Health-Related Quality of Life among University Healthcare Academics

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Authors’ contributions

This work was carried out in collaboration among all authors. Authors MSI and FIA designed the study, performed the initial statistical analyses and wrote the protocol. Authors FIA and MZI wrote the first draft of the manuscript. Author MZI managed refined analyses. Authors FIA and MSI revised the manuscript. All authors read and approved the final manuscript.

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ABSTRACT

Introduction: Having a good health-related quality of life (HRQoL) is important to ensure good job performance. However, it is subjective and it cannot be measured easily. This study aimed to evaluate HRQoL among university healthcare academics in public and private universities.

Method: In this study, a stratified random sampling approach was employed. The strata were created based on departments in the universities. A random sample from each stratum was taken in a number proportional to the stratum's size when compared to the overall target population. A validated questionnaire comprising two sections was administered online to collect the data. Descriptive and inferential statistical analysis (Mann-Whitney U test and Kruskal Wallis H test) were applied using SPSS version 22.

Results: Out of all the total 130 respondents, 57 (43.8%) were from a private university and the other 73 (56.2%) were from a public university. There were 61 (46.9%) male respondents and 69 (53.1%) female respondents. HRQoL according to the studied domains of the DUKE health profile

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was associated with various demographic and socioeconomic variables such as type of institution, department/faculty, age, gender, number of children, and years of experience.

**Conclusion:** The demographic and socioeconomic variables were strongly associated with the HRQoL among university healthcare academics.

**Keywords:** HRQoL; University academics; public; private; healthcare.

**1. INTRODUCTION**

According to World Health Organization (WHO), quality of life can be defined as “one’s perception of their position in life in the context of cultures and values in which they live in and with standards, expectations, and concerns” [1,2]. Healthcare academics who teach health-related courses are medical doctors, dentists, and pharmacists. In addition to their professional responsibilities, they also have their family needs in terms of healthcare, socioeconomic, education, and numerous other family matters [3]. All of these multiple roles could be a significant burden that may affect their health-related quality of life (HRQoL) [3].

Some factors which may directly influence HRQoL are salary, total experience, promotion opportunities, academic position or job rank, students’ and colleagues’ attitude, and working environment [4-6]. Several other demographic factors such as age, gender, race, level of education, and working hours are also associated with the quality of life of university academics [7]. Safaria et al. [8] stated in their study that professors, assistant professors, and lecturers have different levels of job satisfaction [8] which may have an impact on their HRQoL.

In another study, HRQoL of employees was significantly associated with their experience and age and most experienced had a better HRQoL [9]. Besides, it is also evident that the HRQoL is directly linked with the socioeconomic factors and can be improved by improving income, security, and career growth opportunities [10]. Meanwhile, on the other side, few studies reported that low job satisfaction can affect employees’ HRQoL [11].

In another study, it was stated that the quality of life associated with physical functioning, general health, and mental health dimensions [3]. These may be the reasons why males and females have a different level of quality of life and quality of life varied according to age [12]. For employees, it may cause low quality of performance, poor job satisfaction high turnover, and increase work absence. Besides, lower HRQoL is one of the main factors of job discontent, early retirement, and work-related diseases. Statistics revealed that academics claimed more medical insurances than people in other professions and also had four years shorter life expectancy than others [13].

**2. MATERIALS AND METHODS**

**2.1 Study Design, Population and Sampling**

A cross-sectional survey was done using a validated questionnaire. The target population was university healthcare academics from the selected private and public universities. University academics from medical and health-related departments, willing to give consent and a minimum of 6 months of working experience in the universities were included in this study. In this study, 130 responses were collected in the given time frame. Stratified random sampling was used in this study.

**2.2 Research Tool**

Duke Health Profile questionnaire was used to evaluate the health-related quality of life. This questionnaire consisted of a set of questions with 17 items related to HRQoL which measured the quality of life based on six health measures and four dysfunction measures. The social health domain was comprised of items 2, 6, 7, 15, and 16. The dysfunction measures were anxiety domain which comprised of items 2, 5, 7, 10, 12, and 14. The depression domain is comprised of items 4, 5, 10, 12, and 13. For health measures, a higher score indicated a better quality of life while for dysfunction measures, lower scores indicated a better quality of life [14].

