Quality of Life Perception on University Students: Comparative Study between Men and Women

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Abstract

The objective of this paper is to analyze the differences upon the quality of life on students from the Autonomous University of Coahuila, Mexico. The change on the different social structures impacts on the way of living of the people and primarily, the life of the students that each day face different situations to resolve to have more certainty and wellness. The research is quantitative, transversal, with the use of descriptive statistics to analyze the data, and the t test for independent samples. The sample was composed of 174 university students, 37% men and 63% women; the selection was through the simple random sampling, without replacement and with equal probability. The most relevant results allow saying that there are significant differences between the quality of life on men and women, with variables related with self-perception of physical activity, emotional wellness and scholar satisfaction.

Key Words: Quality of life, Self-perception of physical health, emotional wellness, scholar satisfaction and university students

1. Introduction

Quality of life as a topic has been on the public agenda since much years ago. The governments have been interested on the people´s quality of life and there have been some research about this topic from different angles, on ill people, or on health people, considering objective or subjective factors. This study analyzed subjective variables, factors like self-perception of physical health, emotional wellness, scholar satisfaction and interpersonal relationships as quality of life components. The young university people are a population that has to be study and understood, because they are on a life time in which they get exposed to different risk, provoked by behavior like alcohol ingesting, cigarettes and toxic substances, besides they face addictions like internet, which reflects on more sedentary behavior, less physical activity and therefore they have a risk for obesity. There is a latent problematic on the Quality of Life of the young university ones, because a lot of students do not take care of their life style, and therefore they have a behavior that put them on risk. When the young people perceived themselves healthy, they do not generate conscious about the consequences of their actions.

1.1 Objective perspective of Quality of life

Making a review about the studies that are based on an analysis of the quality of life from an objective perspective, the next researches can be highlighted: Ureña Bonilla made a study on Costa Rica with scholar people, and he established that: the girls, boys and young ones have accomplished a protocol in which they were evaluated in an anthropometric way, also, they completed some questionnaires related to the sedentary behavior and the quality of life.

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It was concluded that there are not significant relations between the global quality of life index, overweight-obesity and sedentary behavior, although anthropometric parameters as the grease percentage and the body weight showed significant correlations with the sedentary behavior and the specific domain of the construct of quality of life. Ureña Bonilla, Araya Ramírez, Sánchez Ureña, Salas Cabrera, & Blanco Romero, (2010).

On the other hand, some researchers have been studied quality of life on teenagers, like the case of Urzúa M, Avendaño H, Díaz C y Checura D, (2010) whose made a study to measure the quality of life and the risk food conducts on the pre-teenagers. It was found on this research, that the concern about the weight control and the body image are related to a less quality of life on pre-teenagers, particularly on the dimensions of physical wellness, bullying, scholar context, emotional status and cheer up, self-perception, autonomy and economic resources.

At the same time another study on young teenagers, concluded that the average score on the conditions of living index, was higher on the women, and it gets higher if the socioeconomic level increases and it decrease if the age was increased in one year. The results showed the need of doing review on the life conditions of the teenagers, especially on those most depressed zones. (Grisales R & Arbeláez M, 2008) Likewise, Ramos Juarez (2011) made a study about the perception of the quality of life related with the health of young adults, from 20 to 39 years old, and found that the physical and mental dimensions are affected on people younger than 40 years old, whom integrate a huge part of the economically active population, that through both physical and mental health measurements, reveal a generic indicator of the perception of quality of life related with health. A 30 % perceived their actual health state worst comparing with the one they had a year ago, which says that a perception of the quality of life state is not good.

1.2 Subjective perspective of Quality of Life

Several researches have analyzed the quality of life on sick people, or on a terminal phase, however there are researchers (Diener, 1994, Argyle, 1992, Veenhoven, 1994) that analyze the quality of life on healthy people, like one dimension of their subjective wellness, and they define it like how the people think and feel about it in their lives, and the conclusions they get when they evaluate their existence. Therefore the next studies base their analysis of the quality of life from a subjective perspective or from a wellness perspective: A study made by Cardona & Agudelo B. , (2007) about the quality of life from the personal satisfaction as a component of the quality of life on adults from the city of Medellin, allowed to conclude that the quality of life on this population refers to personal, economical, physical living place conditions and social security topics.

