



THE EFFECT OF THE CORONAVIRUS 19 OUTPUT ON LIFE SATISFACTION LEVELS IN UNIVERSITY STUDENTS

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Abstract:

In this study, it was aimed to investigate the effect of the Coronavirus 19 epidemic on the life satisfaction levels of university students. The life satisfaction scale completed by a total of 530 university students was evaluated. Independent t-test, paired t-test, one-way analysis of variance, and LSD tests were used for statistical operations. Life satisfaction scores of university students did not show a statistically significant difference according to their gender, both before the epidemic and during the epidemic ($p>0.05$). Compared to the situation before the new Coronavirus 19 epidemic, life satisfaction scores during the epidemic decreased statistically significantly ($p<0.001$). During the epidemic, it was determined that life satisfaction scores changed according to sleep patterns and perception of forgiveness ($p<0.05$ and $p<0.001$). In this study, the difference in life satisfaction scores according to the level of exposure to coronavirus news in social media watching TV during the epidemic, and following coronavirus news on the internet is insignificant ($p>0.05$). Conclusion: It was concluded that the Coronavirus 19 epidemic did not show a significant difference according to gender on the life satisfaction levels of university students. However, life satisfaction levels were adversely affected during the new type of Coronavirus 19 epidemic. While sleeping patterns and reliance on their immunity were effective in this negative effect, it was seen that watching TV, following the news on the internet, and being exposed to news on social media about the epidemic were not effective. Necessary studies are recommended for university students to trust their immunity and to have good sleep patterns.

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1. Introduction

Satisfaction is the fulfillment of expectations, needs, desires, and wishes. "Satisfaction with life" is the situation or result obtained by comparing a person's expectations (what he wants) with what he has (what he has). In other words, it expresses the result obtained by comparing the expectations of the person with the real situation. Life satisfaction refers to a cognitive/judgmental process and is defined as the general evaluation of individuals' quality of life according to the criteria they choose. Life satisfaction is a cognitive component of subjective well-being and includes cognitive judgments about one's life.

Life satisfaction constitutes the cognitive/judgmental dimension of subjective well-being. The judgmental status of satisfaction is based on the comparison of the individual's circumstances with appropriate standards. It is stated that people's judgments about the extent to which they are satisfied are based on the comparison of the current situation with the standards (not imposed from outside) that the individual has set for himself. When life satisfaction is mentioned, it is understood not the satisfaction related to a particular situation, but the satisfaction in all experiences. In general, it is assumed that the greater the harmony between the individual's wishes and achievements, the more satisfaction he will get from life. Different studies have shown that individuals have high life satisfaction if expectations and needs are met, and low life satisfaction if they are not met. Life satisfaction is the degree to which a person evaluates the general quality of his life positively (Gelen et al., 2022; Kaba et al., 2018; Özer & Karabulut, 2003).

Life satisfaction is a situation or result obtained by comparing a person's expectations with what he has. Life satisfaction is an important element of a positive evaluation of one's whole life in accordance with the criteria set by oneself and comprehensive happiness. Life satisfaction is all the beliefs and evaluations of people about life or the general attitude of people about life. Life satisfaction, in general, is an individual's evaluation of the quality of his life according to the criteria he has determined. Life satisfaction is defined as the degree of positive improvement in the total quality of life. Life satisfaction is not limited to a certain area but can be defined as a positive evaluation of the whole of life. The object of life satisfaction in all areas of life (Diener et al., 1985; Gelen et al., 2022).

The components of life satisfaction are divided into six categories by Appleton and Song (2008): income level, occupation and social status of the person, opportunities and social mobility, welfare conditions, current state policy and environment, family, and social relations. Life satisfaction has a dynamic structure that can change according to one's current life conditions and personal standards. The main factors affecting life satisfaction can be listed as follows: freedom, democracy, being open-minded, being active, political stability, feeling in control of one's own life, being physically and mentally strong, being married, having good relations with family and friends, doing sports, living in a safe area, wide social circle, positive individual identity. Although it

expresses the level of satisfaction for the whole life of the person in general, studies show that the satisfaction of individuals in their work life is very important in total life. The fact that the positive evaluations of the individual's life are higher than the negative evaluations indicates that the quality of life is also higher (Gelen et al., 2022; Sürücü, 2016). Life satisfaction is associated with successful adaptation to life (Magallares et al., 2014). Life satisfaction, which covers the whole of life, is an important indicator that shows the mental health of the person. Various obstacles, difficulties, conflicts, and sudden negative changes that may occur in life may cause a decrease in life satisfaction (Gelen et al., 2022).

