



EDUCATION AS QUALITY LIFE INDICATOR: AN ANALYSIS OF FAR EASTERN UNIVERSITY – MANILA CLINICAL INSTRUCTORS ABOUT THE RELATION OF DEGREE ATTAINMENT TO THE ACHIEVEMENT OF QUALITY OF LIFE

(Research Article)

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Abstract

Education is defined as learning and applying knowledge and expertise that impact living circumstances. Studies have shown that education influences many aspects of a person's life; in fact, individuals who have finished their bachelor's degree have been found to have higher quality life outcomes in terms of better job probabilities, greater financial independence, and enhanced potential for employment (Eurostat, 2022). In this quantitative study, thirty-five (35) Clinical Instructors of Far Eastern University - Manila A.Y. 2023 -2024 were chosen as participants through convenience sampling. Furthermore, the study applied two (2) sources for data gathering such as the World Health Organization Quality of Life Scale Brief Version (WHOQOL-BREF), a 26-item questionnaire related to quality of life and Household, Income, and Labour Dynamics in Australia (HILDA) for education-related questions. With this, the researchers included relevant questions, which were arranged on a 5-point Likert scale. The findings of the study showed satisfactory results and revealed that education is recognized to have a significant influence on various aspects of life, including personal attributes, job security, housing, food, and psychological and social well-being. Thus, researchers recommend extensive research and case studies to investigate and help society have a comprehensive understanding of how educational attainment impacts their social network, professional choices, and mental health.

Keywords: education; quality of life; degree attainment

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1. Introduction

1.1. Background of the study

Education is a continuous process of acquiring knowledge, skills, values, and attitudes through different forms of learning (Doharey et al., 2023). It plays a vital role in an individual's development, which is necessary for professional and personal growth. Education is a necessity of a human as it equips them with knowledge and skills to contribute and help their society to progress. According to Adesemowo (2022), education is a cumulative process where our intellectual abilities, skills, and attitudes are formed. Sharma and Ankit (2023) stated that education entails changing an individual's way of living and growth. It makes a person competent in every aspect, which helps in attaining a successful career and fulfilling lifestyle. According to Anweiler et al. (2024), education is the discipline concerned with teaching and learning techniques in schools or school-like situations. It mainly refers to the structured discipline that provides knowledge and skills through methodical teaching techniques usually seen in formal educational institutions. Furthermore, education is a great asset and an effective instrument in transforming an individual's reality (Estebarez, 2019). It helps an economy thrive, fosters peace, and lessens poverty. It is also an integral part of an individual's life conditions as it has different influences that shape a person and an opportunity for advancement and innovation, better health results, and financial prospects (Edu, 2023).

Quality of life aims to improve one's positive and negative well-being (Teoli & Bhardwaj, 2023). Facets of quality of life include health (physical, mental, and spiritual), connections, social and educational status, wealth, sense of security, belongingness, and freedom. Ojobo et al. (2024) stated that quality of life is a multifaceted concept that captures the vast dimensions of an individual's well-being, socio-economic status, and emotional wellness. According to Li and Zhong (2022), quality of life has three aspects: objective living conditions, subjective perceptions, and personal values. Of these three, only two domains are mostly studied, as personal significance is mainly integrated into the subjective domain. The objective domain of quality of life focuses on observable living conditions, such as an individual's income and educational level (Sączewska-Piotrowska, 2023). In addition, objective quality of life is also centered on the person's life circumstances, such as employment status, housing, and objective measures of health and functioning status (Audenhove et al., 2021). On the other hand, the subjective domain is centered on the individual's level of satisfaction, happiness, and subjective evaluations of physical, mental, and social health.

Studies have shown that one's quality of life is highly connected to their degree of attainment (Edgerton et al., 2012, as cited by Ching et al., 2021). People who have completed their bachelor's degree have better work prospects, increased income, and improved career opportunities (Eurostat, 2022). In addition, Psychreg and Tobin (2023) stated that education improves an individual's quality of life by enabling them to land highly competent work. Degree attainment ensures job security, enhances marketability, increases earning potential, and contributes to financial stability, translating into a higher quality of life. In the Philippines, one of the persisting problems of families in marginalized areas is the significant negative effect of poverty on student enrollment and completion rates (Alampay & Garcia, 2019). The Department of Education's recent data in 2023 indicates that the 2023-2024 school year saw 22,381,555 enrollees from public and private schools, state universities, and local universities. The NCR ranked third in the number of enrollees, with 2,468,170 students registered for that period. However, these figures do not necessarily reflect graduation rates. According to PSA (2023), the graduation rate in the Philippines stands at only 61%, meaning that only three out of five fourth-year students graduate within a year, and the overall completion rate for the higher education system is approximately 30%. Nevertheless, despite the challenges, students in the Philippines continue to persevere in their pursuit of education, which is becoming increasingly luxurious.