Other associated factors were also included in the questionnaire to measure the socio-demographical outcomes of the study. The associated factors were determined through the relevant literature from Pakistan and other countries. This questionnaire had been revalidated and necessary changes or modifications had been incorporated to cater the study objectives. All information collected was strictly confidential.
2.3 Statistical Analysis

For statistical analysis, the software used was a Statistical Package for the Social Sciences (SPSS) version 22.0. A descriptive analysis was performed for the respondents’ demographic information. Duke Health Profile measured the quality of life according to the scoring, interquartile-range were calculated to define the healthy and unhealthy score. Mann-Whitney U test and Kruskal Wallis H test were used to compare the difference of the groups of independent variables. These tests were used as the data was not normally distributed. A value of $p< 0.05$ was considered statistically significant.

3. RESULTS

3.1 Demographic Characteristics

Table 1 illustrated the demographic information of the study respondents. There were more respondents from the public university compared to the private university. A total of 44 participants (33.8%) were from the pharmacy faculty. More female participants involved in this study. 58.5% of the participants were in the range of age <35 years old. Pashto or other races made up to 52 (40.0%) of the respondents. Around 68.5% of the respondents were married. About 85 out of 130 respondents were having no children or dependent. 73.8% of the respondents were Pakistani Certified Practitioners (PCPs) and 70.8% of the participants were lecturers. 61.5% were having a duration of working less than 3 years in the current setting. For other tasks related to their job, 31.5% were involved in administration, 54.6% were involved in a research study, 41.5% perform counseling for other healthcare allies and 33.8% perform clinical services. For monthly income, 67.7% of the respondents were having monthly income in the range of USD<1000.

Table 1. Demographic characteristics of study participants (N=130)

| Participants’ Characteristics | N(%)   |
|------------------------------|-------|
| **Institution**              |       |
| Private university           | 57 (43.8%) |
| Public university            | 73 (56.2%) |
| **School/College/Faculty/Department** |             |
| Pharmacy                     | 44 (33.8%) |
| Dentistry                    | 20 (15.4%) |
| Medicine                     | 38 (29.2%) |
| Nursing                      | 22 (16.9%) |
| Psychology                   | 1 (0.8%) |
| Nutrition & Dietetics        | 4 (3.1%) |
| Others                       | 1 (0.8%) |
| **Gender**                   |       |
| Male                         | 61 (46.9%) |
| Female                       | 69 (53.1%) |
| **Age (Years)**              |       |
| <35                          | 76 (58.5%) |
| >35                          | 54 (41.5%) |
| **Mother Tongue**            |       |
| Urdu                         | 39 (30.0%) |
| Punjabi                      | 39 (30.0%) |
| Pashto / Sindhi / Others     | 52 (40.0%) |
| **Marital Status**           |       |
| Single                       | 41 (31.5%) |
| Married                      | 89 (68.5%) |
| **Children/Dependents**      |       |
| None                         | 85 (65.4%) |
| <3                           | 43 (33.1%) |
| >3                           | 2 (1.5%) |
### Participants’ Characteristics

| Years of Experience | N (%)|
|---------------------|------|
| <10                 | 91 (70.0%) |
| >10                 | 39 (30.0%) |

| PCPs                |      |
|---------------------|------|
| Yes                 | 96 (73.8%) |
| No                  | 34 (26.2%) |

| Advanced training/Credentialing/Certification received |      |
|------------------------------------------------------|------|
| Yes                                                  | 58 (44.6%) |
| No                                                   | 72 (55.4%) |

| Continuing Professional Development (CPD) attended |      |
|---------------------------------------------------|------|
| <3                                                | 62 (47.7%) |
| >3                                                | 68 (52.3%) |

| Current Job Position/Title |      |
|---------------------------|------|
| Dean                      | 2 (1.5%) |
| Deputy Dean               | 4 (3.1%) |
| Director                  | 1 (0.8%) |
| Head of Department        | 5 (3.8%) |
| Professor                 | 3 (2.3%) |
| Associate Professor       | 23 (17.7%) |
| Assistant Professor/Lecturer | 92 (70.8%) |

