

Family Environment and Quality of Life Among Graduate Students

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Introduction: Studies have revealed that graduate education is associated with high risk for the development of physical and psychological health problems.

Objectives: This study examined the potential differences among students from 6 higher education departments.

Aims: To investigate family environment and quality of life of post graduate students.

Methods: In this study 164 post graduate students from various higher education departments were participated. More specifically, 61 (37.2% rate) from the Department of early & infant childhood, 36 (rate 22.0%) students from medical schools, 30 (total of 18.3%) students from nursing schools, 15 (rate 9.1%) students from school of speech 12 (rate 7.3%) students from kindergarten sections and 10 (6.1%) students from pedagogical faculties. The sample completed a) Family Environment Scale (Form R-FES) b) Short-Form Health Survey (SF-36).

Results: Using one way analysis of variance we found statistical significant differences in terms of family conflict ($F=2.665$, $p=0.036$), total family environment ($F=2.481$, $p=0.041$), physical functioning ($F=3.847$, $p=.006$), role-physical ($F=3.551$, $p=.009$), mental health ($F=3.165$, $p=.016$) and physical component summary ($F=4.305$, $p=.003$). Multiple comparisons show that graduates students of early & infant childhood reported lower level of family conflicts, better role-physical, mental health and physical health than graduates students of nursing schools, whereas students from medical schools have better total family environment than graduates students of early & infant childhood. Finally graduates students of nursing schools reported lower physical functioning than students from medical schools.

Conclusions: Our results may promote studies on psychological wellbeing in higher education, and may provide support for their positive psychological health care.