It should be mentioned that, because of the various events that have occurred in the Philippines, Filipinos' quality of life has undoubtedly been impacted, just as during the pandemic. Years later, everything has changed. Filipinos stated that their quality of life had increased over the previous 12 months. According to a Social Weather Stations (SWS) poll conducted from June 28 to July 1, 2023, 33% of Filipinos claimed an enhancement in their quality of life, while 22% indicated a decline (Laqui, 2023).

Given that 33% of Filipinos claimed to develop a recognized change in the overall standard of their daily affairs, this does not account for the statistic that 22% argued that their lives had deteriorated extensively, and 45% believed that they had not felt any significant improvement in their lives or progress toward achieving a quality life. According to PSA's (2022) incidence report, the analysis revealed a 1.4% increase in the number of Filipinos living below the poverty line, with a monthly income of around Php 12,030 for a family of five. While there appears to be an approximate spike, approximately 5.9% of Filipinos cannot sustain and supply essentials such as food, shelter, clothes, and transportation. It stands around

19.99 million Filipinos, out of a total population of 103.8 million, continue to suffer beneath the poverty bracket (Bai, 2023).

The study titled "Education as Quality Life Indicator: An Analysis of Far Eastern University - Manila Clinical Instructors About the Relation of Degree Attainment to the Achievement of Quality Life" aims to investigate if obtaining a bachelor's degree is linked to a better quality of life. Although there have been previous studies on this topic, the researchers conducted this study to add to the existing knowledge by collecting participant data. Given the current economic situation in the country, factors such as wages, expenses, household capacity, financial stress, educational attainment, and job security are expected to impact the quality of life. The study aims to answer the following questions:

1. What is the demographic profile of the respondents?
2. Does earning a degree help in achieving satisfactory results to the improvement of various aspects of life:
 - 2.1 Physical
 - 2.2 Environmental
 - 2.3 Psychological
 - 2.3. Social
3. How does educational attainment influence the achievement of quality life?

1.2. Scope and Limitations

The study will be conducted to determine the relation of education to attaining a quality life. In addition, the researchers will formulate questions to examine the current living situation as well as the insights of the respondents regarding the impact of education on various dimensions of quality of life, including career fulfillment, financial stability, personal well-being, and overall satisfaction. Moreover, the researchers' target demographic profile is limited only to the 35 Far Eastern University - Manila Clinical Instructors under the Institute of Health Sciences and Nursing who are currently part of the Academic Year 2023-2024; this is to ensure that the data collected is exact, specific, and unbiased, allowing the researchers to draw and interpret results and conclusions. The study does not cover other faculty, institutions, and universities other than the target respondents and is limited to the institute and campus.

2. Method

2.1. *Data gathering procedures*

The researcher will use a computerized postal questionnaire as a method of gathering data. In order for the researchers to gather the data needed for this study, questionnaires in the form of Google forms will be given to the 35 available Clinical Instructors of Far Eastern University - Manila. The questions included will be based on the concept that is covered by the study. Through the use of online surveys, the researchers will be able to describe or express the respondent's perception and opinion towards the study.

2.2. *Participant characteristics*

The study's participants comprise 35 clinical instructors employed at the Institute of Health Sciences and Nursing of Far Eastern University-Manila. These individuals were selected based on their suitability to respond to the research questions, as they are expected to have a good quality of life due to their job, salary, financial capacity, and educational attainment. Instructors from other departments were not included due to time constraints. Thus, the study only focuses on clinical instructors from the Institute of Health Sciences and Nursing.