A similar study made by Gomez, De posada, Barrera y Eduardo (2007) looked for the predictor factors of the subjective wellness, on a Colombian sample. It evaluated the subjective wellness and its prediction from self-efficacy and the satisfaction with some of the life domains (for example, health, affective relationships, and job). It was concluded that for the subjective wellness, the objectives conditions have a very strong importance, but they aren´t the decisive factor. The objective conditions look, effectively, the impact of the subjective wellness from motivational and cognitive variables.

On the study made by Moyando and Ramos (2007), it was evaluated the subjective wellness through its cognitive components (general satisfaction and by dominions) and affective (happiness), and to analyze its relation with socio-demographic variables. This research allowed concluding that people are satisfied with their lives, being the family as their principal source of happiness. It was found that married people found their selves happier and more satisfied than the single ones, and that the younger people have less level of happiness and satisfaction than the older people. About the health general and physical self-evaluation, there were no differences between men and women, however, woman present a more negative evaluation than man about their mental health. Neither man nor woman would stop working outside their house if they could do it. Last, it was found a significant direct relation between happiness, self-evaluation of health and vital satisfaction.

Also, Loera Malvaez, Balcazar Nava, Trejo Gonzalez, Gurrola Peña and Bonlla Muñoz (2008) looked for obtain an adapted scale to the local conditions and for a specific population. On this study was found that the Psychological Wellness scale was an optimal indicator about the relationship that the subject has with himself (self-acceptance) and his environment (interpersonal relationships). Durán, Castillo and Viodel R. (2009) worked on the differences upon the quality of life on university students. The results of this research allowed concluding that there are differences on the quality of life on women about their health state, general way of living and studying.

On the case of the male students, both groups have similar perception about their health, general life, sexual life, family, fun, wellness and privacy. The perception of the third year students is better on their mate, physical condition and money than the first year students.

This study search to describe the differences of sex on the self-perceived health and the quality of life related with health, on the childhood and the adolescence in Spain. Comparing results between studies that used different measurement instruments; and to analyze the influence of the socio-demographic factors and the declared mobility on the perceived health and the quality of life related with health from the sex perspective. It was found that the answer proportion was variable between the studies. Women presented greater odds ratio than man to perceive worst general, physical and emotional health, but less than the scholar aspect. The global score on general health was of 1, 28 on girls and 2, 17 on women. It was conclude that being a women condition twice the probabilities of perceiving worst health and the quality of life related with the health on the physical and emotional aspects than the boys. (Velez Gallaraga, Lopez Aguila, & Rajmil (2009).

A research was done on Cartagena, Colombia about the general wellness of the students, where the principal objective was to analyze the predictor factors related of the teenager wellness. It was designed an analytic study, with traversal questionnaire, and a probabilistic sample of teenager students matriculated on public and private colleges, The students answered in a single and anonymous form a questionnaire that searched about self-esteem, religiosity and general wellness (depressive symptoms and familiar function). With this research it was concluded that the predictors that are significant associated to the general wellness of the teenagers were having high self-esteem, high religiosity and functional family. Gomez Bustamante & Cogollo (2010).

This study analyzed some of the several indicators of wellness, with the objective of studying the optimism and the social support influence on a similar o different way on each one of them. It was a traversal research with a convenience sample composed by 477 people between 18 and 66 years old. It evaluated components of wellness: satisfaction on specific areas like mate, job, studies, health and leisure; vital satisfaction; positive emotions; negative emotions and psychological adjust. The social optimism was measured with the Reviewed Vital Orientation Test (LOTR). The results guarantee the importance of optimism and the social support on the subjective wellness indicators. The optimism have close relations with the indicators of the wellness that the social support, being more related to the vital satisfaction, depression and the psychological adjust that the satisfaction on specific domain. Marrero Quevedo & Carvalleira Abella (2010).

The mental health and the psychological wellness of the students that have recently integrated to the university are essential for a good development on this stage of their life. This exploratory study was elaborated on the region of the North Highs on the state of Jalisco, Mexico, with freshmen students of the University center of the lakes. With a total of 243 students that answered the questionnaires where they report to be healthy individuals, although with some risk behaviors like the lack of sports or sleeping. The principal conclusions are around the psychological wellness, subjective or material, they considerate from moderated to high, reporting scores slightly lower on the academic wellness. Perez Padilla, Ponce Rojo, Hernandez Contreras, & Marqueza Muñoz (2010).Taking the satisfaction with life, the psychological wellness and the social wellness as indicators of mental health, Keves (2005), made an empirical study with the objective of exploring on the wellness levels of the university students of the city of Buenos Aires. On the more important conclusions in this research was that the young students present appropriate levels of vital satisfaction and psychological wellness, although a change is produced on the perception of the social wellness. It highlights an important deficit on the perception of progress and social change, on the belief that the society controls its destiny, knows where it goes and makes intentionally the horizon where it wants to arrive in the future; on its capacity to produce wellness. Zubieta & Delfino (2010).

