



RESEARCH ARTICLE

QUALITY OF LIFE OF MEDICAL STUDENTS AT QASSIM UNIVERSITY.

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Abstract

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Introduction:-

Recently, Saudi students have been noticed to pursue their education in medical field more likely than before. Due to the fact that medicine is one of the specialities that is known for its long journey and continuous stress, the quality of life (QOL) of medical students has emerged as an issue that has to be assessed carefully. This current study is the first of its kind to focus on medical students' life in the central region of Saudi Arabia.

Methodology:-

A cross-sectional study was conducted among second and third year medical students at Qassim University using WHOQOL-BREF instrument for data collection. Different domains were pointed out within the questionnaire including degree of satisfaction about physical, psychological health, environment and social life. Moreover, influencing factors like age, income, marital status, habitat and academic performance were considered, too.

Results and discussion:-

Generally, the results showed a low QOL of medical students, nonetheless, they scored highest at Physical health (Mean \pm SD: 73.4 \pm 4.1) followed by environment (Mean: 49.6). On the other hand, the lowest score was found to be social relationship (Mean: 23) followed by psychological health (Mean: 36.8). To some points, this was not surprising as medical training is one of the most stressful undergraduate training worldwide. Moreover, students who are 21 years or more, third year students, living with their family and have an excellent income reported a higher QOL.

Conclusion:-

As our study results have shown a low QOL, measures such as reevaluating the curriculum and improving students' lifestyle must be taken to bring about a change. Furthermore, other studies are warranted to meticulously evaluate the quality of life and ensure a better support system for our students.

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