2.3. *Sampling method*

The convenience sampling method was chosen as the primary sampling method because it is practical and easy for the researcher to obtain the necessary data. According to Nikolopoulou (2023), convenience sampling is a kind of non-probability sampling that is also referred to as accidental sampling. In comparison to other sampling techniques, this approach is used for its simplicity since it entails selecting respondents that are conveniently available and reachable to the researchers, thus it is frequently used due to factors such as time constraints, cost, and other concerns. Additionally, convenience sampling is useful in obtaining perceptions and feedback from possible respondents who are already knowledgeable about the research. Therefore, the researchers will use convenience sampling to select 35 Far Eastern University- Manila Clinical Instructors in the institution in the Academic Year 2023- 2024. Within the limitation of the participants for the research study, this approach enables effective data gathering.

2.3. 1. *Measures and covariates*

The researchers will utilize the World Health Organization Quality of Life Scale Brief Version (WHOQOL-BREF), an abbreviated 26-item question that evaluates four domains of quality of life: physical, psychological, environmental and social (Vahedi, n.d.). This questionnaire was utilized and validated by Obad et al. in 2021 by conducting a study entitled "Relationship between shortage of basic life needs and quality of life of medical students in Yemen: A study utilizing validity and reliability of WHOQOL-BREF questionnaire." Also, Kalfoss et al. (2021) stated that WHOQOL-BREF is widely utilized by researchers to assess the quality of life. They also reported that validity and reliability of the said instrument is satisfactory. In addition, the Household, Income, and Labour Dynamics in Australia (HILDA) survey will also be used by the researchers to collect information about the education, economic, and personal well-being of the respondents. This particular survey was utilized by Powdthavee et al. (2019) in their study entitled "What's the good of education on our overall quality of life? A simultaneous equation model of education and life satisfaction for Australia" which garnered statistically

significant results with regards to the connection of education and quality of life. Furthermore, a 5-point Likert-scale is utilized to obtain data from the participants of the study. This scale comprises five choices for the respondents to indicate their level of agreement with the question or statement (McLeod, 2023). The table below displays the qualitative interpretation of a 5-point Likert-scale, as calculated by Nyutu et al. (2020).

Table 1. Qualitative Interpretation of Likert-scale

Variables		
Likert-Scale	Likert-Scale Interval	
	Likert-Scale	
	Description	
	Strongly Disagree	1
	Disagree	2
	Neutral	3
	Agree	4
	Strongly Agree	5
		1.00-1.80
		1.81-2.60
		2.61-3.40
		3.41-4.20
		4.20-5.00

2.3.1 Research Design

The researchers implemented a quantitative approach in this study. According to Devin (2023), quantitative research is a methodical examination of phenomena by statistical or computational methods with the goal to identify correlations between variables and forecasting results. The study's primary goal is to ascertain whether it is viable to analyze Far Eastern University - Manila Clinical Instructors' perspectives on the relationship between achieving a quality life and degree attainment. Furthermore, according to Statistics Consultation (2022), the survey method is an effective tool for quantitative research, allowing for a quick and efficient emphasis on manageable questions, as well as the ability to aggregate data to assess multiple variables at once, making it a valuable instrument for data collection. As a result, the researchers used scalable structured questionnaires/surveys to collect data that may be generalized to a larger population and used to influence critical decisions, as surveys can assist in determining how widespread a person's opinions and experiences are.

3. Results

Table 1. The Demographic Profile of Respondents in Terms of Age Groups

Variables		
	Frequency	Percentage F %
Age		
20-29	1	2.86%
30-39	15	42.86%
40-49	14	40%
50-59	5	14.29%
TOTAL:	35	100%

Table 1 depicts the age groups of the clinical instructors of Far Eastern University in the 2nd semester of the school year 2023-2024. The 30-39 age group is the most significant population among the listed age groups, constituting 42.86%. This group was followed by the 40-49 age group, comprising 14 respondents (40%). Third on the list is the 50-59 age group, comprising five respondents, equivalent to 14.29%. Lastly, there is only one respondent under the 20-29 age group, equivalent to 2.86%.

Table 2. The Demographic Profile of Respondents in Terms of Marital Status

Variables		
	Frequency F	Percentage %
Marital Status		
Single	13	37.1%
Married	22	62.9%
Widowed	0	0%
TOTAL:	35	100%

Table 2 shows the results of marital status among the clinical instructors of Far Eastern University during the 2nd semester of the school year 2023-2024. The first rank consists of 13 respondents who are single with 37.1%, second was followed by the 22 respondents who are married with 62.9%, and third consists of widowers which has 0 respondents and 0% rate. The data shows that a significant portion of clinical instructors at Far Eastern University are married, with singles forming a smaller portion; it's notable that there are no widowed respondents during this time frame.

