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INVESTİGATİNG THE QUALİTY OF LİFE AND İTS İNFLUENCİNG FACTORS AMONG THE FACULTY MEMBERS OF PUBLİC UNİVERSİTİES İN IRAN AND TURKEY (CASE STUDY OF VAN YUZUNCU YİL AND URMIA UNİVERSİTY)[1]

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ABSTRACT

The WHO defines quality of life as an individual's perception of their position in relation to their goals, expectations, and concerns, influenced by various factors such as physical health, psychological state, independence, social relationships, personal beliefs, and environment. It encompasses the comfort and satisfaction of people's living conditions. Most research on quality of life focuses on medicine, psychology, and social sciences. The purpose of this research is to investigate the quality of life of the academic staff of the university. In this research, it has been tried to measure the perception of the quality of life with the application made in Urmia and Van Yuzuncu Yil universities. The main question of the research is to investigate the impact of demographic factors on the quality of life of academic staff members of public universities in Iran and Turkey.

This research was done with a descriptive-analytical method and a survey method. The quality of life scale of the World Health Organization was used as a data collection method. The statistical population of this research is all the academic staff members of Van Yuzuncu Yil and Urmia universities. Its sampling is 335 people from the scientific staff of public universities of two countries, Iran and Turkey, which was obtained by stratified random sampling, which is of proportional allocation type based on Cochran's formula.

As a result of the analysis conducted to investigate the difference between demographic variables (gender, age, marital status and educational title), no difference was observed in the perception of the quality of life of academics working in Urmia and Van Yuzuncu Yil Universities.

Also, the examination of the physical health status of the participants showed that the average physical health status of Urmia University faculty members is higher. Similarly, in the examination of the social health status, the average scores of the faculty members of Urmia University were higher than the average scores of the faculty members of Van Yuzuncu Yil University. This study was completed by writing the conclusion section and presenting various suggestions.

Keywords

Quality of life, Demographic factors, University faculty members, World Health Organization

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1- This article was produced from the master's thesis titled "EVALUATION OF QUALITY OF LIFE PERCEPTIONS: A COMPARATIVE APPLICATION ON THE ACADEMIC STAFF OF VAN YUZUNCU YIL UNIVERSITY AND URMIA UNIVERSITY".

1. INTRODUCTION

Today, the quality of life is one of the important indicators that are necessary and necessary to measure in various researches (Cramer, Torgersen, & Kringlen, 2004). On the other hand, information about the quality of life of communities can be considered as basic information and can be cited during the evaluation of interventions. The aim of this study is to examine the quality of life in terms of physical health, mental health, social relations, environmental health, general health with factors such as academic rank, gender, age group, marital status, etc. For this purpose, BREF-WHOQOL questionnaire was used. The BREF-WHOQOL questionnaire has areas that are universally considered important by all 15 field centers for the assessment of quality of life and four general questions about quality of life and general health, in addition to the 24 questions of, this questionnaire also has two other questions that do not belong to any of the fields and evaluate the health status and quality of life in a general way. This questionnaire includes a total of 26 questions. It should be mentioned that the field of physical health deals with things such as movement power, daily life activities, work capacity and energy, pain and sleep. In the area of mental health, perceptions about appearance, negative emotions, positive emotions, self-confidence, thoughts, learning, memory and concentration, religion and mental state are questioned. The field of social relations questions personal communication, social support and married life. The environmental health area of this questionnaire is about financial resources, physical security, health and social care, physical environment of the place of residence, available situations for acquiring new skills and information, recreational situations, physical environment (noise and air pollution, etc.) and transportation. questions (3, 7 and 8). After performing the necessary calculations in each area, a score equal to 4-20 for each area is obtained separately, in which 4 marks are the worst and 20 marks are the best quality of life in the desired area. This questionnaire has been translated and validated in more than 40 countries of the world (9-17); Therefore, according to the existence of the joint BREF-WHOQOL tool, the comparison of the quality of life of the elites of the two countries can raise different hypotheses for future studies. (Pacione, 2003)

