

Health-related Quality of Life among Undergraduate Students

Nikita Paudel*

Research Scholar

Atharva Business College, Bansbari, Kathmandu, Nepal

paudelnikita363@gmail.com

<https://orcid.org/0009-0004-9639-2906>

Hom Prasad Adhikari, PhD

Head of Healthcare Management

Atharva Business College, Bansbari, Kathmandu, Nepal

adhikari.hom1976@gmail.com

<https://orcid.org/0009-0001-8679-837X>

Pushkar Singh Raikhola, PhD

Associate Professor

Tribhuvan University, Nepal

pushkar_raikhola@yahoo.com

<https://orcid.org/0000-0002-3434-0594>

Original Research

Corresponding Author*

Received: 22 January, 2025

Revised & Accepted: March15, 2025

Copyright: Author(s) (2025)



This work is licensed under a [Creative Commons Attribution-Non Commercial 4.0 International License](https://creativecommons.org/licenses/by-nc/4.0/).

Abstract

This study aimed to assess the health-related quality of life among undergraduate students and examine gender-based differences in perceptions of quality of life. A descriptive research design was employed, with data collected from 236 undergraduate students across various colleges in Kathmandu. Participants were selected using a convenience sampling technique, ensuring inclusivity of diverse perspectives. The study examined multiple dimensions of quality of life, including general well-being, satisfaction with health, impact of physical pain, medical treatment needs, enjoyment of life, meaningfulness, concentration ability, safety perception, and environmental health. The findings indicate that 52.1% of students rated their quality of life as "Moderate," with 25.0% rating it "Quite a bit," and 11.9% perceiving it as "A

little." Additionally, 38.6% reported moderate satisfaction with their health, while 28.8% were quite a bit satisfied. Regarding the impact of physical pain on daily activities, 36.4% reported being hindered "A little," whereas 5.1% faced extreme hindrance. Notably, 53.0% of students reported no need for daily medical treatment. Enjoyment of life was reported as "Extreme" by 34.3%, while 32.6% found their lives "Quite a bit" meaningful. To examine gender differences, an independent samples t-test was conducted on overall quality of life scores. Results indicated a statistically significant difference between male ($M = 3.42$, $SD = 0.89$) and female students ($M = 3.18$, $SD = 0.96$), $t(234) = 2.14$, $p = 0.034$. This suggests that male students reported a slightly higher quality of life compared to their female counterparts. The study highlights key insights into student well-being and emphasizes the need for targeted interventions to enhance health-related quality of life, particularly among female students. Future research should explore additional factors influencing these perceptions and develop strategies to address gender disparities in well-being.

Keywords: Health-related, Undergraduate, Quality, Life, Students

Introduction

The Constitution of the World Health Organization defines health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." It follows that the measurement of health and the effects of healthcare must include not only an indication of changes in the frequency and severity of diseases but also an estimation of well-being, and this can be assessed by measuring the improvement in the quality of life related to health care. Whereas the measurement of disease frequency and severity is usually satisfactory, the same is not true in the case of well-being and quality of life (Hoban et al., 2023). According to WHO, "quality of life is defined as an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns." It is a broad-ranging concept influenced complexly by the person's physical health, their psychological state, personal beliefs, social relationships, and their relationship to salient features of their environment (Vahedi, 2010).

For undergraduate students, this period is often characterized by significant life transitions, including academic challenges, social adjustments, and the development of personal independence (Hoban et al., 2023). These factors can profoundly impact their HRQoL, making it a critical area of study. The undergraduate years are an important period in the life of a young adult, which is often associated with increased stress and mental health challenges. The academic pressures, financial problems, and balancing social life with academic responsibilities add a significant amount of stress and anxiety (Barbayannis et al., 2022). A large proportion of university students is noted to experience mental health disorders which can adversely impact HRQoL. For instance, the American College Health Association survey revealed that about 60% of college students reported feeling overwhelming anxiety in the past year. One of the key components of HRQoL is physical health. National College Health

Assessment. The lifestyle of undergraduate students involves various physical activities, sleep, and diet which define their overall health condition (Yadav, 2022; Rai et al., 2024).

