Analysis of the Factors Influencing University Students' Quality of Life in Hainan Province

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Abstract: Objective: To analyze the factors affecting the life quality of Hainan university students and to provide a relevant basis for improving their life quality. *Methods:* A stratified random cluster sampling method was used to survey the drawn subjects using the QOLCT-23 scale and a self-made questionnaire in five randomly selected of eight undergraduate institutions in Hainan Province. *Results:* The average score of life quality among Hainan university students was 55. 73, while the average scores of all dimensions of social support, psychological, environmental, behavioral and physiological were 59. 16, 56. 39, 55. 99, 53. 69, 53. 39. The results showed that the factors affecting the quality of life of universtiy students were: daily sleep time, the relationship between family members, a person's personality, study pressure, whether they are the only child in their family, the satisfaction of their major, and the confidence of employment prospects. *Conclusions:* The overall level of University Students' quality of life in Hainan was not high, which was affected by multiple factors, and relevant measures should be taken to improve college students' quality of life.

Keywords: University students; Quality of life; Influencing factors

In recent years, the number of university students has been growing, and only in 2018, the number of university students in China has reached 39. 8 million [1], meanwhile, with the high rate of socioeconomic development, our country's university students face the pressure and challenge from all parties in society, which has a certain negative effect on the survival quality of college students, and has caused extensive attention from all sectors of society [2]. And the life quality of contemporary university students is closely related to the future development of the country and the improvement of the comprehensive quality of college students [3]. This study will analyze the current status and influencing factors of life quality among Hainan university students to provide the data base and scientific reference basis for studies related to life quality among our national university.

1. Materials and Methods

1.1 Study subjects and sampling methods

The study subjects were university students in Hainan Province. Five were randomly selected from eight undergraduate institutions in Hainan Province by simple random sampling method, and one class (about 50 people) was further selected from each grade in each institution by cluster sampling method, 960 questionnaires were distributed, 927 valid questionnaires were returned, and the effective rate was 96. 6%.

1.2 Estimation of sample size

The sample size was estimated using an empirical algorithm and since this study questionnaire was designed with 43 titles, the sample size was estimated to be 43 * 20 times = 860 copies considering the number of valid questionnaires, on the basis of the above 10%-20% expansion of the sample size, the final sample size was calculated to be 946-1032 copies [4] [5].

1.3 Research tools

The quality of life scale (QOLCT-23) was used to evaluate 5 dimensions of physical, psychological, behavioral, environmental, and social support, each containing 4, 13, 3, 2, and 1 items with 23 items; The scale's total score and the scores of each dimension range from 0 to 100, with higher scores indicating better quality of life. Scale reliability test Cronbach's alpha Was 0. 85. For the validity test, the two correlations of each dimension were statistically significant, and the correlation coefficients

ranged from 0. 22-0. 40.

1.4 Statistical methods

SPSS 20. 0 software was used to perform statistical analysis of the data, and multiple linear regression was used to screen the influencing factors on the life quality of Hainan university students. P < 0. 05 was considered statistically significant.

2. Results

2.1 Investigator base condition

Of the 927 respondents, 617 were female students (66. 6%) and 310 were male students (33. 4%); 492 were urban, accounting for 53. 1%, while 435 were rural, accounting for 46. 9%.

2.2 Current status of life quality among Hainan University Students

The mean scores of the total and all dimensions of University Students' quality of life ranged from 50 to 60 points, with a total mean of 55. 73 points. The 5 dimensions of physical, psychological, behavioral, social support and environmental support averaged 53. 39, 56. 43, 53. 69, 59. 16, 55. 99.

