

Perception of Male Medical Students about Their Quality of Life in Future

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ABSTRACT

Background: The purpose of study was to cover all the aspects which determine the quality and standards of a doctor's life in future. As hundreds of doctors are leaving Pakistan and getting settled abroad so this research is based on the factors that elucidate the specialty preferences of Pakistani medical students and various parameters that influence medical students to make the decision regarding which specialty to pursue.

Aim: To find out the perception of male medical students about their quality of life in future and to know that medical studies has any influence on their leisure activity and social life.

Study design: The study design is cross-sectional descriptive

Study setting and duration: The study was conducted at Allama Iqbal Medical College Lahore in a duration of three months from May 2014 to July 2014.

Inclusion criteria: Male M.B.B.S students of all the years of Allama Iqbal Medical College Lahore

Data Collection and analysis: 300 male medical students fulfilling the inclusion criteria were included. They were provided a structured questionnaire to fill out.

Results: Mean age of the respondents was 21.47 Standard Deviation 2.558 with minimum age of 18 and maximum age of 27. 27.67% were from 1st year, 12.33% were from 2nd year, 19.33% were from 3rd year, 19.00% were from 4th year and 21.67% were from final year. 66.67% Fathers of the students were doing job in private sector and 39.32% were Govt. employees. 73.00% students were living in hostel and 27.00% were day scholars. 63.67% were satisfied with medical field, 19.67% wanted to go in business, 13.33% wanted to go in engineering and 4.33% wanted to be a lawyer if they were given a second chance. 73.7% students wanted to do specialization, 8.00% wanted to be GP and 18.3% wanted to do CSS in future. 47.3% wanted to specialize in surgery, 29.7% in medicine, 13.3% in pediatrics and 9.7% in gynecology. 65.7% wanted to do specialization from abroad and 34.3% from Pakistan.

Conclusions: Most of the students were satisfied with their profession but one third of them wanted to adopt different profession even after M.B.B.S. Two third of the students wanted to specialize from abroad and one third from Pakistan.

Key words: Quality of life, career choice, medical life, perception of medical students,

INTRODUCTION

Education is an entity that increases awareness among the masses. Its benefits and advantages in a society are numerous which cannot be summarized shortly, but one of the important aspects of education is that it improves the quality of life of a person and of the society as a whole. Medical student's life in this regard is important to discuss since they belong to one of the finest profession in the world.

A male medical student's life is full of difficulties and problems from the word go. Factors that are reported to decrease their quality of life includes competition, non-cooperative teachers, excessive

activities, gender discrimination and medical school schedules that demand exclusive dedication. Contact with pain, death and suffering and harsh social realities influence their quality of life, as well as frustrations with the program and insecurity regarding their professional future. The scarcity of time for studying, leisure activities, relationships, and rest is among the other factors of influence. Among factors that increase quality of life are good teachers, classes with good cooperative approaches, active learning methodologies, contact with patients, and efficient time management. Students also feel that meaningful relationships with family members, friends, or teachers increase their quality of life.

Once out of the medical school and into the harsh reality of life, a male medical student feels that he has entered a world full of social dilemmas where there is no proper guidance and no one on whom one can trust if he hasn't made up his mind about what he

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is about to do. In this regard, it is important that a male medical student has a complete map in mind about what he is about to achieve in professional life. One of the important aspect in this regard is also that what a medical student feels about the standard of life in future. Some has a view that it doesn't matter whether they are serving in slums or hospitals with shiny marble floors, but for other it does matter. Some don't think that what is this profession is going to make them earn while others consider it as an important point in every decision making as it is essential they should know that from where their food is coming. There are different views of different male medical students in this regard. Some think that it will be a glorious life in which they will be living the dream of their life, while for others it seems burdensome since it involves long, hard duties. Whatever the main viewpoint be, it is in everyone's mind that since they are in health care profession, they are serving the humanity in its best way.

MATERIAL AND METHODS

This cross sectional study was conducted at Allama Iqbal Medical College Lahore during three months with a sample size of 300. Sampling technique was non probability / purposive sampling. All male MBBS students of all the year of Allama Iqbal Medical College. Female students and male medical students of Allied Sciences at Allama Iqbal Medical College were excluded. Data was entered and analyzed in SPSS version 17.0. Mean and standard deviation was calculated for numerical variables like age and father occupation and address. Frequency tabulation was done for the different questions like who made them to choose Medical life as their profession or do they enjoy their working hours.

