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NOTE PREVIEW ARTICLE

QUALITY OF LIFE OF UNDERGRADUATE STUDENTS
QUALIDADE DE VIDA DE ESTUDANTES DE GRADUAÇÃO
CALIDAD DE VIDA DE ESTUDIANTES DE GRADO

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ABSTRACT
Objectives: to evaluate the quality of life of academically active students in a university; to verify if there is an association between quality of life and depressive symptoms. *Method:* this is a quantitative cross-sectional study. Three structured, self-administered questionnaires will be applied to measure the level of quality of life and depression index among academics. The descriptive statistical analysis will be done, the Liliefors test will be used and the Student's t-test will be used. The results will be presented in the form of figures. *Expected results:* the correlation between the quality of life of undergraduate students of the university and the incidence of depressive factors with the beginning of academic life will be realized. *Descriptors*: Depression; Academic life; Quality of Life; Universities; Students; Education, Higher.

RESUMO
Objetivos: avaliar a qualidade de vida de acadêmicos regularmente ativos em uma universidade; verificar se existe associação entre qualidade de vida e sintomas depressivos. *Método*: trata-se de estudo quantitativo, tipo transversal, aplicar-se-ão três questionários estruturados, autoaplicáveis para mensurar o nível da qualidade de vida e índice de depressão entre acadêmicos. Far-se-á a análise estatística descritiva, empregar-se-á o teste Liliefors e usar-se-ão o teste t de Student. Apresentar-se-ão os resultados em forma de figuras. *Resultados esperados*: realizar-se-á a correlação entre a qualidade de vida dos estudantes dos cursos de graduação da universidade e a incidência de fatores depressivos com o início da vida acadêmica. *Descritores*: Depressão; Vida Acadêmica; Qualidade de Vida; Universidade; Estudantes; Educação Superior.

RESUMEN
Objetivos: evaluar la calidad de vida de los académicos regularmente activos en una universidad; comprobar si existe asociación entre calidad de vida y síntomas depresivos. *Método:* se trata de estudio cuantitativo, tipo transversal, se aplicarán tres cuestionarios estructurados, autoaplicables para medir el nivel de la calidad de vida e índice de depresión entre académicos. Se hará el análisis estadístico descriptivo, se empleará la prueba Liliefors y se utilizarán la prueba t de Student. Se presentarán los resultados en forma de figuras. *Resultados esperados:* se realizará la correlación entre la calidad de vida de los estudiantes de los cursos de grado de la universidad y la incidencia de factores depresivos con el inicio de la vida académica. *Descriptores*: Depresión; Vida académica; Calidad de Vida; Universidades; Estudiantes; Educación Superior.

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INTRODUCTION

The entrance into Higher Education is constituted as the realization of a dream for many people. It is added that, although it was difficult to enter because of the college entrance examination and the shortage of colleges, the number of people entering the Higher Education is increasing, sometimes realizing the dreamed superior course.[1-2]

It is known that there is currently a growing number of studies with students entering higher education, as well as the pressures that affect the student who is still in the process of transition from high school and has no idea of what are the important characteristics and necessary to assume the role of university.[3]

The profile of the young people who enter the university, although they receive support to make the transition, the weight of common pressures such as the search for identity, the weight of responsibilities and the implicit difficulties of adapting a full world of so many changes.[4]

It is imperative that further studies can be carried out to understand this universe of adaptations to be reached by young people, as well as identify the risks, the difficulties that may be contributing to the university's transition without a crisis.[5] A study such as this can be useful for the development of intervention work in the Higher Education environment, preventing other problems.

The trajectory in the formation of the professional is permeated by internal and external factors that add up and can negatively influence his academic performance and, consequently, the profile of the professional future. The teaching-learning process is stressful[6] and a source of conflict,[7] and some students have sufficient coping mechanisms, adjust and manage to take advantage of all the opportunities offered.

It is added that others, however, can not overcome these conflicts, which become a source of negative influence on their academic activities, their physical health, mental health, emotional well-being, social relations and their quality of life (QoL).[5-8] It is understood that the quality of life of students is therefore one of the items that make understand the various ways that the performance of these can be affected. It is believed that the evaluation of quality of life[9-10] is something that is a complex task because of the characteristics of subjectivity and multidimensionality, since there is no gold standard, therefore, it is essential to use a scale that is reliable. It is revealed that there are several studies that evaluate the quality of life of oncology patients, the elderly, quality of life at work, patients who undergo physiotherapy, quality of life and depression.[11-3]

OBJECTIVES

● To evaluate the quality of life of regularly active academics in a university.

● To verify if there is an association between quality of life and depressive symptoms.

METHOD

This is a quantitative cross-sectional study with the application of a validated questionnaire to measure the quality of life level and depression index among the students.

The application protocols of the Research Ethics Comittee on Human Beings (REC), as well as its submission, which will follow the recommendations of the current resolution, will be followed by the study.

One will calculate the sample quantitative, based on the university population, using the GPower program;[14] the sample selection will be performed at random, after verification of the state of bond with the institution (Federal University of Uberlândia), following the selection criteria: be 18 years of age or older and the signing of the Free and Informed Consent Term (FICT).

For data collection, three structured, self-administered questionnaires will be used to assess the characteristics of the subjects and their perception regarding their quality of life and the Depression Index.

The descriptive statistical analysis will be carried out by means of frequency for categorical variables and by mean and standard deviation for the numerical variables, for the characterization of the sociodemographic data of the participants and for calculating the floor effect and ceiling effect for the domains from WHOQOL.[11]

The Liliefors test will be used to verify the normality of distribution of the sample data and, to assess the QOL of the undergraduate students, the scores of the WHOQOL facets domains obtained by the students will be compared with the sociodemographic variables.

Student's t-test will be used to compare means and Fisher's exact test to compare proportions. The level of statistical significance in this study of $p < 0.05$ will be considered. The reliability of the WHOQOL-Bref items will be assessed by the reliability of the internal consistency, as verified by the Crombach alpha coefficient,[15] and the Statistical Package for Social Sciences program SPSS Statistics 22.0 will be used for the statistical analyzes.[16]

EXPECTED RESULTS

The aim is to identify if there is a correlation between the quality of life of undergraduate

students with the incidence of depressive factors with the beginning of academic life.

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