

**22 - QUALITY OF LIFE FROM AMAZONAS STATE UNIVERSITY – UEA /AM STUDENTS, BRAZIL**

FÁBIO ANDRÉ CASTILHA;  
ALEX BARRETO DE LIMA;  
RAFAELA PINHEIRO SILVA;  
JOSÉ FERNANDES FILHO

Manaus Military School; UEA; UEA; Rio de Janeiro Federal University

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**INTRODUCTION**

For the last few years, a lot has been studied and discussed about the basic concept of health. Christopher Boorse (1977) defines health as the absence of diseases, but such definition now seems to be outdated. The World Health Organization - WHO (1998), for example, defines health as a state of complete physical, mental and social well-being of an individual, and not only as the absence of diseases.

In order to achieve acceptable/good health levels, one of the parameters to be considered is the Quality of Life (QoL), which differs from person to person, and consists of numerous variables, inserted in a continuous unstable process, which refers to the physical, emotional, social and the spiritual well-being of a certain individual. According to WHO (1998), the definition of health for the QV would be the person's perception of his/her position in life, inserted in the cultural & values context, respecting his/her expectations, standards and concerns. Dantas (1997) conceptualizes QoL depending on the needs that an individual, therefore, the QoL level is defined as the level of needs fulfillments from a certain individual.

For many people, QoL is also a matter of choice, which is directly related to the individual's lifestyle. On the other hand, Nahas (1997) believes that QoL is a complex concept, multidetermined, and should be interpreted in a continuum, not as a dichotomy - having or not having QoL.

It's known that a high QoL level is an essential parameter for determining the concept of health, and vice or versa, as although very relevant, the parameters currently used to estimate population health levels (ex.: diseases, mortality rates, etc.) should not be considered sufficient by themselves.

Therefore, the interest on studies involving lifestyle has been rising in the last decades, aiming to learn whether an active and healthy lifestyle, associated with health care and regular physical activity, can in fact contribute to health promotion and the QoL improvement among individuals. (PRIESS, 2011, apud ANDRADE, 2001)

So, estimating the QoL level of an individual, or of specific groups, is the key for understanding the real situation in which such an individual / group stands, so that working guidelines are established aiming the improving of such QoL levels.

Considering that teaching is a basic training profession to all other professions, estimating the QoL level of university students & teachers, as well as getting to know their lifestyle and possible prospective life diseases, can provide consistent data for the development of intervention strategies and health promotion. (PRIESS, 2011)

Priess (2011) defends that the importance of this is justified by acquiring a better understanding on the relationship between the working conditions and teaching, as well as the lifestyle and prospective diseases linked to life of teachers. Priess (2011) believes these results have a practical application, thus being able to provide consistent indicatives in the designing of intervention strategies and health promotion, encouraging the identification of possible health risks, and adopting a more active and healthy life style.

Based on that, this study aimed to verify the QoL level of Physical Education, Mathematics, and Pedagogy university students from the University of the State of Amazonas – UEA, in the city of Borba/AM, by using the questionnaire SF-36, in order to check the levels of the eight domains the instrument aims to assess: motor capacity, limitation on physical aspects, pain, general health state, vitality, social aspects, limitation on emotional aspects, and mental health, and then trace a profile for the QoL level of the individuals concerned.

**METODOLOGY**

This is a descriptive and cross-sectional nature research; the sample consisted on 98 university students (49 men, and 49 women), aged between 18 and 43 years-old, enrolled in Physical Education, Mathematics, and Pedagogy courses at the University of the State of Amazonas – UEA, Borba/AM Campus. The sample was selected intentionally, aiming the application of the instrument to all of these academic courses on a voluntary basis. The methodology used in this research was of a quantitative trait, which is suitable for measuring the opinions, attitudes, behaviors and preferences.

For developing this research, the instrument chosen was the Medical Outcome Study Short-Form 36 Health Survey (SF-36), which is a multidimensional questionnaire made out of 36 questions, translated & validated for the Brazilian population by Ciconello et alli (1999). The SF-36 is nowadays one of the mostly used instruments for accessing the QL of different populations.

