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## Life Satisfaction of Non-Luxembourgish and Native Luxembourgish Postgraduate Students

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- Foreign nationals living in Luxembourg, reached 46% of the Grand Duchy's total population in January 2015.
- In the last annual report of the University of Luxembourg is noted that over half of the university's students are non-Luxembourgish.
- The Luxembourgish government provides a financial aid to all university students, regardless of their socio-economic status, through the Centre for Documentation and Information on higher Education (CEDIES).
- If a foreign student is to obtain financial aid, one of the criteria dictates that either the beneficiary should have the permanent residency card or one of the parents/the partner must have been working in Luxembourg for at least 5 years.

- Life satisfaction is potentially key to the social progress and contributes to individual functioning.
- Health perceived status is has been indicated as the most notable predictor of life satisfaction.
- Other studies have pointed out that foreign and local students perceive different problems throughout their academic studies.
- In their academic journey, students are susceptible to mental health and psychological problems such as worry, because they are confronted with challenges, like make a good internship, exposure to social issues, handle finances and prepare their future career.

- (1) Does life satisfaction differ between non-Luxembourgish and native Luxembourgish postgraduate students?
- (2) How do mental health-related factors, career attitudes, and socio-economic characteristics relate to life satisfaction?
- (3) What are the associations between mental health (perceived health satisfaction, psychological quality of life, worry), perceived financial situation, career attitudes (adaptability, optimism, knowledge, planning) and life satisfaction?

# Methodology and Population

- Between 2012 and 2013, Master students who received the financial aid were contacted by post to participate at online survey
- 644 postgraduates completed the questionnaire
- Excluded from the analysis were postgraduates who :
  - were born in Luxembourg but did not have the citizenship
  - were not born in Luxembourg but had the citizenship
- The two groups which were compared consisted of:
  - foreign postgraduates who are settled in Luxembourg (not born in Luxembourg and without Luxembourgish citizenship, N=147)
  - native students (born in Luxembourg and with nationality, N=284)

# Measurement Instrument

- A single item measured *life satisfaction* (1 = not at all satisfied to 10 = very satisfied), which was our dependent variable.
  
- Other variables assessed were:
  - a. Mental health-related factors:
    1. *Self-rated health satisfaction* (single item – 1 to 5 = very satisfied)
    2. *Psychological quality of life* (6 items -1 to 5 = extremely)
    3. *Worry* (3 items – 1 to 5 = very typical of me)
  - b. Career attitudes:
    1. *Adaptability* (4 items – 1 to 5 strongly agree)
    2. *Optimism* (4 items – 1 to 5 strongly agree)
    3. *Knowledge* (3 items – 1 to 5 strongly agree)
    4. *Planning* (2 items – 1 to 5 strongly agree)
  - c. Socioeconomic characteristics : *age, sex, parents' education level (lower/equal-higher than a Bachelor degree), type of household (living alone/not alone) and perceived financial situation (1 to 6 = very good).*

- All scales were calculated on a range from 1 to 10.
- Student's t-tests and bivariate correlations were used to explore the associations between life satisfaction and the other variables.
- A multiple logistic regression was applied for each group, in which only significant variables ( $p < 0.05$ ) were introduced into the regression models.

# Results – Description of population

		<i>Non-Luxembourgish postgraduates</i>	<i>Native postgraduates</i>	p-value <sup>1</sup>
		% or Mean (SD) <sup>2</sup>	% or Mean (SD) <sup>2</sup>	
<b>Life Satisfaction [1-10]</b>		7.8 (1.57)	8.0 (1.56)	0.124
<b>Age</b>		29.3 (8.5)	26.3 (4.0)	<0.001***
<b>Sex</b>	Male	45.2	47.8	0.682
	Female	54.8	52.2	
<b>Type of household</b>	Living alone	26.9	34.1	0.152
<b>Parents' education level (≥Bachelor)</b>	Father	59.2	44.6	0.004**
	Mother	51.4	33.7	0.001**
<b>Perceived financial situation [1-10]</b>		6.3 (2.40)	7.0 (2.11)	0.004**