| Years of working in the current setting |      |
|----------------------------------------|------|
| <3                                     | 80 (61.5%) |
| >3                                     | 50 (38.5%) |

| Involve in administration/managerial job |      |
|-----------------------------------------|------|
| Yes                                     | 41 (31.5%) |
| No                                      | 89 (68.5%) |

| Involve in any research study |      |
|------------------------------|------|
| Yes                          | 71 (54.6%) |
| No                           | 59 (45.4%) |

| Perform counseling for other healthcare allies |      |
|-----------------------------------------------|------|
| Yes                                           | 54 (41.5%) |
| No                                            | 76 (58.5%) |

| Perform any clinical services (part-time practice, health screening) |      |
|---------------------------------------------------------------------|------|
| Yes                                                                  | 44 (33.8%) |
| No                                                                   | 86 (66.2%) |

| Monthly Income (USD) |      |
|----------------------|------|
| <1000                | 88 (67.7%) |
| 1001 – 1500          | 31 (23.8%) |
| >1500                | 11 (8.5%) |

### Table 2. Overall health status of the respondents

| Domains                              | Total (N) | Healthy N (%) | Unhealthy N (%) |
|--------------------------------------|-----------|---------------|-----------------|
| Physical health                      | 130       | 114 (87.7%)   | 16 (12.3%)      |
| Mental health                        | 130       | 100 (76.9%)   | 30 (23.1%)      |
| Social health                        | 130       | 113 (86.9%)   | 17 (13.1%)      |
| General health                       | 130       | 123 (94.6%)   | 7 (5.4%)        |
| Perceived health                     | 130       | 124 (95.4%)   | 6 (4.6%)        |
| Self esteem                          | 130       | 108 (83.1%)   | 22 (16.9%)      |
| Anxiety                              | 130       | 84 (64.6%)    | 46 (35.4%)      |
| Depression                           | 130       | 66 (50.8%)    | 64 (49.2%)      |
| Pain                                 | 130       | 85 (65.4%)    | 45 (34.6%)      |
| Disability                           | 130       | 118 (90.8%)   | 12 (9.2%)       |
Table 3. Comparisons of each variable for social health domain