2. THEORY, OBJECTIVES AND HYPOTHESES

2.1. Quality of Life Concept

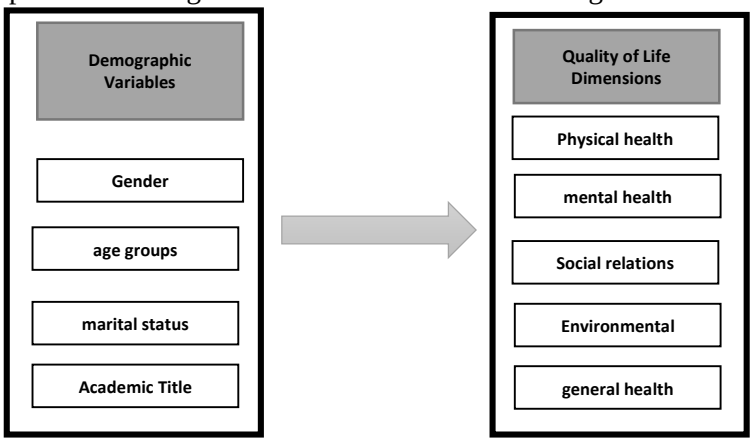
Ventegodt et al. (2003) proposed the IQOL theory which unites eight factual theories in a subjective-existential-objective spectrum. IQOL theory covers well-being, life satisfaction, happiness, meaning in life, biological information system, life potential, fulfillment of needs, and objective factors. (Ventegodt, Merrick, & Andersen, 2003)

Liu (1976) defined quality of life as a new term for the old concept of material and psychological well-being in the environment in which people live. A conceptual and operational definition of quality of life has been proposed by Church (2004), who defines quality of life as a measure of an individual's ability to act physically, emotionally, and socially in an environment with diverse expectations. This definition describes the relationship between quality of life and objective and subjective criteria, domains and goals. In Paul's view, quality of life is defined as an indicator of the extent to which the psychological and material needs of society are met. In this context, rural quality of life is defined in terms of the conditions and living conditions of rural families (Bond & Corner, 2004). Quality of life is a complex, multidimensional and relative concept that is influenced by time, space and individual and social values used for different purposes in different studies. Castanza (2007) defines quality of life as the degree to which human needs are met and people's perception of mental well-being. On the other hand, Senlaire (2009) defines quality of life as “the relationship between people's perceptions and experiences in the area they live in”. Thus, in the definitions of different quality of life studies, approaches such as general feeling of happiness, a positive social relationship and expression of individual abilities are seen (Massoth & Tesfazghi, 2006). Most researchers and experts in the field; They state that quality of life has physical, social, psychological, environmental and economic dimensions. In the environmental dimension, the quality of life of the environment in which the individual lives is analyzed, while in the economic dimension, components such as income satisfaction, job type or job satisfaction are evaluated (Ghafari & Omidi, 2009).

2.2. Research Model

Philosophy, psychology, biology, medicine, sociology, etc. to formulate the theoretical framework of research. After examining different approaches and theories, considering that the quality of life category is a multidimensional concept, it can be said that each person has a biological, social and psychological nature that is in constant interaction with his environment. Quality of life results from the complexity

of a person's interaction with the environment. Dimensions of quality of life are the same for everyone, regardless of people's abilities or disabilities. Although the basic dimensions of quality of life are the same for everyone, the quality of life varies in different individuals to varying degrees (Auh, 2005) Therefore, the theoretical framework of the research was formulated in a combined manner. Sociological theories, which are the main focus of the theoretical framework, were created by emphasizing Parsons (1960)'s theory of social action. The important point is to selectively extract the necessary and desired variables from psychological, social, biological, medical and especially sociological theories to explain the research topic and the dependent variable. This case is prepared, adjusted and compiled as an integrated theoretical framework in Figure 1.