This instrument consists of 36 questions pertaining to eight QoL domains related to physical and mental health, and evaluates the past four weeks experienced by the respondent. The domains for motor capacity, physical limitations, pain, and general health correspond to the physical component for the QoL, whereas the domains vitality, social relationships, emotional limitations, and mental health represent the mental component for the QoL.

For evaluating the results, one RawScale was calculated, where the results of each component were plotted, in order to graduate the scores on a scale from 0 to 100 for each of the 8 components, being the worst state of the component rated as zero (0), and the best state rated as one hundred (100), thereby allowing the individual an analysis of each dimension. The internal consistency of the SF-36 is good, with the Cronbach coefficient ranged from 0.76 to 0.90 for all the questionnaire domains.

All respondents assessed were properly instructed on how to fill in the questionnaire, and signed off a free consent letter; they were also informed on the research objectives, reiterating the confidentiality of the names and data, which would be only used for this research.

For the statistical analysis, the Microsoft Office Excel® 2009 software was used. In order to tabulate the results and make the data analysis, a descriptive statistics was used for determining the averages, standard deviation & means.

**RESULTS**

We now present Table 01, which subdivides the sample by gender & ages:

TABLE 01: SAMPLE BY GENDER & AGES

Gender	Sample	Average	SD	Min	Max
Men	49	28,94	7	18	42
Women	49	27,49	6	18	43
Total	98	28,21	6	18	43

On average, the sample consisted of individuals with an average age of 30 years (28.21 years), which builds up a relatively young sample.

Now on Table 02, it is presented the average values in each of eight areas, for the male sample group:

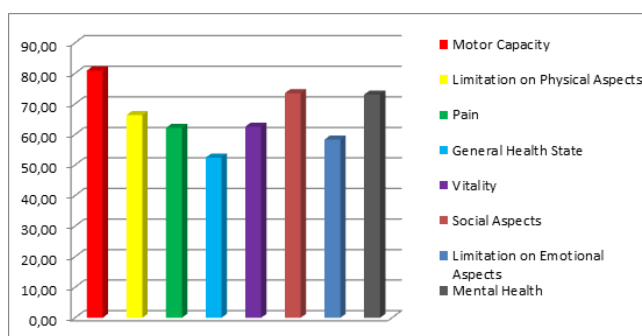
TABLE 02: QoL FROM UEA UNIVERSITY STUDENTS - MALE

Domains	Average	SD	Med	Min	Max
Motor Capacity	80,92	17	85	20	100
Limitation on Physical Aspects	66,33	33	75	0	100
Pain	62,16	24	62	20	100
General Health State	52,43	20	57	5	87
Vitality	62,55	19	65	5	95
Social Aspects	73,52	23	75	25	100
Limitation on Emotional Aspects	58,32	38	67	0	100
Mental Health	73,06	19	76	24	100

By the results found, it can be seen that the values of most domains exceeds 60% on average, which ranks the quality of life level of this sample as satisfactory, considering the average age - 28 years. Only 2 domains had their average values below 60%: General Health State, and Limitation on Emotional Aspects. Priess (2011) conducted a similar study to this, when researching the QoL level of 88 university professors, and found similar results to the ones on this study.

We now present the results for the male sample, in graphics:

GRAPHIC 01: QoL FROM UEA UNIVERSITY STUDENTS - MALE

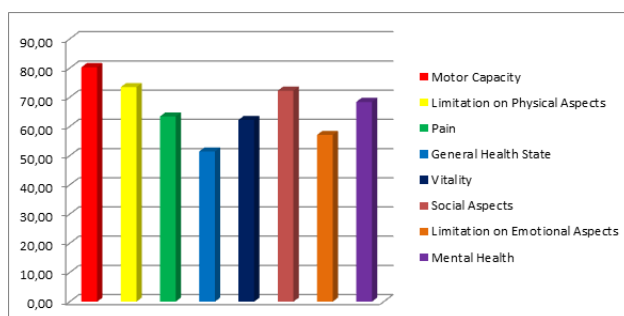


And following, the female sample results are presented as well, firstly in a table (Table 03), and secondly as a graphic (Graphic 02):

