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Comparison of the Quality of Life Between Medical Students and Students of the Humanities at the Sarajevo University

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Introduction

Quality of life reflects comprehensive personal satisfaction with life. It represents subjective experience of individuals, which undoubtedly depends on objective circumstances of life. There are several studies dealing with quality of life within student population. Such studies provide important information considering the fact that students represent the healthy part of the population.

Goal

The goal of this study was to register and compare parameters of subjective perception of QOL in medical students and students of humanities.

Methods

Study involved 200 students of Sarajevo University, 100 medical and 100 students of humanities. MANSA questionnaire was used to assess QOL.

Results

Statistically significant differences between the groups was found in repeated years of study, quality of teaching and professor-student relationship, sex life, finances and psychological wellbeing. No significant difference was found in satisfaction with life in general, number and quality of friendships, leisure time, accommodation, family relationships, health, and tobacco and PAS use. There was no difference in general assessment of QOL between the groups. Also both groups of students were satisfied with their current QOL.

Conclusions

Although no significant differences were found between groups, results reflect less satisfaction with quality of teaching and repeated study years in medical students. Clearly, study of medicine is a long and difficult process, and it should be a common goal for all involved in educating future physicians to contribute, in order to create professional and competent doctors, able to take care of quality of their own lives and the lives of their patients