(Figure 1). Analytical Research Model

2.3. Hypothesis

The factors of gender, age, marital status, academic rank among faculty members of two universities are effective on quality of life dimensions.

2.4. Research Scale

The World Health Organization Quality of Life Scale (WHOQOL-BREF) consists of 26 questions that produce scores for four domains related to quality of life: physical health, psychological, social relationships, and environment. It also includes one facet on overall quality of life and general health. For each question, there is a number between 1 and 5 according to the Likert scale.

2.5. method

In this study, a questionnaire was distributed and completed among 335 faculty members of two universities (122 people in Urmia and 213 people in Van Yuzuncu Yil) in a cross-sectional survey.

In order to select the sample using the information of the statistical population, stratified random sampling was done with proportional allocation.

(Table 1). Population of the Two Universities and Number of Samples Reached

	Population (N)	***Number of Samples (N)***
Van Yüzüncü Yıl University	*1631*	*213*
University of Urmia	*933*	*122*
Total	***2564***	***335***

3. The purpose of the study

The main purpose of this research is to evaluate the effect of gender, age, marital status, and academic rank on the quality of life of faculty members of Urmia University and Van Yuzuncu Yil University.

4. Research Variables

4.1. Dependent Variables (Quality of Life Variables)

Dependent variables used to measure quality of life can be different depending on the research study. In this study, dependent variables of quality of life dimensions based on WHOQOL-BREF questionnaire include Four domains psychological, physical, relational and environmental.

4.2 Independent Variables

Age: The number of years a person has lived from birth to the present. Since the measurement level is distance, it is easily possible to use most statistics and correlation coefficients of distance detection.

Marital status: Another factor affecting quality of life is marital status. Marital status refers to the status of individuals in social life such as being married, being single, being widowed, being divorced.
Gender: refers to the masculine or feminine state that an individual has from birth. The status of individuals being male or female can also be expressed as another variable that affects their perceptions of quality of life.
Academic title: It is an adjective that an individual acquires and carries by successfully passing certain trainings and examinations, usually in front of the noun in its short form. In universities, there are various academic titles expressed as research assistant, lecturer, doctor lecturer, associate professor and professor doctor.

5. Analysis Of Research Data

The quality of life of the faculty members of the two universities differ in terms of demographic characteristics (gender, age, marital status, academic title).

Table 2. Mann-Whitney-U Test Results on the Evaluation of Quality of Life Perceptions of Urmiye University and Van Centenary Academic Staff by Gender

		urmia			**van**		
Dimensions	**Gender**	**Mann-Whitney U**	**Z value**	**p**	**Mann-Whitney U**	**Z value**	**p**
Physical health	Male	1796	-0.93	0.350	4228	-0.96	0.33
	Female						
Mental health	Male	1594	-1.91	0.055	1594	-1.91	0.055
	Female						
Social relations	Male	1590	-1.95	0.051	4232	-0.52	0.6
	Female						
Environmental Health	Male	1743	-1.92	0.230	4408	-0.33	0.73
	Female						
general health	Male	1933	-0.97	0.780	4522	-0.05	0.95
	Female						

The Mann Whitney U test, one of the non-parametric analyzes, was used to test whether the quality of life perceptions of the academic staff of Urmia University and Van Yuzuncu Yil University differ according to the gender variable. As a result of the analysis, no significant difference was found between the groups.