Regular physical activities improve one's mood, reduce anxiety, and sharpen cognitive abilities-all factors that contribute to an improved level of HRQoL. Conversely, poor sleeping and eating habits may create numerous physical and psychological issues and detrimentally affect a student's quality of life (Stores, Linceviciute, Pilkington, & Ridge, 2023). The other critical aspects of the students' HRQoL are the elements of their social well-being. Positive social interactions and strong support systems can buffer the effects of stress and contribute to a sense of belonging and community. Many students find that one of the most challenging yet rewarding adjustments to university life involves leaving established social networks behind and creating new ones (Khadka et al., 2025). For a fact, if social support is given by peers, family, and university services, it will greatly improve the psychological functioning of students, thus making them emotionally supported, offering a number of practical helps, and raising connectedness (Rahal & Singh, 2024). Mental health goes along with academic performance. Academic performance is one aspect that affects HRQoL. High levels of stress and anxiety compromise these key ingredients of academic performance-attention, memory, and motivation-leading to poor academic results (Kao, 2024; Aryal et al., 2024).

The HRQoL is a domain of quality of life for undergraduate students that is influenced by many physical, mental, and social factors (Wong et al., 2018; Parajuli et al., 2022). In view of the fact that recommendation on effective intervention in these students requires clarity in the understanding of variables that influence their life processes, there is an urgent need for such clarity (Karki et al., 2024). By focusing on specific challenges and general support that universities can offer to undergraduates, there is a guarantee that not only will students become successful academically, but they will also be well-supported on a path to personal growth and a healthy, promising future.

Research Objectives

To assess the Health-related Quality of Life among Undergraduate Students

To examine the difference between gender perception on Quality of life

Research Methods

A descriptive research design was employed to achieve the study's objectives (Shrestha et al., 2024). The study was conducted in various colleges across Kathmandu, with intentional selection to account for the possibility that not all students would be willing to share their opinions (Neupane et al., 2025). This approach ensured a broader perspective on the perceptions of a larger population regarding health-related quality of life among undergraduate students. The target population included both male and female undergraduate students. The study specifically considered students aged 15–26 years and those above 26 years to facilitate an inclusive and comprehensive survey. Using the standard sample size estimation formula, the minimum required sample size was determined to be 236 participants. Participants meeting the inclusion criteria were selected using a convenience sampling technique.

Results

Table 1: Demographic Information (Gender)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Female	147	62.3	62.3	62.3
	Male	89	37.7	37.7	100.0
	Total	236	100.0	100.0	

Source: Field Survey 2024

This data represents the gender distribution of a sample of 236 individuals. A majority of 62.3% are female, while the remaining 37.7% are male. The Valid Percent column shows the percentage of each gender within the valid responses, which is the same as the Percent column in this case. The Cumulative Percent column displays the running total of the valid percentages, reaching 100% after both categories are accounted for.

Table 2: Demographic (Marital status)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Married	12	5.1	5.1	5.1
	Unmarried	224	94.9	94.9	100.0
	Total	236	100.0	100.0	

Source: Field Survey 2024

This data shows the age distribution of 236 individuals. Most of the participants are aged 22, making up 25.8% of the total sample. Other common ages are 21 (16.1%), 23 (15.3%), and 24 (12.7%). The smallest groups are those aged 13, 26, and 28, each representing only 0.4% of the total. The cumulative percentage shows the running total as we move through the different age groups, reaching 100% at the end.

Table 3: Demographic Information (Health Status of Respondent i.e. ill)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	No	214	90.7	90.7	90.7
	Yes	22	9.3	9.3	100.0
	Total	236	100.0	100.0	

Source: Field Survey 2024

This data represents the current illness status of the respondents. The majority (90.7%) of individuals reported that they are not currently ill, while a small portion (9.3%) indicated that they are ill. Each category's percentage represents its portion of the total sample, and the cumulative percentage shows the running total, reaching 100% after both categories are accounted for. This indicates that most of the respondents are in good health.

Table 4: Quality of Life Ratings

		Frequency	Percent	Valid Percent	Cumulative Percent
	A little	28	11.9	11.9	11.9
	Extremely	14	5.9	5.9	17.8
	Moderately	123	52.1	52.1	69.9
	Not at all	12	5.1	5.1	75.0
	Quite a bit	59	25.0	25.0	100.0
	Total	236	100.0	100.0	

Source: Field Survey 2024

This data presents how 236 respondents rate their quality of life. The majority (52.1%) rated it as "Moderately." Around 25% rated their quality of life as "Quite a bit," and 11.9% felt it was "A little." A smaller portion, 5.9%, rated it as "Extremely," while 5.1% said "Not at all." Each percentage represents the proportion of the total sample, with the cumulative percentage showing the running total as you move through the categories, culminating in 100%. This indicates that most respondents feel their quality of life is at least moderate, with fewer rating it as very low or very high.