| Participants' characteristics                                      | Percentiles 25<sup>th</sup> | 50<sup>th</sup> (Median) | 75<sup>th</sup> | Mean Rank | P-value |
|--------------------------------------------------------------------|------------------------------|--------------------------|----------------|-----------|---------|
| **Institution***                                                    |                              |                          |                |           |         |
| Private university                                                 | 40.00                        | 60.00                    | 70.00          | 93.54     | 0.0001  |
| Public university                                                  |                              |                          |                | 43.61     |         |
| **Gender***                                                        |                              |                          |                |           |         |
| Male                                                               | 40.00                        | 60.00                    | 70.00          | 68.75     | 0.351   |
| Female                                                             |                              |                          |                | 62.63     |         |
| **Age (Years)***                                                   |                              |                          |                |           |         |
| <35                                                                | 40.00                        | 60.00                    | 70.00          | 59.78     | 0.038   |
| >35                                                                |                              |                          |                | 73.56     |         |
| **Marital Status***                                                |                              |                          |                |           |         |
| Single                                                             | 40.00                        | 60.00                    | 70.00          | 59.05     | 0.181   |
| Married                                                            |                              |                          |                | 68.47     |         |
| **Years of Experience***                                           |                              |                          |                |           |         |
| <10                                                                | 40.00                        | 60.00                    | 70.00          | 59.98     | 0.010   |
| >10                                                                |                              |                          |                | 78.38     |         |
| **PCPs***                                                          |                              |                          |                |           |         |
| Yes                                                                | 40.00                        | 60.00                    | 70.00          | 59.10     | 0.001   |
| No                                                                 |                              |                          |                | 83.56     |         |
| **Advanced training/Credentialing/Certification received***         |                              |                          |                |           |         |
| Yes                                                                | 40.00                        | 60.00                    | 70.00          | 61.38     | 0.259   |
| No                                                                 |                              |                          |                | 68.82     |         |
| **Continuing Professional Development (CPD) attended***             |                              |                          |                |           |         |
| <3                                                                 | 40.00                        | 60.00                    | 70.00          | 48.46     | 0.0001  |
| >3                                                                 |                              |                          |                | 81.04     |         |
| **Years of working in current setting***                           |                              |                          |                |           |         |
| <3                                                                 | 40.00                        | 60.00                    | 70.00          | 63.92     | 0.541   |
| >3                                                                 |                              |                          |                | 68.03     |         |
| **Involve in administration/managerial job***                      |                              |                          |                |           |         |
| Yes                                                                | 40.00                        | 60.00                    | 70.00          | 94.99     | 0.0001  |
| No                                                                 |                              |                          |                | 51.92     |         |
| **Involve in any research study***                                 |                              |                          |                |           |         |
| Yes                                                                | 40.00                        | 60.00                    | 70.00          | 80.35     | 0.0001  |
| No                                                                 |                              |                          |                | 47.64     |         |
| **Perform counseling for other health care allies***               |                              |                          |                |           |         |
| Yes                                                                | 40.00                        | 60.00                    | 70.00          | 64.20     | 0.739   |
| No                                                                 |                              |                          |                | 66.42     |         |
| **Perform any clinical services (part-time practice, health screening)** |                              |                          |                |           |         |
| Yes                                                                | 40.00                        | 60.00                    | 70.00          | 73.90     | 0.067   |
| No                                                                 |                              |                          |                | 61.20     |         |
| **School/College/Faculty/Department***                             |                              |                          |                |           |         |
| Pharmacy                                                           | 40.00                        | 60.00                    | 70.00          | 75.09     | 0.011   |
| Dentistry                                                          |                              |                          |                | 43.30     |         |
| Medicine                                                           |                              |                          |                | 69.54     |         |
| Nursing                                                            |                              |                          |                | 52.43     |         |
| Psychology                                                         |                              |                          |                | 106.00    |         |
| Nutrition & Dietetics                                              |                              |                          |                | 93.63     |         |
| Participants’ characteristics | Percentiles 25<sup>th</sup> | Percentiles 50<sup>th</sup> (Median) | Percentiles 75<sup>th</sup> | Mean Rank | P-value |
|-------------------------------|-----------------------------|-------------------------------------|-----------------------------|-----------|---------|
| Other                         |                             |                                     |                             |           | 68.50   |
| Mother Tongue**               |                             |                                     |                             |           |         |
| Urdu                          | 40.00                       | 60.00                               | 70.00                       | 46.12     | 0.0001  |
| Punjabi                       |                             |                                     |                             | 70.12     |         |
| Pashto / Sindhi / Others      |                             |                                     |                             | 76.58     |         |
| Children/Dependents**         |                             |                                     |                             |           |         |
| None                          | 40.00                       | 60.00                               | 70.00                       | 57.39     | 0.814   |
| <3                            |                             |                                     |                             | 80.03     |         |
| >3                            |                             |                                     |                             | 97.75     |         |
| Current Job Position/Title**  |                             |                                     |                             |           |         |
| Dean                          | 40.00                       | 60.00                               | 70.00                       | 66.25     | 0.465   |
| Deputy Dean                   |                             |                                     |                             |           |         |
| Director                      |                             |                                     |                             |           |         |
| Head of Department            |                             |                                     |                             |           |         |
| Professor                     |                             |                                     |                             |           |         |
| Associate Professor           |                             |                                     |                             |           |         |
| Assistant Professor/Lecturer  |                             |                                     |                             |           |         |
| Monthly Income (USD)**        |                             |                                     |                             |           |         |
| <1000                         | 40.00                       | 60.00                               | 70.00                       | 68.37     | 0.082   |
| 1001 – 1500                   |                             |                                     |                             | 65.81     |         |
| >1500                         |                             |                                     |                             | 41.68     |         |

