

# A CROSS SECTIONAL STUDY TO ASSES THE QUALITY OF LIFE BASED ON EMPLOYMENT STATUS IN GRADUATES IN URBAN FIELD PRACTICE AREA OF OSMANIA MEDICAL COLLEGE, HYDERABAD

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## INTRODUCTION:

- **Unemployment** is defined by OECD as a person above specific age (15yrs) not being in a paid occupation or self-employment but currently available for work during the reference period.
- Unemployment is a great problem both to the exposed individual and to the society.
- According to Centre for Monitoring Indian Economy (CMIE) Unemployment is reported more common among young people (37%) compared to the general level (7.5%) of unemployment in India. Among young people unemployment is more common in graduates (42.8%) and that to more in urban (9%) area than rural (6.8%).
- According to WHO **Quality Of Life (QOL)** is defined as individuals perception of their position in life in the context of the culture and value systems in which they live , and in relation to their goals, expectations, standards and concerns
- Inequity in health status and life satisfaction is related to unemployment. According to previous studies economic deprivation was found to be the single factor with strongest connection to mental problems like anxiety and depression
- QOL is an individual's own subjective evaluation of a persons physical health , psychological state, level of independence, social relationships ,personal beliefs and relationships to their environment
- WHOQOL-BREF instrument includes four domains of QOL namely physical health, psychological, social relationships and environment

## AIMS AND OBJECTIVES:

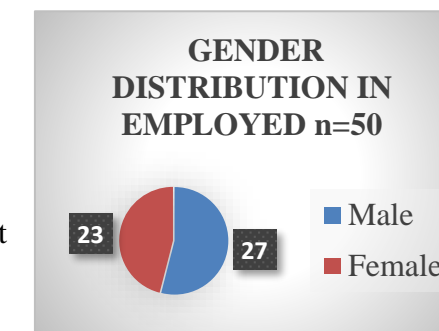
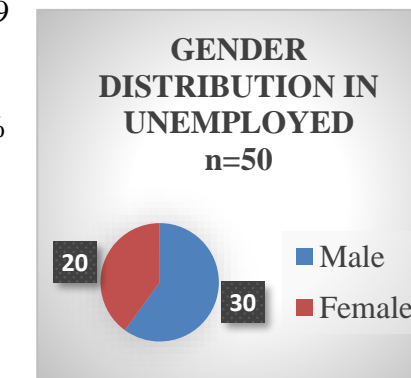
- 1) To study the socio demographic factors among the study subjects
- 2) To asses quality of life and compare each domain among unemployed and employed graduates

## MATERIALS AND METHODS:

- **STUDY DESIGN:** Cross-sectional observational study
- **STUDY PERIOD:** September- November 2021 (3 months)
- **STUDY POPULATION:** Graduates between age group of 20-29 years of age
- **STUDY AREA:** Urban field practice area of Osmania Medical College
- **SAMPLE SIZE:** With the unemployment prevalence rate of 43% in 20-29 years, with relative precision of 10% and 95% confidence interval got the sample size of 100
- **INCLUSION CRITERIA-** Graduates in the age group of 20-29 years of age , who are willing to participate in the study and gave informed consent
- **EXCLUSION CRITERIA-** Persons not willing to participate in the study and didn't give consent
- The procedure and benefits of the study were explained and consent was taken from participants. After taking consent, the study subjects were interviewed at their homes , and the data was collected on socio-demographic factors using a structured questionnaire till we get required sample size. Data was entered and analysed using Microsoft excel.
- **Study tools:** QOL was assessed by using WHOQOL-BREF scale
- The instrument contains 4 domains namely physical health ,psychological , social relationships and environment with total 26 questions.
- Each of the questions was rated on 5-point Likert scale.
- As per WHO guidelines , 25 raw scores for each domain were calculated by adding values of single items and it was transformed to a score ranging from 0 to 100, where 100 is the highest and 0 is the lowest value
- The mean score of each domain , total score and average score were calculated

## RESULTS:

- A total of 100 graduate subjects aged 20-29 years were participated, among them 50 were unemployed & 50 were employed
- Among unemployed 60% were males, 40% were females; in employed subjects 54% were males & 46% were females
- Overall quality of life was found to be above average for both employed and unemployed
- Unemployed-Mean score for Physical health domain(70) was found to be highest and Social relationships domain(55.4) was lowest
- Total domain scores for Unemployed- more for females than males
- Employed-Mean score for Social relationships domain(68.6) was highest and Psychological domain(63.1) was lowest
- Total domain scores for Employed- more for males than females
- Chi-square test showed that QOL was significantly low in unemployed in 3 domains-Psychological (P=0.03), Social relationships (P=0.01) and Environmental (P=0.042) domains with P value less than 0.05



PHYSICAL HEALTH DOMAIN-  
P value- 0.53

| Category   | Bad score (0-50) | Good score (50-100) | Total |
|------------|------------------|---------------------|-------|
| Unemployed | 7                | 43                  | 50    |
| Employed   | 5                | 45                  | 50    |

PSYCHOLOGICAL DOMAIN-

P value-0.032

| Category   | Bad score | Good score | Total |
|------------|-----------|------------|-------|
| Unemployed | 21        | 29         | 50    |
| Employed   | 11        | 39         | 50    |

OVERALL QOL-  
P value-0.03

| Category   | Bad score (0-200) | Good score (201-400) | Total |
|------------|-------------------|----------------------|-------|
| Unemployed | 13                | 38                   | 50    |
| Employed   | 5                 | 45                   | 50    |

SOCIAL DOMAIN-

P value-0.01

| Category   | Bad score | Good score | Total |
|------------|-----------|------------|-------|
| Unemployed | 22        | 28         | 50    |
| Employed   | 10        | 40         | 50    |

ENVIRONMENT DOMAIN-

P value-0.042

| Category   | Bad score | Good score | Total |
|------------|-----------|------------|-------|
| Unemployed | 18        | 32         | 50    |
| Employed   | 9         | 41         | 50    |

## CONCLUSION :

- Present study concluded that overall QOL is above average for both Employed and Unemployed graduates but comparatively low for unemployed.
- While Physical health showed highest score in Unemployed & Social relationships showed highest score in Employed
- While Social relationships showed lowest score in Unemployed & Psychological domain in Employed
- Psychological, Social & Environmental domains were statistically significantly lower in Unemployed compared to employed ; Physical health was not statistically significant
- Overall QOL is significantly good in Employed than Unemployed with P value of 0.03

## REFERENCES:

- **Inequalities of quality of life in unemployed young adults: A population-based questionnaire study**
- Lars Axelsson,
- Ingemar H Andersson,
- Lena Edén &
- Göran Ejlertsson
- WHO QOL-BREF