

Quality of Life and Subjective Well-Being of College Students

Abstract

Considering the expansion of higher education, increase the demands and the need to allow a full development for the student. Therefore, this study aimed to evaluate the quality of life and subjective well-being of college students. For this we used the WHOQOL-Bref Scale and Subjective Well-Being. Data analysis showed that in relation to quality of life, the domain that had the highest average (15.23) was the social relations and the worst (12.87) was the environment. As for the subjective well-being was found highest average (3.80) in the frequency of negative affect. The results indicate that it is necessary to think about prevention and health promotion and expansion of a policy to assist the student with psychosocial interventions and that reflect well in the subjective well-being and quality of life for them.

Keywords: quality of life, subjective well-being; college students.