Arita Watanbe (2011) analyzed the wellness and directed the discussion of the need to integrate a quality of life as an axis of her study, and as the sustainable development, recognizing the need of the analysis of wellness from the people´s own perception and the sustainability. This research search to identify the psychosocial predictive factors of the subjective quality of life, on a group of 60 people between ages of 19 and 57 years, from both sex, including on the high counselor program for the social and economic reintegration of people and groups rose on weapons in Colombia. It was used an Optimism/Pessimism Questionnaire to evaluate the trend, optimistic or pessimistic, and, to evaluate the quality of life, it used combined strategies:

The analog Scale of Subjective Quality of Life to evaluate satisfaction and wellness. It was found that the variables of perceived health, optimism, educational level, religious beliefs, objective quality of life, and kind of demobilization, time of demobilization and years of permanence on the armed group at the border of the law are associated to better levels of quality of life perceived. Velasco Salamanca & Londoño Pérez (2011)

In this sense, the subjective wellness can be understood as the balance of the positive, negative affections and the general evaluation of life that a person experiments, it is affected by the daily experiences and by the made of sociocultural construction that tell us what has to make them feel good and happy. The objective of this study was to know the subjective profile of wellness and the effect that has on living on a determined city, the sex and the educational level. There were applied 346 questionnaires EMMBSAR on the cities of Leon, Irapuato and Celaya. This research found differences according to the residence city, sex and educational level on the subjective wellness. The social aspect, characteristically of the cities, being women and having less levels of education are determinants that affect the index of subjective wellness. Bivian Castro, Garcia Campos, & Felipe (2011).

The objective of the present study was to examine the relation between the subjective wellness and the familiar satisfaction on teenagers, from the positive psychological perspective. The sample (N=580) was composed of high school students ages between 15 and 19 years old, whom answered on the Multidimensional Scale for the Measurement of the subjective wellness of Angunas-Plata and Reyes Lagunes (2000) and (2001), the Scale of Satisfaction with life aspects based on Diener, Emmons, Larse and Grifin (1985) and the Satisfaction with Family Life Scale. From the results, it was found that the familiar satisfaction was positively correlated with several components of the satisfaction with life and the positive affection, while it was made in a negative way with the components of negative affection. Luna Bernal, LacaArocena, & Mejía Ceballos (2011).

Hernandez Sánchez & Forero Bulla (2011) made a qualitative study through focal groups, semi-structure interviews. All levels students participated and teachers from the university, their election was made by convenience. The objective of this study was to identify the conceptions and the perceptions related with health, quality of life, corporal human movement, physical activity, and its determinants, on the academic community from the Health University of Santander. This research allowed concluding that the conceptions and perceptions are consequences of academic learnings, and/or as a part of the participant's experiences, whom are conscious of the physical activity importance for the health, they recognize the absence of actions, product of personal and institutional factors, but at the same time they are purposing.

The objective of this research was to determine the factors that are related with the quality of life and satisfaction on students of the Nursery area on the University of Concepcion, on Chile, year 2009. The sample was composed by 228 students. The results show good levels and very good quality of life and satisfaction (90.4%), and discrimination of the academic community (37.7%). The bivariate analysis showed the statistic significant relation between quality of life and satisfaction and variables like: academic success, student roles, social relationships and familiar support. It was found that there are academic factors and extra-academic on the quality of life and satisfaction in the students. The variables student roles, presented inverse relation to the one that was expected, where the group with multi-roles presented better quality of life and satisfaction. Barraza & Ortiz Moreira (2012).

The principal objective of this study was to analyze the relationship between the emotional intelligence and the personal wellness and its possible prediction of the academic performance. The participants were 166 students of the last cycle of primary, between 9 and 12 years. To evaluate emotional intelligence, the Trait Meta-Mood Scale was used, for the personal wellness, the Eudemon Scale was applied and the general happiness item. The results showed the existence of significant correlations between wellness and emotional intelligence, and the same between academic performance and wellness, not likewise between emotional intelligence and academic performance. Also, the multiple regression analysis shows a regression line where the only predictor for a medium note is the wellness.

