



# The relationship between health and self-esteem promoter lifestyle and life quality of undergraduate students of Sirjan

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**Abstract:** According to World Health Organization, life quality is people's understanding of their condition in life regarding culture, value system in which they live, objectives, expectations, standards and priorities. In addition to sustaining and enhancing health and well-being, health promoter lifestyle makes sense of satisfaction, self-persuasion and prosperity. Self-esteem is also one of the determinants of human behavior and in fact, people's self-perception and self-judgment determine how they deal with different issues. This research was done to study relationship between health and self-esteem promoter lifestyle and life quality of undergraduate girl students of Sirjan.

This is a correlation research and voluntary sampling method was used by which 337 students were selected as sample volume. Three questionnaires including self-esteem, health promoter lifestyle, and life quality questionnaires were used to collect information and questionnaires' information was analyzed by using regression method and SPSS software.

**Keywords:** Life Quality, Health promoter lifestyle, Self-esteem

## INTRODUCTION

Academic approach changed to a new course since 1920s, when Pigou in his book named economy and welfare addressed this issue. Since 1930s, US authors assessed life quality across different regions of their country and then, this concept attracted the attention of scientists of psychology, economic, policy, sociology and medicine as an interdisciplinary subject. According to World Health Organization, life quality is people's understanding of their condition in life regarding culture, value system in which they live, objectives, expectations, standards and priorities. Dynamism of life quality means that it is changed over times and it depends on change of person and his environment. Each person has a mental picture of his personality, viewpoint and strengths and weakness which formed from childhood. This picture is called self-image or self-esteem that means the person's imagination of himself in his mind. "Self-esteem" plays a significant role in self-confidence formation. Self-confidence depends on this issue that person feel that up to what extent he or she accepted and interested by others and also how much he has the sense of preciousness.

Self-confidence and self-esteem are important as internal storage in establishing correct social function in stressful condition and health maintenance (Biyabangard, 2006). Mackey and Smith (2002) stated that self-esteem is one of the human behavior's determinants and in fact, people's self-perception and self-judgment determine how they deal with different issues. If person has low self-confidence and does not honor himself, he may be isolated, withdrawn and aggressive or he may have antisocial behavior. Most scientists and experts consider people's positive self-assessment as the fundamental factor in their emotional-social adjustment and it enjoys a long range of history.

Conducted studies regarding mental pathology suggest that cause of many damaging behaviors of people at home and outside the home, such as aggression, anxiety, delinquency, thoughts about suicide, smoking, drug abuse, academic failure, lack of responsibility and other cases such this is rooted in a lack of self-esteem. In fact, if people enjoy higher level of self-belief and self-esteem, they will select more suitable lifestyle for themselves and they will be immune from Socio-psychological injuries (Shihan, 1988-translated by Mir Hashemi & Ganji, 2004).

### **Research's objectives**

#### **General objective**

Predictability of life quality according to health and self-esteem promoter lifestyle and life quality of undergraduate students of Sirjan.

#### **Partial objective**

- Predictability of physical health according to health and self-esteem promoter lifestyle and life quality of undergraduate students of Sirjan.
- Predictability of mental health according to health and self-esteem promoter lifestyle and life quality of undergraduate students of Sirjan.
- Predictability of social relations according to health and self-esteem promoter lifestyle and life quality of undergraduate students of Sirjan.
- Predictability of life environment according to health and self-esteem promoter lifestyle and life quality of undergraduate students of Sirjan.

### **Research's hypotheses**

#### **The main hypothesis**

- The lifestyle of health and self-esteem promoter are predictor of life quality.

#### **Secondary hypotheses**

- The lifestyle of health and self-esteem promoter are predictor of physical health assessment.
- The lifestyle of health and self-esteem promoter are predictor of mental health.
- The lifestyle of health and self-esteem promoter are predictor of social relations.
- The lifestyle of health and self-esteem promoter are predictor of life environment.

### **Background**

#### **Statistical population**

This research's statistical population included all the undergraduate students of Sirjan who were 2149 number.

#### **Sample size, sampling method and data collection**

A sample with minimum volume of 100 number in each main group and minimum of 20 up to 50 number in each secondary group is required in descriptive- Continuity, sectional, field and case studies in order to analyze answers (Khaki, 2008). Volume or size of sample group is different depending on type of research method and other features relevant to research method. Some studies and investigations indicate that a sample with at least 30 number of people is required in correlation and consistency studies, while existence of a sample of at least 15

number is required in each group in cause and effect relations studies. Voluntary sampling method has been used in this research.