*Mann-Whitney U Test  **Kruskal Wallis H Test

Table 4. Comparisons of each variable for anxiety domain

| Participants’ characteristics | Percentiles 25<sup>th</sup> | Percentiles 50<sup>th</sup> (Median) | Percentiles 75<sup>th</sup> | Mean Rank | P-value |
|-------------------------------|-----------------------------|-------------------------------------|-----------------------------|-----------|---------|
| Institution*                  |                             |                                     |                             |           |         |
| Private university            | 16.67                       | 33.33                               | 41.67                       | 41.07     | 0.0001  |
| Public university             |                             |                                     |                             | 84.58     |         |
| Gender*                       |                             |                                     |                             |           |         |
| Male                          | 16.67                       | 33.33                               | 41.67                       | 57.20     | 0.017   |
| Female                        |                             |                                     |                             | 72.83     |         |
| Age (Years)*                  |                             |                                     |                             |           |         |
| <35                           | 16.67                       | 33.33                               | 41.67                       | 70.05     | 0.100   |
| >35                           |                             |                                     |                             | 59.10     |         |
| Marital Status*               |                             |                                     |                             |           |         |
| Single                        | 16.67                       | 33.33                               | 41.67                       | 69.46     | 0.412   |
| Married                       |                             |                                     |                             | 63.67     |         |
| Years of Experience*          |                             |                                     |                             |           |         |
| <10                           | 16.67                       | 33.33                               | 41.67                       | 72.45     | 0.001   |
| >10                           |                             |                                     |                             | 49.28     |         |
| PCPs*                         |                             |                                     |                             |           |         |
| Yes                           | 16.67                       | 33.33                               | 41.67                       | 71.96     | 0.001   |
| No                            |                             |                                     |                             | 47.25     |         |
| Advanced training/Credentialing/Certification received* | | | | | |
| Yes                           | 16.67                       | 33.33                               | 41.67                       | 65.67     | 0.962   |
| No                            |                             |                                     |                             | 65.36     |         |
| Continuing Professional Development (CPD) attended* | | | | | |
| <3                            | 16.67                       | 33.33                               | 41.67                       | 79.51     | 0.0001  |
| >3                            |                             |                                     |                             | 52.73     |         |
### Participants’ characteristics

|                          | 25th | 50th (Median) | 75th | Mean Rank | P-value |
|--------------------------|------|-------------|------|----------|---------|
| **Years of working in current setting*** |      |             |      |          |         |
| <3                       | 16.67| 33.33       | 41.67| 64.11    | 0.591   |
| >3                       |      |             |      | 67.73    |         |
| **Involve in administration/managerial job*** |      |             |      |          |         |
| Yes                      | 16.67| 33.33       | 41.67| 39.49    | 0.0001  |
| No                       |      |             |      | 77.48    |         |
| **Involve in any research study*** |      |             |      |          |         |
| Yes                      | 16.67| 33.33       | 41.67| 50.46    | 0.0001  |
| No                       |      |             |      | 83.59    |         |
| **Perform counseling for other health care allies*** |      |             |      |          |         |
| Yes                      | 16.67| 33.33       | 41.67| 65.94    | 0.911   |
| No                       |      |             |      | 65.19    |         |
| **Perform any clinical services (part-time practice, health screening)*** |      |             |      |          |         |
| Yes                      | 16.67| 33.33       | 41.67| 63.39    | 0.645   |
| No                       |      |             |      | 66.58    |         |
| **School/College/Faculty/Department*** |      |             |      |          |         |
| Pharmacy                 | 16.67| 33.33       | 41.67| 57.33    | 0.003   |
| Dentistry                |      |             |      | 85.53    |         |
| Medicine                 |      |             |      | 56.78    |         |
| Nursing                  |      |             |      | 85.55    |         |
| Psychology               |      |             |      | 18.00    |         |
| Nutrition &Dietetics     |      |             |      | 40.75    |         |
| Other                    |      |             |      | 61.50    |         |
| **Mother Tongue***       |      |             |      |          |         |
| Urdu                     | 16.67| 33.33       | 41.67| 82.50    | 0.003   |
| Punjabi                  |      |             |      | 60.65    |         |
| Pashto / Sindhi / Others |      |             |      | 56.38    |         |
| **Children/Dependents*** |      |             |      |          |         |
| None                     | 16.67| 33.33       | 41.67| 74.26    | 0.0001  |
| <3                       |      |             |      | 50.67    |         |
| >3                       |      |             |      | 11.75    |         |
| **Current Job Position/Title*** |      |             |      |          |         |
| Dean                     | 16.67| 33.33       | 41.67| 39.50    | 0.202   |
| Deputy Dean              |      |             |      | 39.00    |         |
| Director                 |      |             |      | 18.00    |         |
| Head of Department       |      |             |      | 46.80    |         |
| Professor                |      |             |      | 88.33    |         |
| Associate Professor      |      |             |      | 59.74    |         |
| Assistant Professor/Lecturer |      |             |      | 69.45    |         |
| **Monthly Income (USD)*** |      |             |      |          |         |
| <1000                    | 16.67| 33.33       | 41.67| 64.34    | 0.134   |
| 1001 – 1500              |      |             |      | 61.27    |         |
| >1500                    |      |             |      | 86.73    |         |