2.3 Analysis of factors affecting college students' quality of life

2.3.1 Variant assignment

Table1 Variant assignment

factors	Name of variables	Description of variant assignment
daily sleeping time	X1	<6h=1, 6-7h=2, 7-8h=3, 8-9=4, >9h=5
relationship between family members	X2	Harmony =1, general =2, disharmony =3
a person's personality	X3	Extroverted personality = 1, intermediate personality = 2, Introverted Personality= 3
study pressure	X4	very large = 1, large = 2, general = 3, minor = 4, no = 5)
whether they are the only child in their family	X5	yes = 1, no = 2
Ssatisfaction with the major	X6	Satisfied =1, average =2, dissatisfied =3
Confidence in employment prospects	X7	Very confident =1, confident =2, general =3, not confident =4, very not confident =5
grade	X8	Freshman =1, sophomore =2, junior =3, senior =4
gender	X9	male = 1, female = 2
family type	X10	core family = 1, backbone family = 2, joint family = 3, uniparental family = 4, recombinant family = 5

2.3.2 Analysis of influencing factors of college students' quality of life

The total score of quality of life was taken as the dependent variable, and 10 variables including daily sleep time, the relationship between family members, a person's personality, study pressure, whether they are the only child in their family, satisfaction with the major, confidence in the employment prospect, grade, gender and family type were taken as the independent variables to make multiple linear regression analysis. The results showed that the factors affecting the quality of life of universtiy students were: daily sleep time, the relationship between family members, a person's personality, study pressure, whether they are the only child in their family, the satisfaction of their major, and the confidence of employment prospects. Among them, the satisfaction of their major has the greatest impact, followed by confidence in the prospects.

Table 2 The multiple regression analysis of influencing factors on College Students' quality of life

factors	β	S. E	β′	t	p
constant	73. 946	3. 427		21. 576	<0. 001
daily sleepingtime	0. 745	0. 349	0. 06	2. 133	0. 033
relationship between family members	-2. 659	0. 747	-0. 11	-3. 559	<0. 001
a person's personality (Extroverted personality as a reference)					
intermediate personality vs. extroverted personality	-3. 34	0. 923	-0. 119	-3. 618	<0. 001
Introverted Personality vs. extroverted personality	-1. 801	0. 725	-0. 08	-2. 485	0. 013
study pressure	0. 991	0. 437	0. 065	2. 269	0. 023
whether they are the only child in their family	-1. 819	0. 737	-0. 074	-2. 467	0. 014
Ssatisfaction with the major	-4. 207	0. 55	-0. 247	-7. 653	<0. 001
Confidence in employment prospects	-2. 954	0. 397	-0. 244	-7. 442	<0. 001

3. Discussion

The results of this study showed that the mean of the total score and scores in multiple dimensions of undergraduate university quality of life in Hainan were lower than 60 points, indicating lower levels of quality of life among Hainan university students. The score of all dimensions of life quality among Hainan University was not consistent with the findings of Miao Chun Xia et al [6], which may be related to the economic level of Hainan, delayed night mapping time among the residents of Hainan Province, and poor habits of staying through the night, suggesting that more attention should be paid to the issues of college student quality of life, strengthening exercise, enhancing the self, and reasonably arranging online time.

The lower the average sleep time per day the worse the life quality of university students was, consistent with the findings of Xie Yisha et al [7], irregular sleep habits not only make fatigue increase, but also cause adverse effects on metabolic and immune aspects, it is recommended that university students should ensure adequate sleep and improve the quality of sleep. The better quality of life status of university students with high professional satisfaction and optimistic employment prospects is consistent with the results of Gao Feng Yun et al [8], which may be related to the fact that university students face severe employment competition environment, PubMed pressure in the current generation. University students with a extroverted personality personality had the highest quality of life, and it is possible that students with a extroverted personality were more easily integrated into school life and experienced satisfaction with life, so university students should develop an upward, self-reinforced, and cheerful good personality. The more harmonious the family member relationship was, the better the quality of life ofuniversity students, a healthy and good family atmosphere was, and the growth of university students was favored. The life quality of university students who are the only children in the family was higher than that of the non single children, for the possible reason that when there is only one child in the family, the parents will devote their full energy to this child, and their life quality is relatively high.

4. Acknowledgment

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