Table 3. Kruskal-Wallis Test Results Regarding the Evaluation of Quality of Life Perceptions of Academic Staff of Urmiye University and Van Yüzüncü Yıl University by Age Variable

		Urmia		***Van***	
Dimensions	***Age Groups***	***Kruskal-Wallis***	***p***	***Kruskal-Wallis***	***p***
Physical health	*≤35*	*1.604*	*0.440*		
	35<x≤45			*2.34*	*0.31*
	>45				
Mental health	*≤35*	*3.132*	*0.200*		
	35<x≤45			*5.50*	*0.064*
	>45				
Social relations	*≤35*	*2.570*	*0.270*		
	35<x≤45			*2.80*	*0.24*
	>45				
Environmental Health	*≤35*	*4.850*	*0.088*		
	35<x≤45			*2.11*	*0.34*
	>45				
general health	*≤35*	*3.285*	*0.190*		
	35<x≤45			*3.15*	*0.20*
	>45				

In order to test whether the quality of life perceptions of the academic staff of Urmia University and Van Yuzuncu Yil University differ according to the age variable, the Kruskal-Wallis test, one of the non-parametric analyzes, was performed. As a result of the analysis, no significant difference was found between the groups.

Table 4. Kruskal-Wallis Test Results Regarding the Evaluation of Quality of Life Perceptions of Academic Staff of Urmia University and Van Yuzuncu Yil University by Marital Status Variable

		Urmia		***van***	
dimensions	***Marital status***	***Kruskal-Wallis***	***p***	***Kruskal-Wallis***	***p***
Physical health	*Single*	*2.98*	*0.220*	*3564*	*0.211*
	Married				
	Divorced				
Mental health	*Single*	*1.63*	*0.440*	*6.62*	*0.036*
	Married				
	Divorced				
Social relations*	*Single*	*1.23*	*0.540*	*9.04*	*0.011*
	Married				
	Divorced				
Environmental Health*	*Single*	*0.31*	*0.850*	*5.311*	*0.070*
	Married				
	Divorced				
general health*	*Single*	*4.04*	*0.130*	*7.93*	*0.019*
	Married				
	Divorced				

The Kruskal-Wallis test, one of the non-parametric analyzes, was used to test whether the quality of life perceptions of the academic staff of the University of Urmia differ according to the marital status variable. As a result of the analysis, no significant difference was found between the groups. In order to test whether the quality of life perceptions of the academic staff of Van University differ according to the marital status variable, the Kruskal-Wallis test, one of the non-parametric analyzes, was performed. As a result of the analysis, a significant difference was found between the dimensions of mental health, social relations and general health. While the average scores of single participants in the mental health and general health dimensions are high, the average scores of the married participants in the social relations dimension are higher.

Table 5. Kruskal-Wallis Test Results Regarding the Evaluation of Quality of Life Perceptions of Academic Staff of Urmia University and Van Yuzuncu Yil University by Title Variable

		Urmia		*Van*	
dimensions	***Title***	***Kruskal-Wallis***	***p***	***Kruskal-Wallis***	***p***
Physical health	*Research Assistant*	*4.46*	*0.97*		
	Teaching Assistant				
	Dr Faculty Member			*3.98*	*0.40*
	Associate Professor				
	Prof				
Mental health	*Research Assistant*	*8.52*	*0.93*		
	Teaching Assistant				
	Dr Faculty Member				
	Associate Professor			*10.41*	*0.034*
	Prof				
Social relations	*Research Assistant*	*5.05*	*0.28*		
	Teaching Assistant				
	Dr Faculty Member			*2.36*	*0.67*
	Associate Professor				
	Prof				
Environmental Health	*Research Assistant*	*3.55*	*0.47*		
	Teaching Assistant				
	Dr Faculty Member			*5.01*	*0.28*
	Associate Professor				
	Prof				
general health	*Research Assistant*	*3.39*	*0.49*		
	Teaching Assistant				
	Dr Faculty Member			*5.7*	*0.21*
	Associate Professor				
	Prof				

In order to test whether the quality of life perceptions of the academic staff of Urmiye University and Van Yüzüncü Yıl University differ according to the title variable, the Kruskal-Wallis test, one of the non-parametric analyzes, was performed. As a result of the analysis, no significant difference was found between the groups.