RESULTS

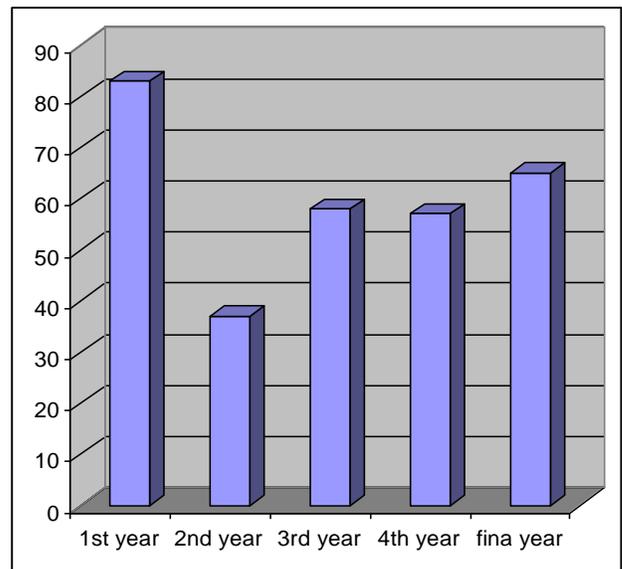
Mean age of the respondents was 21.47, Standard Deviation 2.558 with minimum age of 18 and maximum age of 27 (Table 1). 27.67% were from 1st year, 12.33% were from 2nd year, 19.33% were from 3rd year, 19.00% were from 4th year and 21.67% were from final year (Graph 1). 66.67% Fathers of the students were doing job in private sector and 39.32% were Govt. employees (Graph 2). 73% students were living in hostel and 27% were day scholars (Graph 3). 80% students said that selecting medical profession was their own choice, 62.3% wanted to choose profession other than medicine if they were provided a second chance,73.3% said that they find their life stressful,54.7% said that they enjoy their working hours, 59% said that they were able to balance the education and leisure activities,83.3% were in favor

that medical life could lead to a good quality of life,65.3% said their leisure activities were affected by medical life and 65.7% said that medical life had affected their physical activity and relationship with family (Table 2). 63.67% were satisfied with medical field, 19.67% wanted to go in business,13.33% wanted to go in engineering and 4.33% wanted to be a lawyer if they were given second chance (Graph 4). 73.7% students wanted to do specialization, 8.00% wanted to be GP and 18.3% wanted to do CSS in future (Table 3). 47.3% wanted to specialize in surgery, 29.7% in medicine, 13.3% in pediatrics and 9.7% in gynecology (Table 4). 65.7% wanted to do specialization from abroad and 34.3% from Pakistan (Table 5). 53.7% students preferred abroad to Pakistan for study purpose only and 46.3% preferred for job purpose (Table 6). 57.7% preferred to do Govt. Job if they were going to stay in Pakistan and 42.3% were willing to do private job (Table 7).

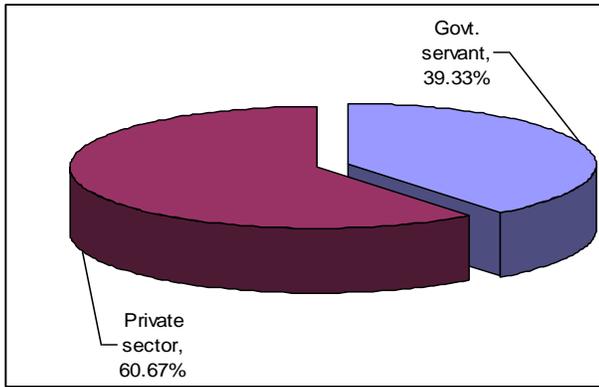
Table 1: Age of subjects Statistics

| Age of respondent | | |
|-------------------|---------|-----------------|
| N | Valid | 300 |
| | Missing | 0 |
| Mean | | 21.47 |
| Median | | 21.00 |
| Mode | | 18 ^a |
| Std. Deviation | | 2.558 |
| Minimum | | 18 |
| Maximum | | 27 |

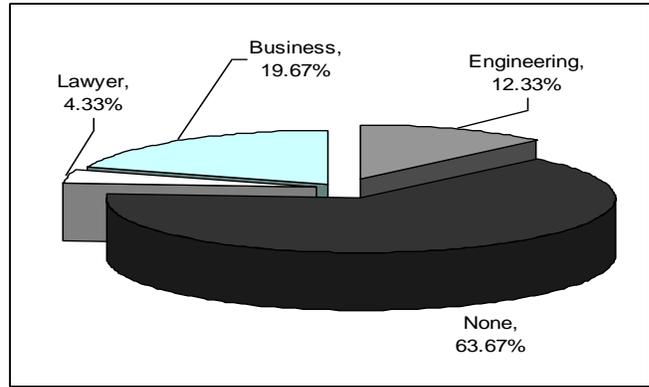
Graph 1: Medical year of respondent



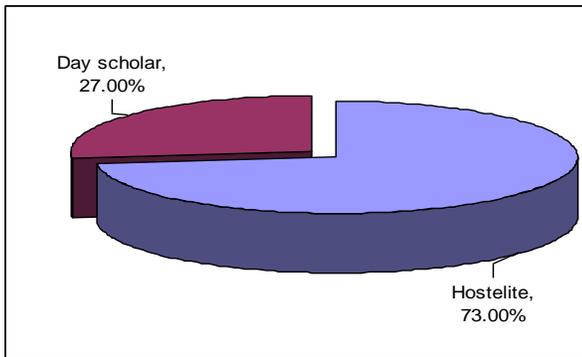
Graph 2: Father's occupation



Graph 4: Career choices other than medicine



Graph 3: Residential Status



What's your plan after M.B.B.S?

