



UNIVERSITI  
TEKNOLOGI  
MARA



Faculty of Business and Management  
UNIVERSITI TEKNOLOGI MARA

# HEALTH-RELATED QUALITY OF LIFE (HRQOL) OF ACADEMICIANS IN PUBLIC UNIVERSITIES, MALAYSIA

*Nur Zainie Abd Hamid*, Shamsinar Ibrahim,  
Hasyimah Razali & Kamarul Ariffin Mansor



Global Research Conference  
(GRACE 2020)  
16-18 October 2020

# Authors

Nur Zainie  
Abd Hamid



Shamsinar  
Ibrahim



Hasyimah  
Razali



Kamarul  
Ariffin Mansor



# PRESENTATION OUTLINES

- Introduction
- Research Problem
- Conceptual Framework
- Research Methodology
- Findings and Results
- Conclusion





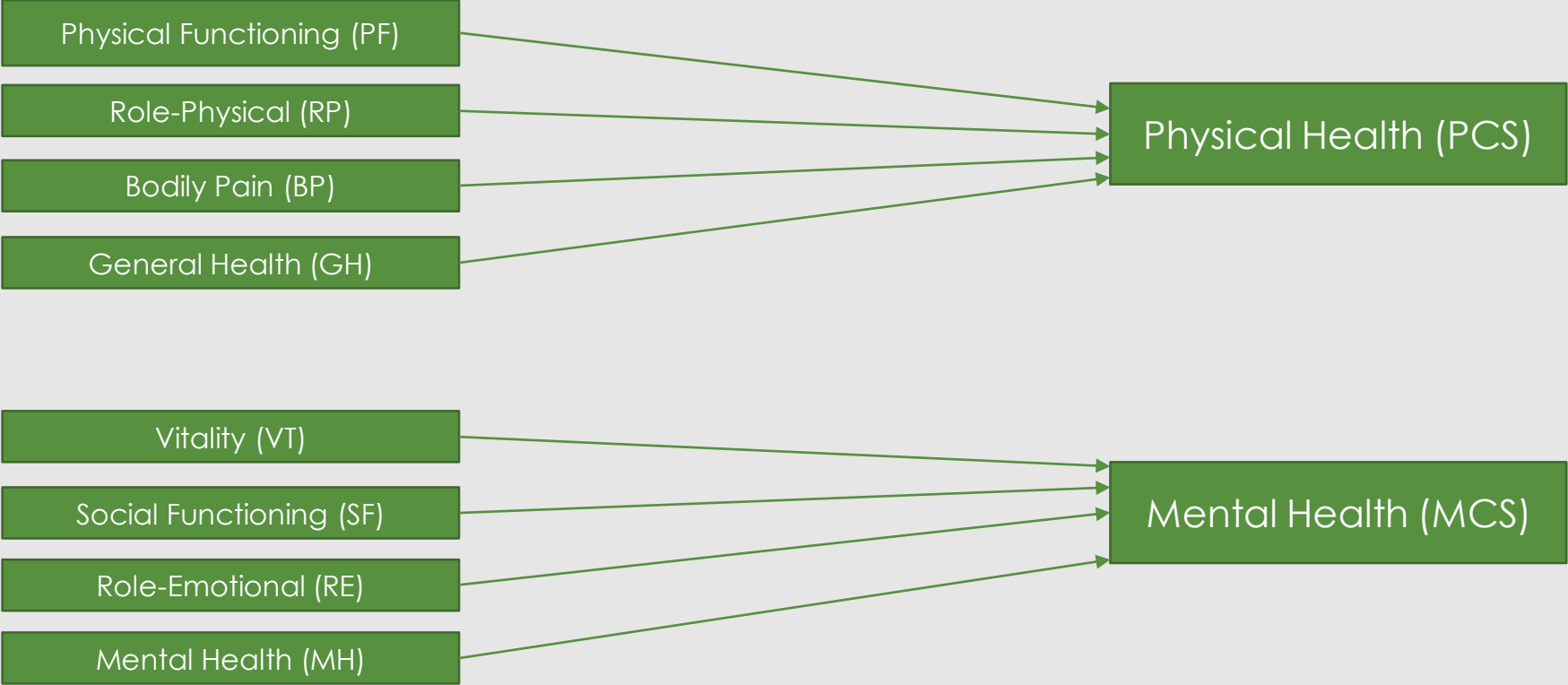
# INTRODUCTION

- Definition of Health-Related Quality of Life (HRQoL)
  - a multifaceted construct which encompasses gauges of functional ability, psychological state, social function, and individual perception of his or her health as reported by the individual (Center for Disease Control and Prevention, 2011; Beck, 2012).

# RESEARCH PROBLEM

- The academician's workload has increased substantively as a result.
- At the same time, academicians need to assert themselves by being more proactively involved in endeavours to advance the standing of their institutions.
- The focus nowadays is no longer teaching-oriented but has been shifted to research-oriented with the aim of producing more studies of high quality on behalf of their institutions (Toker, 2012).
- This phenomenon is going to affect the Health-Related Quality of Life (HRQoL) for academicians.
- Today, HRQoL has increasingly been acknowledged as a valuable instrument to provide insights into the people's functioning and wellbeing (Ismail, 2011; Mona, 2014).

# CONCEPTUAL FRAMEWORK



# RESEARCH METHODOLOGY



## STUDY DESIGN

Quantitative & Cross-sectional  
Study (Survey)



