Satisfaction with Life and its Relationship with Mental Health in University Professors

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Abstract

Introduction: The satisfaction with the life in university professors will have an important value for the personal evaluation of themselves on the quality of their own experiences and in addition to a well-being of personal feeling.

Aim: to determine Satisfaction with life and its relationship with mental health in professors of a university in North Lima.

Methods: a quantitative, descriptive and cross-sectional study, with a population of 270 older adults, who answered a questionnaire of sociodemographic aspects and the scale of satisfaction with life.

Results: 54 (20%) of the older adults were dissatisfied with life, 32 (11.9%) slightly dissatisfied, 39 (14.4%) are neutral with respect to life satisfaction, 84 (31.1%) are satisfied, and 50 (18.5%) are very satisfied.

Conclusions: educational talks should be held for the elderly, where the experience of positive emotions during that stage of life continues to be promoted and allows them to have a better satisfaction with their lives.

Keywords: Personal satisfaction, Mental health, Aged, Social factors.

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1. Introduction

Older adults are considered as a group of people who, in the contemporary world, constitute a growing population with special needs, related to the great advances in science and technology, especially the promotion of health sciences, where the increase in population aging is a challenge for the world and governments are required to pay more attention to this group [1]. However, it is often difficult to achieve higher levels of life satisfaction as age and physical and psychological problems increase [2].

Given that the impact of this situation is evident in the different spheres of life in society at the economic, socio-political, cultural, educational or welfare level, as well as in the media, it becomes an opportunity to transform social policies and improve the quality of life in university professors [3].

It is estimated that, by 2020, according to the World Health Organization, the number of people aged 60 or over will be higher than that of children under five years of age, increasingly requiring a comprehensive approach, which includes all spheres of health, including the psychological aspect which is given by the life satisfaction perceived by older people [4]. Consequently,
older adults during the COVID-19 pandemic have had their physical and emotional health affected by factors directly associated with infection such as the increased risk of morbidity and mortality; and by indirect factors such as loneliness, isolation, dependence, violence, discrimination and lack of access to basic food and health services [5].

Given the context of the COVID-19 pandemic, it is relevant to know new findings about the variables under study in an adult population in general, unlike the other life cycles, they are exposed to various changes as part of their maturity and independence. Social, family and work demands and responsibilities are beginning to be greater. Personal, emotional, social, economic difficulties, parenthood, unemployment, retirement, health problems, the appearance of new diseases and even death are some of these demands [6].

Defining well-being as the subjective component of quality of life. Life satisfaction represents the cognitive dimension of well-being that results from a balance between expectations and achievements. And happiness constitutes the affective dimension of well-being, and at the same time a subjective indicator of quality of life [7]. Considering that life satisfaction is considered a subjective concept that evaluates several areas, including health, psychological, and social in the lives of older people, it could be an indispensable part of successful aging [8].

Social distancing measures sought to contain the spread of infection, prioritizing the prevention and management of COVID-19 cases, but other health needs that affected the quality of life of people, especially the most vulnerable were neglected [9].

In North America, a study conducted in Mexico to 235 older adults indicated that in relation to satisfaction, 53% said they were highly satisfied, 20% satisfied and 9% slightly satisfied. It is evident that most patients report that if they had to live a new life they would not change almost anything; On the contrary, the item where they expressed the least satisfaction was "in most senses of my life it comes close to my ideal" [10].

In Africa, a study conducted in northeastern Ethiopia to 816 older adults indicated that the level of satisfaction with life was: dissatisfied 17.2%, moderately satisfied 63.8% and well satisfied 19.0%, showing that the level of satisfaction with life in our study group was lower than in some more developed countries [11].

In Asia, a study conducted in Iran of 679 older adults in the city of Qom revealed that 91.8% were illiterate and/or with low educational level, of which 41.8% had low life satisfaction, 54.2% had average life satisfaction and 4% had high life satisfaction. Therefore, to increase the level of life satisfaction in university professors, it is suggested to promote social support, health status and cognitive status [12].

A study in Ecuador conducted in 3 provinces to 682 older adults indicating that in satisfaction with quality of life they delivered a single factor that explains 72.46% of their total variance, revealing that older adults improve their satisfaction with quality of life as an adequate perception of the current economic situation is maintained. There is no poor perception of health, greater importance is assigned to the family and there is a considerable number of resources related to food factor that explains 68.92% of its total variance [13].