### Performance method

The mechanism is direct face-to face resorting by filling questionnaire in such a way that at first, five disciplines among undergraduate students were randomly selected and 68 number of students from those who wish to participate in this research answered to relevant questionnaires.

### Research tools

Life quality scale: World Health Organization's Short Form Evaluation Scale of Life Quality (1998) was used to assess life quality including 26 number of question. Generally, this questionnaire has 4 subscales which evaluate 4 range of life including physical health assessment (7 items), mental health (6 items), social relations (2 items) and life environment (8 item). Score of each item ranged from 1 (I am very much, never or very dissatisfied) up to 5 (I am very much, always or very satisfied).

### Data analysis method

Some descriptive indexes including average, standard deviation, skewness, frequency table and column charts were used to study and describe variables and multivariate Pearson correlation coefficient was used to analyze main and secondary hypothesis.

Statistical data was analyzed following performing applied questionnaires and sample group's answers have been scored analyzed by software SPSS18. Indexes including average (X), standard deviation (SD), minimum (min) and maximum (max) were computed for analyzing each one of variables including health promoter lifestyle, self-esteem and life quality.

**Table 1- regression coefficients in self-esteem and differentiation variables in predicting avoidance insecure attachment style**

variable	Non-standard coefficients		Standard coefficient Beta	T	Sig
	B	Standard error			
Fixed value a	6.518	1.121		5.816	0.000
Health promoter lifestyle	0.075	0.030	0.106	2.545	0.011
Self-esteem	0.704	0.044	0.660	15.853	0.000

According to above table and respecting significance level, health promoter lifestyle variable ( $X_1$ ) was less than 0.05 and self-esteem ( $X_2$ ) was less than 0.01 and this indicates that there is relationship between health promoter lifestyle and self-esteem and physical health.

### 2-There is relationship between health promoter lifestyle and self-esteem and mental health.

**Table 2- Regression analysis y (mental health) on  $X_1$  (health promoter lifestyle) and  $X_2$  (self-esteem) and multivariate correlation coefficient and its square**

Resource	SS	d f	MS	F	Sig	R	R <sup>2</sup>
Regression	3172.940	2	158.470	57.669	0.000	0.507	0.257
Reminder	9188.378	334	27.510				

Total	12361.318	336					
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Table 2 shows the summary of variance and regression analysis of mental health on predictor variables including health promoter lifestyle and self-esteem. With respect to the ratio of computed F and significance level that was less than 0.01, it can be said that there is relationship between health promoter lifestyle and self-esteem and mental health. Concerning determinant coefficient  $R=0.257$ , health promoter lifestyle and self-esteem are simultaneously 25 percent social relations predictor.

**Table 3- regression coefficients in health promoter lifestyle and self-esteem variables in predicting mental health**

variable	Non-standard coefficients		Standard coefficient Beta	T	Sig
	B	Standard error			
Fixed value a	10.066	1.641		6.136	0.000
Health promoter lifestyle	0.362	0.043	0.423	8.373	0.000
Self-esteem	0.212	0.065	0.165	3.267	0.001

Table 3 offers the values of standard Beta coefficients for evaluating share of each variables in regression model. With respect to significance level, two predictor variables including health promoter lifestyle and self-esteem have been less than 0.01 and this indicates that there is relationship between health promoter lifestyle and self-esteem and mental health.

### 3-There is relationship between health promoter lifestyle and self-esteem and social relations

**Table 4- Regression analysis y (social relations) on  $X_1$  (health promoter lifestyle) and  $X_2$  (self-esteem) and multivariate correlation coefficient and its square**

Resource	SS	d f	MS	F	Sig	R	R <sup>2</sup>
Regression	866.892	2	433.466	323.206	0.000	0.812	0.659
Reminder	447.921	334	1.341				
Total	1314.813	336					

Table 4 shows the summary of variance and regression analysis of social relations on predictor variables including health promoter lifestyle and self-esteem. With respect to the ratio of computed F and significance level that was less than 0.01, it can be said that there is relationship between health promoter lifestyle and self-esteem and social relations. Concerning determinant coefficient  $R=0.659$ , health promoter lifestyle and self-esteem are simultaneously 65 percent social relations predictor.

