



# Quality of Life of First Year Students of Chiang Mai University in Academic Year 2024



**Author:** Phattharaphan Rotnim **Advisors:** Associate Professor Phisanu Chiawkhun and Dr. Pimwarat Srikummoon

Department of Statistics, Faculty of Science, Chaing Mai University

## Abstract

This study examines the quality of life among first year students of Chiang Mai University in Academic Year 2024. A questionnaire was used as a tool to collect data 306 students across 21 faculties. The results indicate that the overall quality of life is high, particularly in housing environment, learning, and social relationships,, while physical health is at a moderate level. Significant factors affecting quality of life include GPA of the first semester of 2024, family's average monthly income, student's average monthly income, and student's average monthly expenses, whereas gender and accommodation type show no significant impact.

## Introduction

Quality of life plays a crucial role in student well-being and academic performance. Although Chiang Mai University provides various support services, several factors may still influence students' living conditions. This study aims to assess the quality of life of first year students and identify key influencing factors to develop appropriate support measures.

## Objective

- To study the quality of life of first year students of Chiang Mai University in 2024.
- To compare students' quality of life based on study characteristics.

## Results

Quality of Life	Score	Interpretation
 Housing Environment	4.11	High
Social Relationships	4.02	High
Learning	4.01	High
Mental Health	3.90	High
University Services	3.79	High
Nutrition	3.67	High
Physical Health	3.48	Moderate

## Methodology



### Sample

- 306 of first year students from 21 faculties
- selected using stratified sampling

$$n = \frac{1}{v} \sum_{h=1}^L W_h S_h^2$$

### Proportional Allocation

- Used for sampling to collect data



### Research Instrument

- A questionnaire developed based on the World Health Organization (WHO) quality of life assessment tool and relevant research



### Data Collection

- Conducted through both online and offline questionnaires



### Data Analysis

- Descriptive statistics
- Non-parametric statistical tests: Comparison of Quality of Life Based on Personal Factors (Kruskal-Wallis Test, Chi-Square Test)

## Conclusion

This study found that first year students of Chiang Mai University had a high overall quality of life, particularly in housing environment, learning, and social relationships, while physical health was at a moderate level. Key factors significantly affecting quality of life included GPA for the first semester of 2024, family's average monthly income, student's average monthly income, and student's average monthly expenses.

To improve students' quality of life, the university should support health programs, encourage physical activities, and provide additional financial assistance, especially for students with limited income.

## Reference

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