The detected literature reports the negative impact of the new Coronavirus 19 on the mental health of the individual. Stresses include perceived security, threat and risk of contamination, ignorance of the unknown, quarantine and imprisonment, stigma and social exclusion, as well as financial loss and job insecurity (Hamouche, 2020). There are studies stating that life satisfaction, psychological well-being, and perceived stress in university students are affected by the coronavirus process (Ermiş et al., 2022; Sekban and İmamoğlu, 2021). In studies conducted on university students, it has been determined that students have anxiety about catching Coronavirus, that their quality of life and anxiety levels change and even increase their death anxiety (Aksoy, 2021; Çebi et al., 2021; Doğan and İmamoğlu, 2022; Gelen et al., 2022; Yazıcı and İmamoğlu, 2021).

In this study, it was aimed to investigate the effect of the Coronavirus epidemic on the life satisfaction levels of university students.

2. Method

2.1 Participants

Those who filled out the questionnaire were students who had university education and those with chronic diseases were excluded. Students younger than 17 and older than 30 and students who filled in the questionnaire incompletely were excluded from the study, and a total of 530 university students' answers were evaluated. The questionnaires filled out by them were evaluated. Questionnaires were filled in with the voluntary participation of each student before the lessons.

2.2 Data Collecting

2.2.1 Life Satisfaction Scale

The scale was developed by Diener et al. (1985) to determine the life satisfaction levels of individuals. In this study, the conformity of the Life Satisfaction Scale to Turkish was used in the form made by Dağlı and Baysal (2016). The scale is a Likert-type scale consisting of a total of five questions that indicate the individual's perceptions of the quality of their living conditions and the satisfaction they get from life. In this study, scoring the statements on the scale in this system; Strongly disagree (1), Slightly agree (2), Moderately agree (3), Strongly agree (4), and strongly agree (5). The total score that can be obtained from the scale varies between 5 and 25 (Altay & Aydın-Avcı, 2009). The

lowest score is 5 and the highest is 25. A high score means that the sense of life is good (Dağlı and Baysal, 2016). It is stated that the higher the scores obtained from this scale, the better the life satisfaction. (Özkara et al., 2015). The Cronbach Alpha coefficient of the Satisfaction with Life Scale in this study data was found to be 0.78.

2.3 Statistical Analysis

The up-to-date package program was used for statistical operations (SPSS v25.00). Outliers of the obtained survey data were discarded. The Kolmogorov-Smirnov test was performed for the condition of the remaining data. According to the test, the data showed a normal distribution. As seen in the tables, pre-t-test, paired t-test, and one-way analysis of variance were performed. When differences were found because of the analysis of variance, the groups of difference were determined with the LSD test. Two significance levels were used for the significance level ($p < 0.05$ and $p < 0.001$).

3. Result

Table 1: Comparison of some anthropometric characteristics (age, height, and body weight) of university students by gender

	Sex	N	Mean	Standard Deviation	t-test
Age (year)	Male	276	21.28	2.90	0,92
	Female	254	21.12	2.30	
Height (cm)	Male	276	177.86	6.24	20,14**
	Female	254	166.17	6.25	
Body weight (kg)	Male	276	75.29	8.49	18,04**
	Female	254	59.67	9.46	

** $p < 0,001$

While the mean age of university students by gender is similar, their body weight and height are statistically different ($p < 0.001$).

Table 2: Comparison of the life satisfaction scores of the students studying at the university before the Coronavirus 19 epidemic and during the epidemic according to the gender factor

	Sex	N	Mean	Standard Deviation	t-test
Life satisfaction according to pre-epidemic situation	Male	276	16.55	4.18	-0,42
	Female	254	16.71	4.01	
Life satisfaction during the epidemic	Male	276	14.29	4.37	1,39
	Female	254	13.73	4.23	
Life satisfaction according to pre-epidemic situation		530	16.30	16.23	paired t =15,66**
Life satisfaction during the epidemic		530	13.75	14.14	

** $p < 0,001$

University students' life satisfaction scores were found to be similar according to gender ($p > 0.05$).

