Quality of Life and It's Relationship with Psychological Hardiness among High School Female Students in the Governorate of Dammam in Kingdom of Saudi Arabia

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Abstract

This study aimed to find out the relationship between quality of life and psychological hardiness among high school female students, as well as finding the differences in levels of quality of life and psychological hardiness according to variables; academic and achievement level. The researcher employed the correlation descriptive approach. The study population consisted of the second and third grades high school female students in Governorate of Dammam in the kingdom of Saudi Arabia of the year (2012/2013). The study sample was selected using stratified random sampling method, and relatively represented the actual distribution of students in second and third secondary grades and the academic specialization (general scientific & Arts). The sample consisted of (474) students who represented 5% of study population (m= 17.4 years, SD= 0.85). Two tools were used; ‘Quality Of Life Scale’ that was adapted to the Arabic by Abdulkhalik (2003), which is the Arabic version of WHOQOL-BREF, and ‘Psychological Hardiness Scale’ developed by Mokhaimer (2011), the validity and reliability of the tools were tested on a pilot sample.

Results indicated a presence of high statistically significant positive correlation between the total score of Quality of Life and Psychological Hardiness, and between all dimensions and the total scores. Results also showed statistically significant differences of students estimation of their Quality of Life according to their specialization in favor of Arts students. On the other hand a statistically significant difference in Psychological Hardiness was in favor of the science students. Results further showed a significant difference in the quality of life among students according to their achievement level in favor of ‘Excellent’ and ‘Very Good’ in comparison to ‘Accepted’ level, the study also found a significant differences in Psychological Hardiness according to their achievement level in favor of ‘Excellent’ level compared to all other levels.