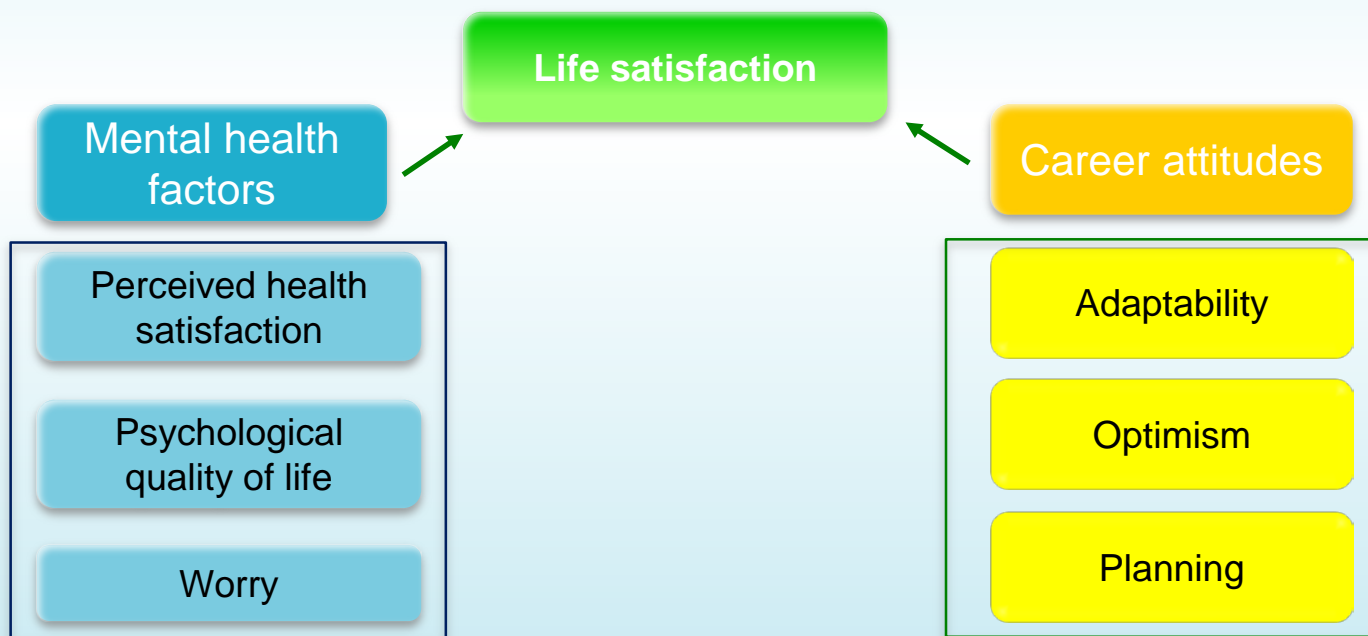


National indicator of LS for the age group 18-24 (7.8/10) and for those 25-34 years (7.7/10)