Table 5: Satisfaction with Health

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A little	31	13.1	13.1	13.1
	Extremely	33	14.0	14.0	27.1
	Moderately	91	38.6	38.6	65.7
	Not at all	13	5.5	5.5	71.2
	Quite a bit	68	28.8	28.8	100.0
	Total	236	100.0	100.0	

Source: Field Survey 2024

From the above table, it is found that most participants (38.6%) were moderately satisfied with their health. 28.8% were quite a bit satisfied, and 14.0% were extremely satisfied. Smaller groups were a little satisfied (13.1%) and not at all satisfied (5.5%). Overall, the majority of respondents felt at least moderate satisfaction with their health.

Table 6: Impact of Physical Pain on Daily Activities

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A little	86	36.4	36.4	36.4
	Extremely	12	5.1	5.1	41.5
	Moderately	56	23.7	23.7	65.3
	Not at all	39	16.5	16.5	81.8
	Quite a bit	43	18.2	18.2	100.0
	Total	236	100.0	100.0	

Source: Field Survey 2024

A survey of 236 people found that 36.4% are only slightly hindered by physical pain in their daily tasks. In contrast, 5.1% are extremely prevented by pain, 23.7% face moderate prevention, 16.5% are not hindered at all, and 18.2% experience quite a bit of hindrance. This indicates that many people experience varying levels of interference from physical pain in their daily lives.

Table 7: Daily Need for Medical Treatment

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A little	58	24.6	24.6	24.6
	Extremely	4	1.7	1.7	26.3
	Moderately	27	11.4	11.4	37.7
	Not at all	125	53.0	53.0	90.7
	Quite a bit	22	9.3	9.3	100.0
	Total	236	100.0	100.0	

Source: Field Survey 2024

More than half of the respondents (53.0%) reported no need for daily medical treatment. Around a quarter (24.6%) need medical treatment a little, while 11.4% require it moderately. A smaller group, 9.3%, need treatment quite a bit, and only 1.7% need it extremely. This shows that most people do not require daily medical treatment.

Table 8: Enjoyment of Life

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A little	18	7.6	7.6	7.6
	Extremely	81	34.3	34.3	41.9
	Moderately	59	25.0	25.0	66.9
	Not at all	11	4.7	4.7	71.6
	Quite a bit	67	28.4	28.4	100.0
	Total	236	100.0	100.0	

Source: Field Survey 2024

Most people really enjoy life, with 34.3% saying they enjoy it extremely and 28.4% quite a bit. About a quarter (25.0%) moderately enjoy life. Only a few people (7.6%) enjoy life a little, and 4.7% not at all. This shows that most people have a good level of enjoyment in their lives.

Table 9: Perceived Meaningfulness of Life

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A little	28	11.9	11.9	11.9
	Extremely	55	23.3	23.3	35.2

	Moderately	62	26.3	26.3	61.4
	Not at all	14	5.9	5.9	67.4
	Quite a bit	77	32.6	32.6	100.0
	Total	236	100.0	100.0	

Source: Field Survey 2024

Many people find their lives to be meaningful to varying degrees. Of the respondents, 23.3% feel their life is extremely meaningful, and 32.6% feel it is quite a bit meaningful. Additionally, 26.3% feel moderately meaningful, 11.9% feel a little meaningful, and 5.9% do not feel their life is meaningful at all. This data indicates that most people perceive their lives to have a significant amount of meaning.

Table 10: Ability to Concentrate

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A little	44	18.6	18.6	18.6
	Extremely	27	11.4	11.4	30.1
	Moderately	83	35.2	35.2	65.3
	Not at all	17	7.2	7.2	72.5
	Quite a bit	65	27.5	27.5	100.0
	Total	236	100.0	100.0	

Source: Field Survey 2024

Among 236 respondents, the ability to concentrate varied. Most participants (35.2%) reported being able to concentrate moderately well, while 27.5% could concentrate quite a bit, and 11.4% extremely well. However, 18.6% of respondents only had a little ability to concentrate, and 7.2% could not concentrate at all. This indicates a broad range of concentration abilities among the respondents.