* Mann-Whitney U Test  **Kruskal Wallis H Test

### 4. DISCUSSION

This study reveals that overall there was a high percentage of healthy respondents. Male respondents were having a better quality of life compared to female proven by the mean rank value from the statistical tests. The finding was supported by Jafari et al. and Zhang et al. [3,15]. Male had a higher quality of life in physical and emotional aspects compared to females. This is maybe due to the high amount of household tasks, commitment to family, and lack of time for...
entertainment for females [3,7,8]. Besides, Maarof et al. [16] stated in their study that female academics had a lower HRQoL compared to male academics [16]. Other factors affecting the social health domain were the type of institution, marital status, PCPs, Continuing Professional Development (CPD) courses attended, and involved in the research study.

Table 5. Comparisons of each variable for depression domain

| Participants’ characteristics | Percentiles |  Mean Rank | P-value |
|-------------------------------|-------------|------------|---------|
|                               | 25th        | 50th (Median) | 75th    |   |
| Institution*                 |             |             |         |   |
| Private university            | 20.00       | 30.00       | 40.00   | 44.65 | 0.0001 |
| Public university             |             |             |         | 81.78 |         |
| Gender*                       |             |             |         |   |
| Male                          | 20.00       | 30.00       | 40.00   | 53.04 | 0.0001 |
| Female                        |             |             |         | 76.51 |         |
| Age (Years)*                  |             |             |         |   |
| <35                           | 20.00       | 30.00       | 40.00   | 68.99 | 0.202  |
| >35                           |             |             |         | 60.58 |         |
| Marital Status*               |             |             |         |   |
| Single                        | 20.00       | 30.00       | 40.00   | 69.74 | 0.375  |
| Married                       |             |             |         | 63.54 |         |
| Years of Experience*          |             |             |         |   |
| <10                           | 20.00       | 30.00       | 40.00   | 73.04 | 0.0001 |
| >10                           |             |             |         | 47.90 |         |
| PCPs*                         |             |             |         |   |
| Yes                           | 20.00       | 30.00       | 40.00   | 73.63 | 0.0001 |
| No                            |             |             |         | 42.56 |         |
| Advanced training/            |             |             |         |   |
| Credentialing/Certification received* |   |         |   |
| Yes                           | 20.00       | 30.00       | 40.00   | 68.31 | 0.438  |
| No                            |             |             |         | 63.24 |         |
| Continuing Professional       |             |             |         |   |
| Development (CPD) attended*   |             |             |         |   |
| <3                            | 20.00       | 30.00       | 40.00   | 75.98 | 0.002  |
| >3                            |             |             |         | 55.95 |         |
| Years of working in current setting* |       |         |   |
| <3                            | 20.00       | 30.00       | 40.00   | 64.00 | 0.559  |
| >3                            |             |             |         | 67.90 |         |
| Involve in administration/managerial job* |   |         |   |
| Yes                           | 20.00       | 30.00       | 40.00   | 42.91 | 0.0001 |
| No                            |             |             |         | 75.90 |         |
| Involve in any research study* |             |             |         |   |
| Yes                           | 20.00       | 30.00       | 40.00   | 53.96 | 0.0001 |
| No                            |             |             |         | 79.39 |         |
| Perform counseling for other health care allies* |   |         |   |
| Yes                           | 20.00       | 30.00       | 40.00   | 67.25 | 0.523  |
| No                            |             |             |         |       |         |
| Perform any clinical services (part-time practice, health screening)* |       |         |   |
| Yes                           | 20.00       | 30.00       | 40.00   | 70.88 | 0.237  |
| No                            |             |             |         | 62.75 |         |
| School/College/Faculty/Department** |       |         |   |
| Pharmacy                      | 20.00       | 30.00       | 40.00   | 56.93 | 0.013  |
The anxiety domain showed significant association among numerous demographic factors i.e. the type of institution, no of children/dependents, years of experience, PCPs, CPD courses attended, involvement in administration and research, age, and mother tongue. The finding was consistent with the result reported by Salahuddin et al. [7], there was a significant difference in respondents’ race [7]. Pashto respondents tend to experience higher anxiety level which could be related to a minimum association in their workplace when compared to other races because they were the minority group [7]. From this study, married respondents were having a better quality of life compared to single respondents. Studies showed that marital status was not always a negative factor, happy marriages and supportive spouse lead to a successful and less stressful life [2]. Senioruniversity academics have a higher quality of life compared to junioruniversity academics and this is supported by the study done by Salahuddin et al. [7]. The respondents who were 40 years old and above experienced the lowest level of stress maybe because they were already comfortable and happy with their jobs [7]. According to Darmody et al. [17], as they got older and their career progressed, the satisfaction level increased which ultimately reflected in their HRQoL [17].