Table 3. The Demographic Profile of Respondents in Terms of Gender

Variables	Frequency	Percentage
	F	%
Gender		
Female	19	54.3%
Male	13	37.1%
Prefer not to say	3	8.6%
TOTAL:	35	100%

Table 3 shows the results of the gender distribution among clinical instructors of Far Eastern University during the 2nd semester of the school year 2023-2024. Among the respondents, 19 are identified as female with a 54.3 %, second was followed by 13 respondents, making up 37.1% of the total that is identified as male, and third consists of 3 respondents, comprising 8.6% of the total that chose not to disclose their gender. The data indicates that among the 35 respondents there is a higher representation of females in the survey and a smaller portion of male, and a smaller portion of people choosing not to disclose their genders.

Eastern University during the 2nd semester of the school year 2023-2024. The data presented in the Table 4 indicates the highest education level completed by the respondents and option 6 which stated, "Master's Degree" received 24 votes (68.6%) and option 7 which stated "Doctorate Degree" received 9 votes (25.7%) and 2 respondents selected option 5 which is "Bachelor's Degree" (5.7%) and lastly no votes going to other options.

Table 4. The Demographic Profile of Respondents in Terms of Education Level

Variables	
Frequency	Percentage F %
Education Level	
No Schooling	0%
Elementary	0%
High School	0%
Professional/Vocational/Technical Training	0%
Bachelor's Degree	5.7%
Master's Degree	68.6%
Doctorate Degree	25.7%
TOTAL:	100%

Table 4 shows the results of annual income

the clinical instructors of Far

Table 5. The Demographic Profile of Respondents in Terms of Employment Types

Variables	Frequency	Percentage
	F	%
Employment Type		
Student	0	0%
Unemployed	0	0%
Employed	34	97.1%
Business Owner	0	0%
Other: Working and currently studying post-grad	1	2.9%
TOTAL: 35. 100%		

Table 5 shows the results of employment type among the clinical instructors of Far Eastern University during the 2nd semester of the school year 2023-2024. The table indicates that, out of the 35 respondents who answered the question about their employment type, option 5, which stated that "other: working and currently studying post-grad," received 1 vote (2.9%), and option 3, which states, "employed," received the most votes (34 votes, or 97.1%), with no votes going to the other options.

Table 6. The Demographic Profile of Respondents in Terms of Annual Income

Variables	Frequency	Percentage
	F	%
Annual Income		
Below 50,000 pesos		0%
50,001 - 100,000 pesos		8.6%
100,001 - 300,000 pesos		22.9%
Above 300,000 pesos		51.5%
Prefer not to say		17.1%
TOTAL:		100%

Table 6 shows the results of annual income among the clinical instructors of Far Eastern University during the 2nd semester of the school year 2023-2024. The data presented in *Table 6* indicates that there were two differing but identical choices. The researchers aggregated the total outcomes from both alternatives to obtain the data. 3 respondents out of 35 chose 50,001–100,000 pesos, garnering 8.6%; 100,001–300,000 pesos received 8 answers, acquiring 22.9%. Option 4, which states above 300,000 pesos, received the most answers, with 18 votes having a total of 51.5%, and six out of 35 answered "prefer not to say," receiving 17.1%. While none of the respondents opted for option 1 (below 50,000 pesos).

Table 7. The Demographic Profile of Respondents in Terms of Housing Type

Variables	Frequency	Percentage
	F	%
Housing Type		
Apartment	10	28.6%
Terraced	14	40%
Duplex	9	25.7%
Other: Condo	1	5.7%
TOTAL:	35	100%

Table 7 shows the results of housing type among the clinical instructors of Far Eastern University during the 2nd semester of the school year 2023-2024. The data collected in *Table 7* indicates that among the 35 respondent's housing types, 1 selected option 4, which states other and specifically declares condo, receiving 5.7%; 9 respondents selected option 3 (duplex), receiving 25.7%; 10 respondents selected option 1 (apartment), obtaining 28.6%; and finally, 14 out of 35 respondents selected option 2 (terraced) as well as the option 5 (townhouse) which got 1 vote as it also falls under the terraced category acquiring 40% in total, which makes it the most common option.