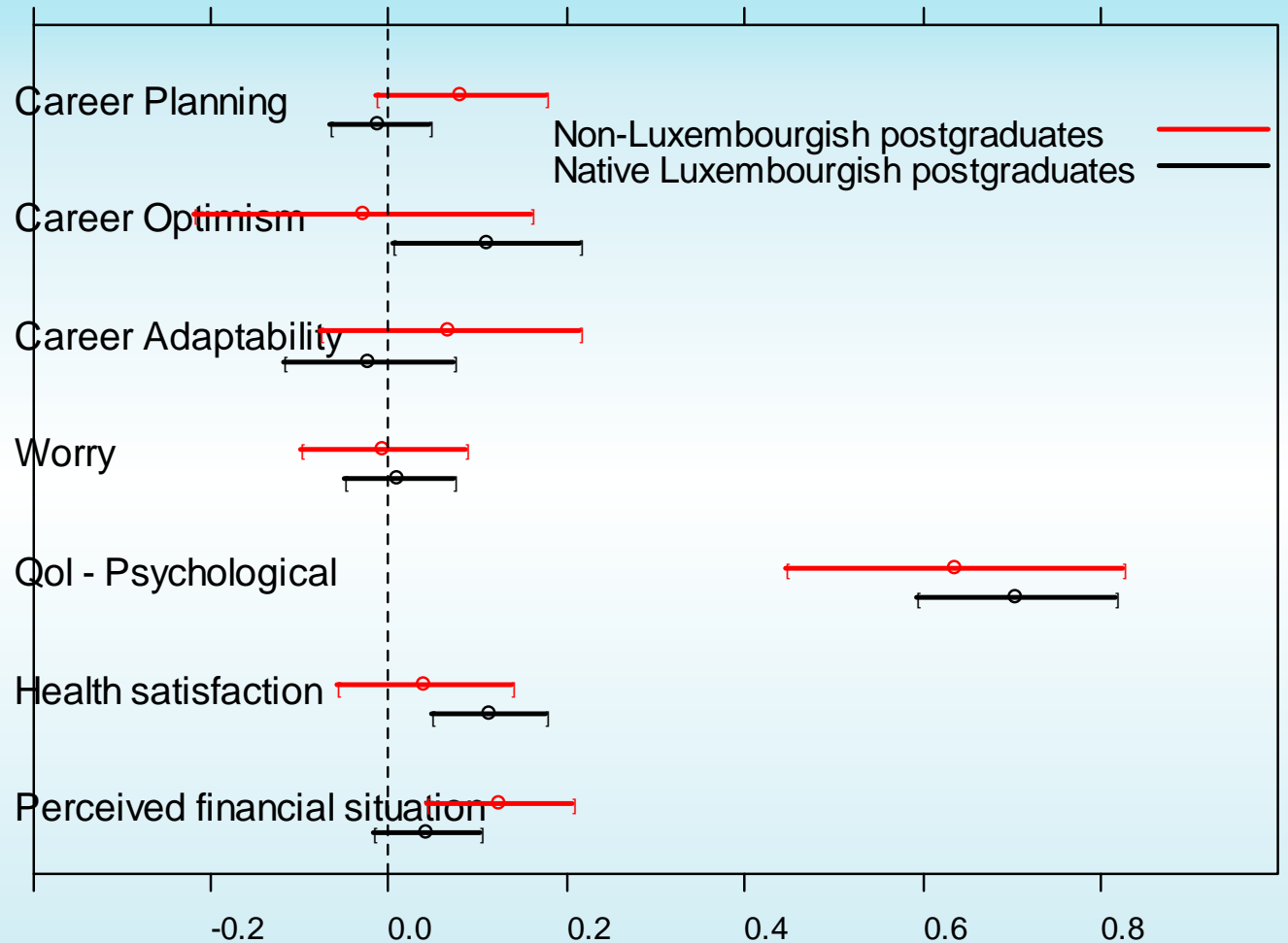


# Results – Relationships of life satisfaction

- Only for non-Luxembourgish postgraduates, father's education level was linked to life satisfaction. When their fathers had completed the tertiary education, their life satisfaction was higher.
- A positive relationship existed between the perception of financial situation and life satisfaction for the two groups.



## Career attitudes and mental health factors



Regression parameter estimates and 95%



- For both groups, psychological quality of life intervenes in their life satisfaction, which is also associated with acquisition of skills that increase employability.
- Interesting is also that for non-Luxembourgish postgraduates, father's level of education is linked to children's life satisfaction. This could be due to the fact that children, try to achieve the same level of career as their fathers or to respond to their expectations.
- Our results are in line with the “Quality of life” report, which underlines that having a good perception of one's health is associated to a better life satisfaction.

- Mental health-related factors influence life satisfaction, which help students to develop adapted behaviours about their career plans and prospects.
- Previous study, held by the two co-authors, among Master's students and graduates demonstrated that positive career attitudes are related to students' life satisfaction and those with greater career adaptability are more able to handle the stressful period than their peers, by planning their career.

Thank you for your attention !