TABLE 03: QoL FROM UEA UNIVERSITY STUDENTS – FEMALE

Domains	Average	SD	Med	Min	Max
Motor Capacity	80,31	15	80	45	100
Limitation on Physical Aspects	73,47	29	75	0	100
Pain	63,43	24	62	10	100
General Health State	51,45	21	52	5	92
Vitality	62,24	22	65	5	95
Social Aspects	72,24	23	75	13	100
Limitation on Emotional Aspects	57,10	40	67	0	100
Mental Health	68,41	19	72	20	100

GRAPHIC 01: QoL FROM UEA UNIVERSITY STUDENTS - FEMALE



As in the male group, the mean values of most areas exceed 60% on average, ranking the quality of live for the female group as satisfactory. Again, just like in the male group, the domains General Health State, and Limitation for Emotional Aspects had average levels below 60%, classifying these two domains as regular.

**CONCLUSION**

Considering the goals listed at the beginning of this study, the evidence presented by the literature, plus the results found by the research held, it is concluded that:

-There are numerous studies on QoL, with different groups of people and professionals; there are also several validated instruments for data collection & the development of such; all are of great importance and can contribute significantly towards a better understanding of the issues described, and towards the various factors that can influence the lifestyle and quality

of people's lives.

-The research results show that the sample presented a satisfactory QoL level - average above 60%, in six of the eight domains assessed by the instrument. This result may be explained by the low average age of the sample: 28,21 years-old - people at this age are less susceptible to some types of diseases.

-However, for two domains - General Health State and Limitation on Emotional Aspects, the values found were below 60%, which classifies them as regular, a relevant factor that aroused the curiosity of the researchers, given the fact that these results were not expected, given the low average age of the sample. It is suggested, from this, that more researches should be developed in order to identify why the regular results were found for these two domains, and thus be traced multidisciplinary intervention plan in order to improve such levels.

It is expected, from this research, as well as from others, that teachers, professors, and other education professionals can gain a better awareness of how important it is to adopt a healthier life style, as this may considerably improve their Quality of Life levels.

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**QUALITY OF LIFE FROM AMAZONAS STATE UNIVERSITY – UEA/AM STUDENTS, BRAZIL****ABSTRACT**

The objective of this study was to verify and evaluate the Quality of Life (QoL) level of university degree Physical Education, Mathematics and Pedagogy students, from the University of the State of Amazonas – UEA, Borba/AM campus, through the instrument questionnaire SF-36, which evaluates eight distinct domains: Motor Capacity, Limitation on Physical Aspects, Pain, General Health State, Vitality, Social Aspects, Limitation on Emotional Aspects, and Mental Health. The study, classified as field, exploratory and descriptive nature, consisted of a sample of 98 subjects (49 men and 49 women), intentionally selected, aged between 18 and 43 years (average age 28.21). The results showed a satisfactory average QoL level in most of the areas - 6 of them, considering as a satisfactory level a number equal to or above 60. Only two areas showed levels below 60: General Health State (51.45), and Limitation by Emotional Aspects (57.10). Considering the results found, it is suggested that more researches are developed with the same sample, in order to identify why two of the domains had regular rates for the QoL.

