

A Study of Self-perceived Health Status of University Teachers

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Abstract

The main aim of this research is to study the self-perceived health status of university teachers. The specific objectives are to study the levels of self-perceived health status of university teachers, and to explore the variations in self-perceived health status according to personal factors. The quantitative research method was used to collect the required data for this study and the questionnaire survey method was used. The questionnaire about self-perceived health status was used. Three hundred and thirty university teachers participated in this study. Data analysis included descriptive statistics and an independent samples *t* test, and a One-way of analysis of variance (ANOVA). For the validity of the instrument, the advice and guidance were obtained from the nine experienced educators from Yangon University of Education, who have special knowledge and a close relationship with this area. In the pilot study, the reliability coefficient (Cronbach's alpha) of the questionnaire was 0.80. According to the findings, most of the university teachers had the moderate level of self-perceived health status. It was also found that there was a significant difference in self-perceived health status of university teachers according to age but there was no significant difference in the self-perceived health status of university teachers according to gender, qualification and position.

Keywords: Self-perceived health status, University teachers

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