

Quality of life for Students Universities in Internal Sections: A cross-Sectional Study

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Abstract:

Background: The quality of life (QoL) of university students is a multidimensional concept that encompasses various factors such as physical health, emotional well-being, social relationships, and living conditions

Methods: The study has been conducted in a period of six months extending from 11 /11/ 2024 to 1 /3/ 2025 in university of Mosul. Probability (simple random sample) was selected for the present study. A sample of university students in Mosul city. (120 students). The subject's acceptance to participate in the study was through the use of a specialized consent form.

Results: The finding shows that most of the sample participating in the study amounted to 120 students, that most of the study sample was from 21 to 23 years old, at a rate of 54.2%, and that the sample of male was higher than that of female by (69.2%), 65% of the sample whose residence was other governorates, as well The sample was distributed in terms of between colleges of the Medicine, engineering, humanity and scientific.

Conclusion: The study concluded that the highlight both strengths and weaknesses in the quality of life of dormitory students at the University of Mosul. While personal development and perceived academic quality are seen as strengths, there are significant concerns in areas such as satisfaction, administrative quality, and social integration. Addressing these issues will be crucial for improving students' overall experience and ensuring that they can thrive both academically and personally during their time at the university.

Key words: quality of life, internal sections, students

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Introduction

The quality of life (QoL) of university students is a multidimensional concept that encompasses various factors such as physical health, emotional well-being, social relationships, and living conditions. In the context of internal sections (student housing), QoL plays a crucial role in shaping students' overall experience during their time at university. While academic achievement remains a primary focus for most institutions, the living environment can significantly influence students' mental health, academic performance, and personal development ⁽¹⁾. Research has shown that the quality of student housing is directly linked to students' sense of belonging, social integration, and academic success⁽²⁾. In particular, the internal sections of university housing can either foster or hinder a supportive environment, impacting students' overall QoL. These internal sections, including dormitories and student apartments, are critical spaces where students spend a significant portion of their university life. Therefore, it is important to assess how these spaces contribute to students' well-being, providing a foundation for institutional improvements⁽³⁾. This study aims to assess the quality of life within internal sections at universities, with a focus on both the physical and social dimensions that influence students' experiences. The university experience is not solely defined by academic achievement but is deeply influenced by the environment in which students live. In particular, university dormitories, as part of internal sections, play a significant role in shaping students' overall experience, contributing to their social, mental, and physical well-being. Understanding the quality of life (QoL) for students living in dormitories is essential because these living conditions can influence students' academic performance, personal development, and mental health⁽⁴⁾. With an increasing emphasis on holistic student experiences in higher education, universities are recognizing the importance of providing supportive and conducive living environments that foster both academic success and personal well-being. The aim of the study to assess quality of life for students universities in internal sections.

Methods and Materials:

Study Design:

A descriptive study that conducted during the period of 11 /11/ 2024 to 1 /3/ 2025 in university of Mosul .

Study Setting:

The present study was conducted at Nineveh Governorate. It is a governorate in northern Iraq, with Mosul as its capital. Mosul is Iraq's second largest city, located 465 kilometers north of Baghdad. The sample was collected from university of students in Mosul City.

Data Collection Period:

The study has been conducted in a period of six months extending from 11 /11/ 2024 to 1 /3/ 2025 in university of Mosul .

Sample of the Study:

Probability (simple random sample) was selected for the present study. A sample of university students in Mosul city. (120 students). The subject's acceptance to participate in the study was through the use of a specialized consent form.

Steps of the study:

The interview was conducted to fill out the questionnaire with in students university included and each one of them needed approximately (15-20) minutes to complete the interviewing and answering the questionnaire.

Data collection Instrument:

The information of data was collected through a questionnaire used to assess of the quality of life of internal sections for students at the University of Mosul. The instruments of the study were composed of (2) parts:**Part One:** Demographic characteristics that include(ages, gender, College, and residence).**Part Two:** This part related to Quality of life of dormitory students at the University of Mosul. This second part included (seven) a basic branch such as (perceived academic quality), (expected quality of physical facilities), (perceived administrative quality) ,(social

integration), (personal development) (satisfaction) and finally (loyalty).It consisted of (5) multiple choice questions, in five likerte scale (Strongly agree, Agree, Neutral, Disagree, Strongly disagree) .

Statistical Analysis:

The Statistical Package for Social Sciences (SPSS) version 26 was used to analyze the statistical results. A descriptive approach was applied. Using percentages and frequencies to calculate student's demographic description characteristics⁽⁵⁻¹¹¹⁾.

