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Relationship between Lifestyle Factors and Quality of Life among
Adolescents

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Abstract

Lifestyle is the individual's preference of living their lives, and is the combination of social interdependence, ability to be leisure and a democracy, and ability to have its own classification. These lifestyles can be determined into four factors: Active Lifestyle, Social Lifestyle, Academic Lifestyle, and Cyber Lifestyle. While Quality of Life focuses on the positive cycles of life, and can be determined into ten dimensions: physical well-being, psychological well-being, moods and emotions, self-perception, emotion, autonomy, parent relations and home life, social support and peers, school environment, social acceptance, and financial resources. These Lifestyle Factors has a link or connection to the Quality of Life. The researchers conducted a test that can measure the Lifestyle and Quality of Life of 200 students in Bacoor, Cavite and 53 online respondents in the province of Cavite. The study found out that the Academic Lifestyle has significantly strong positive correlation to the Quality of Life, which is $r(251) = .414, p < .01$. In addition this study has determined that three out of the four Lifestyle Factors (Active Lifestyle, Social Lifestyle, and Academic Lifestyle) has a $r(251) = 0.414, p < .01$, $r(251) = .293, p < .01$, and a $r(251) = .194, p < .01$ positive correlation respectively to the Quality of Life.

Keywords: *Lifestyle, Quality of Life, Health-Related Quality of Life*



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