According to Estupiñan Aponte & Vela Corea (2012) analyzed the quality of life, perceived by the university students that are mothers at the same time. This was a compressive phenomenological hermeneutic study. It used life stories and interviews with 34 students, between 19 and 24 years old, who were or are teen mothers. From the qualitative analysis, there were triangulated the speeches to establish the relation between practice and the social phenomenon studied.

It was found that the university as a social support net is perceived negatively; the mothers feel rejection and under consideration, their economic situation is hard. On occasions they feel alone and experiment an affective hole. The lack on the physical health, the stress and depression make the emotional health to also be affected; generally they have difficulty to eat and sleep.

The educative backwardness, the lack of jobs and the consequent economic need are fundamental reasons to the young ones to accept the migration as an individual and familiar strategy to improve their quality of life. On this sense, Mercado Salgado and Nava Rogel (2013), studied the quality of life and the expectations of the rural young ones to go to the northeast of the United States from the Estado de Mexico. It was a quantitative research, descriptive and traversal, with a non-probabilistic sample (n=496) of young ones. Characterizing the quality of life of the young ones, the eight dimensions that have an improvement opportunity, the more positive qualified were the physical component and the development of daily activities; the more urgent to attend are the expectations of improvement-lack of job opportunities- and the environment. This research concludes that improving the quality of life of the young rural people, the expectations for migration will decrease, and the equality between man and woman will increase.

With this research, they search to determine the relation between the subjective wellness level and the stress facing styles on teenagers and young people from Colima, Mexico. 436 students participated on this study, between 15 and 24 years old. The Facing Mode of Lazarus and Folkman scale (adapted version of Sandin & Chorot 2003), and the multidimensional scale for the measurement of subjective wellness. This research, found that teenager man and woman keep a higher score of subjective wellness than the young subjects, and that the more used facing style is the responsibility acceptance, while the less used was the run away and the avoiding. At the same time, it was concluded that there is a relation between the subjective wellness and the facing stress styles on teenagers and young subjects. Verdugo Lucero et.al. (2013).

On the other hand, another study search to examine the relations between the physical self-concept, health perception, and vital satisfaction, on a sample of teenagers. 1648 teenagers participated in the study on the city of Malaga (España), between ages of 14 and 16 years. This study found from the correlation and lineal regression analysis, made by a connection between the variables in this study, highlighting the dimension of physical attraction and health perception as the ones that have a major relation with the vital satisfaction, on the total sample and in function of the sex. On the contrary, the complementary measurement of the general self-concept, that includes the physical activity, also has a notable relation with the vital satisfaction, but with more focus on girls than in boys Videra Garcia & Reigal Garrido (2013).

The objective of this study was to identify variables that offer subjective quality of life to the university students, It used a sample of 91 participants, whom applied a questionnaire, which results showed that the subjective quality of life factor was influenced by variables that register the satisfaction on areas such as family, social aspects, economic wellness, personal development, self-image and recreate activities. On the value plane, the sociability and friends index was composed with the factor mentioned before. The identified quality of life model was integrated with familiar, personal, social and economic factors of the environment. Banda Castro & Morales Zamorano (2012).

Results

The descriptive analysis was processed with the centrality, dispersion and distribution measurements for the questions from the scholar satisfaction set of the student quality of life questionnaire. The minimum and maximum scores were from 0 to 10.

Most of the students were characterized by doing homework on internet, using social media and to prefer expositive classes, the mean value was of 5.17. According to the skewness values from the 10 variables of the set, it was observed that three of them have negative values, like doing homework on internet, using social media and expositive classes. Which says that there is a trend answer to the higher scores on the scale? And on the rest of the variables, it was observed a positive skewness, which says that there is a data orientation to the lower scores on the scale.

About the kurtosis, the variables, of uncared homework and the low participation on team work presented values greater than a 0.50 and with a positive sign, which classifies them as leptocurtic, which at the same time shows homogeneity and few dispersion between the answers. It was observed that on six variables there are values grater tan -0.50, which shows a very dispersed distribution and classifies them as platicurtic.