## POPULATION AND SAMPLE

Academicians Of Nine Randomly  
Selected Government-funded  
Malaysian Universities.



## RESEARCH INSTRUMENT

Adapted 36-item Short-form  
Health (Sf-36) Survey (validated &  
reliable)

# FINDINGS AND RESULTS



[This Photo](#) by Unknown Author is licensed under [CC BY](#)

Socio-demographic Characteristics	N	%
<b>Gender</b>		
Male	511	41.38
Female	724	58.62
<b>Marital Status</b>		
Single	102	8.26
Married	942	76.28
Divorced/Widowed	191	15.46
<b>Age (years)</b>		
18-29	246	19.92
30-39	548	44.37
40-49	346	28.02
50-59	93	7.53
60-69	2	0.16
>70	-	0
<b>Servicing Status</b>		
Temporary/Contract	48	3.89
Permanent/Full time	1187	96.11



# Mean Scores of HRQoL in Comparison with General Malaysian Population Norms

Health Domain	Mean	
	Selected Public Universities	Malaysian General Population Norms
<b>PF</b>	<b>51.67</b>	85.98
Male	52.01	87.38
Female	51.50	84.52
<b>RP</b>	<b>42.58</b>	82.03
Male	39.25	82.48
Female	45.96	81.47
<b>BP</b>	<b>46.12</b>	69.96
Male	50.76	70.91
Female	41.51	68.96
<b>GH</b>	<b>31.25</b>	66.74
Male	32.10	67.39
Female	30.87	66.03
<b>VT</b>	<b>48.26</b>	66.79
Male	49.01	68.46
Female	47.96	65.10
<b>SF</b>	<b>72.28</b>	83.73
Male	71.15	84.48
Female	73.45	82.94
<b>RE</b>	<b>49.48</b>	79.23
Male	56.24	81.37
Female	42.81	76.92
<b>MH</b>	<b>63.14</b>	74.66
Male	68.83	78.99
Female	57.51	73.30

# CONCLUSION

- The mean scores of the academicians in the study were lower than the mean scores of the Malaysian general population (cut-off point) for all health domains.
- Poorer HRQoL among the academicians in public universities in Malaysia.
- Male academicians' scores were higher than female academicians for all health domains except Role Functioning (RF) and Social Functioning (SF).





## Health

*Improving health  
and quality of life*



**THE END**