In Chile, a study in southern Chile of 101 older adults showing that they are satisfied with their lives, presenting a higher level of agreement that their life in many aspects is close to their ideal (70%), if they could live their life again they would not change anything (65%), their living conditions are excellent (64%). They are satisfied with their life (57%) and have so far obtained the important things they have wanted in their life (56%) [14]. Therefore, the research objective is to determine the satisfaction with life and its relationship with mental health in professors of a university in North Lima..

2. Methods

A. Research type and Design

According to the properties of the research is quantitative of non-experimental descriptive cross-sectional methodology [15].

B. Population

The total population is made up of 270 inhabitants of the district in North Lima.

C. Inclusion Criteria

- Participants residing more than 1 year in the district
- Participants over 30 years old.
- Participants who agree to voluntarily participate in the study

D. Technique and Instrument

The data collection technique was the survey, in which sociodemographic data and the data collection instrument the Life Satisfaction Scale (SWLS) are evidenced. The SWLS comprises 5 items distributed one-dimensionally, in which they are valued on a Likert-type scale with 5 response options: "1 = strongly disagree", "2 = disagree", "3 = neutral", "4 = agree", "5 = strongly agree", obtaining a score that would range from 5 to 25 points. Therefore, the higher the score, the greater the satisfaction with life in university professors at a university in North Lima [16][17].

E. Place and Application of the Instrument

For the collection of data, coordination had to be made with the members of each household to be able to carry out the study, in turn, they were provided with information about what is going to be done and thus have the knowledge about the research.

3. Results
In Figure 1, it can be seen that, 4.1% (n=11) of the participants are extremely dissatisfied with their life, 20% (n=54) are dissatisfied with life, 11.9% (n=32) are slightly dissatisfied with life, 14.4% (n=39) are neutral with respect to life satisfaction, 31.1% (n=84) are satisfied with their life and 18.5% (n=50) are very satisfied with their life.

In Figure 2, it can be seen that, in relation to sex, in the male sex, 17.2% (n=32) are very satisfied with life, 25.8% (n=48) are satisfied with life, 18.8% (n=35) are neutral with respect to life satisfaction, 14% (n=26) are slightly dissatisfied with life, 19.9% (n=37) are dissatisfied with life and 4.3% (n=8) are extremely dissatisfied with life; and as for the female sex, 21.4% (n=18) are very satisfied with life, 4.9% (n=36) are satisfied with life, 4.8% (n=4) are neutral with respect to life satisfaction, 7.1% (n=6) are slightly dissatisfied with life, 20.2% (n=17) are dissatisfied with life and 3.6% (n=3) are extremely dissatisfied with life.

4. Discussion

In the present study, it has been covered from the aspect of mental health of the elderly, since satisfaction with life is one of the ways in which the older adult feels comfortable with the extrinsic or intrinsic environment that surrounds him [18-26]. As for the results of satisfaction with life, older adults are very satisfied with their lives, this is because older adults are in full peace, tranquility, be cared for by their family, and that their family as the main source of emotional support, care, security and affection allows their quality of life to be very satisfied [27-30], Since the mental and social health of the elderly allows the independence and autonomy of the same, providing not only the abilities to solve needs for it, but also to feel comfortable with the life that has led to reach the third age [31-37], therefore their well-being of physical, mental and social health are in full harmony, given that in all that time elapsed he has managed to cope with negative effects that did not allow him to improve his quality of life [38-42]. Although one of the important strategies for teachers to have a good satisfaction with life and mental health, is the use of information and communication technologies (ICTs) [43-49], since it influences the teacher in several aspects; facilitation at work, as it simplifies management activities and helps reduce stress and improve job satisfaction [50-53]; Access to educational resources, allows the teacher access to different resources according to their educational line, which allows them to improve their teaching method and in turn reduces stress [54-57]. Although the use of ICTs in teachers, has an important impact on their satisfaction with life and mental health, both positively and negatively as the time is spent using the teacher, since the excess to it also causes negative effects on mental health, so ICTs are essential in teachers as long as it is balanced and aware so that it obtains benefits in their welfare [58-60].

5. Conclusions

It is concluded that educational talks should be held for older adults, promoting the experience of positive
emotions during that stage of life that can improve the satisfaction of their life. It is concluded that strategies should be carried out that allow the elderly to maintain their emotional and social well-being, in which their satisfaction with life is positive.

References


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