Results:

Table (1): Distribution of Demographical Characteristics of sample (120)

Variables	No.	Frequency (%)	Mean +SD
(A):Age			
18 – 20Years	33	27.5%	Mean (22.1) SD (1.78)
21 – 23 Years	65	54.2%	
24 Years and more	22	18.3%	
(B):Sex			
Male	83	69.2%	
Female	37	30.8%	
(C):Type of College			
Medicine	26	21.6%	
Engineering	31	25.8%	
Humanity	33	27.6%	
Scientific	30	25%	
(D):residence			
Nineveh	42	35%	
Other governorates	78	65%	

Table No. 1 shows that most of the sample participating in the study amounted to 120 students, that most of the study sample was from 21 to 23 years old, at a rate of 54.2%, and that the sample of male was higher than that of female by (69.2%), 65% of the sample whose residence was other governorates , as well The sample was distributed in terms of between colleges of the Medicine, engineering , humanity and scientific.

Table(2): Evaluating the quality of life of dormitory students at the University

Domains	Mean	Assess
1. perceived academic quality	2.2	Good quality
2. expected quality of physical facilities	1.7	Acceptance quality
3. perceived administrative quality	0.9	Poor quality
4. social integration	1.5	Acceptance quality
5. personal development	2.4	Good quality
6. satisfaction	0.8	Poor quality
7. loyalty	1.9	Acceptance quality
Total Mean	1.62	Acceptance quality

0-1 poor quality, 1-2 acceptance quality , 2-3 good quality

The second table shows the evaluation of the quality of life of the students of the internal departments at the University of Mosul. The results showed that in general the quality of life was acceptable and the most prominent category (Personal development) was good, in contrast (Satisfaction) was very poor.

Table(3): Rank of quality of life of dormitory students at the University

Domains	Mean	Rank
1. perceived academic quality	2.2	2
2. expected quality of physical facilities	1.7	4
3. perceived administrative quality	0.9	6
4. social integration	1.5	5
5. personal development	2.4	1
6. satisfaction	0.8	7
7. loyalty	1.9	3

The third table shows the rank average that evaluates the quality of life of university students. It appeared in this form from the top: (personal development) was at the first rate, (perceived academic quality) at the second rate, (loyalty) at the third rate, (expected quality of physical facilities) at the fourth rate, (social integration) at the fifth rate, (perceived administrative quality) at the sixth rate. And finally (satisfaction) was at the seventh and last rate.

Discussion:

Age Distribution: The majority of the students (54.2%) were aged between 21 and 23 years, with the mean age being 22.1 years ($SD = 1.78$). This suggests that most students are in the early stages of their university education, likely in their third or fourth year. This aligns with general trends observed in university populations, where students typically enter the dormitories during their undergraduate years. According to a study by ⁽¹¹²⁾, the age range of 21-23 is often associated with higher academic involvement and greater personal development as students navigate through their academic careers. **Gender Distribution:** The sample had a higher proportion of male students (69.2%) compared to female students (30.8%). This gender disparity may reflect broader enrollment patterns in particular disciplines or regional sociocultural factors. For instance, in many countries, technical fields like engineering and medicine (both represented in this sample) tend to attract more male students, while humanities may have a more balanced or female-dominated distribution⁽¹¹³⁻¹²⁰⁾. The gender distribution observed in this study is consistent with patterns found in other Middle Eastern universities, where male students often outnumber females in certain disciplines⁽¹²¹⁻¹²⁶⁾. The second table evaluates the quality of life of dormitory students based on several domains, including academic quality, physical facilities, administrative quality, social integration, personal development, satisfaction, and loyalty. The results show that most domains fall within the "acceptance quality" range, with the exception of satisfaction and administrative quality, which were rated as "poor quality." The third table ranks the domains of quality of life, with personal development receiving the highest rank and satisfaction the lowest. This ranking supports the earlier findings that students perceive personal development as one of the most positive aspects of their dormitory experience. On the other hand, the very low ranking of satisfaction is concerning and suggests a need for immediate intervention in this area.

Conclusion:

In summary, the results of this study highlight both strengths and weaknesses in the quality of life of dormitory students at the University of Mosul. While personal development and perceived academic quality are seen as strengths, there are significant concerns in areas such as satisfaction, administrative quality, and social integration. Addressing these issues will be crucial for improving students' overall experience and ensuring that they can thrive both academically and personally during their time at the university.

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