Table 1: Descriptive statistics on the dimension Scholar Satisfaction

Variable	B	Med	Mo	DE	S	K.
Making homework looking juston internet because is the easier way	5.17	5.00	5	2.910	-.325	-.903
Using social media as a resource of learning	5.14	5.00	5	3.012	-.091	-.940
That your teachers spend most of the class time talking	4.56	5.00	5	2.866	-.021	-.888
Working in team with other classmates	4.34	5.00	5	3.006	.173	-.888
Present an exam without studying	3.72	3.00	0	3.271	.413	-1.023
Copy and paste just to accomplish your homework	2.92	3.00	0	2.941	.617	-.736
Always turn your homework out of time	2.46	0.00	0	3.142	1.032	-.174
Having uncertainty and not having clear goals to your future	2.45	1.50	0	2.910	.966	-.257
Making homework just to accomplish without taking care in what you turn in	1.93	1.00	0	2.633	1.467	1.460
Being the one who works the least on a team	1.52	0.00	0	2.426	1.688	2.086

Note: B *= Mean, Med.= Median., Mo.=Mode, DE= Standard Deviation, S= Skewness, K= Kurtosis*

About the Emotional Self-perception of the students, it can be characterized by the personal overcoming; the importance of life and happiness, the value of the mean was of 8.84. According to the values of the skewness, on the 9 variables that composed the set, was observed that all of them are on the negative values, which says that there is a clear answer trend to the lower scores of the scale. On the other side, the kurtosis shows all the variables presented scores greater than 0.50, and with a positive sign, which classifies them as leptocurtic and it shows homogeneity or few dispersion between the answers.

Table 2: Descriptive statistics from the dimension of Emotional Self-Perception

Variable	B	Med	Mo	DE	S	K
That you can go on in front to the adversities of the life	8.84	10.00	10	2.104	-2.680	7.677
That life is the most important thing for you	8.75	10.00	10	2.118	-2.372	5.926
Happiness to gathering around with your friends	8.70	10.00	10	2.305	-2.285	5.039
Achievement satisfaction	8.67	9.00	10	1.971	-2.117	5.060
Tranquilityforbeingalive	8.62	10.00	10	2.248	-2.203	4.771
Personal security	8.25	9.00	10	2.035	-1.703	3.482
That you are responsable for everything that happens to you	8.17	9.00	10	2.078	-1.516	2.408
Iniciative to work by your own	8.10	8.00	10	2.020	-1.300	2.070
Mood to work or to do something	7.79	8.00	10	2.307	-1.096	.767

Note: B *= Mean, Med.= Median., Mo.=Mode, DE= Stándar Deviation, S= Skewness, K= Kurtosis*

About the Physical Activity, the students get characterized by walking and having enough energy, the mean value was of 7.55. According to the skewnees values, the 12 variables that composed the set, 9 of them have negative values, which means that there is a trend to the higher scores on the scale, this variables are walking, enough energy, vitality, moderated physical activity, beauty exercise, strength, running and free time exercise. The rest of the variables have a positive skewness which means an orientation to the lower data on the scale.

About the kurtosis, the variables of walking to go from a place to another, and enough energy, presented values greater than -0.50 and with a positive sign, with that they get classified as leptocurtic, which shoes homogeneity. It was observed that on 10 variables the values were greater than -0.50 which shows a disperse distribution, classifying them as platicurtic.

Tabla 3: *Descriptive Statistics from the dimension Physical Activity*

Variable	B	Med	Mo	DE	S	K
You walk without agitating serious blocks	7.55	9.00	10	3.085	-1.317	.686
You feel enough energy to accomplish your work	7.41	8.00	10	2.515	-1.084	.806
Enough vitality to make exercise	6.51	8.00	10	3.475	-.723	-.780
Making moderated physical activity	5.92	7.00	10	3.889	-.450	-1.373
Making physical exercise to take care of your body	5.70	7.00	10	3.774	-.380	-1.388
To carry heavy objects with no difficulty	5.58	6.00	10	3.652	-.340	-1.271
Doing moderated physical exercise	5.18	5.00	0	4.049	-.167	-1.631
To run for along time without getting exhausted	4.98	5.00	0	3.510	-.154	-1.347
To look for exercise on your free time	4.87	5.00	0	3.891	-.070	-1.551
To practice sports where you compete	4.32	4.00	0	4.256	.233	-1.676
To practice a high development sport out from your free time	4.08	3.00	0	4.085	.322	-1.585
To do aerobic exercise	3.50	1.00	0	4.079	.572	-1.408

Note: B = Mean, Med.= Median., Mo.=Mode, DE= Standard Deviation, S= Skewness, K= Kurtosis

With the purpose to find the significant differences on the Scholar Satisfaction dimension, between man and woman, a t student test for independent samples was done. It showed that there are significant differences about the accomplishment of turning the homework on time, man has higher scores than woman, at the same time, it showed significant differences about team work, man has a higher mean than woman.

By these results, it can be inferred that scholar satisfaction is a component from the students wellness, because when they feel well on the school, they got a compromise with their studies, have better interpersonal relationships, and by that a better Quality of Life.