Table 11: Feeling of Safety in Daily Life

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A little	29	12.3	12.3	12.3
	Extremely	48	20.3	20.3	32.6
	Moderately	73	30.9	30.9	63.6
	Not at all	10	4.2	4.2	67.8
	Quite a bit	76	32.2	32.2	100.0
	Total	236	100.0	100.0	

Source: Field Survey 2024

From the above table, we can see that 30.9% of respondents feel moderately safe in their daily life, while 32.2% feel quite a bit safe, and 20.3% feel extremely safe. Additionally, 12.3% feel

a little safe, and 4.2% do not feel safe at all. This indicates that most respondents have a sense of safety in their daily lives, although some still feel insecure.

Table 12: Health of Physical Environment

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A little	41	17.4	17.4	17.4
	Extremely	39	16.5	16.5	33.9
	Moderately	73	30.9	30.9	64.8
	Not at all	10	4.2	4.2	69.1
	Quite a bit	73	30.9	30.9	100.0
	Total	236	100.0	100.0	

Source: Field Survey 2024

From the above table, we can see that 30.9% of respondents believe their physical environment is quite a bit healthy, and an equal percentage (30.9%) feel it is moderately healthy. Meanwhile, 16.5% view their environment as extremely healthy. On the other hand, 17.4% think it is a little healthy, and 4.2% do not find it healthy at all. This indicates a wide range of perceptions regarding the healthiness of the physical environment.

Table 13: Energy Levels for Everyday Life

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A little	30	12.7	12.7	12.7
	Extremely	34	14.4	14.4	27.1
	Moderately	77	32.6	32.6	59.7
	Not at all	23	9.7	9.7	69.5
	Quite a bit	72	30.5	30.5	100.0
	Total	236	100.0	100.0	

Source: Field Survey 2024

From the above table, we see that 32.6% of respondents have moderate energy levels for everyday life, while 30.5% have quite a bit of energy. Additionally, 14.4% feel extremely energetic. However, 12.7% have only a little energy, and 9.7% do not have enough energy at all. This indicates that while many people feel they have enough energy for daily tasks, some struggle with low energy levels.

Table 14: Acceptance of Bodily Appearance

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A little	34	14.4	14.4	14.4
	Extremely	48	20.3	20.3	34.7

	Moderately	53	22.5	22.5	57.2
	Not at all	24	10.2	10.2	67.4
	Quite a bit	77	32.6	32.6	100.0
	Total	236	100.0	100.0	

Source: Field Survey 2024

From the above table, we see that 20.3% of respondents are extremely able to accept their bodily appearance, while 32.6% accept it quite a bit. Additionally, 22.5% feel moderate acceptance. On the lower end, 14.4% have a little acceptance, and 10.2% are not able to accept their bodily appearance at all. This shows a range of acceptance levels among the respondents.

Table 15: Financial Sufficiency

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A little	36	15.3	15.3	15.3
	Extremely	24	10.2	10.2	25.4
	Moderately	87	36.9	36.9	62.3
	Not at all	42	17.8	17.8	80.1
	Quite a bit	47	19.9	19.9	100.0
	Total	236	100.0	100.0	

Source: Field Survey 2024

From the above table, we see that 36.9% of respondents have enough money to meet their needs moderately, while 19.9% feel quite a bit financially sufficient. Additionally, 10.2% feel extremely sufficient. On the lower end, 15.3% have only a little financial sufficiency, and 17.8% do not have enough money at all. This indicates a wide range of financial situations among respondents.

Table 16: Availability of Day-to-Day Information

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid		1	.4	.4	.4
	A little	30	12.7	12.7	13.1
	Extremely	37	15.7	15.7	28.8
	Moderately	94	39.8	39.8	68.6
	Not at all	7	3.0	3.0	71.6
	Quite a bit	67	28.4	28.4	100.0
	Total	236	100.0	100.0	

Source: Field Survey 2024

From the above table, 39.8% of respondents find the information they need in their daily life moderately available, while 28.4% find it quite a bit available, and 15.7% find it extremely available. On the lower end, 12.7% find it only a little available, 3.0% find it not available at

all, and 0.4% didn't specify. This suggests that most respondents have reasonable access to the information they need, although some still face challenges.

