

## Quality of Life as an Integral Element of Scientific Research: A Health Outcomes Perspective

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Protecting the health of the population, ensuring proper conditions for its development - the strategy of the social policy of our state. Human health is formed and supported by a set of conditions of everyday life, therefore, to ensure a healthy lifestyle, WHO recommends a comprehensive program approach, taking into account all factors affecting it. According to the definition of the WHO, health is a state of complete physical, spiritual and social well-being, and not only the absence of diseases and physical defects. A simple, highly informative and at the same time reliable method of assessing the general well-being of the population is the study of the quality of life. This method is generally accepted in international practice for assessing the state of health of the population and is an effective tool for determining medical and social needs. It can be applied to one person, a group of people and society as a whole. Taking this into account, a comprehensive study of the quality of life is the key to achieving one of the main problems that the health care system should deal with - preserving and strengthening the health of the population.

In recent years, a lot of attention has been paid to quality of life issues. Quality of life means the degree of satisfaction of human needs. In world practice, the quality of life is defined as "the individual ability to function in society, as well as a complex of physical, emotional, mental, and intellectual characteristics of a person, the degree of a person's perception of his life" (Jambon B.). According to the definition of Novik A.A. and Ionova T.I. "quality of life is an integral characteristic of a person's physiological, psychological, emotional and social functioning, which is based on his subjective perception." Based on this, the quality of life is a multi-component system, which includes a number of components (economic, psychological, social, medical, technological, environmental and others). According to WHO criteria, the following criteria are used to assess the quality of life: physical, psychological, level of independence, social life, environment and spirituality.

The main method of measuring the quality of life is a questionnaire, because there is a subjective component in its research. Questionnaires for studying the quality of life must meet a number of requirements that the MARI Institute formulated as follows: universality, reliability, high sensitivity, reproducibility, ease of use, standardization and reliability.