

Sociological survey «Evaluation of life quality among the students of 2-3 courses of the Belarusian State Medical University»

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Introduction

Nowadays more and more attention has been paid to the study of the quality of life (QOL hereinafter) in medicine. Medical students, being part of the youth is a specific social group, characterized by the special conditions of life, work and everyday life, social behavior and psychology and the system of value orientations. This allowed us to make a deeper research of the person's relationship to his health

Aim

In our study we compared the QOL of female and male persons as well as the level of QOL of BSMU students and regulatory measures.

Materials and methods

The study of QOL level was conducted at the BSMU from 14 to 18 December 2015 among the students of 3-6 semesters of the General Medicine Faculty. The sample included 170 students: 63 young men (37%) and 107 women (63%). The average age of respondents was 20 years. The method of the research was the open questionnaire survey. We used the 36-Item Short-Form Health Survey (SF-36) - a general Aim questionnaire.

Results

The findings of our study showed that the level of QOL of males and females studying at BSMU is practically identical. However, it should be noted that the indicators of girls on such scales as a vitality and mental health is higher than that of boys. We compared the QOL of

BSMU students and control values for the people of this age and showed a significant reduction in the level of life quality in all aspects, except for physical functioning, which corresponds to the average statistical data. Thus, compared with the norm, role functioning caused by emotional state reduced by 33%; role functioning caused by physical condition reduced by 21%; vitality was less than normal life activity by 21%; mental health reduced by 15%; “Body pain” scale reduced by 10%; social functioning below normal by 11%, and the general health decreased by 7%.

Conclusion

We may conclude that the level of life quality of Belarusian State Medical University students slightly below the normal values.