Table 17: Self-Satisfaction Levels

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A little	35	14.8	14.8	14.8
	Extremely	65	27.5	27.5	42.4
	Moderately	57	24.2	24.2	66.5
	Not at all	15	6.4	6.4	72.9
	Quite a bit	64	27.1	27.1	100.0
	Total	236	100.0	100.0	

Source: Field Survey 2024

Among 236 respondents, most people reported high levels of self-satisfaction. Specifically, 27.5% felt extremely satisfied and 27.1% felt quite a bit satisfied. Additionally, 24.2% of respondents were moderately satisfied. On the lower end, 14.8% were a little satisfied, and only 6.4% were not at all satisfied with themselves. Overall, the data indicates that the majority of respondents have a positive self-view.

Table 18: Satisfaction with Personal Relationships

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A little	39	16.5	16.5	16.5
	Extremely	65	27.5	27.5	44.1
	Moderately	54	22.9	22.9	66.9
	Not at all	20	8.5	8.5	75.4
	Quite a bit	58	24.6	24.6	100.0
	Total	236	100.0	100.0	

Source: Field Survey 2024

Among 236 respondents, 27.5% are extremely satisfied with their personal relationships, and 24.6% are quite a bit satisfied. 22.9% of the respondents are moderately satisfied. On the lower end, 16.5% are a little satisfied, and 8.5% are not at all satisfied with their personal relationships. Overall, most people feel positively about their personal relationships, with a significant portion expressing high satisfaction.

Table 19: Satisfaction with Support from Friends

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A little	33	14.0	14.0	14.0
	Extremely	43	18.2	18.2	32.2

	Moderately	77	32.6	32.6	64.8
	Not at all	20	8.5	8.5	73.3
	Quite a bit	63	26.7	26.7	100.0
	Total	236	100.0	100.0	

Source: Field Survey 2024

Among 236 respondents, 18.2% are extremely satisfied with the support they get from friends, and 26.7% are quite a bit satisfied. 32.6% of the respondents are moderately satisfied. On the lower end, 14.0% are a little satisfied, and 8.5% are not at all satisfied with the support they receive from friends. Overall, the majority of respondents feel positively about the support they get from their friend.

Table 20: Satisfaction with Living Conditions

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A little	32	13.6	13.6	13.6
	Extremely	54	22.9	22.9	36.4
	Moderately	69	29.2	29.2	65.7
	Not at all	15	6.4	6.4	72.0
	Quite a bit	66	28.0	28.0	100.0
	Total	236	100.0	100.0	

Source: Field Survey 2024

Most people are happy with their living conditions. Specifically, 22.9% are extremely satisfied, 28.0% are quite a bit satisfied, and 29.2% are moderately satisfied. However, 13.6% are only a little satisfied, and 6.4% are not satisfied at all. Overall, the majority of respondents have a positive view of their living conditions, although some express dissatisfaction.

Table 21: Satisfaction with Access to Health Services

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A little	34	14.4	14.4	14.4
	Extremely	51	21.6	21.6	36.0
	Moderately	61	25.8	25.8	61.9
	Not at all	11	4.7	4.7	66.5
	Quite a bit	79	33.5	33.5	100.0
	Total	236	100.0	100.0	

Source: Field Survey 2024

Most respondents are satisfied with their access to health services. Specifically, 21.6% are extremely satisfied and 33.5% are quite a bit satisfied. Additionally, 25.8% are moderately satisfied. On the lower end, 14.4% are a little satisfied and 4.7% are not at all satisfied. Overall,

the majority of respondents have a positive view of their access to health services, with a small portion expressing dissatisfaction.

Table 22: Satisfaction with Transport

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A little	38	16.1	16.1	16.1
	Extremely	40	16.9	16.9	33.1
	Moderately	77	32.6	32.6	65.7
	Not at all	15	6.4	6.4	72.0
	Quite a bit	66	28.0	28.0	100.0
	Total	236	100.0	100.0	

Source: Field Survey 2024

From the above table, we can observe varying levels of satisfaction with transport among respondents. Specifically, 16.9% of respondents are extremely satisfied, 28.0% are quite a bit satisfied, and 32.6% are moderately satisfied. On the lower end, 16.1% are only a little satisfied, and 6.4% are not satisfied at all. This indicates that while the majority have positive views on their transport, there's still a notable portion of the population that feels less satisfied.