Table 8. The Demographic Profile of Respondents Based on their Living Arrangements Over the Past Six Months

Variables	Frequency	Percentage
	F	%
Living Arrangements		
Alone	9	25.7%
Parents	3	8.6%
Friends	0	0%
Roommate	1	2.9%
Children	4	11.4%
Partner	4	11.4%
Family	14	40%
TOTAL:	35	100%

Table 8 depicts the living arrangements over the past six months of the clinical instructors of Far Eastern University during the 2nd semester of school year 2023-2024. Most of the respondents live with their family, comprising 14 respondents (40%), while some live alone, constituting nine (25.7%). In addition, four respondents (11.4%) answered that they live with their partner, and another four (11.4%) answered that they live with their children. Only three respondents (8.6%) live with their parents.

Table 9. The Demographic Profile of Respondents Based on Current Enrollment Status

Variables	Frequency	Percentage
	F	%
Enrollment Status		
Yes	12	34.4%
No	17	48.6%
Prefer not to say	6	17.1%
TOTAL:	35	100%

Table 9 presents the current enrollment status of clinical instructors at Far Eastern University during the 2nd semester of the school year 2023-2024. Out of 35 respondents, 17 (48.6%) indicated they are still enrolled in school. This data was followed by 12 respondents (34.4%) who reported that they had already left school. The remaining six respondents (17.1%) chose not to disclose their enrollment status.

Table 10. The Demographic Profile of Respondents in Terms of Type of School Last Attended

Variables		
Type of School Last Attended		
	Frequency	Percentage F %
Government school	4	11.4%
Catholic non-government school	2	5.7%
Other non-government school	25	71.5%
Prefer not to say	4	11.4%
TOTAL:	35	100%

Table 10 shows the results of the type of school last attended among the clinical instructors of Far Eastern University during the 2nd semester of the school year 2023-2024. The table illustrates that among the 35 respondents, the majority of 25 (71.5%) attended their schooling in other non-government schools, while the remaining 4 (11.4%) attended government schools and 2 (5.7%) attended a Catholic non-government institution. The remaining 4 (11.4%) preferred not to disclose this information.

Table 11. The Demographic Profile of Respondents in Terms of Enrolled Course Study for Educational Qualification

Variables		
	Frequency	Percentage
	F	%
Enrolled Course Study for Educational Qualification		
Yes	2	82.9%
No	9	14.3%
Prefer not to say	1	2.9%
TOTAL:	3	100%
	5	

Table 11 shows the results of enrolled course study for educational qualification among the clinical instructors of Far Eastern University during the 2nd semester of the school year 2023-2024. The table illustrates that among the 35 respondents, 29 (82.9%) have spent their time enrolled in a course of study in exchange for an educational qualification while 5 (14.3%) indicated that they were not enrolled in any course studies. The remaining 1 (2.9%) preferred not to disclose this information.

Table 12. The Demographic Profile of Respondents in Terms of Acquired Qualification

Variables	Frequency	Percentage
	F	%
Acquired Qualification		
Bachelor's degree	1	2.9%
Honours Bachelor degree	0	0%
Master's degree	9	25.7%
Doctorate	23	65.7%
Prefer not to say	2	5.7%
TOTAL:	35	100%

Table 12 shows the results of acquired qualifications of the clinical instructors of Far Eastern University during the 2nd semester of the school year 2023-2024. The table illustrates that among the 35 respondents, 23 (65.7%) are/were studying for a doctorate degree, followed by 9 respondents (25.7%), identified for taking a master's degree. While 1 (2.9%) is/was studying for a bachelor's degree and 2 (5.7%) respondents chose not to disclose this information.