**KEYWORDS:** Quality of Life; University Students; SF-36

**QUALITÉ DE VIE DE L'UNIVERSITÉ DE L'ÉTAT D'AMAZONAS - UEA/AM ÉTUDIANTS, BRÉSIL****RESUMÉ**

L'objectif de cette étude était de vérifier et d'évaluer la qualité de vie des étudiants des licences d'éducation physique, de mathématiques et de pédagogie de l'université de l'Etat d'Amazonas – UEA, campus de Borba/AM, à travers le questionnaire SF-36. Ce questionnaire évalue huit domaines distincts: la capacité moteur, les limites physiques, la douleur, l'état général de santé, la vitalité, l'aspect social, les limites émotionnelles et la santé mentale. L'étude de champ exploratoire et descriptif est composée d'un échantillon de 98 sujets (49 hommes et 49 femmes), intentionnellement sélectionnés et âgés de 18 à 43 ans (moyenne d'âge de 28,21 ans). Les résultats ont montré un niveau moyen de qualité de vie satisfaisant dans la majorité des domaines (6 d'entre eux) en considérant comme satisfaisant un niveau supérieur ou égal à 60. Seuls 2 domaines ont présenté un niveau en dessous de 60 : l'état général de santé (51,45) et les limites émotionnelles (57,10). Considérant les résultats trouvés, il est suggéré que davantage de recherches soit développées sur le même échantillon, afin d'identifier la raison pour laquelle deux des domaines avaient des taux réguliers pour la qualité de vie.

**MOTS-CLÉS:** La Qualité de Vie; Étudiants D'université; SF-36

**CALIDAD DE VIDA DE UNIVERSITARIOS DE LA UEA / AM, BRASIL****RESUMEN**

El objetivo de este estudio fue verificar y evaluar el nivel de calidad de vida (CV) de Estudiantes universitarios de los cursos de educación física, matemática y pedagogía, de la Universidad del Estado de Amazonas - UEA, campus Borba / AM, por medio del cuestionario SF-36, que evalúa ocho dominios distintos: Capacidad Motora, Limitación por Aspectos Físicos, Dolor, Estado General de Salud, Vitalidad, Aspectos Sociales, Limitación por Aspectos Emocionales, y Salud Mental. El estudio, que se clasifica como de campo, exploratorio, y de naturaleza descriptiva, consistió en una muestra de 98 sujetos (49 hombres y 49 mujeres), seleccionados intencionalmente, con edades comprendidas entre 18 y 43 años (media 28,21 años). Los resultados mostraron un nivel de calidad de vida media satisfactoria en la mayoría de los dominios - 6 de ellos, considerando como un nivel satisfactorio un número igual o superior a 60. Sólo dos áreas mostraron niveles por debajo de 60: Estado General de Salud (51,45), y Limitación por Aspectos Emocionales (57,10). Teniendo en cuenta los resultados encontrados, se sugiere que más investigaciones se desarrollen con la misma muestra, a fin de determinar por qué dos de los dominios tenían tasas regulares de la calidad de vida.

**PALABRAS CLAVE:** Calidad de vida; Estudiantes Universitarios; SF-36

**QUALIDADE DE VIDA DE UNIVERSITÁRIOS DA UEA / AM, BRASIL****RESUMO**

O objetivo desse estudo foi verificar e avaliar o nível de Qualidade de Vida (QV) dos acadêmicos dos cursos de Licenciatura em Educação Física, Matemática, e Pedagogia da Universidade do Estado do Amazonas – UEA, campus de Borba/AM, através do instrumento questionário SF-36, que avalia oito domínios distintos: Capacidade Funcional, Limitação por Aspectos Físicos, Dor, Estado Geral de Saúde, Vitalidade, Aspectos Sociais, Limitação por Aspectos Emocionais, e Saúde Mental. O estudo, classificado como de campo, exploratório e descritivo, compõe-se de uma amostra de 98 indivíduos (49 homens e 49 mulheres), selecionados intencionalmente, e com idades compreendidas entre 18 e 43 anos (média 28,21). Os resultados apontaram um nível médio satisfatório de QV na maioria dos domínios – 6 deles, considerado o nível satisfatório como igual ou acima de 60. Apenas 2 domínios apresentaram níveis abaixo de 60: Estado Geral de Saúde (51,45), e Limitação por Aspectos Emocionais (57,10). Diante dos resultados encontrados, sugere-se que mais pesquisas sejam desenvolvidas com a amostra em questão, a fim de identificar o porquê 2 domínios apresentaram índices regulares para a QV.

**PALAVRAS-CHAVE:** Qualidade de Vida; Universitários; SF-36