

Relationship between the domains of the Multidimensional Students? life Satisfaction Scale, satisfaction with food-related life and happiness in university students

Relación entre los dominios de la escala multidimensional de satisfacción con la vida, sat

Schnettler, Berta

Orellana, Ligia

Lobos, Germán

Miranda, Horacio

Sepúlveda, José

Etchebarne, Soledad

Mora, Marcos

Adasme-Berríos, Cristian

Grunert, Klaus G.

© 2015, Grupo Aula Medica S.A. All rights reserved. Aim: to characterize types of university students based on satisfaction with life domains that affect eating habits, satisfaction with food-related life and subjective happiness. Materials and methods: a questionnaire was applied to a nonrandom sample of 305 students of both genders in five universities in Chile. The questionnaire included the abbreviated Multidimensional Student?s Life Satisfaction Scale (MSLSS), Satisfaction with Food-related Life Scale (SWFL) and the Subjective Happiness Scale (SHS). Eating habits, frequency of food consumption in and outside the place of residence, approximate height and weight and sociodemographic variables were measured. Results: using factor analysis, the five-domain structure of the MSLSS was confirmed with 26 of the 30 items of the abbreviated version: Family, Friends, Self, Environment and University. Using cluster analysis four types of students were distinguished that differ significantly