Table 13. Physical Aspect

Variables	Mean	Verbal Interpretation
Helps Best in Securing a Job		
Being a degree holder	4.03	<i>Agree</i>
Diligence and Perseverance	4.34	<i>Strongly Agree</i>
A job experience from a reputable company	3.66	<i>Agree</i>
Referral and connections	3.31	<i>Neutral</i>
Alumnus of a private institution	3.49	<i>Agree</i>

Table 13 presents findings from a survey conducted among respondents regarding job security. The table shows verbal interpretations of factors contributing to securing employment alongside the weighted mean scores. The results show that respondents strongly agree (4.03 weighted mean) that having a degree is instrumental in getting a job. Additionally, diligence and perseverance received high affirmation (4.34 weighted mean), indicating their importance in job acquisition. Respondents also acknowledge (3.66 weighted mean) the significance of job experience from reputable companies. However, opinions were neutral (3.31 weighted mean) regarding the role of referrals and connections in job attainment. Furthermore, being an alumnus of a private institution was perceived positively (3.49 weighted mean) as beneficial for securing employment.

Table 14. Environmental Aspect

Variables	Mean	Verbal	
Interpretation			
Education in Achieving Job Security			
Education had a major influence in my career enhancement.	4.91	<i>Strongly</i>	<i>Agree</i>
Being a degree holder provided me career opportunities.	4.85	<i>Strongly</i>	<i>Agree</i>
Exposure to education helped me develop professional skills.	4.85	<i>Strongly</i>	<i>Agree</i>
Education has broadened my intellect and knowledge.	4.85	<i>Strongly</i>	<i>Agree</i>
Education has shaped my attitude and characteristics.	4.80	<i>Strongly</i>	<i>Agree</i>
Understand and cope with pressure faced in an environment.	4.83	<i>Strongly</i>	<i>Agree</i>
Important Aspects of Life			
Having good means of transportation.	4.69	<i>Strongly</i>	<i>Agree</i>
Having good food to eat.	4.85	<i>Strongly</i>	<i>Agree</i>
Having a good house to stay in.	4.83	<i>Strongly</i>	<i>Agree</i>

The Table 14 shows the results of the respondents using the weighted mean scores and verbal interpretations regarding education in achieving job security and the important aspects of life. With a weighted mean score of 4.91, respondents strongly agree that education has a major influence on their career enhancement, indicating that it has contributed a significant amount to their educational background in their own profession. Second, with the weighted mean score of 4.85, It perceived the importance of higher education in accessing various career paths. Similarly, the respondents strongly agree with 4.85 weighted mean scores that exposure to education aids in developing professional skills and broadens their intellectual capacity and knowledge. Moreover, it shapes their attitudes and characteristics, 4.80, and enhances the ability to understand and cope with environmental pressures, 4.85. Furthermore, respondents emphasize the significance of basic life aspects such as transportation, food, and housing. Despite scoring slightly lower on the importance of transportation with a weighted mean of 4.69, respondents still strongly agree on its essential role in mobility and accessing opportunities. Conversely, the high weighted mean scores of 4.85 for the importance of having access to good food and 4.83 for the importance of having a good place to live underscore the criticality of these factors for overall well-being and quality of life.

Table 15. Psychological Aspect

Variables		
Mean Interpretation		Verbal
Psychological Health		
Had changes with weight in the last few weeks.	1.6	<i>Strongly Disagree</i>
Depressed and unhappy.	1.11	<i>Strongly Disagree</i>
Satisfied with what I have accomplished.	4.43	<i>Strongly Agree</i>
Able to use my critical and problem solving skills.	4.57	<i>Strongly Agree</i>

The Table 15 shows the results of the respondents using the weighted mean scores and verbal interpretations regarding how they rate their psychological health over the past 4 weeks. With a weighted mean of 4.57, respondents strongly agree that they are able to use their critical and problem-solving skills effectively, highlighting confidence and proficiency in addressing challenges. Second, respondents strongly agree with a mean score of 4.43 that they are satisfied with what they have accomplished, reflecting a sense of fulfillment and achievement in their endeavors. Third, respondents strongly disagree with a mean score of 1.6 regarding changes in weight in the last four weeks, suggesting a lack of satisfaction or concern regarding physical health and appearance and lastly with a mean of 1.11 respondents strongly disagree regarding their psychological health over the past 4 weeks, indicating a perceived decline in mental well-being.

Table 16. Social Aspect

Variables		
Mean Interpretation		Verbal
Social Health		
I feel left out and odd with people around me.	1.51	<i>Strongly Disagree</i>
I am bored very easily.	1.49	<i>Strongly Disagree</i>
Extremely restless and jumpy.	2.09	<i>Disagree</i>

The Table 16 shows the results of the respondents using the weighted mean scores and verbal interpretations regarding how they rate their social health over the past 4 weeks. With a mean of 2.09, the respondents disagree with this statement, indicating a relatively low level of restlessness and agitation in their social experiences. Second, the respondents strongly disagree with a mean of 1.51, with feeling left out and odd among peers, indicating a sense of inclusion and comfort in social settings.

