



## The Levels of Happiness and Related Factors among Medical Students of Khon Kaen University 2015

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### Oral

**Background and Objectives :** Medical students spend six years to gain their knowledge and competency to be efficient and good doctors. During this time, they need to be strenuous, endurable and adjustable which might affect their happiness. The objective of this study was to examine the levels of happiness and its related factors among the medical students, KKU 2015.

**Methods :** This study was a descriptive study. 453 medical students were recruited using a systematic sampling from a total number of 1,122. The new Thai Happiness Indicator (THI-15) was used to obtain the levels of happiness. A self-administered questionnaires were developed. SPSS version 19 was used to analyze frequency and percentage, 95% CI, Pearson's chi-square, linear by linear association, Odds ratio and AOR.

**Results :** The response rate was 94.0%. There were 85.8% of all the participating students had either happier than or equal to the general population (95%CI: 81.96, 88.92). The levels of happiness were decreasing inversely to the class. The first year medical students demonstrated the most happiness group (93.6%) whilst the sixth year medical students showed the least

happiness group (66.7%). The factors related to the levels of happiness were family relationship (AOR = 248.93, 95%CI: 12.88, 4810.41) GPA 2.51-3.00 compare to 2.01-2.50 (AOR = 43.31, 95%CI: 1.60, 1175.32) satisfaction in their own physical health (AOR = 10.75, 95%CI: 3.58, 32.29) self-desire to study medicine compare to parental-desire (AOR = 6.69, 95%CI: 1.25, 35.84) self-desire to study medicine compare to don't ไม่รู้จะเรียนอะไรดี (AOR = 4.65, 95%CI: 1.27, 17.06) prior perception of medical student's life-style (AOR = 3.51, 95%CI: 1.06, 11.59).

**Conclusion :** The majority of the participating medical students had either happier than or equal to the general population. The levels happiness were significantly related to the years studied, family relationship, GPA between 2.51-3.00, satisfaction in their own physical health, self-desire to study medicine and prior perception of medical student's life-style.

**Keywords:** Happiness, Factors related to happiness, Medical student, Faculty of Medicine, KhonKaen University