Table 4: T student analysis by independent samples by genere

Variable	Mean					S.D.		Homoscedasticity		
	M	W	t.	gl.	p.	M	W	Levene	gl.	p.
Always turn in your homework out of time	3.87	1.67	4.582	164	.000	3.65	2.51	23.105	164	.000
Being the one who works the least on the team	2.13	1.18	2.471	164	.014	2.49	2.33	2.114	164	.148
To do team work with other classmates	5.23	3.83	3.048	172	.003	2.905	2.955	.203	172	.653

Note: M=Man, W=Woman, p=probability level, S.D.=Standard Deviation, gl.= liberty grades. The level of error to reject null hypothesis was p=0.05

On the comparative analysis on the dimension of emotional wellness, it was showed some significant differences between these variables: happiness, tranquility, security achievement and satisfaction. It can be observed that woman have higher scores than man about the satisfaction with their achievements and the personal security, at the same time; women got higher scores than man on stability, tranquility and happiness. According to those results it can be affirmed that woman has a better emotional wellness than man, and it can be reflected on their overcoming behavior and more life satisfaction.

Table 5: T student analysis by independent samples by genre

Variable	Mean					S.D.		Homoscedasticity		
	M	W	t.	gl.	p.	M	W	Levene	gl.	p.
Achievement satisfaction	8.33	8.87	-1.755	170	.044	2.378	1.664	4.137	170	.044
Personal security	7.95	8.42	-1.468	171	.025	2.387	1.786	5.098	171	.025
Your life is the most important thing you have	8.27	9.04	-2.344	172	.020	2.674	1.664	15.710	172	.000
Tranquilityforbeingalive	8.02	8.97	-2.755	171	.007	2.723	1.838	8.023	171	.005
Happiness by joining with your group of friends	8.23	8.96	-2.031	172	.044	2.659	2.036	4.563	172	.034

Note: M=Man, W=Woman, p=probability level, S.D.= Standard Deviation, gl.= liberty grades. The level of error to reject null hypothesis was p=0.05

On the other hand, by comparing variables that compose the physical activity self-perception between man and woman, the results found that man have higher scores on the sport practice than woman, and at the same time on the strong and exercise variables

Table 6: T student analysis by independent samples by genre

Variable	Mean					S.D.		Homoscedasticity		
	M	W	t.	gl.	p.	M	W	Levene	gl.	p.
Did you practice sports where there a competition against classmates or teams	5.60	3.59	3.064	171	.003	3.970	4.258	3.563	171	.061
Can you carry heavy objects with no difficulty	7.13	4.69	4.446	171	.000	2.959	3.726	12.513	171	.001
Did you physically feel the vitality to do exercise	7.30	6.06	2.282	171	.024	3.176	3.572	3.775	171	.054

Note: M=Man, W=Woman, p=probability level, S.D.= Standard Deviation, gl.= liberty grades. The level of error to reject null hypothesis was p=0.05

Discussion

The quality of life of the young university people is a theme that has been studied on different countries, some researchers showed that there are subjective variables that are part of the wellness of the young ones and other studies highlight the objective variables to measure the concept of quality of life. Urzúa M y *et.al*(2010)realized an study to measure the quality of life and it was found that variables like weight control and the body image are related with a less quality of life on the pre-teenagers, on particular on the dimensions of physical wellness, bullying, scholar environment, emotional status and mood, self-perception, autonomy and economic resources.

From this information can be highlighted the existence of variables that are related with the dimensions of physical activity self-perception, emotional wellness and scholar satisfaction. On this study was found that the young university people have an interest to realize physical activity, and there were significant differences by genre, most on the men, whom showed more dedication to the sport activities, physical development and strength. Some studies about the topic conclude that there are conditions such as age, weight, genre, and social conditions that influence on the quality of life. But besides these variables, it is important to consider the emotional wellness and the satisfaction point with school, because in this last, the student spends most of his time and develops their life project.

The young university people are a population very vulnerable, because when they feel themselves healthy and with good inter-personal relationships, they exposed themselves onto a lot of situations that they do not consider as a risk for they life, for example, consuming alcohol, or sedentary behavior that put them on risk of overweight and internet dependence. The results let to conclude that women have greater emotional wellness and scholar satisfaction and men have a greater physical activity self-perception. The dimensions that characterized the quality of life of the young people are the scholar satisfaction, emotional self-perception and physical activity related with the use of internet as a search media, use of social media and preference to the teacher-directed classes, emotions such as happiness and enthusiasm to overcome their selves.

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