Table 17. The following are used to determine the degree to which an individual lives a quality life:

Variables	Mean Verbal Interpretation	
Degree of Quality of Life		
Able to balance needs and wants without constraints (financial security)	4.46	<i>Strongly Agree</i>
Job satisfaction	4.37	<i>Strongly Agree</i>
Free from any health distress	4.26	<i>Strongly Agree</i>
Living in a comfortable home	4.66	<i>Strongly Agree</i>
Good connection with the society (stable relationships)	4.4	<i>Strongly Agree</i>

The results in *Table 17* showcase the respondents' overall satisfaction and well-being, with their degree determining individual quality of life. This is reflected in the high weighted mean scores of 4.46, indicating that individuals can balance their needs and wants without constraints and enjoy high financial security. The job satisfaction rate of 4.37 also shows strong agreement in this domain. Regarding health, there is an absence of distress, with the respondents reporting a weighted mean score of 4.26. Those living in comfortable homes also reported a high weighted mean score of 4.66. Lastly, the indicator of good connection with society and stable relationships garnered a high agreement and a weighted mean score of 4.4. These findings suggest that the determinants of quality of life examined in this study are closely interlinked, contributing to the respondents' sense of fulfillment and happiness.

3.1 Statistics and data analysis

The study will utilize descriptive statistics to analyze the data collected. According to Mishra et al. (2019), descriptive statistics provide short descriptions and summaries of the sample and measurement. It focuses more on describing the data (Sharma, 2019). In addition, frequency distribution will be utilized to effectively summarize the data collected. According to Mcleod (2023), displaying frequency distribution of information can be used in Likert-scale type of questions. The researchers only intend to gather the number of respondents, collect the data, tally all of the answers after the survey questionnaires are completed by the respondents, calculate the percentage based on the respective numbers from the questionnaire, calculate the mean of each question, and apply all specifications from each question. For the purpose of presenting, interpreting, and analyzing of data, the following are the statistical treatments used:

- Percentage. The percentage is used by dividing the computed item with the sample total number of respondents. The formula used in the application in this statistical treatment is:

$$P = \frac{f}{n} \times 100$$

Where:

P =	Percentage
f =	Frequency
n =	Number of respondents
100	Content value

- Frequency Distribution. A method used to reflect the number of frequencies of values. This is used to evaluate similarities and differences in data outcomes (Turney, 2023).
- Weighted mean. This statistical technique was used to determine and measure the average responses provided in the questionnaire. The formula is:

= The sum of products of F and N (f being the frequency of each weight and as the weight of each operation).

= The total number of respondents

4. Discussion

This study delves into the correlation between education and a fulfilling quality of life. Its primary objective is to investigate whether obtaining a degree result in positive outcomes and enhances various aspects of life, including physical, environmental, psychological, and social dimensions. Additionally, the study aims to examine the role of educational achievement in fostering an improved quality of life. The findings indicate that education significantly contributes to achieving a favorable quality of life. These results align with the research conducted by Bandara et al. in 2023, which highlights the critical importance of education, safety, environment, social relations, and health in sustaining a quality of life. The research findings underscore the significance of education in improving various facets of our quality of life. A satisfactory quality of life requires securing a job, considering various indicators. The findings suggest that diligence and perseverance are significant in ensuring job security among the participants. According to Datu (2021), perseverance is one of the keys to performing better and achieving significant outcomes in life. While educational attainment is crucial in acquiring knowledge and skills for job security, diligence and perseverance are essential in guaranteeing and maintaining job security. Although diligence and perseverance are critical factors contributing to job security, a study by Schudde and Bernell (2019) highlights that educational attainment is a significant predictor of economic and social success. Educational attainment correlates with employability and the ability to obtain and retain employment. Furthermore, the research suggests that being an alumna of a private educational institution and possessing job experience from reputable companies are additional indicators associated with a higher likelihood of securing employment. Williams (2022) asserts that private institutions offer superior educational opportunities, enhancing students' prospects for success in the job market.