| Valid | Frequency | % | Valid % | Cumulative % |
|----------------|-----------|-------|---------|--------------|
| GP | 24 | 8.0 | 8.0 | 8.0 |
| Specialization | 221 | 73.7 | 73.7 | 81.7 |
| CSS | 55 | 18.3 | 18.3 | 100.0 |
| Total | 300 | 100.0 | 100.0 | |

Table 3: What's your plan after M.B.B.S?

| Valid | Frequency | % | Valid % | Cumulative % |
|------------|-----------|------|---------|--------------|
| Medicine | 89 | 29.7 | 29.7 | 29.7 |
| Surgery | 142 | 47.3 | 47.3 | 77.0 |
| Gynecology | 29 | 9.7 | 9.7 | 86.7 |
| Pediatrics | 40 | 13.3 | 13.3 | 100 |
| Total | 300 | 100 | 100 | |

Perception about medical carrier (yes) Frequencies

Table 2: Perception about Medical career

| | Response | % of cases |
|---|-------------|------------|
| Selecting medical profession was your own choice? | 240(13.12%) | 80% |
| Choice of Carrier other than Medicine | 187(10.2%) | 62.3% |
| Being a medical student do u find your life stressful | 220(12%) | 73.3% |
| Do you enjoy your work hours? | 164(9%) | 54.7% |
| Able to balance your education and leisure activities | 177(9.7%) | 59% |
| Do you think medical profession can lead to a good quality life | 250(13.7%) | 83.3% |
| Medical life affected your leisure activity | 196(10.7%) | 65.3% |
| Has medical life affected your relationship with family and friends | 197(10.8%) | 65.7% |
| Has medical life affected your physical activity | 197(10.8%) | 65.7% |
| Total | 1828(100%) | 609.3% |

a. Dichotomy group tabulated at value 1.

Table 4: If you want to specialize what will you prefer Where would you like to specialize from?

| Valid | Frequency | % | Valid% | Cumulative% |
|----------|-----------|-------|--------|-------------|
| Pakistan | 103 | 34.3 | 34.3 | 34.3 |
| Abroad | 197 | 65.7 | 65.7 | 100 |
| Total | 300 | 100.0 | 100.0 | |

Table 5: Where would you like to specialize from? If abroad why do you prefer abroad to Pakistan

| Valid | Frequency | % | Valid% | Cumulative% |
|-------------------|-----------|-------|--------|-------------|
| For study purpose | 161 | 53.7 | 53.7 | 53.7 |
| Job purpose | 139 | 46.3 | 46.3 | 100 |
| Total | 300 | 100.0 | 100.0 | |

Table 6: If abroad why do you prefer abroad to Pakistan

| Valid | Frequency | % | Valid% | Cumulative% |
|-------------------|-----------|-------|--------|-------------|
| For study purpose | 161 | 53.7 | 53.7 | 53.7 |
| Job purpose | 139 | 46.3 | 46.3 | 100.0 |
| Total | 300 | 100.0 | 100.0 | |

Table 7: what will you prefer if staying in Pakistan

| Valid | Frequency | % | Valid% | Cumulative% |
|-------------|-----------|-------|--------|-------------|
| Gov job | 173 | 57.7 | 57.7 | 57.7 |
| Private job | 127 | 42.3 | 42.3 | 100.0 |
| Total | 300 | 100.0 | 100.0 | |

DISCUSSION

Medical field the most captivating profession round the globe. Despite of its popularity our Research work reveals that selecting medical profession was not the choice of many students. They are doing this because their parents wanted them to do. So all the students must have free will to select their career. They must not be forced to choose a specific one .They must attend career guidance seminars so that they may know that which field suits them and in which field they may prosper. In addition to that there must be a wide range of job opportunities so that students must not leave their profession in order to seek a better job in other fields like CSS or lawyer. There must be some sort of leisure activity for medical students as they have found their daily life very stressful. Working environment must be comfortable to enjoy the working hours. Research results also revealed that majority of respondents are able to balance between the educational activities and leisure activities .Many people join the medical profession in order to earn well in future life as there is a social status stigma attached to the name of doctors that they are very rich. Most of the doctors are engaged in govt. jobs in morning timings and doing private practices in evening timings as well. This is what the research has revealed that 83.3 % people responded that they think medical profession can lead to good quality of life socially and economically. It is usually said that Medical profession is not just a morning to evening daily job drill rather it is a life style. But this life style seriously affects the leisure activities .Medical students do not enjoy many family hours, parties, and many other activities .A worth saying is that a healthy body has a healthy mind but this seems not true for medical students as the results reveal that medical students

do not have enough time for proper physical activities.

CONCLUSION

All the students must have free will to select profession of their own choice so that they might enjoy their working hours.

Medical education system and future prospects must be upgraded in Pakistan.

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