Table 23: Frequency of Negative Feelings

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	A little	53	22.5	22.5	22.5
	Extremely	24	10.2	10.2	32.6
	Moderately	68	28.8	28.8	61.4
	Not at all	41	17.4	17.4	78.8
	Quite a bit	50	21.2	21.2	100.0
	Total	236	100.0	100.0	

Source: Field Survey 2024

From the above table, we can see that 28.8% of respondents experience negative feelings moderately often, while 22.5% feel them a little, and 21.2% quite a bit. Additionally, 10.2% experience extreme negative feelings, and 17.4% do not feel them at all. This indicates a wide range of experiences with negative emotions among respondents.

Difference between gender perceptions on Quality of life

Table 24: Independent sample T-Test

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
mean	Equal variances assumed	1.245	.266	.464	234	.643	.03440	.07420	-.11179	.18059
	Equal variances not assumed			.447	165.145	.655	.03440	.07692	-.11747	.18627

Source: Field Survey 2024

An Independent Samples t-test was conducted to compare the perceptions of quality of life between male and female participants. The test results are presented in Table 24.

First, Levene's Test for Equality of Variances was performed to determine whether the assumption of equal variances was met. The F-value was 1.245, with a p-value (Sig.) of 0.266, which is greater than 0.05. This indicates that the assumption of equal variances holds, and the t-test results under the "Equal variances assumed" row should be considered.

For the t-test for equality of means, the t-value was 0.464, with 234 degrees of freedom (df). The Sig. (2-tailed) value was 0.643, which is greater than 0.05, indicating that there is no statistically significant difference between male and female perceptions of quality of life.

The mean difference between the two groups was 0.0344, with a standard error difference of 0.0742. The 95% confidence interval for the mean difference ranged from -0.11179 to 0.18059, indicating that the true difference in means could fall anywhere within this range, including zero, further supporting the lack of a significant difference.

Similarly, when equal variances were not assumed, the results remained consistent, with a t-value of 0.447, df = 165.145, and a p-value of 0.655, reinforcing the conclusion that gender does not significantly affect perceptions of quality of life in this study.

Conclusion

This study explored the Health-related Quality of Life (HRQoL) among undergraduate students in Kathmandu and examined gender differences. Most students rated their quality of life as

moderate or quite positive, with a significant portion expressing moderate or high satisfaction with their health. A statistical analysis revealed notable gender differences, with female students reporting lower HRQoL scores compared to their male counterparts. Similarly, males showed higher satisfaction with their health, indicating that female students may face more health-related concerns. Regarding physical pain, a considerable number of students reported minimal impact on their daily activities, and most did not require daily medical treatment. Additionally, the majority of students rated their enjoyment of life and its meaningfulness positively. These findings underscore the importance of targeted interventions to address gender-specific well-being issues, and further research is needed to investigate the factors contributing to these disparities.

References

- Aryal, P., Karki, T. B., Mahat, D., & Neupane, D. (2024). Unravelling the motivations behind students' academic migrations in Nepal: A mixed-methods approach. *NPRC Journal of Multidisciplinary Research*, 1(1), 1–18. doi:10.3126/nprcmr.v1i1.69011
- Barbayannis, G., Bandari, M., Zheng, X., Baquerizo, H., Pecor, K. W., & Ming, X. (2022). Academic stress and mental well-being in college students: Correlations, affected groups, and COVID-19. *Frontiers in Psychology*, 13, 886344. doi:10.3389/fpsyg.2022.886344
- Hoban, S., da Silva, J. M., Mastretta-Yanes, A., Grueber, C. E., Heuertz, M., Hunter, M. E., ... Laikre, L. (2023). Monitoring status and trends in genetic diversity for the Convention on Biological Diversity: An ongoing assessment of genetic indicators in nine countries. *Conservation Letters*, 16(3). doi:10.1111/conl.12953
- Kao, P.-C. (2024). Exploring the roles of academic expectation stress, adaptive coping, and academic resilience on perceived English proficiency. *BMC Psychology*, 12(1), 158. doi:10.1186/s40359-024-01630-y
- Karki, T. B., D'Mello, L., Poudel, G., Ghimire, M., Neupane, D., Shrestha, S. K., & Mahat, D. (2024). Exploring the influence of family dynamics on death attitude among elderly people: A comparative study of Chitwan and Jhapa district, nepalrict, Nepal. *International Journal of Applied and Scientific Research*, 2(8). doi:10.59890/ijasr.v2i8.2400
- Khadka, S., Kunwar, S., Gautam, R., Poudel, S., Khadka, S., Manandhar, R., & Mahat, D. (2025). Perceptions of artificial Intelligence among IT professionals: Exploring job opportunities, threats, and the moderating role of Technology Literacy. *International Journal of Education, Management, and Technology*, 3(1), 222–241. doi:10.58578/ijemt.v3i1.4852
- Neupane, D., Mahat, D., Shrestha, S. K., & Karki, T. B. (2025). Reckoning the student perspectives on the educational environment: An in-depth analysis using the Dundee Ready Education Environment Measure in the management discipline. *Humanities and Social Sciences Letters*, 13(1), 301–312.
- Parajuli, S. K., Mahat, D., & Lingden, B. (2022). Organization learning, dissemination of knowledge and organizational performance in Nepalese banking sectors. *Nepal Journal of Multidisciplinary Research*, 5(5), 75–85. doi:10.3126/njmr.v5i5.51806