Table 3: Comparison of students' life satisfaction scores according to their belief in sleep patterns and immune status during the Coronavirus 19 epidemic

		N	Mean	Standard Deviation	F/LSD
Sleep state	No change in sleep state (1)	210	15.11	4.13	10,92** 2<1,3
	I sleep more (2)	235	13.09	4.10	
	I sleep less (3)	85	13.79	3.31	
State of belief in immunity	Immune strong (1)	320	14.43	4.21	5,99* 1>3
	Immunity is partially strong (2)	162	13.54	4.09	
	Immune weak (3)	48	11.50	3.31	

*p<0,05 and ** p<0,001

Life satisfaction scores were significantly different in university students according to sleep patterns and immune status during the epidemic (p<0.05 and p<0.001).

Table 4: Comparison of life satisfaction scores according to watching television and following coronavirus news on the internet during the Corona 19 epidemic and exposure to Coronavirus 19 on social media

		N	Mean	Standard Deviation	F
TV + internet	0-2 hours	387	13.97	4.11	0,83
	3-4 hours	101	13.85	4.32	
	5 hours and above	42	15.00	4.20	
Exposure on social media	Never	27	15.06	4.38	1,72
	Rarely	80	13.49	4.36	
	Sometimes	71	15.10	4.21	
	Often	313	13.95	4.31	
	Very often	39	12.80	4.14	

In university students, the change in life satisfaction scores is insignificant according to watching TV during the epidemic, following the coronavirus news on the internet, and being exposed to it on social media (p>0.05).

4. Discussion

In this study, it was determined that the average age of the participants was 21.28 years for men and 21.12 years for women. It was determined that the height and body weights of the participants were different from each other according to gender (p<0.001).

Some studies have stated that life satisfaction differs significantly according to gender (Gelen et al., 2022; Güney et al., 2021; Kaya et al., 2015; Tuzgöl-Dost, 2007). According to some studies, life satisfaction does not change according to gender (Cömert et al., 2016; Demir, 2019; Hanbay et al., 2017; Özkara et al., 2015; Özgür et al., 2010). Many studies have stated that women have higher life satisfaction levels than men (Çam & Artar, 2014; Receptoğlu, 2013). In their study, Şener and İmamoğlu (2020) did not find a significant difference between the life satisfaction scores of university students according to both the pre-epidemic situation and the situation during the epidemic process according to gender. It can be thought that the different findings obtained in the studies

may vary according to the demographic characteristics of the sample group used in the studies, such as personal, social, and cultural variables (Demir,2019). In this study, life satisfaction scores were statistically insignificant according to gender, both before the epidemic and during the epidemic ($p>0.05$).

It is stated that the absence of a social environment increases emotional deprivation (Kara et al., 2014). Sensory deprivation negatively affects life satisfaction. Şener and İmamoğlu (2020) determined in a study they conducted on university students that students' life satisfaction scores decreased during the epidemic process. In this study, life satisfaction scores during the epidemic decreased statistically significantly compared to the pre-epidemic situation ($p<0.001$). The Coronavirus epidemic has affected life satisfaction.

In a study conducted by Şener and İmamoğlu (2020) on university students, it was stated that the reliance on the immunity of the students decreased, and their sleeping patterns changed during the epidemic process. In the study of Gelen et al. (2022), it was determined that the life satisfaction scores of university students during the Coronavirus process changed according to the students' immunity perception and sleep status. In the study of Gelen et al. (2022), the life satisfaction of students increases if they trust their immunity, sleep patterns, and duration are good. In this study, life satisfaction scores changed according to sleep patterns and perception of their forgiveness ($p<0.05$ and $p<0.001$). Those who sleep more have a lower life satisfaction score than those who have no change in sleep duration and who sleep less. Those who state their immunity as strong have higher life satisfaction scores than those who state their immunity as weak.

In a study conducted by Şener and İmamoğlu (2020), on university students, following social media regarding the coronavirus process did not influence life satisfaction scores. In this study, the difference in life satisfaction scores according to the level of exposure to coronavirus news in social media watching TV during the epidemic, and following coronavirus news on the internet is insignificant ($p>0.05$).

5. Conclusion

It was concluded that the Coronavirus epidemic did not show a significant difference according to gender on the life satisfaction levels of university students. However, life satisfaction levels were adversely affected during the new type of Coronavirus 19 epidemic. While sleeping patterns and reliance on their immunity were effective in this negative effect, it was seen that watching TV, following the news on the internet, and being exposed to news on social media about the epidemic were not effective. Necessary studies are recommended for university students to trust their immunity and to have good sleep patterns.

Conflict of Interest Statement

The authors declare no conflicts of interest.

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