6. CONCLUSION AND RECOMMENDATIONS

The aim of this study is to evaluate the quality of life and to evaluate the quality of life of faculty members in Urmia and Van Yuzuncu Yil Universities based on the World Health Organization Quality of Life Scale. For this purpose, after the literature on the subject has been scanned, the conceptual model of the research has been presented. In the following sections, the methodology of the research was prepared in line with the data obtained from 335 academic staff working at Van Yuzuncu Yil and Urmia universities and the results of the analysis were evaluated. To briefly summarize the results obtained as a result of the research;

The gender findings in the two universities revealed that the gender of the statistical sample at Van Yuzuncu Yil University was 72% male and 27.7% female, and that 44.1% of the respondents in Urmia University were male and 55.9% it has occurred female.

While examining the academic title, a total of 14.4% (49) of the participants work as research assistants, of which 4.7% belong to Urmia University and 9.7% belong to Van Yuzuncu Yil University. A total of 36.2% (123) of the participants have the title of faculty members, 12.9% of them work at Urmia University and 23.2% at Van Yuzuncu Yil University. 22.1% (75) of the participants have the title of associate professor. 9.1% of them work at Urmia University and 12.9% at Van Yuzuncu Yil University. In addition, 18.8% (64) of the participants have the title of professor. 7.4% of them work at Urmia University and 11.5% at Van Yuzuncu Yil University.

Among the total statistical sample, 20.6% (70) of the participants were single, 78.2% (266) were married and 1.2% were divorced. In addition, 59.4% (158) of married people work at Van Yuzuncu Yil University and 40.6% (108) work at Urmia University.

When examining the current health status of the participants, it was concluded that 19% (64) of the sample had a certain chronic disease. 12.5% of these results belong to Van Yuzuncu Yil University and 6.5% belong to Urmia University. Finally, 81% of the participants did not have any health problems.

As a result of the analyzes carried out to test whether the quality of life perceptions of the academicians working at Urmia University differ according to the variables of gender, age, marital status and academic title, no difference was found between the dimensions of quality of life and the demographic variables of the participants.

As a result of the analysis conducted to test the difference in the understanding of the quality of life of academics working in Van Yuzuncu Yil University based on the variables of gender, age, marital status and educational title, it showed that between the dimensions of the quality of life based on the variables of gender, age and educational title of the company There are no differences. However, a significant difference was found between the mental health, social relations and general health dimensions of the participants and their marital status variable. While the average scores of single participants in the mental health and general health dimensions are high, the average scores of the married participants in the social relations dimension are higher. According to these results, it can be assessed that single participants have the opportunity to devote more time to themselves and their health conditions. In addition, given that married people spend more time outside the home with their family members, they may have a stronger social relationship aspect.

It is considered that this study, which analyzes the quality of life perceptions of the academic staff of Van Yuzuncu Yil University and Urmia University, will contribute to the literature in several aspects. Considering the limited studies in both international and national literature regarding the quality of life of the study, it is predicted that it will bring a new perspective to the researchers who will work in this field. The results obtained from the two universities provide the opportunity to make comparisons and evaluations about the quality of life perceptions of academic staff in Turkey and Iran. Looking at the literature, it is seen that studies on quality of life are frequently conducted on health workers. Considering this situation, it is anticipated that the academic staff will form the sample group of the research and this study will contribute to the future studies in this aspect.

As in every scientific study, in this study, there are variables that are beyond the control of the researcher and that may affect the results. In line with time, cost and opportunities, the research was limited to the academic staff of Van Yuzuncu Yil and Urmia Universities. In future studies, the perception of quality of life among different occupational groups of cities or countries can be analyzed by further expanding the main mass. In this study, the relationship between the quality of life perceptions of the participants, gender, age, marital status and academic title was analyzed. In future studies, it can be investigated

whether the quality of life has an effect on variables such as job satisfaction, organizational commitment, turnover and corporate identity.

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