environments can impact mental health, potentially causing heightened stress, anxiety, or depression (El et al., 2010; Hartley, 2011). Prioritizing self-care, regular physical activity, balanced diets, and robust social support systems can cultivate a sense of well-being, resilience, and overall life satisfaction. Despite the profound implications of this relationship, research examining the interplay between general health and life satisfaction among college students, especially in the Indian context, remains relatively unexplored.

This study aims to solve the complexities of this association, providing insights that can guide the development of effective interventions and support systems tailored to the unique needs of diverse student populations.

REVIEW OF LITERATURE

Nguyen et al. (2020): Studied the relationships between sleep quality, mental health, and life satisfaction among international college students, who may face unique challenges and stressors. The authors used the PSQI, standardized mental health measures, and the SWLS. The results showed that poor sleep quality was associated with poorer mental health outcomes and lower life satisfaction in this population. The review could discuss the study's focus on international students, the unique cultural and environmental factors that may influence their sleep and well-being, and potential implications for providing tailored support and resources to this student population.

Mah et al. (2018): Examined the relationships between sleep quality, general health, life satisfaction, and academic achievement. The authors used the PSQI, measures of general health and life satisfaction, and self-reported academic performance. The findings revealed that better sleep quality was associated with better general health, higher life satisfaction, and improved academic achievement among college athletes. The review could discuss the unique challenges faced by student-athletes, the importance of promoting good sleep habits in this population, and the potential implications for overall well-being and performance.

Lund et al. (2010): Explored the relationships between sleep quality, general health, and life satisfaction in a sample of college students. The authors used the PSQI, the Short Form Health Survey (SF-36), and the SWLS. The results showed that poor sleep quality was associated with poorer general health and lower life satisfaction scores. The review could summarize the study's design, measures used, key findings, and how it contributes to the understanding of the interplay between sleep quality, health, and well-being among college students.

METHODOLOGY

Aim

To Study the relationship between General Health and Life Satisfaction among college students.

Objective

To Measure the relationship between General Health and Life Satisfaction among college students.

Hypothesis

There will be significant relationship between General Health and life satisfaction among college students.

Sampling

The research involved a sample of 200 college students aged between 18 and 25 years, with 100 being male and 100 being female, from various universities in India.

Tools Used

Table 3.1

Tools Used

Name of the Tool	Author/Year	No. of Items	Reliability and Validity
P.G.I. Health Questionnaire	S. K. Verma, N. N. Wig and D. Pershad. (1985)	38	Reliability: Test-retest reliability ranging from 0.70 to 0.92 for different sections. Validity: Established concurrent validity with other measures of mental health.
Life Satisfaction Scale	Hardeo Ojha (2001)	20	Reliability: Internal consistency (Cronbach's alpha) of 0.82. Validity: Established criterion validity by correlating with other well-being measures and discriminant validity across different groups.

RESULT

Table 4.1

Correlation Value between General Health and Life Satisfaction Among College Students.

Variable	N	r	p
General Health	200		
Life Satisfaction	200	- 0.480	Sig***

Significant at both levels

DISCUSSION

The correlation coefficient (r) between general health and life satisfaction is -0.480 , which indicates a moderate negative correlation. This correlation is significant at both levels (<0.05 , <0.01). A negative correlation means that as general health increases, life satisfaction tends to decrease, or vice versa. This finding is counterintuitive and contradicts the general expectation that better general health would be associated with higher life satisfaction. Studies like Mah et al. (2018) Lund et al. (2010) has reported positive associations between better sleep quality, better general health, and higher life satisfaction among college students.

CONCLUSION

The title of the study “General Health and Life Satisfaction among College Students.” For this the data is collected from the 200 students in that there were 100 males and 100 females. For collecting the data questionnaires used are The P.G.I. Health Questionnaire (Verma, Wig, & Pershad, 1985), and Life Satisfaction Scale (Ojha, 2001). For statistical analysis correlation were used. There is significant negative relationship was found between General health and Life satisfaction among college students. For the future research explore the reasons behind the unexpected negative relationships between general health, sleep quality, and life satisfaction through qualitative or mixed-method approaches, conduct longitudinal studies establish causality and directionality. Examine potential gender-specific or cultural factors influencing the observed differences or lack thereof. Limitations of this study are Firstly, the sample size of 200 participants with an equal gender distribution may limit statistical power and generalizability. The lack of diversity within the sample could also affect the applicability of findings to broader college student populations.

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