**Table 5- Regression coefficients in health promoter lifestyle and self-esteem variables in predicting social relations.**

variable	Non-standard coefficients		Standard coefficient Beta	T	Sig
	B	Standard			

		error			
Fixed value a	-2.035	0.362		-5.618	0.000
Health promoter lifestyle	0.047	0.010	0.170	4.969	0.000
Self-esteem	0.308	0.014	0.735	21.484	0.000

Table 5 offers the values of standard Beta coefficients for evaluating share of each variables in regression model. With respect to significance level, two predictor variables including health promoter lifestyle and self-esteem have been less than 0.01 and this indicates that there is relationship between health promoter lifestyle and self-esteem and social relations.

#### **4-There is relationship between health promoter lifestyle and self-esteem and life environment**

**Table 6- Regression analysis y (life environment) on X<sub>1</sub> (health promoter lifestyle) and X<sub>2</sub> (self-esteem) and multivariate correlation coefficient and its square**

Resource	SS	d f	MS	F	Sig	R	R <sup>2</sup>
Regression	1448.743	2	724.371	36.451	0.000	0.423	0.179
Reminder	447.921	334	1.341				
Total	1314.813	336					

Table 6 shows the summary of variance and regression analysis of mental health on predictor variables including health promoter lifestyle and self-esteem. With respect to the ratio of computed F and significance level that was less than 0.01, it can be said that there is relationship between health promoter lifestyle and self-esteem and social relations. Concerning determinant coefficient R=0.179, health promoter lifestyle and self-esteem are simultaneously 17 percent life environment predictor.

**Table 7- Regression coefficients in health promoter lifestyle and self-esteem variables in predicting life environment.**

variable	Non-standard coefficients		Standard coefficient Beta	T	Sig
	B	Standard error			
Fixed value a	13.968	1.394		10.017	0.000
Health promoter lifestyle	0.276	0.037	0.399	7.507	0.000
Self-esteem	0.061	0.055	0.058	1.100	0.272

Table 7 offers the values of standard Beta coefficients for evaluating share of each variables in regression model. With respect to significance level, two predictor variables including health promoter lifestyle and self-esteem have been less than 0.01 and this indicates that there is relationship between health promoter lifestyle and self-esteem and life environment, but there is no relationship between self-esteem and life environment respecting this fact that self-esteem's significance level is more than 0.05.

**Table 8-Multivariate correlation coefficient (R) and explained variance (R<sup>2</sup>) at health promoter lifestyle 1 and self-esteem variables**

Predictor variable		R	R <sup>2</sup>
Health promoter lifestyle	X <sub>1</sub>	0.433	0.188
Self-esteem	X <sub>2</sub>	0.352	0.124

Table 8 shows r value which indicates the size of correlation between two predictor variables including health promoter lifestyle and self-esteem and life quality <sup>2</sup>variable and respecting determinant coefficient values (R<sup>2</sup>), health promoter lifestyle is stronger predictor variable for life quality.

### Conclusion

Research's results showed that there is a relationship between health promoter lifestyle and self-esteem and life quality and this hypothesis is confirmed at 0.01 significance level. The amount of R<sup>2</sup> which is equal to 0.232 indicates that two variables including health promoter lifestyle and self-esteem are simultaneously 23 percent predictor of life quality.

Research's first hypothesis concerning this fact that there is relationship between health promoter lifestyle and self-esteem and physical health was confirmed at 0.01 significance level and R<sup>2</sup> which is equal to 0.496 indicates that combination of two variables including health promoter lifestyle and self-esteem simultaneously explain 49 percent of physical health variable's variance.

Concerning research's second hypothesis, it can be said that there is a relationship between health promoter lifestyle and self-esteem and mental health and the amount of determination coefficient that is R=0.257, health promoter lifestyle and self-esteem are simultaneously 25 percent predictor of mental health.

Research's third hypothesis concerning this fact that there is relationship between health promoter lifestyle and self-esteem and social relations was confirmed and respecting this fact that determination coefficient is R=0.659, health promoter lifestyle and self-esteem are simultaneously 65 percent predictor of social relations.

Research's fourth hypothesis concerning this fact that there is relationship between health promoter lifestyle and self-esteem and life environment was confirmed and respecting this fact that determination coefficient is R=0.179, health promoter lifestyle and self-esteem are simultaneously 65 percent predictor of life environment.

Research's results showed that there is relationship between health promoter lifestyle and self-esteem and physical health.

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