

Life Satisfaction among Occupational Therapy Students: A Cross-Sectional Study

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Abstract: *Background:* Life satisfaction reflects students' overall well-being and academic performance. This study explores life satisfaction among occupational therapy students. *Aim:* To assess the level of life satisfaction among occupational therapy students. *Methods:* A quantitative cross-sectional study was conducted among 100 BOT and MOT students aged 18–25 years from occupational therapy colleges in Chennai. Convenient sampling was used. Satisfaction with Life Scale (SWLS) was administered. Data were analyzed using independent t-test and chi-square test. *Results:* The mean life satisfaction score was 22.19. Most students scored between 21–25, indicating slight satisfaction. No significant association was found between scores and year of study, age, or gender. *Conclusion:* Occupational therapy students demonstrated average life satisfaction levels, with no significant demographic differences.

Keywords: Life Satisfaction, Occupational Therapy Students.

INTRODUCTION

Life satisfaction is an important measure of subjective well-being, influenced by academic, social, and personal factors. This study investigates life satisfaction among occupational therapy students.

Life satisfaction among students is a multifaceted and significant area of study, reflecting the overall well-being and contentment of this demographic. As students navigate through academic, social, and personal challenges, their sense of satisfaction with life can fluctuate dramatically. Several factors contribute to life satisfaction among students, including academic performance, social relationships, mental and physical health, financial stability, and extracurricular involvement.

Graduates can pursue diverse career opportunities in clinics, schools, hospitals, rehabilitation centres, and outpatient clinics, working with individuals across the

lifespan to address various physical, cognitive, and behavioural challenges. Many also join professional organizations to access resources, networking opportunities, and continuing education programs that support their ongoing professional development. Overall, students receive comprehensive training to become skilled, compassionate professionals dedicated to enhancing their clients' independence and quality of life through meaningful engagement in everyday activities.

METHODS

Design: Cross-sectional study
Setting: Occupational Therapy Colleges in Chennai, India

Participants: 100 BOT and MOT students aged 18–25 years

Sampling: Convenient sampling
Tool: Satisfaction with Life Scale (SWLS)
Analysis: Independent t-test and Chi-square test

RESULTS

The mean life satisfaction score was 22.19. There was no significant association between life satisfaction levels and year of study, age, or gender.

TABLE 1: DEMOGRAPHIC DETAILS OF THE STUDY POPULATION WITH RESPECT TO GENDER

GENDER					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Female	52	52.0	52.0	52.0
	Male	48	48.0	48.0	100.0

	Total	100	100.0	100.0	
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The gender distribution of a sample of one hundred people is summarized in the table. It indicates 52 people, or 52.0% of the sample, were female. 48 people, or 48.0% of the sample, are male. The cumulative percentages verify that every data entry is accurate and that every member of the sample has been included

TABLE 2: STATISTICAL ANALYSIS OF LIFE SATISFACTION AMONG STUDENTS OF EACH YEAR

YEAR OF STUDY					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	BOT 1st year	25	25.0	25.0	25.0
	BOT 2nd year	22	22.0	22.0	47.0
	BOT 3rd year	17	17.0	17.0	64.0
	BOT 4th year	14	14.0	14.0	78.0
	MOT 1st year	15	15.0	15.0	93.0
	MOT 2nd year	7	7.0	7.0	100.0
	Total	100	100.0	100.0	

The table represents the distribution of students by their year of study in BOT (Bachelor of Occupational Therapy) and MOT (Master of Occupational Therapy) programs. It shows the frequency and percentage of students in each year, with the first year of BOT having the highest frequency (25%) and the second year of MOT having the lowest (7%). The cumulative percent column indicates the running total of the percentages, reaching 100% at the end.

TABLE 3: STATISTICAL ANALYSIS OF LIFE SATISFACTION AMONG STUDENTS OF EACH AGE

AGE					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	18	12	12.0	12.0	12.0
	19	15	15.0	15.0	27.0
	20	16	16.0	16.0	43.0
	21	19	19.0	19.0	62.0
	22	13	13.0	13.0	75.0
	23	8	8.0	8.0	83.0
	24	10	10.0	10.0	93.0
	25	7	7.0	7.0	100.0
	Total	100	100.0	100.0	

The table presents the age distribution of students, showing the frequency and percentage of each age group. The largest group is 21-year-olds at 19%, while the smallest group is 25-year-olds at 7%. The cumulative percent column indicates the running total, reaching 100%.

DISCUSSION

Findings indicate that occupational therapy students generally reported average life satisfaction levels. These results are consistent with prior studies showing that stress and academic demands influence student well-being.

CONCLUSION

The study highlights the need for support systems to improve occupational therapy students' life satisfaction. Higher satisfaction levels may enhance academic focus and professional development.

Limitations

The study was limited to students from a single geographical area (Chennai), restricting generalizability. Future studies should include multiple regions and larger samples.

DECLARATION: *The authors have no conflict of interest*

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