Depression domain is mainly linked to the level of psychological factors. Khurshid et al. [18] observed that public university academics experienced a lower level of stress compared to academics from a private university which is a similar finding in this study [18]. The different amount of workload and job complexity between private and public universities may lead to a different level of quality of life experienced by university academics [8]. Excessive work hours and deficiency of sleep can lead to depression and also impaired emotional interactions with family members and friends. The consequences of such depression result in frustration, compromised performance, and deteriorated interpersonal relationships at work and home [11]. Subsequently, these will negatively affect the quality of life. The working environment also plays an important role in overall HRQoL. Opposite to our findings, some studies concluded that private universities usually have a better
working environment and facilities which may affect the quality of life of their academics [9].

According to a study done on the faculty members of University Stanford, there were significant differences observed in the distribution of times spent at the workplace [19]. Apart from that, they also had a different proportion of workloads which can affect their HRQoL [16]. Jafari et al. [3] stated that there was a statistically significant difference observed between males and females in all of the domains [3]. Besides, there was also a significant difference observed in anxiety and depression domains for the institution type, no of children/dependent, CPD courses attended, duration of work, involvement in an administration job, performing clinical services, and age.

5. CONCLUSION

From the results, it can be concluded that there was a strong association between the socioeconomic and demographic factors of the social, anxiety, and depression domains with the HRQoL of the healthcare university academics. These socioeconomic and demographic factors i.e. gender, age, years of experience, marital status and academic positions, facilities and resources, salary, and support from senior management are directly related to the HRQoL of healthcare academics.

6. LIMITATION AND RECOMMENDATION

One of the limitations of this study was that this study only conducted in an urban area. Hence, the results of this study may not represent the academics of all universities in the country. Further study is needed to determine the factors associated with the health-related quality of life since this study only focuses on university academics. A larger sample size may improve the accuracy and generalizability of the results. As the DUKE health profile questionnaire is a quite lengthy but useful tool to study HRQoL, and in this study, only three domains were reported, which is another limitation of the study.

CONSENT

University academics from medical and health-related colleges, schools, faculties, or departments who gave written consent were included in the study.

ETHICAL APPROVAL

It is not applicable.

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COMPETING INTERESTS

Authors have declared that no competing interests exist.

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