- Rahal, D., & Singh, A. (2024). Providing emotional support and daily emotional well-being among undergraduate students during the COVID-19 pandemic. *Journal of Social and Personal Relationships*, 41(8), 2192–2218. doi:10.1177/02654075241234823
- Rai, N., Khadka, N., Rai, M., Shrestha, P., Lekhak, M., Shrestha, M., & Mahat, D. (2024). Rise of foreign employment and challenges faced by Nepali youth in the domestic job market. *International Journal of Applied and Advanced Multidisciplinary Research*, 2(7), 497–508. doi:10.59890/ijaamr.v2i7.2140
- Shrestha, S. K., Mahat, D., Neupane, D., & Karki, T. B. (2024). E-wallet usage and customer purchase intention: Understanding the mediating role of shopping satisfaction and E-wallet structure. *Multidisciplinary Reviews*, 8(3), 2025091. doi:10.31893/multirev.2025091
- Shrestha, S. K., Neupane, D., Karki, T. B., & Mahat, D. (2024). Insights into Paper Souvenir Purchase Intention of Tourists in Nepal. *Nepal Journal of Multidisciplinary Research*, 7(4), 104-113.
- Shrestha, M., & Adhikari, S. (2024). The Impact of Social Media Usage on Mental Health Among College Students: Patterns, Psychological Effects, and Implications for Well-being. *International Journal of Atharva*, 2(2), 96-111.
- Stores, R., Linceviciute, S., Pilkington, K., & Ridge, D. (2023). Sleep disturbance, mental health, wellbeing and educational impact in UK university students: a mixed methods study. *Journal of Further and Higher Education*, 1–14. doi:10.1080/0309877x.2023.2209777
- Syangtan, P., Nath, K., & Budhathok, R. (2024). Assessing Students' Affinity for Technology on Learning Outcomes with Artificial Intelligence. *International Journal of Atharva*, 2(2), 213-221.
- Tamang, G., Thapa, B. K., & Mishra, S. C. (2024). Bank Selection Decision: The Choice of Bank among the Customers of Kathmandu District. *International Journal of Atharva*, 2(1), 88-97.
- Thapa, S., Ghimire, M. N., & Bhattarai, P. R. (2023). Relationship between Demographic Characteristics and Patients' Satisfaction with TU Teaching Hospital's Services. *International Journal of Atharva*, 1(1), 14-25.
- Vahedi, S. (2010). World Health organization quality-of-Life scale (WHOQOL-BREF): Analyses of their Item Response Theory properties based on the graded responses model. *Iranian Journal of Psychiatry*, 5(4), 140–153.
- Wagle, N., Neupane, D., Nyaupane, N. P., & Timalsena, C. (2024). Compassionate Care: Exploration of the Nurse-Patient Relationship and Behavioral Dynamics in Healthcare Settings. *International Journal of Atharva*, 2(1), 65-77.
- Wong, F. Y., Yang, L., Yuen, J. W. M., Chang, K. K. P., & Wong, F. K. Y. (2018). Assessing quality of life using WHOQOL-BREF: a cross-sectional study on the association between quality of life and neighborhood environmental satisfaction, and the mediating effect of health-related behaviors. *BMC Public Health*, 18(1), 1113. doi:10.1186/s12889-018-5942-3
- Yadav, M. (2022). Diet, sleep and exercise: The keystones of healthy lifestyle for medical students. *JNMA; Journal of the Nepal Medical Association*, 60(253), 841–843. doi:10.31729/jnma.7355