The questionnaires used in the study measured the environmental aspect of quality of life. The questions were created from both the HILDA survey and WHOQOL-Bref. The environmental aspect of quality of life comprises various factors such as housing, transportation, career, and food. The study found that education is crucial in career advancement, opportunities, and professional skills. It also helps broaden knowledge and shape attitudes. According to Matulcikova et al. (2022), formal education leads to career development, enhancement, and job opportunities. Education is a process that helps one gain knowledge, skills, and abilities and shapes one's character (David et al., 2022). Moreover, education plays a vital role in meeting one's physiological needs, such as housing, food, and transportation, which are essential for overall well-being. Therefore, these three factors are interconnected and have a domino effect. Education is significant for career improvements, and career enhancements are essential in meeting one's necessities for living.

The psychological aspects of quality of life pertain to the respondents' perception of their psychological health over the past four weeks. The findings of the study indicate that the respondents exhibited strong critical thinking and problem-solving abilities, reflecting their determination in addressing hardships. It also shows that the respondents expressed satisfaction with their recent accomplishments leading to a sense of fulfillment. According to Plumtre (2023), people are more likely to feel satisfied and fulfilled in various aspects of their lives when their mental health is in excellent

condition. She added that people who enjoy enhanced psychological well-being are more inclined to take an active role in her community. Cognitive abilities, such as critical thinking and problem-solving, support emotional resilience, analysis, and understanding. These skills enable individuals to effectively navigate their feelings, make informed choices, and address difficulties, thereby reducing feelings of helplessness and contributing to psychological health. Therefore, fostering critical thinking and problem-solving abilities is significant for promoting emotional well-being and ultimately achieving a good quality of life.

The social aspects of quality of life pertain to the respondents' perception of their social health over the past four weeks. The study found out the respondent's social experiences, having lack of rest during hence have experience inclusion and comfort among peers. According to an article of C. Estoque et al. (2019), Felce and Perry (1995) stated that quality of life encompasses various dimensions including social well-being, which reflects the quality of an individual's social interactions, relationships, and sense of belonging within the community. Social health fosters meaningful connections, support systems and a sense of belonging, all of which enhance emotional well-being and resilience, while also offering chances for personal development and fulfillment. These factors enhance satisfaction and happiness that is essential to achieve quality of life.

5. Conclusions

Based on the comprehensive analysis of the study's findings, the following conclusions and implications can be delineated:

1. Findings among the clinical instructors of Far Eastern University in the 2nd semester of school year 2023 – 2024. The study highlights a strong correlation between education and various aspects of a better quality of life, including physical, environmental, psychological, and social aspects.
2. Second is the diligence, perseverance, and academic achievements have been identified as critical attributes that significantly influence job security and economic stability among study participants.
3. Third, the pivotal role of education in facilitating career advancements, broadening horizons, and meeting fundamental physiological needs such as housing, food, and transportation.
4. Psychological well-being was positively correlated with higher educational attainments, with respondents exhibiting critical thinking, problem-solving abilities, and emotional resilience.
5. The research resonates with prior studies, emphasizing the multifaceted significance of education alongside other determinants like safety, environmental factors, social relations, and health in determining overall quality of life.
6. The findings highlight the added advantages associated with educational experiences from private institutions and job experiences from reputable companies, underlining their role in enhancing employability and socio-economic success.
7. While educational attainment remains a cornerstone for achieving a fulfilling quality of life, the study also emphasizes the interplay of other personal attributes and external factors in shaping individual outcomes and overall well-being.
8. Therefore, investing in education and promoting lifelong learning opportunities should be prioritized as integral strategies for fostering individual prosperity, community development, and societal advancement.

6. Recommendations

The current study may be perceived as a breakthrough in analyzing the relationship between degree attainment in achieving quality life and education as a quality life indicator. Although, it is consequential to be cautious in translating the outcome of this study caused by limited sample size. Furthermore, social connections, mental health, and professional success which are considered as important aspects of life are indistinguishably associated with education. For the future studies, researchers may investigate more on abiding and deep rooted out-turns of education in the quality of life

of the masses with the use of extended case studies. As this would assist everyone to have a better grasp of comprehension on how far their social networks, professional choices, and mental health can be with the influence of education.

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Declaration of Conflicting Interests and Ethics

The authors declare no conflict of interest.

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