

# Predictors of presence of and search for meaning in life among Omani

Students during the COVID-19 pandemic

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## Background

- Presence of meaning in life (MIL):**  
Individuals' ability to comprehend their sense of self, life, and their ability to define purpose & significance in life
- Search for meaning in life:**  
Individuals' ability

## Objectives

- There is a dearth of research on Arab undergraduate students exploring the factors that predict MIL.
- This study investigated the personal and academic factors associated with the presence and search

## Methods

- Study design & Setting:**  
Cross-sectional study, at the National University of Science and Technology, Oman
- Data collection:** Self-administered online questionnaire distributed via institutional email from 1st to 30th April 2021
- Outcome measures:** The Meaning in Life Questionnaire (Presence of meaning in life subscale & Search for

## Results

- A total of 970 students participated
- Data analysis:** internal consistency analysis, Cronbach's alpha for the presence of meaning in life scale ( $\alpha=0.834$ ) &

## Results

### Predictors of low degrees of presence of MIL

Chronic physical illness (p-value= 0.001)

Mental illness (p-value<0.001)

Perceived financial strain (p-value=0.001)

Engineering major (p-value<0.001)

Final academic years (p-value= 0.002)

### Predictors of high degrees of search of & presence of MIL

Medicine Major P-value<0.001

### Predictors of low degrees of search of MIL

Chronic physical illness (p-value= 0.001)

## Discussion

- No prior research demonstrated higher levels of meaning in life among medicine major students compared to those in engineering or pharmacy majors.
- Several academic, socio-economic, and health-related factors

## Conclusion

- Individual's sense of meaning & search in life consider these diverse factors when designing interventions to support individuals in exploring & enhancing their MIL, considering their unique needs and contexts.